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VOLUNTEER with Meals on Wheels

- One hour a week can change a life.
- Over 61 volunteer teams work every day to ensure that frail and vulnerable older adults have a meal and daily connection.
- 45% of 1,100 daily meals in Salt Lake County are delivered by volunteers.

Delivering more than just a meal

Contact:
Shauna Brock
(385)468-3196  |  skbrock@slco.org

Lindsay Garrahan
(385)468-3216  |  lgarrahan@slco.org

Health Promotion & Education

Healthy at Home Webinars:

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September 29th –Could my medications lead to a fall? Learn more from a guest pharmacist.

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Register for weekly webinars activeaging@slco.org or call 385-468-3295

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**Senior Center September 2020 Menu**

Lunch served from 11:30 AM - 1:00 PM

*Please call your center the day before to make a lunch reservation for the next day.*

*Meals available for Seniors 60+ and must be a member. Call your local Senior Center for details.*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Beef Tips w/ Gravy (Birthday Meal)</td>
<td>BBQ Pork Sandwich</td>
<td>Meatball w/ Country Gravy</td>
<td>Bacon Cheeseburger (Special Meal)</td>
<td></td>
</tr>
<tr>
<td>Whipped Potatoes</td>
<td>Ranch Beans</td>
<td>Whipped Potatoes</td>
<td>Diced Potatoes w/ Peppers &amp; Onions</td>
<td></td>
</tr>
<tr>
<td>Stewed Tomatoes</td>
<td>Green Salad</td>
<td>Mixed Vegetables</td>
<td>Baked Beans</td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td>Sliced Apples</td>
<td>Seasonal Fruit</td>
<td>Coleslaw</td>
<td></td>
</tr>
<tr>
<td>Stewed Tomatoes</td>
<td></td>
<td></td>
<td>Seasonal Fruit</td>
<td></td>
</tr>
<tr>
<td>Seasonal Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frosted Birthday Cupcake</td>
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**Labor Day Center Closed**

<table>
<thead>
<tr>
<th>7</th>
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</thead>
<tbody>
<tr>
<td>Chicken Parmesan w/ Spaghetti Noodles</td>
<td>Breaded Fish</td>
<td>Meatball Sandwich</td>
<td>BBQ Pork Patty</td>
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</tr>
<tr>
<td>Broccoli</td>
<td>Confetti Rice</td>
<td>Hoagie Bun</td>
<td>Green Salad</td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>Green Salad</td>
<td>Glazed Carrots</td>
<td>O’Brian Potatoes</td>
<td></td>
</tr>
<tr>
<td>Apple Cobbler</td>
<td>Mixed Vegetables</td>
<td>Citrus Fruit Cup</td>
<td>Mixed Vegetables</td>
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</table>

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Turkey a la King</td>
<td>Spaghetti &amp; Meatballs</td>
<td>Chicken Burrito</td>
<td>Breaded Fish</td>
<td>Zesty Baja Chicken Salad (Cold Meal)</td>
</tr>
<tr>
<td>Biscuit</td>
<td>Whole Grain Roll</td>
<td>Brown Rice</td>
<td>O’Brian Potatoes</td>
<td>Mixed Fruit Cup</td>
</tr>
<tr>
<td>Whole Kernel Corn</td>
<td>Mixed Vegetables</td>
<td>Tortilla</td>
<td>Glazed Carrots</td>
<td>Citrus Gelatin</td>
</tr>
<tr>
<td>Seasonal Fruit</td>
<td>Mandarin Oranges</td>
<td>Black Beans w/ Red Peppers</td>
<td>Seasonal Fruit</td>
<td>Whole Wheat Crackers</td>
</tr>
<tr>
<td>Chocolate Chip Cookie</td>
<td>Chuckwagon Corn</td>
<td>Olive Salad</td>
<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>22</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Honey Mustard Chicken</td>
<td>Egg Salad Sandwich (Cold Meal)</td>
<td>Salisbury Steak</td>
<td>Italian Chicken Salad (Cold Meal)</td>
<td>Cheeseburger</td>
</tr>
<tr>
<td>Roasted Red Potatoes</td>
<td>Multigrain Bread</td>
<td>Whipped Potatoes w/ Brown Gravy</td>
<td>Dinner Roll</td>
<td>Whole Wheat Bun</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Lettuce &amp; Tomato</td>
<td>Brown Gravy</td>
<td>Seasonal Fruit</td>
<td>Lettuce &amp; Tomato</td>
</tr>
<tr>
<td>Seasonal Fruit</td>
<td>Three Bean Salad</td>
<td>Mixed Vegetables</td>
<td>Vanilla Pudding</td>
<td>Baked Beans</td>
</tr>
<tr>
<td>Sugar Cookie</td>
<td>Pineapple</td>
<td>Seasonal Fruit</td>
<td></td>
<td>Mixed Vegetables</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>28</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Lemon Pepper Chicken</td>
<td>Spaghetti &amp; Meatballs</td>
<td>Turkey Breast Sandwich (Cold Meal)</td>
</tr>
<tr>
<td>Parsley Rice</td>
<td>Whole Grain Roll</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>Club Spinach</td>
<td>Green Beans</td>
<td>Lettuce &amp; Tomato</td>
</tr>
<tr>
<td>Seasonal Fruit</td>
<td>Hot Spiced Pears</td>
<td>Green Pea Salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oatmeal Raisin Cookie</td>
</tr>
</tbody>
</table>

**Suggested Donation: $3.00**

Donations can be made online at [https://slco.org/aging-adult-services/donation/](https://slco.org/aging-adult-services/donation/)
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**Senior Center Drive Thru Meal Program**

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<table>
<thead>
<tr>
<th>Senior Center</th>
<th>Phone Number</th>
<th>Address/Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbus Senior Center</td>
<td>385.468.3340</td>
<td>2531 South 400 East, South Salt Lake</td>
<td>385.468.3350</td>
</tr>
<tr>
<td>Draper Senior Center</td>
<td>385.468.3330</td>
<td>1148 East Pioneer Road, Draper</td>
<td>385.468.3340</td>
</tr>
<tr>
<td>Eddie P. Mayne Kearns Senior Center</td>
<td>385.468.3100</td>
<td>4851 West 4715 South, Kearns</td>
<td>385.468.3100</td>
</tr>
<tr>
<td>Friendly Neighborhood Senior Center</td>
<td>385.468.3065</td>
<td>1992 South 200 East, Salt Lake City</td>
<td>385.468.3065</td>
</tr>
<tr>
<td>Liberty Senior Center</td>
<td>385.468.3170</td>
<td>251 East 700 South, Salt Lake City</td>
<td>385.468.3170</td>
</tr>
<tr>
<td>Magna Kennecott Senior Center</td>
<td>385.468.3000</td>
<td>9228 West 2700 South, Magna</td>
<td>385.468.3000</td>
</tr>
<tr>
<td>Midvale Senior Center</td>
<td>385.468.3350</td>
<td>7550 South Main Street Midvale</td>
<td>385.468.3350</td>
</tr>
<tr>
<td>Millcreek Senior Center</td>
<td>385.468.3300</td>
<td>2266 Evergreen Avenue, Millcreek</td>
<td>385.468.3300</td>
</tr>
<tr>
<td>Mt Olympus Senior Center</td>
<td>385.468.3130</td>
<td>1635 East Murray-Holladay Road, Holladay</td>
<td>385.468.3130</td>
</tr>
<tr>
<td>Riverton Senior Center</td>
<td>385.468.3040</td>
<td>12914 South Redwood Road, Riverton</td>
<td>385.468.3040</td>
</tr>
<tr>
<td>Sandy Senior Center</td>
<td>385.868.3410</td>
<td>9310 South 1300 East, Sandy</td>
<td>385.868.3410</td>
</tr>
<tr>
<td>Sunday Anderson Senior Center</td>
<td>385.468.3155</td>
<td>868 West 900 South, Salt Lake City</td>
<td>385.468.3155</td>
</tr>
<tr>
<td>Taylorsville Senior Center</td>
<td>385.468.3370</td>
<td>4743 Plymouth View Drive, Taylorsville</td>
<td>385.468.3370</td>
</tr>
<tr>
<td>Tenth East Senior Center</td>
<td>385.468.3140</td>
<td>237 South 1000 East, Salt Lake City</td>
<td>385.468.3140</td>
</tr>
</tbody>
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Online/Virtual Classes:

**The Aging Mastery Program**
Wednesdays, Sept 9—Nov 18
2—3:30 pm
Learn how to navigate living longer in this 10 week class. Guest experts will teach you about sleep, exercise, healthy eating, relationships, finances, falls prevention, medication management & community engagement.
Taught by: Pat Wilson

**The Arthritis Foundation Exercise Program**
Tuesdays & Fridays, Sept 15—Nov 6
10—11 am
A low-impact recreational group exercise program meant for anyone wanting to increase muscular strength, mobility, coordination, and self-confidence while decreasing stiffness, pain, and fatigue.
Taught by: Jackie Longmore

**Mindfulness 101**
Tuesdays, Sept 29—Nov 3
9:30—10:15 am
Learn the basics of mindfulness meditation in this 6 week class. You will learn & practice awareness of breath, gentle chair yoga, mindful walking, body scan & loving kindness meditation.
Teacher: Anna Smyth

Join our email list at: [http://eepurl.com/gAs-g1](http://eepurl.com/gAs-g1)

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