Senior Centers are a community gathering place that offers socialization, education, and recreation for the 60+ crowd. This is a place where you can exercise, learn a new language, play games, attend educational presentations, dance, socialize, and more!

Virtual Senior Center  
Your Center at Home!

Salt Lake County launched the Virtual Senior Center in August! August saw 21 classes offered to over 350 participants, and September looks even more successful! In September the Virtual Senior Center is offering over 70 classes that seniors can do from the safety of their own home! These programs include online, video conference, telephone, or self-guided activities that require neither phone nor computer. A variety of class types are available ranging from support groups, exercise classes, education, and arts & crafts. The development is ongoing - we have exercise classes and wellness videos on our YouTube page from the Health Promotion program and are working every day to create new opportunities, including presentations, classes, support groups, and more. Virtual Senior Centers combat loneliness and isolation among older adults, many of whom are still actively socially distancing and starting to feel the impacts of prolonged isolation.

Connect with Aging & Adult Services' social media pages and check back here for more Virtual Senior Center content and opportunities to connect in the coming months!

Thank you,
The Aging & Adult Services’ Team

THE CENSUS IS CRITICAL TO OUR FUTURE
Ensuring that every person is counted helps our community secure critical funding and information needed for emergency planning for events such as natural disasters and pandemics like COVID-19.

COMPLETE YOUR CENSUS TODAY BY PHONE, MAIL, OR ONLINE
- PHONE: 844-330-2020
- MAIL: Homes that do not initially respond online or by phone will receive a paper questionnaire.
- ONLINE: my2020census.gov
You can complete the census over the phone and online in: English, Spanish, Chinese (Simplified), Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian, Creole, Portuguese, and Japanese.

During the 2020 Census, the Census Bureau will never ask for:
- Your Social Security number.
- Your bank account or credit card numbers.
- Money or donations.
- Mother’s maiden name.
- Nor will they contact you on behalf of a political party.
Healthy at Home Webinars:

September is Fall Prevention Awareness Month!

The focus of our Tuesdays webinars this month will be about Fall Prevention. 2—3 PM

September 1st—Learn the basics of Fall Prevention and Balance Improvement Taught by the Health Promotion team

September 8th—Are you at a high risk of falling? Take the assessment to find out and learn about resources to prevent falls. Taught by Marianne Christensen

September 15th - What exercises can you do to improve your balance? Taught by Paige Corley

September 22nd—Overview of Fall Prevention Taught in Spanish by Erika Thompson**

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

**Please note: The 4th Tuesday of every month will be taught in Spanish.

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

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
Virtual Senior Center Class Catalog

**SELF-GUIDED**
**Adult Coloring Contest**
Start Date: 9/1/2020
Do you love to color? Participate in a contest each month! Use color pencils or gel pens. Entry deadline 9/15

**SELF-GUIDED**
**Bandana Craft**
Start Date: 9/14/2020
With this Bandana craft, dress up any outfit or wear it for a special event

**SELF-GUIDED**
**Book Page Pumpkin**
Start Date: 9/14/2020
Give an old book new life by making it into a beautiful fall decoration for your home. Pictured below

**SELF-GUIDED**
**Butterfly Clothespin Magnets**
Start Date: 9/1/2020
Make a set of 3 butterfly magnets for yourself or to give as gifts

**SELF-GUIDED**
**Crochet a Hot Pad**
Start Date: 9/14/2020
Learn how to crochet a hot pad. This is an easy crochet project, ideal for beginners!

**SELF-GUIDED**
**Farmhouse Style Rag Wreath**
Start Date: 11/1/2020
Do It Yourself-Farmhouse Style Rag Wreath

**SELF-GUIDED**
**Pumpkin Craft**
Start Date: 9/22/2020
Create a pumpkin out of canning lids and paper. Pictured below

**SELF-GUIDED**
**Recycled Art Show & Contest**
Start Date: 9/11/2020
Put your creative skills to work and create a piece of artwork made with found and or salvaged items.

**SELF-GUIDED**
**Santa’s Workshop**
**Framed Heirloom Recipe**
Start Date: 9/1/2020
Make a simple and meaningful holiday gifts. Back by popular demand—Framed Heirloom

**SELF-GUIDED**
**Santa’s Workshop**
**No-Sew Infinity Scarf**
Start Date: 9/1/2020
Make a simple and meaningful holiday gift. September’s project: No-Sew Infinity Scarf. Pictured below

**SELF-GUIDED**
**Yarn Pumpkin Craft**
Start Date: 9/21/2020
Create Yarn Pumpkins to add to your fall decor.

**SELF-GUIDED**
**Family Health History**
Start Date: 9/4/2020
What is family health history? Learn why it is important and how to collect one

**SELF-GUIDED**
**Grab & Go Emergency Binder**
Start Date: 9/14/2020
Create a binder with important documents in case you have to leave your home in a hurry due to earthquake, fire etc.

**SELF-GUIDED**
**Pinecone Bird Feeder**
Start Date: 9/11/2020
With just a few simple steps, turn a basic pinecone into a bird feeder

**SELF-GUIDED**
**Journaling through COVID**
Start Date: 9/1/2020
Express your struggles & thoughts through this pandemic and make sure your experiences are remembered

**SELF-GUIDED**
**Neurobics**
Th
Start Date: 9/3 - 9/24/2020
Aerobics for your brain! Receive 2 different brain games weekly to exercise & flex your brain muscles

**SELF-GUIDED**
**At Home Activity Bingo**
Start Date: 9/1/2020
Play a rousing game of Bingo at home as you complete tasks and enter a drawing to win a gift card!

**SELF-GUIDED**
**Sudoku & Crossword**
Start Date: 9/7/2020
Challenge your brain! Receive a packet of 4 crossword and 8 sudoku puzzles with answer sheet

**PHONE BASED**
**Book Club-Ashes on the Moor**
W 10:00 AM
Start Date: 9/1/2020
Join our Book Club! September’s book is Ashes on the Moor by Sarah M. Eden. Phone in discussion.

**PHONE BASED**
**Computer Class w/ Lovelyn**
Th By Appt
Start Date: 9/17/2020
Are you having difficulties using your computer? Call to make a reservation to receive computer help over the phone

---

**No-Sew Infinity Scarf**

**Pumpkin Craft**

**Farmhouse Style Rag Wreath**

**Book Page Pumpkin**
**Card Making Kit**
Start Date: 9/17/2020
Create your own birthday cards that family and friends will love to receive from you!

**Card Making Kit**
Start Date: 9/24/2020
Create your own Halloween inspired cards

**You CAN Paint!**
Start Date: 9/18/2020
This step-by-step tutorial on acrylics, is for those who have never picked up a paintbrush before!

**Grizzlies**
30 mins
Start Date: 9/30/2020
Learn about the biggest bear in North America

**iPhone How To Series: How to Safely & Effectively Clean your cell phone**
W
Start Date: 9/16/2020
Learn how to safely & effectively clean your cellphone during this pandemic.

**iPhone How To Series: How to use your iPhone as a flashlight**
W
Start Date: 9/23/2020
Need a little extra light? Find out how to use your iPhone a flashlight.

**New Zealand Travelogue**
30 mins
Start Date: 9/1/2020
Join long time outdoor adventure reporter Reece Stein for an exciting and visual trip to New Zealand

**Wolves of Yellowstone**
30 mins
Start Date: 9/16/2020
Learn everything there is to know about the Wolves in Yellowstone

**Drums Alive**
60 mins
Start Date: 9/1/2020
Traditional aerobic movements with the powerful beat and rhythms of the drums.

**Tai Chi Video**
40 mins
Start Date: 9/4/2020
Yang Style Old Fashioned Long-Form Tai Chi

**Gentle Yoga for Balance and Mindful Meditation**
60 mins
Start Date: 9/1/2020
A wonderful class filled with standing balance meditation, gentle yoga, and relaxing meditation.

**Book Club**
The Coincidence Makers
T 2:00 PM 60 mins
Start Date: 10/6/2020
October's book: The Coincidence Makers by Yoav Blum. Part thriller, part mystery & part love story

**Book Club**
The Bear and the Nightingale
W 11:00 AM 60 mins
Start Date: 9/30/2020
September read: The Bear and The Nightingale by Katherine Arden

**Staying Active & Healthy while quarantined**
T 11:00 AM 60 mins
Start Date: 9/18/2020
Tips for staying healthy. Drinking more water & exercising

**Vital Aging**
Th 12:00 PM
Start Date: 9/10/2020
Anxiety and Isolation

**Aerobic Exercise for Older Adults M/F**
M & F 8:45 AM 60 mins
Start Date: 9/14/2020
For those who regularly walk or hike to maintain their cardiovascular fitness and want to safely get their heart rate up from the comfort of their living room.

**Aerobic Exercise for Older Adults M/W**
M & W 8:45 AM 60 mins
Start Date: 9/14/2020
For those who regularly walk or hike to maintain their cardiovascular fitness and want to safely get their heart rate up from the comfort of their living room.

**Balance Training for Older Adults M/F**
M & F 10:00 AM 60 mins
Start Date: 9/14/2020
Balance Training for Older Adults utilizes a variety of exercises and movement patterns to help prevent falls. This class includes resistance training, flexibility and other movement patterns that specifically address fall prevention.

**Balance Training for Older Adults W/F**
W & F 2:30 PM 60 mins
Start Date: 9/14/2020
Balance Training for Older Adults utilizes a variety of exercises and movement patterns to help prevent falls. This class includes resistance training, flexibility and other movement patterns that specifically address fall prevention.

**Chair Stretch and Strengthen M/W**
M & W 9:30 AM 60 mins
Start Date: 9/14/2020
Chair Stretch and Strengthen seeks to combine the benefits of resistance training with flexibility and mobility exercises. The entire class will focus on exercises and movements you can do from a seated position.

**Chair Stretch and Strengthen T/Th**
T & Th 10:00 AM 60 mins
Start Date: 9/14/2020
Chair Stretch and Strengthen seeks to combine the benefits of resistance training with flexibility and mobility exercises. The entire class will focus on exercises and movements you can do from a seated position.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Early Risers M/F</td>
<td>M &amp; F</td>
<td>8:00 AM</td>
<td>60 mins</td>
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<td>Start Date: 9/14/2020</td>
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<td>Early Risers is a class designed to get your day started with movement. A variety of low impact movements, resistance training, and stretching will be used during this class. You should feel energized and ready to start your day after taking this class.</td>
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<td>Fitness for Older Adults T/Th</td>
<td>T &amp; Th</td>
<td>9:45 AM</td>
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<tr>
<td>Interval Training for Older Adults M/W</td>
<td>M &amp; W</td>
<td>10:30 AM</td>
<td>60 mins</td>
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<td>Start Date: 9/14/2020</td>
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<tr>
<td>Interval training for Older Adults combines a variety of exercises with periods of active rest. This class is great for participants who enjoy participating in sports like pickleball, tennis and recreational hiking.</td>
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<tr>
<td>Mobility and Flexibility for Older Adults T/Th</td>
<td>T &amp; Th</td>
<td>11:00 AM</td>
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<tr>
<td>Tai Chi Live Class</td>
<td>T</td>
<td>9:00 AM</td>
<td>60 mins</td>
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<td>Start Date: 9/8/2020</td>
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<td>Yang Style Old Fashioned Long-Form Tai Chi</td>
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</table>

Virtual Senior Center Online Scheduler
We have a new web page to help you view and schedule your own classes at your convenience!
Call our Virtual Senior Center call line at 385-468-3299 and let them know you would like to register to access the online portal!
### Online Live 
**Virtual Personal Training**  
By Appt By Appt 60 mins  
Start Date: 9/14/2020  
Virtual Personal Training seeks to accommodate participants who prefer one-on-one instruction. Participants will be paired with a University of Utah Kinesiology student for a total of 24 one-hour virtual personal training sessions. Participants will also receive weekly detailed exercise programs and access to archived videos of past personal training sessions. Personal training will require dumbbells and an exercise band. Additional equipment may be introduced depending on the participant’s goals.

### Online Live  
**Zumba Gold**  
W 9:00 AM 60 mins  
Start Date: 9/9/2020  
Zumba is an easy-to-follow program that lets you move to the beat at your own speed.

### Online Live  
**Arthritis Foundation Exercise Program**  
T & F 10:00 AM 60 mins  
Start Date: 9/28/2020  
This low-impact class that will help increase muscular strength, mobility & coordination.

### Online Live  
**Cardio, Strength & Stretch**  
MWF 8:00 AM 60 mins  
Start Date: 9/28/2020  
Participate in a well-rounded exercise class with cardio, strength and stretch activities.

### Online Live  
**Grief Support**  
Th 10:00 AM 60 mins  
Start Date: 9/3/2020  
Are you having difficulty dealing with a recent or past loss? You are not alone. Please join our Grief Support Group.

### Online Live  
**Heartful Holidays**  
T 9:30 AM 90 mins  
Start Date: 12/15/2020  
This 2-week class will introduce you to a variety of gentle mindfulness and positive psychology practices, connect with others, and offer insight into how to manage holiday stress.

### Online Live  
**Living Well With Chronic Pain**  
Th 1:00 PM 120 mins  
Start Date: 10/1/2020  
A 6 week self-management class to learn practical ways to live with chronic pain.

### Online Live  
**Living Well with Diabetes**  
T 120 mins  
Start Date: 10/6/2020  
A 6 week self-management class to learn

### Online Live  
**Memory Matters**  
F 11:00 AM 60 mins  
Start Date: 10/23/2020  
Learn practical, everyday tricks and tips to aid

### Online Live  
**Mindfulness 101**  
T 9:30 AM 45 mins  
Start Date: 9/29/2020  
Come learn the basics of mindfulness in this 6 week class. Practice gentle chair yoga and body scan.

### Online Live  
**Older Adult Exercise 101**  
F 11:00 AM 60 mins  
Start Date: 11/6/2020  
Learn practical everyday tricks and tips to getting enough physical activity in your life.

### Online Live  
**Rightsizing Your Life**  
F 11:00 AM 60 mins  
Start Date: 10/9/2020  
Explore the things to consider if you are thinking of moving or downsizing.

### Online Live  
**The Aging Mastery Program**  
W 2:00 PM 90 mins  
Start Date: 9/9/2020  
Learn how to navigate longer lives in this 10 week class. Guest experts will teach you about sleep, exercise, healthy eating, falls prevention, relationships, financial fitness, community engagement, advance planning & medication management.

### Online Live  
**What’s on Your Bucket List?**  
F 11:00 AM 60 mins  
Start Date: 10/2/2020  
Get inspired to set some goals and reach your aspirations.

### Online Live  
**Beginning Line Dance**  
W 2:00 PM 60 mins  
Start Date: 9/9/2020  
Learn easy dance steps to some of your favorites songs.

### Online Live  
**Clogging Class**  
F 8:00 AM 60 mins  
Start Date: 9/4/2020  
Feeling the need to dance? Give clogging a try!

### Online Live  
**NBA Playoff: Bubble or Trouble Talk**  
M 9:30 AM 60 mins  
Start Date: 9/14/2020  
Every Monday we’ll discuss the best playoff moments, and talk about your favorite teams.

### Online Live  
**Senior Chat - Monthly Topic**  
T 9:00 AM 60 mins  
Start Date: 9/15/2020  
Not going to senior centers leaves you with a lot of time on your hands – What are you up to these days?

### Online Live  
**Cooking & Recipe Exchange**  
T 9:00 AM 60 mins  
Start Date: 9/15/2020  
Not going to senior centers leaves you with a lot of time on your hands – What are you up to these days?

### Online Live  
**Travel Talk**  
M 9:30 AM 60 mins  
Start Date: 9/9/2020  
Isolation got you down? Join in this chat for travel tips & ideas. See where seniors are going.

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**Self Guided Classes:** Can be done on your own, on your own schedule  
**Phone Based Classes:** Available entirely through use of a phone  
**Online - Live Classes:** Available through an online video conference program, WebEx  
**Online - YouTube:** Prerecorded videos posted on Aging & Adult Services YouTube Channel
It’s Medicare Open Enrollment—it’s time to see if you can find:
Lower premiums, extra benefits or a plan that better fits your health needs.

Plans change every year. So can your health needs.

• Even if you are happy with your current plan, it may be changing costs, coverage, or both for 2020.
• Read the Annual Notice of Changes mailed to you by your health plan.
• Check the plan formulary—the list of covered prescription drugs—to make sure yours are covered.
• Look for plans that best meet your changing health, life, and financial needs.

Now it’s time to consider your options.

This is your chance to look at all of your Medicare plan choices for the year ahead—like prescription drug plans, Medicare Advantage and supplemental (Medigap) plans.

It’s worth a look.

You may find better coverage, extra benefits or lower costs. It’s worth taking the time to explore your options while you can.

M E D I C A R E  O P E N  E N R O L L M E N T
Oct. 15 - Dec. 7

We can help!
Call (385) 468-3200

Our State Health Insurance Assistance Program (SHIP) team is here to offer free, unbiased Medicare counseling so you can find the right plan for your needs. Visit https://slco.org/aging-adult-services/ for more info.
**Upcoming Events**

**Flu Vaccine**

We want to make it easy for you to get protected from the flu. Beginning next month, Salt Lake County Health Department will offer an influenza vaccine ("flu shots") at select Senior Centers in the county. This vaccine will be available at no cost to you. We will take care of billing your insurance or Medicare. Watch for additional information soon, including specific dates, times, and locations.

**2020 Candidate Days**

Information will be available in the October edition of the Senior Scoop. Find more details in the Virtual Senior Center Catalog.

**Senior Center Drive-Thru Meal Program**

<table>
<thead>
<tr>
<th>Senior Center</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Columbus Senior Center</td>
<td>385.468.3340</td>
<td>Millcreek Senior Center</td>
<td>385.468.3305</td>
</tr>
<tr>
<td>2531 South 400 East, South Salt Lake</td>
<td></td>
<td>2266 Evergreen Avenue, Millcreek</td>
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<tr>
<td>Draper Senior Center</td>
<td>385.468.3330</td>
<td>Mt Olympus Senior Center</td>
<td>385.468.3130</td>
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<tr>
<td>1148 East Pioneer Road, Draper</td>
<td></td>
<td>1635 E Murray-Holladay Rd, Holladay</td>
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<tr>
<td>Eddie P. Mayne Kearns Senior Center</td>
<td>385.468.3100</td>
<td>Riverton Senior Center</td>
<td>385.468.3040</td>
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<tr>
<td>4851 West 4715 South, Kearns</td>
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<td>12914 South Redwood Rd, Riverton</td>
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<tr>
<td>Friendly Neighborhood Senior Center</td>
<td>385.468.3065</td>
<td>Sandy Senior Center</td>
<td>385.468.3410</td>
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<tr>
<td>1992 South 200 East, Salt Lake City</td>
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<td>9310 South 1300 East, Sandy</td>
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<tr>
<td>Liberty Senior Center</td>
<td>385.468.3170</td>
<td>Sunday Anderson Senior Center</td>
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<tr>
<td>251 East 700 South, Salt Lake City</td>
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<td>868 West 900 South, Salt Lake City</td>
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<tr>
<td>Magna Kennecott Senior Center</td>
<td>385.468.3000</td>
<td>Taylorsville Senior Center</td>
<td>385.468.3370</td>
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<td>9228 West 2700 South, Magna</td>
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<td>4743 Plymouth View Dr, Taylorsville</td>
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<tr>
<td>Midvale Senior Center</td>
<td>385.468.3350</td>
<td>Tenth East Senior Center</td>
<td>385.468.3140</td>
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<tr>
<td>7550 South Main Street, Midvale</td>
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<td>237 South 1000 East, Salt Lake City</td>
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