Friday, February 7th, 10:00 a.m. to 3:30 p.m.

AARP Driving Course
Try. No experience necessary and easy to learn.

The Bell Choir is looking for new members. Come give it a try. No experience necessary and easy to learn.

The book selection for February is Exit West by Mohsin Hamid.

Wednesday, February 19th at 1:30 p.m.

Book Club
The book selection for February is Exit West by Mohsin Hamid.

Thursday, February 6th and 20th at 10:30 a.m.

Intermediate Spanish
Mondays 3:30 p.m. Instructor: Les Wilson

Beginning Spanish
Thursdays 1:00 p.m. Instructor: Allessandra
time

Free Legal Assistance
30 minute massage by appointment for the suggested donation of $15.00.

30 minute massage by appointment for the suggested donation of $15.00.

Thursdays 9:00 a.m. - 12:00 noon.

Services
Free Legal Assistance
Thursday, February 20th at 11:00 a.m. by appointment.

AARP Driving Course
Friday, February 7th, 10:00 a.m. to 3:30 p.m.
The cost is $15 with AARP membership and $20 without.

Craft Class
Monday’s 11:00 a.m.
Celebrate National Bird Feeding month by joining us to make various bird feeders. Sign up at the front desk.

Vital Aging – Heart Health & Depression
Thursday, February 20th 1:00 p.m.
Keeping your heart healthy and managing depression. Join a Vital Aging class to learn more about how your heart changes with age and how to communicate more effectively with your doctor. We will also learn how coping with depression will improve your overall health and make your heart happy.

February is Heart Health Month. We challenge all of you to attend as many Heart related classes as possible during the month. For each class you attend you will receive a heart. At the end of February the person with the most hearts will win the Heart Health Prize Package.

Birthday Tuesday
February 4th at 12:00 p.m.
Join us in celebrating February birthdays. Music with Jenny Turner.

FREE Tax Assistance
AARP will be providing Free Tax Assistance February 4th-April 14th on Tuesday’s 9:00 a.m. to 12:00 p.m. You must make an appointment for this service at the front desk or by calling 385-468-3140. If you have brokerage accounts please schedule your appointment after February. You need to bring last years tax return, your Social Security card, or statements showing your full Social Security number, photo identification for each tax payer, and your checkbook if you wish to direct-deposit your refund. You will receive a reminder call a day prior to your appointment. If you need to cancel your appointment please contact us promptly. Spots will fill quickly so don’t wait to schedule an appointment.

Silver & Fit
Tenth East is now offering Silver&Fit classes. Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low cost fitness memberships and other adult-oriented group exercise classes, through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated. If your health plan offers Silver&Fit and you would like more information about Silver&Fit classes, please contact Tenth East Senior Center at 237 S. 1000 E. or call 385-468-3140. You may also visit Silver&Fit at www.SilverandFit.com.

Open Art Studio
Wednesday 12:30–2:30 p.m.
Join us for open studio time! Artists and all with creative projects are welcome to join our weekly open studio to share ideas, benefit from positive critiques, and fuel the creative spark. There will be no guided lesson during this time (but join us for the Creative Explorations class if that’s what you’re looking for!). Everyone must bring their own project and materials to work with. Teaching artist Leah Caldwell will be present to lead critiques and answer questions.

University Of Utah Students Offering Personal Fitness
Tuesday & Thursday 12:00-1:30 p.m.

Tenth East Senior Center
Promoting independence through advocacy, engagement and access to resources
FEBRUARY 2020

Salt Lake County Aging and Adult Services
5th Annual Winter Decathlon Games
Hosted by the Tenth East Senior Center

When: Thursday, February 27th, 2020

Games include: 9 ball pool, darts, bobble mania, floor shuffle board, Wii bowling, indoor golf, bean bag toss, puzzle event and 3 mystery events. Sign up now at your local senior center and get your Decathlon on!

8:30 a.m. - Check In
9:00 a.m. - Welcome
9:15 a.m. - Start Games
12:00 a.m. - Lunch Break
12:30 p.m. - Resume Games
2:00 p.m. - Awards

Registration deadline is Monday, February 24th
Contact your local Senior Center to register.

Spring Buffet For Lunch

Center Information
385-468-3140
TTY Users dial 711
237 South 1000 East
SLC, Utah 84102
www.slco.org/tentheast

Hours of Operation
Monday–Friday
8:00 a.m. - 5:00 p.m.

Transportation
Monday–Friday
Suggested Donation $1.00 each way

Lunch
Monday–Friday
12:00 a.m. - 12:45 p.m.
Suggested Donation $3.00 for those 60+
Under 60 cost is $7.00

Manager: Cheryl Leach
Center Program Coord.: Brenda Lila Oberg
Activities Assistant: Megan Berceau
Office Specialist: Hazel Roehrig
Center Custodian: Jason Hill
Kitchen: Fred Gray
Van Driver: Jordan Nelson

‘Stepping On’
Building Confidence, Reducing Falls
Tuesday’s, February 11th – March 24th
10:30 a.m.
Join this 7 week workshop where you’ll learn exercises and strategies to help prevent you from falling.

The prevention of falls is vital to maintaining personal independence. A 7-week (one 2-hour session per week) falls prevention program conducted by trained leaders, and specially designed for adult learners. ‘Stepping On’ brings together the life experience of its participants and the expertise of community professionals. From the first session, participants put new skills to use. Group members set short term goals each week - goals that focus on life activities that are most important to them. Physical therapists, pharmacists and other experts help the group adapt fall prevention practices for individual needs and levels.

Heart Health Month Challenge
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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>9:00 Yoga/Mitch</td>
<td>9:00 Yoga/Elizabeth</td>
<td>9:00 Yoga/Kathy</td>
<td>9:00 Yoga/Diane</td>
<td>9:00 Yoga/Diane</td>
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<tr>
<td>9:30 Line Dancing</td>
<td>9:00 Hatha Yoga/David</td>
<td>9:00 Yoga Therapy</td>
<td>9:00 Computer Help</td>
<td>10:00 Live Music &amp;</td>
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<td>w/Bonnie</td>
<td>9:00 Computer Help</td>
<td>9:00 Massage Therapy</td>
<td>9:00 By Appointment</td>
<td>10:00 Dancing/Sponsored</td>
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<td>11:00 Craft Class/</td>
<td>9:00 Tax Assistance</td>
<td>9:00 Computer Help</td>
<td>10:00 By Appointment</td>
<td>by Advisory Committee</td>
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<td>Bird Feeders</td>
<td>By Appointment</td>
<td>By Appointment</td>
<td>10:00 Tai Chi with Ray</td>
<td>10:30 Intermediate</td>
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<td>12:00 Table Tennis</td>
<td>9:30 Grey Matters</td>
<td>10:00 Live Music &amp;</td>
<td>10:30 Spanish</td>
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<td>12:45 EnhanceFitness</td>
<td>10:30 Stepping On</td>
<td>Dancing/Sponsored by</td>
<td>12:00 Personal Fitness</td>
<td>12:00 Personal Fitness</td>
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<tr>
<td>2:30 Pickleball</td>
<td>12:00 Open Bridge</td>
<td>Advisory Committee</td>
<td>w/U of U Students</td>
<td>w/U of U Students</td>
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<tr>
<td>3:30 Beginning</td>
<td>12:00 Personal Fitness</td>
<td>10:30 Table Tennis</td>
<td>1:00 Beginning Spanish</td>
<td>1:00 Beginning Spanish</td>
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<tr>
<td>Japanese</td>
<td>w/U of U Students</td>
<td>12:45 EnhanceFitness</td>
<td>1:30 Open Art</td>
<td>1:00 Spanish</td>
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<td></td>
<td>1:00 Learn To Crochet</td>
<td>12:30 Bell Choir</td>
<td>1:30 Colored Pencil</td>
<td>1:00 Spanish</td>
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<td>1:00 Computer Help</td>
<td>12:30 Open Art Studio</td>
<td>3:15 Pickleball</td>
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<td>By Appointment</td>
<td>1:30 Scrabble</td>
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<td>1:30 Open Art/</td>
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<td>Colored Pencil</td>
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<td></td>
<td>3:30 Tai Chi for Arthritis</td>
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<td>1:00 Spanish</td>
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**Field Trip**

Pompeii Exhibit at the Leonardo
Monday, February 24th at 10:00 a.m.
Must Sign Up At The Front Desk

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Salt Lake County
Aging & Adult Services
FEBRUARY 2020
TENTH EAST SENIOR CENTER
237 South 1000 East
Salt Lake City, Utah 84102
Telephone 385-468-3140