

**SERVICES AVAILABLE**

**B/P & B/S Testing**  
Harmony Home Health  
1st Friday

**Legal Services**  
Tim Williams  
2nd Friday

**Podiatrist**  
Dr. Scott Shelton  
Every other  
4th Wednesday

**Massages**  
Tuesdays & Thursdays  
10:00-2:00

**Salt Lake County  
Aging & Adult  
Services**  
**OUR MISSION:**  
*Promoting inde-  
pendence through  
advocacy, en-  
gagement and ac-  
cess to resources.*



**MEET OUR DRAPER SENIOR CENTER VOLUNTEERS**

**ERIC FRICKER**

My wife, Cheryl, and I are new to Utah. We have only been here 6 months and love it! We moved here (site unseen) to be closer to our daughter, who is a vibrant 5th grade teacher at Draper Elementary. We retired 4 years ago in La Vegas, bought a motorhome, and traveled around this great country for almost all of the 4 years. As soon as we settled into Utah, I began looking for volunteer opportunities. When I found the Draper Senior Center, I stopped looking for other places. I work at the front desk and in the kitchen. I find them very different but love them both. I can't explain to anyone how much I enjoy the seniors. I don't understand it myself, but it has been the most satisfying position I have ever had. I have learned so much from the seniors. It is like living history every time I talk with someone. The seniors have so much to share and have lived rich, full lives. Inviting me into their lives is an honor! It is a pleasure to be here, and if there is anyone who needs help with anything, please don't hesitate to grab me. Thank you for your generosity, friendship, and smiles!



# Draper Senior Center

**JUNE 2017**

**Draper Senior Center**  
1148 E. Pioneer Rd.  
Draper, Utah 84020  
(385) 468-3330  
TTY call 711

**Center Hours**  
Monday-Friday  
7:00am-5:00pm  
Saturdays  
8:00am-12:00 noon

**Free Transportation**  
Draper Residents  
Call for pick up times

**Retail Breakfast**  
8:00am-10:00am  
**Lunch**  
Monday thru Friday  
11:30-1:00  
Suggested donation of  
\$4.00 (60+) or  
\$3.95 + tax for  
59 or younger

**Center Staff**  
**Cyndi McCarty**  
Manager  
**Karen Smith**  
Program Coordinator  
**Lisa Campbell**  
Office Specialist  
**FeliAnne Hipol**  
Asst. Office Specialist  
**David Lopez**  
Maintenance  
**Jamie May**  
Chef  
**Jerry Pearson**  
**Chuck Bradley**  
Transportation

On-line Calendar  
slco.org/Draper

**SLCO AGING & ADULT SERVICES  
HEALTH TOPIC FOR JUNE  
MEN'S HEALTH**

**"Any man can get a little bit better each day. Adopt this mind-set and you're better already."**

**Bill Phillips, The Better Man Project**



**S**

leep, diet, exercise and good skin can trim years off your appearance. **Start with Skin:** stay out of the sun, moisturize and drink lots of water **Promote Wellness:** sleep well, stop smoking, eat healthy, and exercise **Dress Your Age:** avoid clothing trends, all that glitters is old-tone down jewelry, "raze" an eyebrow-keep your eyebrow trimmed and your hair on the short side, trim unwanted body hair, and think about growing a beard to conceal a sagging neckline **You can look younger and feel younger no matter what the calendar says. Staying fit & trim also will help prevent illnesses and chronic conditions.**

**A SPECIAL THANK YOU TO:**

- Ballet West
- Calvin Law
- Canyons Transition Academy
- SLC Jail Horticulture Program
- Draper Rehabilitation & Care Center
- Vance Ohumukini & Company
- Ryan Richards
- Aspen Senior Care/Kara Melvin
- Amy Muller/Disability & Senior Advocate
- Roland Fitts/Pharmacist
- Health Fair Community Partners
- Healthy Draper/Lynn McDonald
- Draper Library/Linda Gee
- Tim Williams/Legal Advisor
- Beehive Homes/Connie Sperry
- Harmony Home Health Care & Hospice
- Draper Senior Center Advisory Board Members
- All Our Wonderful Draper Senior Center Volunteers

**LIVE YOUR BEST LIFE**

*In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.*

Buddah



**Greetings  
from the  
Aloha State  
-Hawaii**



**HAWAIIAN DAY  
THURSDAY, JUNE 1st  
10:30**

**Get your grass skirts and coconuts ready!**

**4th ANNUAL  
DRAPER SENIOR CENTER  
HEALTH & WELLNESS  
FAIR**

**MONDAY, JUNE 12th  
TIME: 10:30-12:30  
Over 40 Vendors**



Accredited by  
National Institute of  
Senior Centers



**SENIOR HUNKS-GOTTA LOVE 'EM!**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The privilege of a lifetime is being who you are.	<b>PICKLEBALL TOURNAMENT</b>  Tuesday June 20th 9:00-12:00 Draper Senior Center Sign-Up  5 Center Competition	<b>CENTER DANCE</b>  MONDAY JUNE 26TH 10:30  DJ: CALVIN LAW	<b>1 HAWAIIAN DAY</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Clay Class 10:00 Zumba <b>10:30 Entertainment</b> 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:30 Ballroom Dance 2:00 Billiards 3:00 Ping Pong	<b>2</b> 9:00 NO E-Z Spanish 9:30 Wii Bowling <b>10:00 BP/BS Testing</b> 10:00 Zumba 11:00 Drums Alive <b>11:00 BINGO</b> 12:30 EnhanceFitness 12:30 Texas Hold 'Em <b>2:00 Movies &amp; Popcorn: Butch Cassidy &amp; The Sundance Kid</b> 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	<b>3</b> 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
<b>5</b> 9:00 Fitness Walk 9:00 Personal Painting 9:30 Wii Bowling 10:30 Ballroom Dance 12:30 EnhanceFitness 12:30 Mahjongg 1:00 Guitar 1:00 Canasta 2:00 Chess 2:00 Ping Pong	<b>6</b> 9:00 Wood Carving 9:00 Euchre 10:00 Massages <b>10:00 Coloring 4 Adults</b> 10:00 Zumba 10:30 Piano Lessons 12:00 In-Door Pickleball 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 4:00 Drums Alive	<b>7</b> 9:00 Casual Walk 9:00 Texas Hold 'Em 9:30 Wii Bowling <b>10:00 Cognasium</b> 10:00 Ping Pong 10:00 Canasta 10:15 Gentle Floor Yoga <b>12:30 Stepping On</b> 12:30 Enhance Fitness 12:30 Mexican Train <b>1:00 Advisory Council</b> 2:00 Ping Pong & Wii 2:00 Billiards	<b>8</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Clay Class 10:00 Zumba <b>11:00 Social Security</b> 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:30 Ballroom Dance 2:00 Billiards 3:00 Ping Pong	<b>9</b> 9:30 Wii Bowling 10:00 Zumba 11:00 Drums Alive 11:00 <b>Free Legal Service</b> 12:30 EnhanceFitness 12:30 Texas Hold 'Em 12:30 Mahjongg <b>2:00 Movies &amp; Popcorn: Ricki &amp; the Flash</b> 2:00 Ping Pong & Wii 2:00 Billiards	<b>10</b> 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
<b>12 HEALTH FAIR</b> 9:00 Fitness Walk 9:00 Personal Painting 10:30 Ballroom Dance <b>10:30 HEALTH FAIR</b> <b>12:00 Young At Heart Book Club</b> 12:30 EnhanceFitness 12:30 Mahjongg 1:00 Guitar 1:00 Canasta 2:00 Chess 2:00 Ping Pong	<b>13</b> 9:00 Wood Carving 9:00 Euchre 10:00 Massages <b>10:00 Coloring 4 Adults</b> 10:00 iPhone-iPad Lab 10:00 Zumba 10:30 Piano Lessons 12:00 In-Door Pickleball 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 4:00 Drums Alive	<b>14</b> 9:00 Casual Walk 9:00 Texas Hold 'Em 9:30 Wii Bowling <b>10:00 Cognasium</b> 10:00 Ping Pong 10:00 Canasta 10:15 Gentle Floor Yoga <b>12:30 Stepping On</b> 12:30 EnhanceFitness 12:30 Mexican Train 2:00 Ping Pong & Wii 2:00 Billiards	<b>15</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling <b>10:00 Your Well-Being</b> 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:30 Ballroom Dance 3:00 Ping Pong	<b>16</b> 9:00 NO E-Z Spanish 9:30 Wii Bowling <b>10:00 BINGO</b> 10:00 Zumba 11:00 Drums Alive 12:30 EnhanceFitness 12:30 Texas Hold 'Em 2:00 Ping Pong & Wii 2:00 Billiards	<b>17</b> 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
<b>19</b> 9:00 Fitness Walk 10:30 Ballroom Dance 12:30 EnhanceFitness 12:30 Mahjongg 1:00 Guitar 1:00 Canasta <b>2:00 BUNCO</b> 2:00 Chess 2:00 Ping Pong	<b>20</b> <b>9:00 Pickleball Tournament</b> 9:00 Wood Carving 9:00 Euchre 10:00 Massages <b>10:00 Coloring 4 Adults</b> 10:00 iPhone-iPad Lab 10:00 Zumba 10:00 Care Giver Support 10:30 Piano Lessons <b>12:00 Fresh Produce</b> 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga 4:00 Drums Alive	<b>21</b> 9:00 Casual Walk 9:00 Texas Hold 'Em 9:30 Wii Bowling <b>10:00 Baking &amp; Cooking</b> 10:00 Ping Pong 10:00 Canasta 10:15 Gentle Floor Yoga <b>12:30 Stepping On</b> 12:30 EnhanceFitness 12:30 Mexican Train <b>2:00 Women Supporting Women</b> 2:00 Ping Pong & Wii 2:00 Billiards	<b>22</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:30 Ballroom Dance 2:00 Billiards 3:00 Ping Pong	<b>23</b> 9:30 Wii Bowling 10:00 Zumba 11:00 Drums Alive 12:30 EnhanceFitness 12:30 Texas Hold 'Em 12:30 Mahjongg <b>2:00 Movies &amp; Popcorn: Big</b> 2:00 Ping Pong & Wii 2:00 Billiards	<b>24</b> 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
<b>26</b> 9:00 Fitness Walk 9:00 Personal Painting 9:30 Wii Bowling <b>10:30 Center Dance</b> 12:30 EnhanceFitness 12:30 Mahjongg 1:00 Guitar 1:00 Canasta 2:00 Chess 2:00 Ping Pong	<b>27</b> 9:00 Wood Carving 9:00 Euchre 10:00 Massages <b>10:00 Coloring 4 Adults</b> 10:00 Zumba 10:30 Piano Lessons 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga 4:00 Drums Alive	<b>28</b> 9:00 Casual Walk 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Ping Pong 10:00 Canasta 10:15 Gentle Floor Yoga <b>12:30 Stepping On</b> 12:30 EnhanceFitness 12:30 Mexican Train 2:00 Ping Pong & Wii 2:00 Billiards	<b>29</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:30 Ballroom Dance 2:00 Billiards 3:00 Ping Pong	<b>30</b> 9:30 Wii Bowling 10:00 Zumba 11:00 Drums Alive 12:30 EnhanceFitness 12:30 Texas Hold 'Em <b>2:00 Movies &amp; Popcorn: Ladder 49</b> 2:00 Ping Pong & Wii 2:00 Billiards	<b>SLCO EVIDENCE-BASED PROGRAMS:</b>  *Enhance Fitness *Walk with Ease *Stepping On *Living Well with Chronic Conditions *Living with Diabetes



If you're coming for a specific presentation/activity, **PLEASE CALL** the Center to make sure the event hasn't been cancelled for lack of interest. **PLEASE SIGN-UP FOR ACTIVITIES & PRESENTATIONS** If you don't sign-up, they may not happen.

**SPECIAL EVENTS**

**June 8 @ 11:00 Social Security**  
Have Social Security questions? Get help from Ryan Richards, Morgan Stanley Financial Advisor.

**June 20 @ 9:00 Pickleball Tournament**  
Join 5 other Senior Centers for some friendly competition at the first tournament ever held at Draper. **Sign-Up**

**June 20 @ 12:00 Fresh Produce**  
SLCO County Jail Horticulture Program will be donating fresh produce.

**HEALTH and WELLNESS CLASSES**

**June 7 & 14 @ 10:00 Cognasium**  
Have fun with games and activities that exercise your brain. Hosted by Aspen Senior Care

**June 12 @ 10:30 Health & Wellness Fair**  
Over 40 community vendors will be at the disposal of every senior, so don't miss out on this great opportunity.

**June 15 @ 10:00 Your Well-Being**  
Learn new ways to take charge of your well-being that can make a big difference. SLCO Vital Aging Project

**June 20 @ 10:00 Care Giver Support Group**  
This month's meeting will feature a guest speaker providing information on adult day services. Elevation Home Health

**June 21 @ 10:00 Baking & Cooking**  
Become a baking & cooking expert and try some great tasting samples with recipes. Hosted by Draper Rehabilitation

**ENTERTAINMENT**

**June 1 @ 10:30 Hawaiian Day**  
Wear your "Aloha" attire and be treated to some great Hawaiian entertainment. Vance Ohumukini & Company

**June 2, 9, 23, 30 @ 2:00 Movies & Popcorn**  
Relax and enjoy a movie and popcorn with friends every Friday afternoon. See calendar for scheduled movies.

**June 26 @ 10:30 Center Dance**  
Come dance to the music of DJ Calvin Law. Let's boogie!

**NEW CLASSES**

**June 7-July 19 @ 12:30 Stepping On**  
This is a 7 week, evidence-based course aimed at helping people sixty and over prevent falls. Active participation in exercise plus group sharing of fall prevention strategies will result in more strength, better balance, and increased confidence. Each session is 2 hours long. **Sign-Up**

**June 21 @ 2:00 Women Supporting Women**  
This support group is offered on the 3rd Wednesday, led by Yetta Katsos. It is an opportunity for women to share their feelings and thoughts on life experiences in a nurturing, non-judgmental environment with confidentiality and understanding.