

SERVICES AVAILABLE

B/P & B/S Testing
Harmony Home Health
1st Friday of each month

Legal Services
Tim Williams
2nd Friday of each month

Podiatrist
Dr. Scott Shelton
Every other
4th Wednesday

Massages
Every T & Th

Salt Lake County
Aging & Adult
Services
OUR MISSION:
Promoting independence through advocacy, engagement and access to resources.



TEXAS HOLD 'EM
Wednesdays @ 9:00
Fridays @ 12:30

MEXICAN TRAIN
Tuesdays @ 12:30
Wednesdays @ 12:30

MEET OUR DRAPER SENIOR CENTER VOLUNTEERS

LARRY ENGEL

I was raised during non-school months on the Bryce Cattle Ranch, in Arizona (where Bryce Canyon's namesake is buried). My Grand-Dad, Bill Bryce, taught me "no matter what you're doing, always try to make a hand."

After visiting other senior centers, when I was invited to join the Draper Senior Center's Texas Hold 'Em group, I knew I had found a home. When Larry Cockrell (Larry #1) asked me to sub for him as a dealer on Wednesdays, I was happy to do so. The game has grown to off times requiring 2 tables, especially for the Friday games. Seeing how much I enjoyed the Center, my wife, Judi, suggested starting the dominoes game, Mexican Train, as we've enjoyed playing it in Seattle, Palm Springs and Los Angeles. The rest is history.

Texas Hold 'Em is run by me, the 2nd Larry, on Wednesdays. Friday games are run by the 1st Larry, with me, the 2nd Larry, as back-up. By the way, the rumors aren't true. It's just a coincidence that our wives were both named "Judy." Join us for either or both games!



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 reservations

Breakfast-Retail
8:00-10:00

Lunch
Monday thru Friday
11:30-1:00

Suggested Donation
\$4.00 (60+)
Retail \$3.94+ tax
59 & younger

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

On-line Calendar
slco.org/Draper

Draper Senior Center

OCTOBER 2017

**SLCO AGING & ADULT SERVICES
HEALTH TOPIC FOR OCTOBER
BREAST CANCER & WOMEN'S HEALTH**

October is Breast Cancer Awareness Month which is an annual campaign to increase awareness of the disease and the importance of early breast cancer detection. It is dedicated to all who've lost the fight and those who won't quit the fight! It is dedicated to those who say, "We won't rest until we find a cure." While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and to encourage others to do the same. A lot of progress has been made but there is still a long way to go. The National Cancer Association reports that there are more than two million breast cancer survivors in the United States today. Early detection is key to surviving this disease, which can afflict men as well as women. Here are a few things you, or someone you care about, can do: complete an annual clinical breast exam, complete a regular mammography screening, and perform monthly breast self-exams. The best defense against breast cancer is a good offense. There are no perfect solutions, but you can do many things to reduce your risk: stop smoking, get more exercise, maintain a healthy weight, and reduce your exposure to estrogen. Breast cancer is just a reminder that life is really precious. So many people lose focus on what life is really all about. Everyone needs to rid themselves of the drama and enjoy every day you wake up.

KEEP CALM AND FIGHT ON!

A SPECIAL THANK YOU TO:

Ballet West
Heart & Soul
Westminster Nursing Students
Wentworth at Draper Senior Living
In-Home Physical Therapy
Aspen Senior Care/Kara Melvin
Amy Muller/Disability & Senior Advocate
Roland Fitts/Pharmacist @ Honey Bee Market
Draper Library/Linda Gee
Tim Williams/Legal Consultant
Beehive Homes/Connie Sperry
Harmony Home Health Care
Draper Senior Center Advisory Board Members
All Our Wonderful Draper Senior Center Volunteers

LIVE YOUR BEST LIFE



CANDIDATE'S DAY



**THURSDAY
OCTOBER 5th
10:00**

Come hear the candidates speak and decide who you are going to vote for!

**WEAR PINK DAY
IN SUPPORT OF
BREAST CANCER
AWARENESS MONTH**

**THURSDAY
OCTOBER 19th
Wear pink & get a pink treat!**



Accredited by 
National Institute of
Senior Centers



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 Personal Painting 9:30 Wii Bowling 10:00 ESL 10:00 Walk With Ease 10:30 Ballroom Dance 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Ping Pong	3 8:45 Drums Alive 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 9:30 Health Screenings 10:00 Massages 10:00 Zumba 12:00 In-Door Pickleball 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	4 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Cognasium 10:00 Walk With Ease 10:30 Ballroom Dance 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 1:00 Advisory Council 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	5 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Candidates Day 10:00 Massages 10:00 Yoga 10:00 Clay Class 10:00 Zumba 11:00 Drums Alive 11:15 Smart Move 11:30 Entertainment 11:30 NO Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:00 Hand & Foot	6 SENIOR EXPO 9:00 E-Z Spanish 9:30 Wii Bowling 10:00 Cribbage 10:00 BINGO 10:00 Walk With Ease 10:00 NO Zumba 11:00 NO Drums Alive 11:00 BP/BS Testing 12:30 Texas Hold 'Em 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	7 SENIOR EXPO 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Qi Gong 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
9 9:00 Personal Painting 9:30 Wii Bowling 10:00 ESL 10:00 Walk With Ease 10:30 Ballroom Dance 12:00 Young At Heart Book Club 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Ping Pong	10 8:45 Drums Alive 9:00 Wood Carving 9:00 Euchre 10:00 Massages 10:00 iPhone-iPad Lab 10:00 Zumba 12:00 In-Door Pickleball 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	11 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Cognasium 10:00 Walk With Ease 10:30 Ballroom Dance 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	12 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Yoga 10:00 Clay Class 10:00 Zumba 11:15 Smart Move 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:00 Hand & Foot	13 9:30 Wii Bowling 10:00 Zumba 10:00 Cribbage 10:00 Walk With Ease 11:00 Drums Alive 11:00 Legal Services 12:30 Texas Hold 'Em 12:45 Enhance Fitness 1:30 Mahjongg 2:00 Ping Pong & Wii	14 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Qi Gong 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
16 9:00 Personal Painting 10:00 ESL 10:00 Diabetic Neuropathy 10:00 Walk With Ease 10:30 Ballroom Dance 10:30 Senior Health 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Ping Pong 2:00 BUNCO	17 8:45 Drums Alive 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 Care Giver Support 10:00 Massages 10:00 iPhone-iPad Lab 10:00 Zumba CENTER CLOSING @ 2:00 TODAY SLCO Staff Training	18 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Walk With Ease 10:30 Ballroom Dance 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	19 WEAR PINK DAY 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Yoga 10:00 Vital Aging 10:00 Clay Class 10:00 Zumba 11:15 Smart Move 11:30 Tai chi 12:00 Surprise Dessert & Raffle 12:30 Bridge & Pinochle 12:30 Mahjongg 1:00 Hand & Foot	20 9:00 E-Z Spanish 9:30 Wii Bowling 10:00 Zumba 10:00 Cribbage 10:00 BINGO 10:00 Walk With Ease 11:00 Drums Alive 12:30 Texas Hold 'Em 12:45 Enhance Fitness 2:00 Ping Pong & Wii	21 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Qi Gong 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
23 9:00 Personal Painting 9:30 Wii Bowling 10:00 ESL 10:00 Walk With Ease 10:30 Ballroom Dance 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Ping Pong	24 8:45 Drums Alive 9:00 Wood Carving 9:00 Euchre 10:00 Massages 10:00 Zumba 12:00 In-Door Pickleball 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	25 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:30 Ballroom Dance 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	26 9:00 Euchre 9:00 Ballet 10:00 Massages 10:00 Yoga 10:00 Clay Class 10:00 Zumba 11:15 Smart Move 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:00 Hand & Foot	27 9:30 Wii Bowling 10:00 Zumba 10:00 Cribbage 11:00 Drums Alive 12:30 Texas Hold 'Em 12:45 Enhance Fitness 1:30 Mahjongg 2:00 Ping Pong & Wii	28 8:00 Individual Exercise 8:00 Games & Puzzles 9:00 Drums Alive 9:00 Personal Pottery 10:15 Yoga 10:00 Personal Painting 10:45 Line Dancing
30 9:00 Personal Painting 9:30 Wii Bowling 10:00 ESL 10:30 Ballroom Dance 12:30 Mahjongg 12:30 canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Ping Pong	31 8:45 Drums Alive 9:00 Wood Carving 9:00 Euchre 10:00 Massages 10:00 Zumba 11:30 Entertainment 12:00 In-Door Pickleball 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga HAPPY SPOOK DAY!	<p style="text-align: center;">The DSC Advisory Council Needs You!</p>  <p style="text-align: center;">GET INVOLVED</p>	<p style="text-align: center;">OCTOBER IS NATIONAL BEAUTY MONTH</p> <p style="text-align: center;">Here's to all you SENIOR BEAUTIES out there!</p>	<p style="text-align: center;">SLCO EVIDENCE-BASED PROGRAMS:</p> <ul style="list-style-type: none"> *Enhance Fitness *Walk with Ease *Stepping On *Living Well with Chronic Conditions *Living with Diabetes 	<p style="text-align: center;">NEW CLASSES/GAMES</p> <p>Wednesdays @ 12:30 Social Bridge Visit, laugh, and talk story as you play this trick-taking card game played with partners.</p> <p>Thursdays @ 1:00 Hand & Foot No, this is not a class about body parts! It's a card game played with 2-6 players either as partners or individually. First out of all cards wins.</p> <p>Fridays @10:00 Cribbage A fun card game with the objective to play your cards so the value reaches exactly 15 or 31.</p>

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

SPECIAL EVENTS

October 5 @ 10:00 **Candidates Day**
 Meet, greet and listen to the platforms of local candidates. After, stay for a yummy lunch and great entertainment.

October 6 & 7 @ 8:00-5:00 **Senior Expo**
 The South Towne Expo Center will be hopping with everything to do with seniors-a great adventure! Transportation

October 17 @ 10:00 **Care Giver Support Group**
 This presentation will focus on long term planning with emphasis on legal and financial matters. Elevation Home Health & Hospice/Amy Muller

October 19 **Pink Day**
 Wear pink today in support of Breast Cancer Awareness Month and receive a pink treat! We can all be more aware and supportive, so let's show our pink.

HEALTH and WELLNESS CLASSES

October 3 @ 9:30 **Health Screenings**
 Westminster College Nursing Students will perform PVD, vision and balance testing plus BS/BP testing.

October 16 @ 10:00 **Diabetic Neuropathy**
 Diabetic Neuropathy will be defined and how it affects people. There will be a discussion regarding remedies to symptoms of neuropathy, weakness, imbalance, poor circulation, blindness, etc. In-Home Physical Therapy

October 16 @ 10:30 **Senior Health**
 Roland Fitts, Pharmacist at Honeybee Grocery Store, will address gastro-intestinal issues and drugs.

October 19 @ 10:00 **Healthy Sexuality & Aging**
 The physical and emotional challenges of aging and the desire for intimate relationships will be discussed.

ENTERTAINMENT

October 5 @ 11:30 **Country Blue Folk**
 Get your country on listening to this foot stompin' group.

October 31 @ 11:30 **Fall River Band**
 Wear costumes as part of "Spook Day", celebrate Halloween, and enjoy listening to this energetic country/rock n' roll band that write many of their own songs.

NEW CLASSES/GAMES