

SERVICES AVAILABLE

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

Legal Services
Tim Williams
2nd Friday

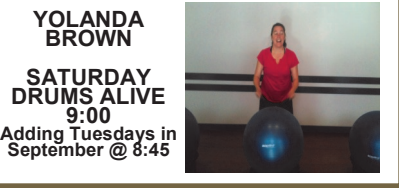
Podiatrist
Dr. Scott Shelton
Every other
4th Wednesday

Massages
Tuesdays & Thursdays

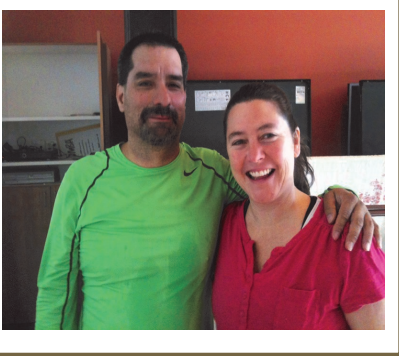
**Salt Lake County
Aging & Adult
Services**
OUR MISSION:
*Promoting inde-
pendence through
advocacy, en-
gagement and ac-
cess to resources.*



**MICHEAL
MUNIZ**
SATURDAY
ZUMBA
8:00



**YOLANDA
BROWN**
SATURDAY
DRUMS ALIVE
9:00
Adding Tuesdays in
September @ 8:45



**MEET OUR DRAPER SENIOR CENTER
VOLUNTEERS**

MICHEAL & YOLANDA

Micheal and Yolanda partner together to bring you a fun time at Drums Alive and Zumba on Saturday mornings. Drums Alive will also be coming to Tuesday mornings at 8:45 in September just before Nicka's Zumba class.

Seriously, it is a time full of laughter as we explore rhythms and movements. We work the brain and the body. What is so awesome about Drums Alive is the fact that you can engage with it even just sitting in a chair. Just bang on that exercise ball and have a blast!

Yolanda has a dance background and Micheal has been a Zumba instructor for 6 years. Volunteering at the Draper Senior Center is deeply gratifying thanks to the "wonderfulness" of everyone!



Draper Senior Center

AUGUST 2017

**SLCO AGING & ADULT SERVICES
HEALTH TOPIC FOR AUGUST**

EDUCATING SENIORS ON IMPORTANT VACCINATIONS

"August is the ideal time for families to ensure that all of their loved ones have access to the recommended immunizations and are protected for the coming year," said Susan Peschin, Chief Executive Officer of the Alliance for Aging Research. This is particularly true for older adults, who are the most vulnerable to many infectious diseases and illnesses - especially those that can be deadly like flu and pneumonia. Peschin also stated, "The adage 'An ounce of prevention is worth a pound of cure,' is wise advice for everyone, especially for older adults. Immunizations for diseases and illnesses such as shingles, chicken-pox, influenza and pneumonia protect and save lives. We encourage all seniors to ask their healthcare professionals about what immunizations they need and where to go to get them." It's important to remember and be aware that as older adults age, their immune systems weaken and they become more vulnerable to sickness. Adults over 65 years old are more susceptible to the flu than people of other ages. This is true of most common illnesses, which makes immunizations particularly important for seniors.

"Vaccines are the tugboats of preventative health."

William Foege

A SPECIAL THANK YOU TO:

- Ballet West
- Draper Rehabilitation and Care Center
- Aspen Senior Care/Kara Melvin
- Humana/Weston Wynn
- Steve Branch
- Swinton Counseling/Courtney Archer
- AARP
- Wentworth Assisted Living & Memory Care
- Visitng Angels
- Dr. Scott Shelton
- Roxanne Earl/Utah State Unclaimed Property Division
- Vital Aging Project
- Amy Muller/Elevation Home Care & Hospice
- Roland Fitts/Pharmacist
- Draper Library/Linda Gee
- Tim Williams/Legal Advisor
- 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



END OF SUMMER BARBECUE



**FRIDAY, AUGUST 25th
11:30-1:00**

**ENTERTAINMENT
Rosie & Sheri**

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
Monday-Friday
8:00-10:00

Lunch
Monday-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
Center Chef
Jerry Pearson
Chuck Bradley
Transportation

On-line Calendar
slco.org/Draper

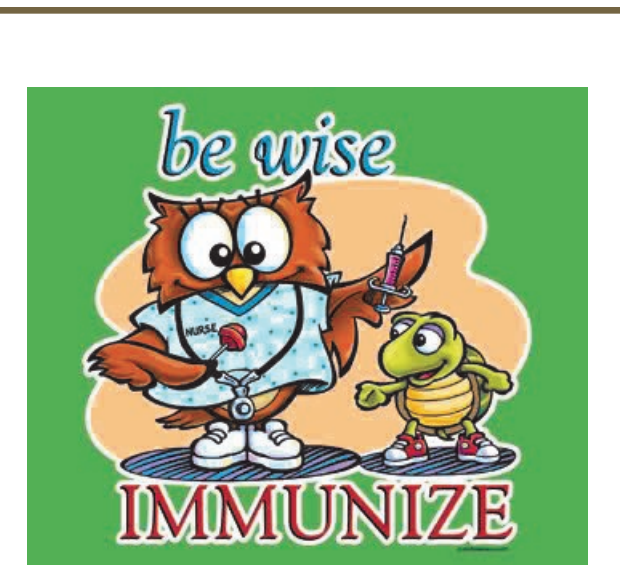
SENIOR IMMUNIZATIONS

**MONDAY
AUGUST 28th
10:30**

**Presenter:
Roland Fitts, Pharmacist**

**SL SALT LAKE
COUNTY**
AGING & ADULT SERVICES

Accredited by **ncoa**
National Institute of
Senior Centers



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SLCO All Senior Centers PICKLEBALL TOURNAMENT August 17th 9:00-1:00 Murray-Heritage SC	1 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 Zumba 12:00 In-Door Pickleball 12:30 Mexican Train 12:30 Duplicate Bridge 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	2 9:00 Texas Hold 'Em 9:00 Casual Walk 9:30 Wii Bowling 10:00 Canasta 10:00 Cognasium 10:00 Podiatrist Visit 10:00 Ping Pong 10:15 Gentle Floor Yoga 12:30 Mexican Train 12:45 EnhanceFitness 1:00 Advisory Council 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	3 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Yoga 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 3:00 Ping Pong	4 9:30 Wii Bowling 10:00 BINGO (new time) 10:00 Zumba 11:00 Drums Alive 11:00 BP/BS Testing 12:30 Texas Hold 'Em 12:45 EnhanceFitness 1:30 Mahjongg 2:00 Movie & Popcorn: High Society 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	5 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 8:00 Qi Gong 9:00 Drums Alive 9:00 Personal Pottery 10:00 Personal Painting 10:15 Yoga/Mandy 10:45 Line Dancing
7 9:00 Personal Painting 9:00 Fitness Walk 9:30 Wii Bowling 10:30 Ballroom Dance 12:30 Mahjongg 12:45 EnhanceFitness 1:00 Guitar 1:00 Canasta 2:00 Chess 2:00 Ping Pong	8 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 iPhone-iPad Lab 10:00 Zumba 12:00 In-Door Pickleball 12:30 Mexican Train Tournament 12:30 Duplicate Bridge 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	9 9:00 Texas Hold 'Em 9:00 Casual Walk 9:30 Wii Bowling 10:00 Canasta 10:00 Cognasium 10:00 Finding Meaning in Mourning 10:00 Ping Pong 10:15 Gentle Floor Yoga 12:30 Mexican Train 12:45 EnhanceFitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	10 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 NO Yoga 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:00 Unclaimed Property 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 3:00 Ping Pong	11 9:30 Wii Bowling 10:00 Zumba 11:00 Drums Alive 11:00 Legal Advice 12:30 Texas Hold 'Em 12:45 EnhanceFitness 2:00 Ping Pong & Wii	12 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 8:00 Qi Gong 9:00 Drums Alive 9:00 Personal Pottery 10:00 Personal Painting 10:15 Yoga/Karen 10:45 Line Dancing
14 9:00 Personal Painting 9:00 Fitness Walk 9:30 Wii Bowling 10:30 Ballroom Dance 12:00 Young at Heart Book Club 12:00 Special Dessert 12:30 Mahjongg 12:45 EnhanceFitness 1:00 Guitar 1:00 Canasta 2:00 Chess 2:00 Ping Pong	15 8:00 Pickleball Clinic 9:00 French Petanque 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 AARP Safe Driver 10:00 Care Giver Support 10:00 iPhone-iPad Lab 10:00 Zumba 12:00 In-Door Pickleball 12:00 Ice Cream Social 12:30 Mexican Train 12:30 Duplicate Bridge 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	16 9:00 Texas Hold 'Em 9:00 Casual Walk 9:30 Wii Bowling 10:00 Canasta 10:00 Baking & Cooking 10:00 Ping Pong 10:15 Gentle Floor Yoga 12:30 Mexican Train 12:45 EnhanceFitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes 2:00 Women Supporting Women	17 9:00 Pickleball Tournament Murray-Heritage 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Yoga 10:00 Creative Problem Solving 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 3:00 Ping Pong	18 9:00 E-Z Spanish 9:30 Wii Bowling 10:00 Zumba 10:00 BINGO 11:00 Drums Alive 12:30 Texas Hold 'Em 12:45 EnhanceFitness 1:30 Mahjongg 2:00 Ping Pong & Wii	19 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 8:00 Qi Gong 9:00 Drums Alive 9:00 Personal Pottery 10:00 Personal Painting 10:15 Yoga/Mandy 10:45 Line Dancing
21 TOTAL ECLIPSE 9:00 Personal Painting 9:00 Fitness Walk 9:30 Wii Bowling 10:30 Ballroom Dance 12:30 Mahjongg 12:45 EnhanceFitness 1:00 Guitar 1:00 Canasta 2:00 BUNCO 2:00 Chess 2:00 Ping Pong	22 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 Zumba 12:00 In-Door Pickleball 12:30 Mexican Train 12:30 Duplicate Bridge 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	23 9:00 Texas Hold 'Em 9:00 Casual Walk 9:30 Wii Bowling 10:00 Canasta 10:00 Ping Pong 10:15 Gentle Floor Yoga 10:30 Eat This Not That 12:30 Mexican Train 12:45 EnhanceFitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	24 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Yoga 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:00 Lunch Buddies: Leatherby's 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 3:00 Ping Pong	25 BARBECUE 9:30 Wii Bowling 10:00 Zumba 11:00 Drums Alive 11:30 Entertainment: Rosie & Sheri 12:30 Texas Hold 'Em 12:45 EnhanceFitness 2:00 Ping Pong & Wii	26 8:00 Individual Exercise 8:00 Games & Puzzles 8:00 Zumba 8:00 Qi Gong 9:00 Drums Alive 9:00 Personal Pottery 10:00 Personal Painting 10:15 Yoga/Karen 10:45 Line Dancing
28 9:00 Personal Painting 9:00 Fitness Walk 9:30 Wii Bowling 10:30 Ballroom Dance 10:30 Senior Immunizations 12:30 Mahjongg 12:45 EnhanceFitness 1:00 Guitar 1:00 Canasta 2:00 Chess 2:00 Ping Pong	29 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 Zumba 12:00 In-Door Pickleball 12:30 Mexican Train 12:30 Duplicate Bridge 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga	30 9:00 Texas Hold 'Em 9:00 Casual Walk 9:30 Wii Bowling 10:00 Canasta 10:00 Ping Pong 10:15 Gentle Floor Yoga 12:30 Mexican Train 12:45 EnhanceFitness 2:00 Ping Pong & Wii 2:00 Billiards & Dominoes	31 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Yoga 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 3:00 Ping Pong	SILVER PEN WRITING CONTEST <i>"If Only I..."</i> All essays must be submitted on-line by September 4th. Winners will be announced and notified by October 1st.	SLCO EVIDENCE-BASED PROGRAMS: *Enhance Fitness *Walk with Ease *Stepping On *Living Well with Chronic Conditions *Living with Diabetes

**PLEASE SIGN-UP FOR ACTIVITIES
 CALL IF YOU'RE COMING FOR A SPECIFIC CLASS**

SPECIAL EVENTS

August 8 @ 12:30 Mexican Train Tournament
 Test your skill level in this first ever Center tournament. Be the first person to play all your dominoes in a round of elimination games.

August 10 @ 11:00 Unclaimed Property
 Margaret Earl, Utah State Unclaimed Property Division, has information regarding possible monies owed to seniors.

August 14 & 15 @ 12:00 Special Dessert
 Our Community Partners from Wentworth and Visiting Angels will be bringing something special for dessert.

August 15 @ 8:00 Pickleball Clinic for Beginners
 Steve Branch will be on hand to offer tips for beginners and reminders for those who need some brushing-up.

August 15 @ 9:00 Learn How to Play French Petanque
 Petanque is similar to Bocce, played outdoors with steel balls on a dirt surface. Raeburn Kennard

August 15 @ 10:00 AARP Safe Driver Course
 Learn how to handle today's driving challenges and become road smart. \$15/AARP Members; \$20/Non-Members

August 17 @ 9:00 Pickleball Tournament
 SLCO "All Centers" Tournament at Murray-Heritage Senior Center. All Levels - Doubles - Prizes Sign-up

HEALTH and WELLNESS CLASSES

August 2 & 9 @ 10:00 Cognasium
 Participate in fun activities that will help your brain stay active and healthy. Aspen Senior Care

August 5, 12, 19 & 26 @ 8:00 Qi Gong
 Qi Gong exercises can provide increased vitality, renewed health, improved immune system. And increased life force energy. Arnell Bertumen

August 9 @ 10:00 Finding Meaning in Mourning
 This is an opportunity to understand how to turn feelings and emotions during a difficult time into a meaningful experience.

August 15 @ 10:00 Senior Transportation Options
 The Care Giver Support Group, sponsored by Amy Muller, Elevation Home Health & Hospice, will offer insight into transportation options for seniors.

August 16 @ 10:00 Baking and Cooking
 Become a baking and cooking expert and try some great tasting samples with recipes. Draper Rehabilitation

August 16 @ 2:00 Women Supporting Women
 Share your life experiences. Let's get together and feel alright! Yetta Katsos

August 17 @ 10:00 Creative Problem Solving
 Tap into your creativity and learn how to approach problem-solving from a different mindset. Vital Aging Project

August 23 @ 10:30 Eat This Not That
 You can eat out and still eat healthy. Learn how to make smart choices at your favorite restaurants. Humana

August 28 @ 10:30 Senior Immunizations
 Which ones should you get? Our favorite Pharmacist, Roland Fitts, will give you all the details.

ENTERTAINMENT

August 25 @ 11:30 Sheri & Rosie
 Enjoy our end-of-summer barbecue with entertainment by Sheri & Rosie-a mix of a little of this and a little of that!