

SERVICES AVAILABLE

Legal Services

Tim Williams
2nd Friday

Podiatrist

Dr. Scott Shelton
Every other
4th Wednesday

Massages

Christine Libbey
Tuesdays & Thursdays
10:00-2:00



MEET OUR DRAPER SENIOR CENTER VOLUNTEERS

**LOUIE MINERMAN
DSC Advisory Council Treasurer**

I moved to Draper when I retired at 70. My daughter was my motive to make a change. Draper Senior Center was new, and I joined in May 2013. I love the staff, members, activities & Café! I wanted to help with the Advisory Council, so in March 2015, I was elected Treasurer.

I love sports, so the annual Decathlon in Magna got my attention. Many DSC seniors entered, and we had fun. Pickleball was played in our outdoor courts, so I learned to play. The exercise room is available to use all day, so I use it! Games of all flavors are here, and I enjoy playing lots of them. I feel the Center is my home now.

I've lived in Chicago; Des Moines; Menominee, Michigan; Wisconsin; Texas & Florida. I was married 28 years. I raised 2 daughters. I'm now single and love my independence. I graduated from Drake University. I taught school. I love kids. I later became a babysitter for church families. I guess I'm just a big kid at heart! Yes, I'm a Green Bay Packer Fan!

The Advisory Council can use your help.



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



Draper Senior Center

FEBRUARY 2018

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

Retail Breakfast

8:00am-10:00am

Lunch

Monday thru Friday
11:30-1:00

Suggested donation of
\$4.00 (60+) or
Retail \$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
Liz King
Chef
Jerry Pearson
Chuck Bradley
Transportation

On-line Calendar
slco.org/Draper

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

HEART HEALTH

According to the American Heart Association, a healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

***Use up at least as many calories as you take in.**

***Eat a variety of nutritious foods from all the food groups:**

A variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, non-tropical vegetable oils, cut back on beverages and foods with added sugars, choose foods with less sodium and prepare foods with little or no salt, drink alcohol in moderation, and keep an eye on portion sizes.

***Eat less of the nutrient-poor foods.**

***Don't smoke tobacco and avoid second-hand smoke.**

***Aim for moderate physical activity (150 minutes) or vigorous physical activity (75 minutes) each week or an equal combination of both.**

"With A Healthy Heart ...The Beat Goes On!"
"Take Care Of Your Heart, Don't Let It Fall Apart."
"Save Your Achy Breakey Heart."

A SPECIAL THANK YOU TO:

Ballet West
JuanCarlos Claudio/Minding Motion
SLCO Aging & Adult Services/SHIP Program
Katie Sheen Abbott/Flamenco del Lago
AARP
Valley Behavioral Health/Vital Aging Project
UVU Nursing Program
Canyons Transition Academy Students & Leaders
Wentworth at Draper Assisted Living & Memory Care
Maureen Newman
Assisted Living of Draper
Calvin Law
Draper Rehabilitation & Care Center
Aspen Senior Care/Kara Melvin
Roland Fitts/Honeybee Pharmacist
Draper Library/Linda Gee
Tim Williams/Legal Advisor
Draper Senior Center Advisory Board Members
All Our Wonderful Draper Senior Center Volunteers

LIVE YOUR BEST LIFE



LOVE YOUR HEART



**FRIDAY
FEBRUARY 2
10:30**


**PRESENTER:
MAUREEN NEWMAN**



AGING & ADULT SERVICES

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DSC ADVISORY COUNCIL BOUTIQUE March 8th & 9th 10:00-1:00 Treasures Galore!</p>	<p>THURSDAYS PIE & COFFEE DAY 8:00am-1:00pm</p> <p>A Different Pie Featured Each Week</p> <p>Piece of Pie \$2.25 Pie & Coffee \$3.00</p>	<p>Q? What do you call two birds in love? A Tweet-hearts!</p> 	<p>1 Pie & Coffee Day 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 1:00 In-Door Pickleball 1:00 Hand & Foot</p>	<p>2 Heart Health Day Wear Red 9:30 Wii Bowling 10:00 Cribbage 10:00 Zumba 10:30 Love Your Heart 11:00 BINGO 11:00 Drums Alive 12:30 Texas Hold 'Em 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards</p>	<p>3 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</p>
<p>5 9:00 Minding Motion 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</p>	<p>6 9:00 Wood Carving 9:00 Euchre 10:00 Massages 10:00 Zumba 11:30 Flamenco Dance 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Social Sewing 1:00 In-Door Pickleball 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga</p>	<p>7 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Cognasium 10:00 Yoga 10:30 Ballroom Dance 11:15 Smart Move 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 1:00 Advisory Council 2:00 Ping Pong & Wii 2:00 Billiards</p>	<p>8 Pie & Coffee Day 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Clay Class 10:00 Zumba 10:30 Valentine's Day Craft 11:30 Tai chi 12:30 Bridge & Pinochle 12:30 Mahjongg 1:00 In-Door Pickleball 1:00 Hand & Foot</p>	<p>9 9:30 Wii Bowling 10:00 Zumba 10:00 Cribbage 11:00 Drums Alive 11:00 Free Legal Service 12:30 Texas Hold 'Em 12:45 Enhance Fitness 1:30 Mahjongg 2:00 Ping Pong & Wii</p>	<p>10 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</p>
<p>12 9:00 Minding Motion 9:00 Personal Painting 9:30 Wii Bowling 10:00 ESL 10:30 Drugs & Heart Health 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</p>	<p>13 9:00 Wood Carving 9:00 Euchre 10:00 Massages 10:00 Zumba 10:00 AARP Safe Drive 11:30 Flamenco Dance 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 In-Door Pickleball 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga</p>	<p>14 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Cognasium 10:00 Yoga 10:30 Valentine's Day Dance 11:15 NO Smart Move 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards</p>	<p>15 Pie & Coffee Day 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Healthy Mind, Body & Soul 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:00 Surprise Dessert & Raffle 12:30 Bridge & Pinochle 12:30 Mahjongg 1:00 In-Door Pickleball 1:00 Hand & Foot</p>	<p>16 9:30 Wii Bowling 10:00 Zumba 10:00 Cribbage 10:30 Medicare Basic Training 11:00 Drums Alive 12:30 Texas Hold 'Em 12:45 Enhance Fitness 2:00 Ping Pong & Wii</p>	<p>17 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</p>
<p>19</p>  <p>CENTER CLOSED</p>	<p>20 9:00 Wood Carving 9:00 Euchre 10:00 Massages 10:00 Zumba 11:30 Flamenco Dance 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 In-Door Pickleball 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga</p>	<p>21 9:00 Texas Hold 'Em 9:30 Wii Bowling 9:30 Health Screenings 10:00 Fall Prevention 10:00 Yoga 10:30 Ballroom Dance 11:15 NO Smart Move 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards</p>	<p>22 Pie & Coffee Day 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 1:00 In-Door Pickleball 1:00 Hand & Foot</p>	<p>23 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</p>	<p>24 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</p>
<p>26 9:00 Minding Motion 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 BUNCO 2:00 Chess 2:00 Ping Pong</p>	<p>27 Winter Decathlon 9:00 Wood Carving 9:00 Euchre 10:00 Massages 10:00 Zumba 11:30 Flamenco Dance 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 In-Door Pickleball 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga</p> <p>SLCO Winter Decathlon held at the 10th East SC</p>	<p>28 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Yoga 10:30 Ballroom Dance 11:15 NO Smart Move 12:30 Mexican Train 12:30 Social Bridge 12:45 Enhance Fitness 2:00 Ping Pong & Wii 2:00 Billiards</p>	<p>DONATION BOXES are located around the Center for your opportunity to give back to the activities that you participate in.</p> <p>Donations are used to enhance the Center.</p> <p>Thank you!</p>	 <p>WATER MAIN BREAK DSC FROZEN WONDERLAND!</p>	<p>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

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

February 8 @ 10:30 Valentine's Day Banner
The Canyons Transition Students will be on hand to offer a free, fun craft to make for that special someone in your life.

February 13 @ 10:00 AARP Safe Driver Course
Learn how to handle today's driving challenges and become road smart. \$15/AARP Members; \$20/Non-Members

February 14 @ 10:30 Valentine's Day Dance
Absolutely no experience required and lots of fun guaranteed! It will be FUN and ROMANTIC. Bring yourself or bring your sweetheart and dance to the music of DJ Calvin Law.

February 16 @ 10:30 Medicare Basic Training
Bill Barron, SLCO Medicare Options Coordinator, will walk you through the Medicare maze.

HEALTH and WELLNESS CLASSES

February 2 @ 10:30 Love Your Heart
If you want to be healthy and happy, then you have to love your heart! Maureen Newman will offer tips on how to do just that. **Wear RED for Heart Health Day!**

February 5 @ 9:00 (Mondays) Minding Motion
A preventative, regenerative and transformative creative movement program that targets issues related to aging. This class will help you gain strength and flexibility to improve memory and overall cognitive function.

February 7 @ 11:15 (Wednesdays) Smart Move
Smart Move sessions boost cognitive function, coordination, stability, mobility and mood by stimulating the nervous system in new ways. Sign-up for these 30 minute, one-on-one sessions with Kiera. Move well to feel well!

February 12 @ 10:30 Drugs & Heart Health
Roland Fitts, HoneyBee Pharmacist, will talk about how certain drugs affect your cardiovascular system.

February 15 @ 10:00 Healthy Mind, Body & Soul
If you would like to investigate how to maintain a healthy mind, body and soul and stay motivated when making lifestyle choices, then this is the discussion for you.

February 21 @ 9:30 Health Screenings
UVU Nursing Students will conduct health screenings that include vision testing, balance testing and BS/BP testing.

February 21 @ 10:00 Fall Prevention
Draper Rehab's Therapy Team will be at the Center on the 3rd Wednesday of every month to offer tips on how to build strong bodies to aid in preventing falls.

ENTERTAINMENT

February 14 @ 10:30 DJ Calvin Law
Enjoy great music and dancing at the Center's Valentine's Day Dance.

NEW CLASSES

February 6 @ 1:00 Social Sewing
Offered on the 1st Tuesday of every month, join other sewers to make service projects or just to socialize while working on personal projects.

February 6, 13, 20 & 27 @ 11:30 Flamenco Dance
This class is for everyone. It covers the basics of flamenco dance. Instructor: Katie Sheen Abbott