

Friendly Neighborhood Senior Center

Promoting independence through advocacy, engagement & access to resources.



CENTER INFORMATION

1992 SOUTH 200 EAST
SALT LAKE CITY, UTAH 84115
PHONE: 385-468-3065
TTY USE 711
OPEN: 8:00^{am} - 2:00^{pm}
MONDAY THROUGH FRIDAY

WWW.SLCO.ORG/FNSC

SENIOR TRANSPORTATION

Pick up begins at 8:00^{am}
Rides Home begin at 12:30^{pm}
Call for more details
Please call 24 hours in advance
Suggested Donation \$1 each way

MORNING TOAST & COFFEE

Toast, coffee, tea & hot chocolate are available at 8:30^{am} to 10:30^{am}
Donations are greatly appreciated

LUNCH

Lunch is served daily - 11:45^{am} - 12:30^{pm}
Suggested donation of \$3.00 for 60+
Under 60 cost is \$7 pay at front desk

CENTER STAFF

MELINDA CUDNEY
CENTER MANAGER
MCUDNEY@SLCO.ORG

MIKE.....PROGRAM COORDINATOR
DAISY.....OFFICE SPECIALIST
CARLOS.....CUSTODIAN
ALEX.....DRIVER
BEN..... KITCHEN



November is Mental Health Month

Take care of your brain and your mental health before the craziness of the holidays. Learn how to keep in good mental health year round and take care of this often overlooked part of your all-round well-being

You're invited to a special presentation given by Brio HealthCare Services about this topic on:

Friday, November 3rd at 11:00^{am} in the Friendly Neighborhood Lounge



Holiday Meal - Tuesday, November 14th

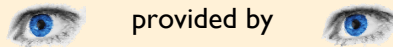
Need to register by Monday, November 6th

Entertainment starts at 10:30^{am}

Lunch will begin at 12:00^{pm}



Vision Screening



provided by



Wednesday, November 15th at 11:00^{am}

Make sure your eyes are in good shape and in working order! Sign up on the clipboard on the table outside the computer lab.



Navajo Rugs and Weaving

Monday, November 6th at 11:00^{am}

A presentation by Jill Smith

Come learn about the beauty of Navajo Rugs and the weaving techniques used to make them.



Battling the Aging Brain

Thursday, November 16th at 11:00^{am}

A presentation by :



The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older.

Stay after Lunch and Play Some Games

Presented by Peak Specialty Group

Monday, November 27th at 12:30^{pm}
In the Dining Room

Come enjoy fun ADULT activities to get your brain working while having lots of fun!



Food Sense - Fruit Salad

Tuesday, November 28th at 11:00^{am}

Conference Room in Dining Area
FREE SAMPLES!

Learn how to cook healthy meals on a budget and prepare whole foods, read food labels, practice safety in the kitchen



Monday	Tuesday	Wednesday	Thursday	Friday
<p>November Craft:</p> <p>Friday, November 27th at 1:00^{pm}</p> <p>FREE - Limited to 6 people!</p> <p>Sign up today.</p> 		<p>1</p> <p>10:30 Stretch & Flex</p> <p>11:00 “Increase your enjoyment of the holidays” with the Vital Aging Project</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:15 Tai Chi</p> <p>1:00 Computer Lab (1-3)</p> <p>6:30 Bingo!</p>	<p>2</p> <p>9:00 Barber Rich</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:30 Movie “10,000 BC”</p> <p>1:00 Open Pottery</p>	<p>3</p> <p>10:30 Low Impact Exercise</p> <p>11:00 “Mental Health” a presentation by Brio Healthcare</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Table Tennis</p> 
<p>6</p> <p>9:00 Barber Rich</p> <p>10:30 Low Impact Exercise</p> <p>11:00 “Navajo Rugs and Weaving” a presentation by Jill Smith</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Open Pottery</p> <p>1:00 Computer Lab (1-3)</p> <p>Last day to sign up for the holiday meal to be held on Tuesday, Nov. 14th</p>	<p>7</p> <p>Birthday Tuesday</p> <p>8:30 Hair - Beauty Salon</p> <p>9:00 Nails - Beauty Salon</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>1:00 Table Tennis</p> <p>1:00 Wii Sports</p> <p>3:30 Bingo! Dining Room</p> <p>5:00 Computer Lab (5-7:30)</p> 	<p>8</p> <p>10:30 Stretch & Flex</p> <p>11:00 “Increase your enjoyment of the holidays” with the Vital Aging Project</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:15 Tai Chi</p> <p>1:00 Computer Lab (1-3)</p> <p>6:30 Bingo!</p>	<p>9</p> <p>9:00 Barber Rich</p> <p>10:30 Blood Pressure Checks w/Harmony Home Health and Hospice</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:30 Movie “The Last Airbender”</p> <p>1:00 Open Pottery</p> 	<p>10</p> <p>Veteran's Day</p>  <p>CENTER CLOSED FOR HOLIDAY</p>
<p>13</p> <p>9:00 Barber Rich</p> <p>10:30 Low Impact Exercise</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Open Pottery</p> <p>1:00 Computer Lab (1-3)</p> <p>1:00 Tai Chi</p>	<p>14</p> <p>8:30 Hair - Beauty Salon</p> <p>9:00 Nails - Beauty Salon</p> <p>10:30 Entertainment</p> <p>12:00 Holiday Meal</p> <p>1:00 Table Tennis</p> <p>1:00 Wii Sports</p> <p>3:30 Bingo! Dining Room</p> <p>5:00 Computer Lab (5-7:30)</p> <p>5:00 Sing-a-Long with Jim</p> 	<p>15</p> <p>10:30 Stretch & Flex (LL)</p> <p>11:00 “Increase your enjoyment of the holidays” with the Vital Aging Project</p> <p>11:00 Vision Screenings provided by Friends for Sight</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Tai Chi</p> <p>1:00 Computer Lab (1-3)</p> <p>6:30 Bingo!</p> 	<p>16</p> <p>9:00 Barber Rich</p> <p>10:00 Hearing Screening *REGISTER* with Connect Hearing *FREE*</p> <p>11:00 “Battling The Again Brain” presented by Humana</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>12:30 Movie “The Hulk”</p> <p>1:00 Open Pottery</p> 	<p>27</p> <p>10:30 Low Impact Exercise</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Table Tennis</p> <p>1:00 November Craft (must pre-register)</p>
<p>20</p> <p>9:00 Barber Rich</p> <p>10:30 Low Impact Exercise</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Open Pottery</p> <p>1:00 Computer Lab (1-3)</p> <p>1:00 Tai Chi</p> <p>1:00 Advisory Committee Meeting</p>	<p>21</p> <p>8:30 Hair - Beauty Salon</p> <p>9:00 Nails - Beauty Salon</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>1:00 Wii Sports</p> <p>1:00 Table Tennis</p> <p>3:30 Bingo! Dining Room</p> <p>5:00 Computer Lab (5-7:30)</p>	<p>22</p> <p>10:30 Stretch & Flex (LL)</p> <p>11:00 “Increase your enjoyment of the holidays” with the Vital Aging Project</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Tai Chi</p> <p>1:00 Computer Lab (1-3)</p> <p>6:30 Bingo!</p>	 <p>CENTER CLOSED FOR HOLIDAY</p>	 <p>CENTER CLOSED FOR HOLIDAY</p>
<p>27</p> <p>9:00 Barber Rich</p> <p>10:30 Low Impact Exercise</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>12:30 Brain Games w/ LeeAnn Sponsored by Peak - Dining Room</p> <p>1:00 Open Pottery</p> <p>1:00 Computer Lab (1-3)</p> <p>1:00 Tai Chi</p> 	<p>28</p> <p>8:30 Hair - Beauty Salon</p> <p>9:00 Nails - Beauty Salon</p> <p>11:00 Food \$ense - Fruit Salad</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>1:00 Table Tennis</p> <p>2:00 Tenants Association Meeting</p> <p>1:00 Wii Sports</p> <p>3:30 Bingo! Dining Room</p> <p>5:00 Computer Lab (5-7:30)</p>	<p>29</p> <p>10:30 Stretch & Flex (LL)</p> <p>11:00 “Increase your enjoyment of the holidays” with the Vital Aging Project</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:15 U of U Exercise Class</p> <p>1:00 Tai Chi</p> <p>1:00 Computer Lab (1-3)</p> <p>6:30 Bingo!</p>	<p>30</p> <p>9:00 Barber Rich</p> <p>11:45 Lunch (11:45^{am}-12:30^{pm})</p> <p>12:30 Movie “The Prince Of Persia”</p> <p>1:00 Open Pottery</p>	



Blood Pressure - Thursday, November 9th at 10:30^{am}
Vision/Eye- Wednesday, November 15th at 10:00^{am}
Hearing Screening - Thursday, November 16th at 10:00^{am}

Please sign up for the **Vision** and **Hearing** on the clipboards located on the table outside the computer lab



Low Impact Exercise - Monday at 10:30^{am}
Stretch and Flex - Wednesday at 10:30^{am}
Tai Chi - Mondays, and Wednesday at 1:00^{pm}
University of Utah Exercise Class - Monday, Wednesday and Friday at 12:15^{pm}



Barber - Monday and Thursday at 9:00^{am}
 Hair - Tuesday at 8:30^{am}
 Nails - Tuesday at 9:00^{am}



Increase Your Enjoyment of the Holidays

The holiday season can be a challenging time of year as we are faced with the demands of shopping, decorating parties, family gatherings, or missing loved ones. We will start with ideas on how to adapt the holidays to be more enjoyable for older adults.

Learn ways to manage, and help you more effectively plan events to be more enjoyable and less stressful this time of year.

Join us every
Wednesday at 11:00^{pm}
 in the Lounge

A SALT LAKE COUNTY
 AGING & ADULT SERVICES
 AND
 VALLEY BEHAVIORAL
 HEALTH SERVICES INITIATIVE

Movie Showings

Thursday Movie at 12:30^{pm} - Lounge



What's Happening At Other Centers:

Liberty Senior Center (251 E. 700 S.)

Thursday, November 30th at 1:00^{pm}:

A great presentation and demonstration of cutting edge library technology including 3D printing and virtual reality. Come see how a 3D printer works and some interesting example of 3D prints. Learn about how virtual reality is being incorporated into academic libraries.

Columbus Senior Center (2531 S. 400 E.)

Monday, November 13th at 9:00^{am}:

Podiatrist Screening, \$10 suggested donation

Tenth East Senior Center (237 S. 1000 E.)

Friday, November 3rd at 10:00^{am}

55+ Driving Class. Call Liberty to register for class.