

# 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<sup>am</sup> - 2:00<sup>pm</sup>  
MONDAY THROUGH FRIDAY

[WWW.SLCO.ORG/FNSC](http://WWW.SLCO.ORG/FNSC)

### SENIOR TRANSPORTATION

Pick up begins at 8:00<sup>am</sup>  
Rides Home begin at 12:30<sup>pm</sup>  
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<sup>am</sup> to 10:30<sup>am</sup>  
Donations are greatly appreciated

### LUNCH

Lunch is served daily - 11:45<sup>am</sup> - 12:30<sup>pm</sup>  
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  
TONY.....CUSTODIAN  
VACANT.....DRIVER  
BEN..... KITCHEN

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

Accredited by National Institute of Senior Centers

## Stroke: Warning Sings & Treatment



Friday, March 2<sup>nd</sup> at 11:00<sup>am</sup>

FNSC Lounge

Presented by Brio Home Health

Keep yourself safe and healthy by learning all about Strokes in this great presentation.

## Attorney Consultation

Wednesday, March 15<sup>th</sup>

11:00<sup>am</sup> to 1:00<sup>pm</sup> (Lounge)



(Sign-up for a 20 minute session)

Attorney Jonathan Miller will be available to meet one-on-one with you to ask any legal questions you may have.

## Westminster Nursing Health Screenings



Thursday, March 22<sup>nd</sup>

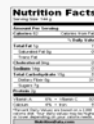
9:30<sup>am</sup> to 12:00<sup>pm</sup> (FNSC Lounge)

The nursing students will perform Peripheral Artery Disease screening, blood pressure, blood glucose, balance and vision screenings.

## March is National Nutrition Month

### Test Your Nutrition IQ

Presented by Humana  
Monday, March 12<sup>th</sup> at 11:00<sup>am</sup> FNSC Lounge



Food and Nutrition can be confusing. Find out the basics of calories, carbohydrates, proteins and fats.

## Utah Poison Control Presentation

Monday, March 19<sup>th</sup> 11:00<sup>am</sup>



Poisonings can happen at any age and all people can benefit from poison prevention education. Make sure you check out this informative presentation.

## History of the Iditarod Dog Race



Presented by Jill Smith  
Monday, March 26<sup>th</sup> at 11:00<sup>am</sup>

Jill attends this event every year in Alaska. She will be here to talk about the event and the history of this famous dog race.

## Tips to Stop Smoking from the

Huntsman Cancer Institute & Salt Lake County Health Dept.



March 30<sup>th</sup> at 11:00<sup>am</sup>

FNSC Lounge



If you've thought about quitting smoking, or you definitely want to stop, come to this presentation and learn how.

Monday

Tuesday

Wednesday

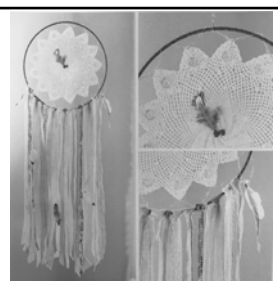
Thursday

Friday

**March Craft: Daydream**

March 9<sup>th</sup> at 1:00<sup>pm</sup>

FREE - Limited to the first 6 people that sign up!



Friendly Neighborhood Senior Center  
Is on Facebook



Follow us and give us a like!

1  
10:00 U of U Exercise Class - Lower Level  
10:30 Blood Pressure Checks w/Harmony Home Health and Hospice  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
12:30 Movie "Finding Dory"  
1:00 Open Pottery  
1:00 Tax Appointments - sign up at Front Desk



2  
9:30 Walk With Ease  
10:00 Color Me Calm - Dining Area  
10:30 Low Impact Exercise (LL)  
11:00 "Stroke: Warning Signs and Treatment" presented by Brio Healthcare  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis



5  
9:00 Barber Stephany  
9:00 Open Sewing  
9:30 Walk With Ease  
10:30 Low Impact Exercise (LL)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Open Pottery  
1:00 Computer Lab (1-3)  
1:00 Tai Chi (LL)

6  
**Birthday Tuesday**  
8:30 Hair - Beauty Salon  
9:00 Nails - Beauty Salon - sing up for appt.  
10:00 U of U Exercise Class - Lower Level  
11:00 "Anxiety, what it is & how to manage it" w/ Cody from VAP  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis  
1:00 Wii Sports  
3:30 Bingo! Dining Room  
5:00 Computer Lab (5-7:30)



7  
9:30 Walk With Ease  
10:30 Stretch & Flex (LL)  
10:30 MINDing MOTION Exercise (Lounge)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Tai Chi (LL)  
1:00 Computer Lab (1-3)  
6:30 Bingo!

8  
9:00 Open Sewing  
10:00 U of U Exercise Class - Lower Level  
11:00 "Name That Tune!" - sponsored by Brio Home Health and Hospice  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
12:30 Movie "La Bamba"  
1:00 Open Pottery  
1:00 Tax Appointments - sing up at Front Desk

9  
9:30 Walk With Ease  
10:00 Color Me Calm - Dining Area  
10:30 Low Impact Exercise (LL)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis  
1:00 March Craft - "Daydream" - sign up



12  
9:00 Barber Stephany  
9:00 Open Sewing  
9:30 Walk With Ease  
10:30 Low Impact Exercise (LL)  
11:00 "Test Your Nutrition IQ" presented by Humana  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Open Pottery  
1:00 Computer Lab (1-3)  
1:00 Tai Chi (LL)



13  
8:30 Hair - Beauty Salon  
9:00 Nails - Beauty Salon - sign up for appt.  
10:00 U of U Exercise Class - Lower Level  
11:00 "Anxiety, what it is & how to manage it" w/ Cody from VAP  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis  
1:00 Wii Sports  
3:30 Bingo! Dining Room  
5:00 Computer Lab (5-7:30)  
5:00 Sing-a-long with Jim

14  
9:30 Walk With Ease  
10:00 BRAIN GAMES w/ LeeAnn  
10:30 Stretch & Flex (LL)  
10:30 MINDing MOTION Exercise (Lounge)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Tai Chi (LL)  
1:00 Computer Lab (1-3)  
6:30 Bingo!



15  
10:00 U of U Exercise Class - Lower Level  
10:30 Blood Pressure Checks w/Harmony Home Health and Hospice  
11:00 Attorney Consultation Sign up for 20 minute appointment  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
12:30 Movie "Kubo and the Two Strings"  
1:00 Open Pottery  
1:00 Tax Appointments - sing up at Front Desk



16  
9:30 Walk With Ease  
10:00 Color Me Calm - Dining Area  
10:30 Low Impact Exercise (LL)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis



19  
9:00 Barber Stephany  
9:00 Open Sewing  
9:30 Walk With Ease  
10:30 Low Impact Exercise (LL)  
11:00 "Utah Poison Control Center Presentation" - Lounge  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Open Pottery  
1:00 Computer Lab (1-3)  
1:00 Tai Chi (LL)  
1:00 Advisory Committee Meeting



20  
8:30 Hair - Beauty Salon  
9:00 Nails - Beauty Salon - sign up for appt.  
10:00 U of U Exercise Class - Lower Level  
11:00 "Anxiety, what it is & how to manage it" w/ Cody from VAP  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Wii Sports  
1:00 Table Tennis  
3:30 Bingo! Dining Room  
5:00 Computer Lab (5-7:30)

21  
9:30 Walk With Ease  
10:30 Stretch & Flex (LL)  
10:30 MINDing MOTION Exercise (Lounge)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Tai Chi (LL)  
1:00 Computer Lab (1-3)  
6:30 Bingo!

22  
09:30 Westminster Nursing Students - Health Screenings  
10:00 U of U Exercise Class - Lower Level  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
12:30 Movie "Kindergarten Cop"  
1:00 Open Pottery  
1:00 Tax Appointments - sing up at Front Desk



23  
9:30 Walk With Ease  
10:00 Color Me Calm - Dining Area  
10:30 Low Impact Exercise (LL)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis

26  
9:00 Barber Stephany  
9:00 Open Sewing  
9:30 Walk With Ease  
10:30 Low Impact Exercise (LL)  
11:00 "History of the Iditarod Dog Race" by Jill Smith  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Open Pottery  
1:00 Computer Lab (1-3)  
1:00 Tai Chi (LL)



27  
8:30 Hair - Beauty Salon  
9:00 Nails - Beauty Salon - sign up for appt.  
10:00 U of U Exercise Class - Lower Level  
11:00 "Anxiety, what it is & how to manage it" w/ Cody from VAP  
11:00 Food \$ense - Create A Smoothie  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis  
1:00 Wii Sports  
2:00 Tenants Association Meeting  
3:30 Bingo! Dining Room  
5:00 Computer Lab (5-7:30)



28  
9:30 Walk With Ease  
10:30 Stretch & Flex (LL)  
10:30 MINDing MOTION Exercise (Lounge)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Tai Chi (LL)  
1:00 Computer Lab (1-3)  
6:30 Bingo!

29  
9:00 Open Sewing  
10:00 U of U Exercise Class - Lower Level  
10:30 Blood Pressure Checks w/Harmony Home Health and Hospice  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
12:30 Movie "Tomb Raider: Cradle of Life"  
1:00 Open Pottery  
1:00 Tax Appointments - sing up at Front Desk



30  
9:30 Walk With Ease  
10:00 Color Me Calm - Dining Area  
11:00 "Techniques to Help You Stop Smoking" - presented by Salt Lake County and Huntsman Cancer Institute  
10:30 Low Impact Exercise (LL)  
11:45 Lunch (11:45<sup>am</sup>-12:30<sup>pm</sup>)  
1:00 Table Tennis



Blood Pressure - Thursday, March 1<sup>st</sup>, 15<sup>th</sup>, and 29<sup>th</sup> at 10:30<sup>am</sup>



U of U Class - Tuesday and Thursday at 10:00<sup>am</sup> (LL)

Low Impact Exercise - Monday at 10:30<sup>am</sup> (LL)

Stretch and Flex - Wednesday at 10:30<sup>am</sup> (LL)

MINDing MOTION - Wednesday at 10:30<sup>am</sup> (Lounge)

Tai Chi - Monday & Wednesday at 1:00<sup>pm</sup> (LL)



Donna - Hair Dresser (801) 440-1413

Stephany - Barber (801) 651-4728

Barber - Monday at 9:00<sup>am</sup>

Hair - Tuesday at 8:30<sup>am</sup>

Nails - Tuesday at 9:00<sup>am</sup> - Sign up for appointment



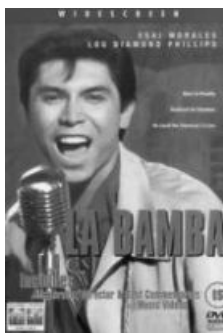
In order to work with anxiety we have to first understand what it is! The purpose of this wellness class is to fully understand what anxiety is, where our anxiety comes from, and why we experience it. This class is designed to help you to manage your anxiety symptoms and will give you concrete tools to achieve a greater freedom and acceptance of something we all experience as human beings.

Join Cody on **TUESDAYS** at 11:00<sup>pm</sup> in The Lounge

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

### Movie Showings

Thursday Movie at 12:30<sup>pm</sup> - Lounge



### More stuff going on at FNCS!

Play Some Games!



Presented by Peak Specialty Group

Wednesday, March 14<sup>th</sup> at 10:00<sup>am</sup>

In the Dining Room

### Color Me Calm

Every Friday in the Dining Room at 10:00<sup>am</sup>

Come by the Front Desk and grab a picture and some colored pencils to illustrate. Studies show that this will help you to relax and calm your brain!

### AARP Tax Appointments



Appointments are available on Thursdays until April 12<sup>th</sup>

Volunteers will be here to help you do your taxes from 1<sup>pm</sup> to 4<sup>pm</sup>.