

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
BEN..... KITCHEN
ANGELICA..... DRIVER



AGING & ADULT SERVICES

Accredited by National Institute of Senior Centers

May is National Senior Physical Fitness Month

National Senior Health and Fitness Day is Wednesday, May 30th at the Viridian Event Center in West Jordan from 1:00^{pm} to 4:00^{pm}.

You can try out fun and new activities that will help you find passion and joy in your life!

If you'd like to attend please sign up on the clipboard located on the sign up table.



NEW CLASS! - Chair Yoga

Tuesdays and Thursdays

11:00^{am} to 11:55^{am}

Downstairs Exercise Room



Come on down and try this new class! It's relaxing and beneficial to your body and mind.

Play Activity Bingo!

















All month long in March



Read all about it on the back of the Insert!
Come get a bingo card from the front desk.



Check the back page of news letter for more activities and presentations

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAY CRAFT</p> <p>Friday, April 11th at 1:00pm</p> <p>In the Dining Room</p> <p>Limited to the first 6 people that sign up</p> 	<p>1</p> <p>8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. 11:00 Chair Yoga - NEW CLASS! 11:00 Drawing Class with Kaitlyn 11:00 "How I View Myself: Self-Esteem" - VAP 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p>	<p>2</p> <p>10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 1:00 Tai Chi 2:00 Computer Lab (2-4) <u>special time this day</u> 6:30 Bingo!</p>	<p>3</p> <p>9:00 Open Sewing 11:00 Chair Yoga - NEW CLASS! 12:30 Movie "Chicago" 1:00 Open Pottery</p>	<p>4</p> <p>10:00 Color Me Calm - Dining Room. 11:00 "Standing Strong!: Fall Prevention" presented by Brio Healthcare 11:00 Drawing Class with Kaitlyn 10:30 Low Impact Exercise (LL) 1:00 Table Tennis</p> 
<p>7</p> <p>9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL)</p>	<p>8 <u>Birthday Tuesday</u></p> <p>8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sing up for appt. 11:00 Chair Yoga - NEW CLASS! 11:00 "How I View Myself: Self-Esteem" - VAP 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p> 	<p>9</p> <p>10:00 BRAIN GAMES w/ LeeAnn 10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 1:00 Tai Chi 1:00 Computer Lab (1-3) 6:30 Bingo!</p> 	<p>10</p> <p>9:00 Open Sewing 10:30 Blood Pressure Checks w/Harmony Home Health and Hospice 10:30 VISION SCREENING - Lounge 11:00 Chair Yoga - NEW CLASS! 12:30 Movie "Age of the Dragons" 1:00 Open Pottery</p>  	<p>11</p> <p>10:00 Color Me Calm - Dining Room 1:00 Table Tennis 1:00 May Craft - "Bird Bistro" - Sign up!</p>
<p>14</p> <p>9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 11:00 "Habits of Healthy People" presented by Humana 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL)</p> 	<p>15</p> <p>8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. 11:00 Chair Yoga - NEW CLASS! 11:00 Drawing Class with Kaitlyn 11:00 "How I View Myself: Self-Esteem" - VAP 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p>	<p>16</p> <p>10:30 "FREE FOOD and Trivia" presented by Canyon Home Care & Hospice 10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 11:00 Attorney Consultation - sign up 1:00 Tai Chi (LL) 1:00 Computer Lab (1-3) 6:30 Bingo!</p> 	<p>17</p> <p>9:00 Open Sewing 10:00 U of U Exercise Class - Lower Level 10:45 Chair Yoga - NEW CLASS! 12:30 Movie "Congo" 1:00 Open Pottery</p>	<p>18</p> <p>10:00 Color Me Calm - Dining Room 11:00 Drawing Class with Kaitlyn 11:00 "Veteran Benefits" presented by Salt Lake County Veteran Benefits Specialist 1:00 Table Tennis</p> 
<p>21</p> <p>9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 11:00 "The Wolves of Yellowstone" presented by Jill Smith 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 1:00 Advisory Committee Meeting</p> 	<p>22</p> <p>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 Chair Yoga - NEW CLASS! 11:00 "How I View Myself: Self-Esteem" - VAP 11:00 FOOD \$ENSE - Healthy Snacks! 1:00 Wii Sports 1:00 Table Tennis 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p> 	<p>23</p> <p>10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 11:00 Attorney Consultation - sign up 1:00 Tai Chi (LL) 1:00 Computer Lab (1-3) 6:30 Bingo!</p>	<p>24</p> <p>9:00 Open Sewing 10:00 U of U Exercise Class - Lower Level 10:30 Blood Pressure Checks w/Harmony Home Health and Hospice 10:30 Picnic in The Park - Pre-Register 11:00 Chair Yoga - NEW CLASS! 12:30 Wheelchair and Walker Free Fixes! 12:30 Movie "Troy" 1:00 Open Pottery</p>  	<p>25</p> <p>10:00 Color Me Calm - Dining Room 1:00 Table Tennis</p>
<p>28</p> <p>CLOSED MEMORIAL DAY</p> 	<p>29</p> <p>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 Chair Yoga - NEW CLASS! 11:00 Drawing Class with Kaitlyn 11:00 "How I View Myself: Self-Esteem" - VAP 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)</p>	<p>30</p> <p>10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 1:00 Tai Chi (LL) 1:00 Computer Lab (1-3) 6:30 Bingo!</p> <p>NATIONAL SENIOR HEALTH & FITNESS DAY! 1:00pm to 4:00pm At the Viridian Event Center, West Jordan <u>Sign up for Transportation</u></p> 	<p>31</p> <p>9:00 Open Sewing 10:00 U of U Exercise Class - Lower Level 11:00 Chair Yoga - NEW CLASS! 12:30 Movie "Zookeeper" 1:00 Open Pottery</p>	<p>ACTIVITY BINGO! Play activity Bingo! All month long in May. Prizes given for a Bingo and for filling the whole card!</p>  <p>Pick up your Bingo card at the front desk and play!</p>



Blood Pressure - Thursdays - May 10th and 24th at 10:30^{am}



U of U Class - Tuesday and Thursday at 10:00^{am} (LL)

Low Impact Exercise - Monday at 10:30^{am} (LL)

Stretch and Flex - Wednesday at 10:30^{am} (LL)

MINDing MOTION - Wednesday at 10:30^{am} (Lounge)

Tai Chi - Monday & Wednesday at 1:00^{pm} (LL)



Donna - Hair Dresser (801) 440-1413

Stephany - Barber (801) 651-4728

Blanca - Nails (801) 654-2258

Barber - Monday at 9:00^{am}

Hair - Tuesday at 8:30^{am}

Nails - Tuesday at 9:00^{am} - Sign up for appointment



How I view Myself - Self Esteem

How do I view myself? Discover or rediscover your sources for personal well-being. Our workshop will help you cultivate self-strengthening beliefs and create and optimistic view of yourself to better meet life events and challenges. Setting personal goals will be part of the class. Join Cody from the Vital Aging Project every Tuesday in May for this informative discussion.

Join Cody on
TUESDAYS at 11:00^{pm} in
The Lounge

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

More Activities and Presentations going on at FNESC!

Drawing with Kaitlyn

Tuesdays and Fridays

11:00^{am} to 11:45^{am}

Class is every other week so make sure you check the calendar!

Conference Room in
back of Dining Area



Come join Kaitlyn and learn some drawing techniques. All done with pencils. Draw some cool stuff and have fun hanging out with Kaitlyn!

Last Brain Games at FNESC!

Presented by Peak Specialty Group
This will be the last Brain Games as LeeAnn is moving to a new position!

**Wednesday, May 9th at
10:00^{am}**



Food \$ense - Health Snacks

Tuesday, May 22nd 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

