

Liberty Senior Center Highlights for May



Liberty Senior Center Art Show
The Art Show will kick off **May 4th at 3:00 pm** with tea time. Art will be on display through May 18th. **If you are interested in displaying your art, submit by May 3rd.**

Advisory Committee Mayflower BBQ
Join the advisory committee **May 10th from 2:00 to 6:00 pm** for dinner catered by Broken River BBQ. Dewitt will bring a model of the Mayflower ship and discuss its design and history.



Mother's Day Tea
We will be having a special tea time in honor of Mother's Day! Join us **May 11th at 1:00 pm** for treats, tea, and a fun craft.

Conversation Club
Starting in May, Liberty Senior Center will have a conversation club for English Language Learners to practice conversation skills on **Fridays at 9:00 am.**



Yellow Dot Presentation
Join U of U Healthcare on **May 17th at 11:00 am** for a free class on driver safety. You will receive a Yellow Dot packet, which provides first responders with relevant health information.

Walking Field Trip to the Folk Art Museum
Walk with us to the Chase Home Folk Art Museum in Liberty Park on **May 25th.** We will leave the center at **10:30 am** and return after touring the museum and having a sack lunch picnic at the park around 1:00 pm. Sign up at the clipboard station by May 14th.

Community Events

May 5th 10:00 am to 4:00 pm, **Open Streets Festival**, West Temple and 200 South — Check out Salt Lake's community open streets festival to promote getting out into the community. The event is free and features local business, cause, green, art, health, brain, performance, and food zones.

May 25th 10:00 am, **Utah State Bar Young Lawyers Service Event**, River's Bend Senior Center — At this event attorneys will hold consultations to draft and notarize a power of attorney and/or advanced health care directive.

Community Partners and Volunteer Instructors

AARP
American Beauty Academy
Clair Quilter (Master Gardener)
Custom Hearing
Dani Hansen (Yoga)
English Skills Learning Center
Fresh Market (900 East)
The Huntsman Cancer Institute
Intermountain Therapy Animals
John Sarbo (Yoga)
Marissa Acker (Yoga)
MedSource
Richard Hart (Massage)
Salt Lake City Public Library
Salt Lake Liberty 8th Ward
Sandy Christensen (Blood Pressure)
Tom Middled (Guitar)
Toni Tasson (Spanish)
Utah Home Health and Hospice
Utah Office of Unclaimed Property
Utah State Bar
Valley Behavioral Health
Vital Aging Project and Dan
Yellow Dot Program



May 2018

251 E. 700 S.
Salt Lake City, UT 84111
385-468-3170
(TTY call 711)
<http://slco.org/liberty>

Centers Hours

Monday – Friday
8:00 am – 5:00 pm

Lunch

Monday – Friday
Served from 12:00 pm to 12:45 pm
Suggested donation: **\$3.00** for those 60 and older
Suggested donation: **\$7.00** for those under 60
Please give what you can.

Transportation

Monday – Friday
Available to and from the center upon request
Suggested donation: \$1.00 each way

Continental Breakfast

Monday – Friday
8:00 am – 10:00 am
Suggested donation: \$0.50 – \$1.00

Staff

Center Manager
Lisa Schofield

Program Coordinator
Emily Donaldson

Office Specialist
Victoria Nelson

Custodian
Mark Aldred

Meal Aide
Joie Smith

Kitchen Aide
Sally Frantz

Driver
Jessica Myerson

SALT LAKE COUNTY
AGING & ADULT SERVICES

Liberty Senior Center

Promote independence through advocacy, engagement, and access to resources.

Every year Salt Lake County Aging and Adult Services hosts a community event to celebrate **National Senior Health and Fitness Day**. The 2018 theme is **"It's Never Too Late."** We will be providing a variety of opportunities for people to learn about and get involved in fun and different activities---drums, art, ballet, tap dancing, singing, bands, hiking, and more!

As part of the celebration we are partnering with Minding Motion for Graceful Aging to teach people a dance to "This Is Me" from *The Greatest Showman*. We would like to invite you to **come learn the dance and be part of the performance** on May 30th at 1:00 pm at the Viridian Event Center. The dance practices will be held at the Taylorsville Senior Center on May 4th, 11th & 18th from 2:00 – 3:00 pm.



EnhanceFitness

Liberty Senior Center hold EnhanceFitness, a group fitness class designed for aging adults, on **Mondays, Wednesdays, and Fridays at 11:00 am.** Proven benefits of this class include improvements in overall fitness, social function, physical function, and mood. Plus, participation in the program was associated with an estimated total medical cost savings of \$945 per year.

Vital Aging: Self-Esteem

Discover and explore the things that improve your personal well-being. This workshop will help you cultivate self-strengthening beliefs and create an optimistic view of yourself to better take on life events and challenges. Join Dan from the Vital Aging Project on **Mondays at 11:00 am at Liberty.**



Welcome to our new manager, Lisa Schofield!

Lisa started with the county as a Center Program Assistant at the Liberty Senior Center in 2014 and has also worked at Kearns and Millcreek Senior Centers. Prior to working for Aging & Adult Services, Lisa worked for 13 years for Weber Mental Health, AP&P and Valley Behavioral Health. Lisa went to Weber State University and Portland Community College.

Lisa has three sons and two grandsons, who she enjoys her time with. She likes to run, camp, golf, hike, read, and has a real passion for wine (and not just drinking it). She's extremely excited to return to Liberty Senior Center as the manager and looks forward to meeting new participants as well as seeing those she already knows.

Weekly Class Schedule at Liberty Senior Center


Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Intermediate ESL	9:30 Beginning ESL	9:30 Intermediate ESL	9:30 Beginning ESL	9:00 ESL Conversation Club
10:00 Spanish 101	10:00 Crochet/Knitting	9:45 Yoga	9:45 Yoga	10:00 Stepping On
11:00 Enhance@Fitness	10:00 Beginning Guitar	10:00 Crafts	12:30 Mahjong	11:00 Enhance@Fitness
11:00 Vital Aging: Self-Esteem	12:30 Mahjong	11:00 Enhance@Fitness	1:00 Open Studio Painting	3:00 Tea Time
	1:00 Open Studio Painting	1:00 Bingo		
		1:00 Open Studio Painting		

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Follow Liberty Senior Center on Facebook:
www.facebook.com/libertyseniorcenter/

MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Birthday Tuesday!</p> <p>9:00 C.A.T.</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>10:00 Crochet/Knitting</p> <p>10:00 Beginning Guitar</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p> <p>1:30 Caregiver Academy</p>	<p>2</p> <p>9:30 Intermediate ESL</p> <p>9:45 Yoga</p> <p>10:00 Go Through Craft Supplies</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:00 Open Studio Painting</p>	<p>3</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 Presentation by Clair Quilter: Limited Space Gardening</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>4</p> <p>9:00 Conversation Club</p> <p>10:00 Stepping On</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Movie Time: Me, Myself, and Irene</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Tea Time & Art Show Kick Off</p> <p>3:00</p> </div>



← **Liberty Senior Center Art Show (May 4th to May 18th)** →

<p>7</p> <p>9:30 Advisory Committee Meeting</p> <p>9:30 Intermediate ESL</p> <p>10:00 Spanish 101</p> <p>11:00 Vital Aging: Self Esteem — How It's Important to Your Wellbeing</p> <p>11:00 Enhance@Fitness</p>	<p>8</p> <p>8:30 to 10:30 Hot Dog Day!</p> <p>9:30 Beginning ESL</p> <p>10:00 Crochet/Knitting</p> <p>10:00 Beginning Guitar</p> <p>11:00 Presentation by the Utah State Bar: Advanced Directives</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p> <p>1:30 Caregiver Academy</p>	<p>9</p> <p>9:30 Intermediate ESL</p> <p>9:45 Yoga</p> <p>10:00 Craft: Father's and Mother's Day Cards</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:00 Open Studio Painting</p> <p>1:30 Free Haircuts</p>	<p>10</p> <p>9:00 Massage Therapist</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 Blood Pressure and Balance Screenings by Utah Home Health and Hospice</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Advisory Committee Mayflower BBQ</p> <p>2:00 to 6:00</p> </div>	<p>11</p> <p>9:00 Conversation Club</p> <p>10:00 Stepping On</p> <p>11:00 Enhance@Fitness</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Mother's Day Tea</p> <p>1:00</p> <p>Join us for treats and a craft in honor of Mother's Day!</p> </div>
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← **Liberty Senior Center Art Show (May 4th to May 18th)** →

<p>14</p> <p>8:15 Check in for Wendover Trip</p> <p>9:30 Intermediate ESL</p> <p>10:00 Spanish 101</p> <p>10:00 Legal Clinic (sign up at clipboard station!)</p> <p>11:00 Vital Aging: Self Esteem — How It's Important to Your Wellbeing</p> <p>11:00 Enhance@Fitness</p>	<p>15</p> <p>9:00 C.A.T.</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>10:00 Crochet/Knitting</p> <p>10:00 Beginning Guitar</p> <p>11:30 Presentation by Utah's Office of Unclaimed Property</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p> <p>1:30 Caregiver Academy</p>	<p>16</p> <p>9:30 Intermediate ESL</p> <p>9:45 Yoga</p> <p>10:00 Mobility Device Clinic from Medsource</p> <p>10:00 Craft: Dammitt Dolls</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:00 Open Studio Painting</p>	<p>17</p> <p>9:00 to 12:00 Hearing Screenings and Hearing Aid Cleaning by Custom Hearing</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 Presentation by Yellow Dot: Driving Safety</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>18</p> <p>9:00 Conversation Club</p> <p>10:00 Stepping On</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Stress Relief with Dylan the Therapy Dog</p> <p>3:00 Tea Time</p>
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<p>21</p> <p>9:30 Intermediate ESL</p> <p>10:00 Spanish 101</p> <p>10:00 to 12:00 Blood Pressure with Nurse Sandy</p> <p>11:00 Performance by Utah's Old Time Fiddlers</p> <p>11:00 Vital Aging: Self Esteem — How It's Important to Your Wellbeing</p> <p>11:00 Enhance@Fitness</p>	<p>22</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>10:00 Crochet/Knitting</p> <p>10:00 Beginning Guitar</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p> <p>1:30 Caregiver Academy</p>	<p>23</p> <p>9:30 Intermediate ESL</p> <p>9:45 Yoga</p> <p>10:00 Craft: UFO (UnFinished Objects)</p> <p>11:00 Enhance@Fitness</p> <p>11:00 Performance by the West High School Junior Choir</p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:00 Open Studio Painting</p>	<p>24</p> <p>9:00 Massage Therapist</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 Presentation by the Huntsman Cancer Institute: Sun Safety and Skin Cancer Prevention</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>25</p> <p>9:00 Conversation Club</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Walking Field Trip to the Folk Arts Museum in Liberty Park</p> <p>10:30</p> </div> <p>11:00 Enhance@Fitness</p> <p>1:00 Movie Time: The Matrix</p> <p>3:00 Tea Time</p>
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<p>28</p> <p>Closed for Memorial Day</p> 	<p>29</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>10:00 Crochet/Knitting</p> <p>10:00 Beginning Guitar</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>30</p> <p>9:30 Intermediate ESL</p> <p>9:45 Yoga</p> <p>10:00 Craft: Drawing</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Bingo</p> <p>1:00 Bridge</p> <p>1:00 Open Studio Painting</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Senior Health & Fitness Day</p> <p>1:00 to 4:30</p> </div> <p>1:30 Free Haircuts</p>	<p>31</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p> 	
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