

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 Advisory Committee Meeting</p> <p>9:30 Intermediate ESL</p> <p>11:00 Vital Aging: Letting Go of clutter</p> <p>11:00 Enhance@Fitness</p>	<p>3</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>11:00 U of U Fitness</p> <p>11:00 Performance by: Ron Hadley</p> <p>12:00 Independence Day Meal</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p style="text-align: center;">Closed for Independence Day</p>  <p style="text-align: center;">Happy 4th of July!</p>	<p>5</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 U of U Fitness</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>6</p> <p>9:30 ESL Conversation Club</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Movie Time: Gettysburg</p> <p>3:00 Tea Time</p>
<p>9</p> <p>8:15 Wendover Trip</p> <p>9:30 Intermediate ESL</p> <p>10:00 Legal Clinic (sign up at clipboard station)</p> <p>10:30 - 12:00 Creative Writing Center Workshop: Telling My Life Story</p> <p>11:00 Vital Aging Letting Go of Clutter</p> <p>11:00 Enhance@Fitness</p>	<p>10</p> <p>Birthday Tuesday!</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 U of U Fitness</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>11</p> <p>9:30 Intermediate ESL</p> <p>9:45 Yoga</p> <p>10:00 Craft</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 Haircuts with Ruth</p>	<p>12</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 U of U Fitness</p> <p>12:30 Mahjong</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Advisory Committee Casino Day and Dinner</p> <p>2:00 to 6:00</p> </div>	<p>13</p> <p>9:30 ESL Conversation Club</p> <p>11:00 Enhance@Fitness</p> <p>11:00 Skin Cancer Screenings with Dr. Leo Soutiou, Dermatologist</p> <p>3:00 Tea Time</p>
<p>16</p> <p>9:30 Intermediate ESL</p> <p>10:00 to 12:00 Blood Pressure with Nurse Sandy</p> <p>10:00 Legal Clinic (sign up at clipboard station)</p> <p>11:00 Vital Aging: Letting Go of Clutter</p> <p>11:00 Enhance@Fitness</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Natural History Museum Field Trip</p> </div>	<p>17</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>11:00 U of U Fitness</p> <p>11:15 Concert in the Park (sign-up)</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>18</p> <p>9:30 Intermediate ESL</p> <p>9:45 Yoga</p> <p>10:00 Craft</p> <p>10:00 Mobility Device Clinic from: Medsource</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>19</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 Presentation by: Huntsman Cancer Institute: What Can You Do About Cancer?</p> <p>11:00 U of U Fitness</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>20</p> <p>9:30 ESL Conversation Club</p> <p>10:30 Cooking: Demonstration with Brookdale Senior</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Movie Time: The American</p> <p>3:00 Tea Time</p>
<p>23</p> <p>9:30 Intermediate ESL</p> <p>11:00 Vital Aging: Letting Go of Clutter</p> <p>11:00 Enhance@Fitness</p> <p>12:00 Pioneer Day Meal</p>	<p style="text-align: center;">Closed for Pioneer Day</p> 	<p>25</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> <p>1:30 Free Haircuts</p>	<p>26</p> <p>9:30 Beginning ESL</p> <p>9:45 Yoga</p> <p>11:00 U of U Fitness</p> <p>11:00 Presentation by STEM Ambassadors: Symmetry in Science</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<p>27</p> <p>9:30 ESL Conversation Club</p> <p>11:00 Enhance@Fitness</p> <p>1:00 Stress Relief with Dylan the Therapy Dog</p> <p>3:00 Tea Time</p>
<p>30</p> <p>9:30 Intermediate ESL</p> <p>11:00 Vital Aging: Letting Go of Clutter</p> <p>11:00 Enhance@Fitness</p>	<p>31</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>11:00 U of U Fitness</p> <p>12:30 Mahjong</p> <p>1:00 Open Studio Painting</p>	<h1 style="font-size: 2em;">July 2018</h1>		

Liberty Senior Center Highlights for July

Cooking Demonstration

Brookdale Senior Living will be doing a cooking demonstration at **10:30 am on July 20th**. Join us for this awesome chance to learn how to cook and to taste a sample!



Skin Cancer Screenings

Join dermatologist Leo Soutiou from Salt Lake Regional Medical Center on **July 13th at 11:00 am** to screen for signs of skin cancer.

Casino Day and Dinner



Join the advisory committee **July 12th from 2:00 to 6:00 pm** for this fun event with roulette, blackjack, and poker. Dinner will be provided. There will be awesome prizes for folks that win the games. Cost is \$5.00 for admission.

Writing Workshop: Telling My Life Story

Come on **July 9th from 10:30 am to 12:00 pm** to learn more about writing your life story from the SLCC Community Writing Center.



Symmetry in Science Presentation



Join Amy Apple from the U of U STEM Ambassadors program on **July 26th at 11:00 am** to learn about her work studying mirror image compounds in drug development and symmetry in science and nature in general.

2018 Silver Pen Writing Contest



A great opportunity to enter your writing in a contest just for seniors. For contest rules, tips, and entry, visit slco.org/aging/silver. Open to individuals older than 60. All works must be submitted online by

September 3rd. Visit a Salt Lake County Senior Center (like Liberty) for help entering. Email SilverPenAwards@slco.org with questions.

Thank you to our Community Partners and Volunteer Instructors

- AARP
- American Beauty Academy
- Brookdale Senior Living
- Community Writing Center
- Dani Hansen (Yoga)
- English Skills Learning Center
- Fresh Market (900 East)
- Humana
- Huntsman Cancer Institute
- Intermountain Therapy Animals
- John Sarbo (Yoga)
- Marissa Acker (Yoga)
- MedSource
- Salt Lake City Public Library
- Salt Lake Regional Medical Center
- Salt Lake Liberty 8th Ward
- Sandy Christensen (Blood Pressure)
- STEM Ambassadors Program
- Tom Midden (Guitar)
- University of Utah Kinesiology Students
- Utah State Bar
- Valley Behavioral Health
- Vital Aging Project

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
11:00 Enhance®Fitness	10:00 Crochet/Knitting	9:45 Yoga	9:45 Yoga	11:00 Enhance®Fitness
11:00 Vital Aging: Letting Go of Clutter	10:00 Beginning Guitar	10:00 Crafts	12:30 Mahjong	3:00 Tea Time
	12:30 Mahjong	11:00 Enhance®Fitness	1:00 Open Studio Painting	
	1:00 Open Studio Painting	1:00 Bingo		
		1:00 Open Studio Painting		



Liberty Senior Center

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

July 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
Vacant (as of printing)

Office Specialist
Victoria Nelson

Custodian
Mark Aldred

Meal Aide
Joie Smith

Kitchen Aide
Sally Frantz

Driver
Jessica Myerson

Health Topic of the Month: Cancer Prevention

The Huntsman Cancer Institute suggests the following as tips for preventing cancer:

- **Quit tobacco** using resources like <https://smokefree.gov/quit-smoking/>.
- Get physical **exercise** daily.
- Have a **balanced diet** that assists you in maintaining a healthy weight.
- Get regular **cancer screenings**. Talk with your doctor to see which screenings you should be getting based on your risk factors.
- Wear sunscreen, sunglasses, and sunhats to **protect yourself from the sun**.

(Source: Huntsman Cancer Institute Senior Cancer Prevention Month Toolkit)

Ways to prevent cancer at Liberty Senior Center in July:

- Skin Cancer Screenings with dermatologist Leo Soutiou from Salt Lake Regional Medical Center on **July 13th at 11:00 am**.
- Presentation from Huntsman Cancer institute on “What Can You Do About Cancer?” on **July 19th at 11:00 am**.
- Take part in our **EnhanceFitness** class on Mondays, Wednesdays, and Fridays at 11:00 am as part of getting daily exercise.
- Get a **balanced lunch** Monday through Friday at 12:00 pm to assist in having a consistent and healthy diet.

Vital Aging: Letting Go of Clutter Mondays in July at 11:00 am

Do you find yourself holding on to items that you don't need but which you think you might use “someday”? Learn what you can do to promote a more comfortable and uncluttered living environment, as well as find ways to increase your well-being and reduce your stress level.

