

Field Trip for July:

Tracy Aviary Senior Days

Wednesday, July 18th

The van will leave at 10:45 am and return to the center by 2:00 pm.

Admission to the Aviary is \$1.

We will order sack lunches that will be eaten in Liberty park. After lunch, you can walk over to the Tracy Aviary and enjoy the birds! The Aviary is wheelchair friendly. They will also have half priced ice tea and lemonade!

Sign up at the center is required.



The center is looking for volunteers for the following duties:

Bingo Caller– call Bingo on Wednesday and/or Friday

Front desk– clerical work

Special events– help plan events, set up, take-down

If you would like to help the center with one of those positions or in any capacity other than the 3 listed above, please contact us.

Stepping On Falls Prevention

This 7 week evidence based falls prevention self- management program held for 2 hours each session.

The program covers:

- ◆ Strength and Balance Exercises
- ◆ Medication Review
- ◆ Vision
- ◆ Home modifications
- ◆ Safe footwear
- ◆ Community safety
- ◆ Sleep

The center will be hosting this **program starting August 7th at 12:45 pm-2:45 pm.**

Please register for this program by contacting the center.

Please be mindful of the closings this month:

July 4th– Independence Day

July 24th– Pioneer Day



Rootin' Tootin' Hoedown Dinner and Dance

Saturday, July 14th from 6:00 pm-9:00 pm

Catered BBQ Dinner and nonstop dancing for 3 hours!

Admission \$10.

All proceeds benefit the senior center.

For the senior dude and dudettes!



Summer Nights Paint and Sip

Thursday, July 19th from 5:30 pm-8:00 pm

Cost is \$10 (supplies and refreshments are covered in this cost).

This is what you will be painting.



AARP SMART Driver Course

Wednesday, July 18th

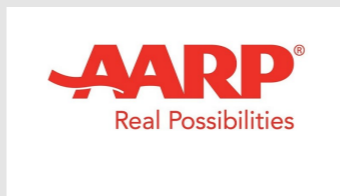
10:00 am-3:00 pm

Classrooms 110-111

Cost: \$15 for AARP members/\$20 for non-members

You will learn:

- ◆ Defensive driving techniques
- ◆ Proven safety strategies, etc.



Center Information

385-468-3000

9228 West Magna Main St.

Magna, UT 84044

Center Hours

Monday—Friday

8:00 am - 5:00 pm

Transportation

Monday—Friday

Suggested donation \$1.00 each way

Lunch served

11:45 am -12:30 pm

Suggested donation for lunch is \$3.00 (60+). Price of \$7.00 for under the age of 60.

Center Staff

Dee Dee Lobato

Center Manager

Alysha Dairson

Center Program

Coordinator

Bertha Lopez

Office Specialist

Caramen Aires

Custodian

Corinne Campbell

Kitchen Helper

Mike Louderback

Caleen Brown

Drivers

slco.org/MagnaKennecott



Accredited by National Institute of Senior Centers

Magna Kennecott Senior Center

Promoting independence through, advocacy, engagement and access to resources

July 2018

Let's Eat!

This month come ready to here great music, congregate with friends, and eat a meal. Below are the 3 exciting lunches we have planned. Sign up for:

July 3rd

Happy Birthday, America! We will have a 4th of July meal that includes: BBQ pulled pork on a whole when bun, macaroni salad confetti coleslaw, tropical mixed fruit. This lunch is on July 3rd at 11:45 am.

Entertainment: Heart and Soul at 11:00 am

Special Meal

This is our quarterly special meal we have at the center. The meal includes: a Cheeseburger, backed beans, coleslaw, fresh fruit salad and strawberry shortcake. Milk is given with each meal. This lunch is on July 19th at 11:45 am.

Entertainment: The Mixed Nuts at 10:45 am

Pioneer meal

Lets gather for a meal celebrating Utah's history. The meal includes: crispy baked chicken, potato salad, green peas, honey dew melon and rocky road pudding. This lunch is on July 23rd at 11:45 am.

Entertainment: Kevin the Pianoman at 10:45 am

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Hearing Aids Cleaning 9:00 Beginning Line Dancing 9:30 Line Dancing 10:00 Minding Motion 11:00 EnhanceFitness 12:00 Hatha Yoga 1:00 RestorativeYoga 1:00 Family History/Family Search class</p>	<p>3</p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:00 Legal Appointments 10:00 Beginning Spanish 11:00 4th of July Entertainment: Heart and Soul 11:00 Dance Flow 1:30 Ceramics</p>	<p>4</p> <p style="text-align: center;">CENTER CLOSED</p>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Hoedown Dance Saturday, July 14th 6:00 pm-8:00 pm. BBQ dinner and dancing . Cost is \$10.</p> </div>	<p>5</p> <p>9:30 Tai Chi 10:00 Family History 10:00 Beginning Spanish 10:00 Advanced Spanish Club 10:45 Vital Aging Project 11:00 Dance Flow 12:45 Hatha Yoga</p>	<p>6</p> <p>10:00 Hair Cuts 10:30 Chair Massage with Craig 11:00 EnhanceFitness 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighters 2:30 Movie & Popcorn</p> <p style="text-align: center;">Movie RV</p>
<p>9</p> <p>9:00 Beginning Line Dancing 9:30 Line Dancing 10:00 Minding Motion 10:45 Book Club: "The Persian Pickle Club" by Sandra Dallas 11:00 EnhanceFitness 12:00 Hatha Yoga 1:00 Restorative Yoga 1:00 Family History/Family Search class</p>	<p>10 Birthday Tuesday</p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:45 Entertainment: Utah Old Time Fiddlers 10:00 Beginning Spanish 11:00 Dance Flow 12:45 Yellow Dot Presentation 1:30 Ceramics</p>	<p>11</p> <p>9:30 Line Dancing 9:30 Painting with Karen 11:00 EnhanceFitness 12:30 Bingo</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Bring your grandchildren to Movie and Popcorn on July 13th at 2:30 to see "The Tigger Movie".</p> </div>	<p>12</p> <p>9:30 Tai Chi 10:00 Family History 10:00 Beginning Spanish 10:00 Advanced Spanish Club 11:00 Dance Flow 12:45 Hatha Yoga 3:00 Utah Food Bank</p>	<p>13</p> <p>10:00 Hair Cuts 10:30 Food \$ense Cooking Class: Creating Amzing Veggies 10:30 Chair Massage by Craig 11:00 EnhanceFitness 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighters 2:30 Movie & Popcorn</p> <p style="text-align: center;">Movie The Tigger Movie</p>
<p>16</p> <p>9:00 Beginning Line Dancing 9:30 Line Dancing 10:00 Minding Motion 11:00 EnhanceFitness 12:00 Hatha Yoga 1:00 RestorativeYoga 1:00 Family History/Family Search class</p>	<p>17</p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:00 Beginning Spanish 11:00 Dance Flow 1:30 Ceramics</p>	<p>18</p> <p>9:30 Pancake Breakfast 9:30 Line Dancing 9:30 Painting with Karen 10:00 AARP SMART Driver Course 10:45Field Trip to Tracy Aviary 11:00 EnhanceFitness 12:30 Bingo</p>	<p>19</p> <p>9:30 Tai Chi 10:00 Family History 10:00 Beginning Spanish 10:00 Advanced Spanish Club 10:45 Entertainment: The Mixed Nuts 11:00 Dance Flow 11:45 Special Event Meal 12:45 Hatha Yoga 5:00 Paint & Sip</p>	<p>20</p> <p>10:00 Hair Cuts 10:30 Chair Massage with Craig 11:00 EnhanceFitness 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighter 2:30 Movie & Popcorn</p> <p style="text-align: center;">Movie Die Another Day 007</p>
<p>23 Pioneer Day Meal</p> <p>9:00 Beginning Line Dancing 9:30 Line Dancing 10:00 Minding Motion 10:45 Entertainment: Kevin the Pianoman 11:00 EnhanceFitness 12:00 Hatha Yoga 1:00 RestorativeYoga 1:00 Family History/Family Search class</p>	<p>24</p> <p style="text-align: center;">CENTER CLOSED</p> 	<p>25</p> <p>9:30 Line Dancing 9:30 Painting with Karen 11:00 EnhanceFitness 12:30 Bingo</p>	<p>26</p> <p>9:30 Tai Chi 10:00 Family History 10:00 Beginning Spanish 10:00 Advanced Spanish Club 11:00 Dance Flow 12:45 Hatha Yoga</p>	<p>27</p> <p>10:00 Hair Cuts 10:30 Chair Massage with Craig 11:00 EnhanceFitness 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighters 2:30 Movie & Popcorn</p> <p style="text-align: center;">Movie The War</p>
<p>30</p> <p>9:00 Beginning Line Dancing 9:30 Line Dancing 10:00 Minding Motion 11:00 EnhanceFitness 12:00 Hatha Yoga 1:00 RestorativeYoga 1:00 Family History/Family Search class</p>	<p>31</p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:00 Beginning Spanish 11:00 Dance Flow 12:45 Presentation on Ghana 1:30 Ceramics</p>	<p>2018 Senior Wellness Decathlon</p> <p>Mark you calendar and start practicing for Magna Kennecott's Senior Wellness Decathlon. The games will be held on September 18th at 8:30 am-2:00 pm.</p> <p>More information on the games and scavenger hunt will be released in August.</p>	<p>The sun is shinning bright! Do not forget to wear sunblock, a hat, eye protection and stay hydrated!</p> 	<p>Yellow Dot Presentation</p> <p>The University of Utah Health Professionals will be presenting an Older Adult Driver Safety Education class on Wednesday, July 18th from 12:45 pm-1:15 pm.</p> <p>For attending the class, they will provide you with a yellow dot identification packet for your motor vehicle. We can take your picture and print it so it can go in your identification packet.</p>