

Promoting Independence
Through Advocacy,
Engagement and Access
to Resources.

Looking Out for the Well-being of Yourself & Others

Take an hour for yourself!

Join Rhonda Busch, LCSW, with Valley Behavioral Health, and learn how to manage your anxiety symptoms with concrete tools.

Thursday, April 26th at 11:00 am



**Saturday, APRIL 28th
9:00am-3:00pm**

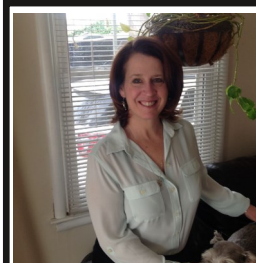
**April is Medication Management Month
Tips on Managing Medications**

Prescription and over-the-counter medicines can work wonders when taken the right way. But using them incorrectly can harm you.

The more meds you take, the greater your risk of problems. That's why a medication checkup is a good idea. One benefit is that it can help you find dangerous medicine combinations. It may also reveal medicines you don't need to take anymore or improper dosages. You may even discover mistakes in how you're taking your medicines.

To protect your health, follow these simple steps from the National Council on Patient Information and Education:

- Make an appointment with your doctor or your pharmacist.
- Put all your prescription and over-the-counter drugs in a bag, including: Prescriptions in vials, tubes, bottles and plastic bags. Sleep and motion-sickness aids, Headache remedies, Cold remedies (liquid, capsules and tablets), Laxatives and upset stomach aids. Other prescription or over-the-counter drugs you may be taking, Vitamins and nutritional supplements, Herbal remedies.
- Bring your medications in their original containers if you can.
- Take the bag to your doctor or pharmacist so they can review all of your meds with you.
- Ask questions about anything you don't understand.



Volunteer Spotlight of the Month

Margaret McDermott has been a front desk volunteer for only a short time. However, you would never know by her fun personality, her self motivation, and all the knowledge she demonstrates everyday.

Margaret grew up in Philadelphia and has lived in Utah for six years. Margaret says her favorite thing about volunteering is,

"The Seniors are so vibrant. They remind me to take care of myself now, so that I can enjoy my golden years."

She also enjoys hanging out with family. She has two sons and six granddaughters she adores. Thank you, Margaret for all you do and add to the center.



April 2018

Contact Us

Phone: 385-468-3305

Tracey Gibson • Manager
Lisa Schofield • Programs
Sandi Simmons • Office
Vacant • Driver
Nancy Adams • Instructor

Center Address

2266 E Evergreen Ave
Millcreek, UT 84109

Business Hours

Monday-Friday
8:00 am to 5:00 pm

Senior Lunch

Served Monday-Friday
11:30 am to 1:30 pm
by Café Evergreen

The suggested donation is

\$4.00 for those 60+

\$7.50 for ≤ 60

Van Transportation

[http://](http://www.slcolibrary.org/)

www.slcolibrary.org/

Accredited by National Institute of Senior Centers



Millcreek Senior Center

Special Events, Classes, and Presentations Happening this Month

- April 9th 11:00am-Staying Social: How to do it Right.
- April 11th 9:00am-11:00am Fortis Nursing Health Screenings*
- April 12th 1:00pm New- Improve your Balance
- April 13th 12:00pm Live Music: The Jeff Oliverson Band
- April 18th 11:00am Medicare Specialist*
- April 18th 11:00am New-Make, Talk & Take Crafts: Bird Bistro
- April 26th 1:00p.m. New-Walking Meditation for the Track

New! Open Studio Visual Art Class.
Every Thursday from 9:00am-11:00am



This open studio time is more a mentoring opportunity than a structured class. Individuals will choose their medium and be assisted to create their own project. Demonstrations will be presented in Watercolor, Gouache, Oils and Drawing mediums. Occasional group excursions will be introduced to participants to drawing and keeping a sketchbook at off-site locations, "Creating your own Culture."

New Free Classes
Thursday, April 12th at 1:00p.m.
Improve Your Balance

Thursday, April 26th at 1:00pm
Meditation for the Track
These classes will be taught by our Instructor: Dave



April 11th 9:00-11:00
Fortis Nursing Students will be offering Free Health Screenings. Sign-up at the front desk.

April 2018 Menu
Millcreek Senior Center

\$4.00 Suggested Donation Lunch served 11:30 -1:30

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
BBQ Chicken Breast	Beef Stew	Bruschetta Chicken	Greek Dill Salmon	White Chicken Chili
9	10	11	12	13
Vegetable Chili	Baked Sausage Ziti	Chicken Noodle Soup	Lemon Caper Salmon	Caprese Sandwich
16	17	18	19	20
Roasted Chicken	Pork Posole	Ground Beef Chili	Grilled Salmon w/Cucumber Yogurt Salad	Spiced Mini Burgers
23	24	25	26	27
Pork Chop	Butternut Squash Soup	Shepard's Pie	Teriyaki Salmon	Beef & Broccoli
30				
Meatloaf				

SOMEDAY everything will make sense. So, for now, laugh at the confusion, smile through the tears and keep reminding yourself that Everything happens for a reason.



Monday		Tuesday		Wednesday		Thursday		Friday	
2	9:00 Pickleball** 9:30 EnhanceFitness 10:00 Karate for Seniors 10:00 New-Massage/ Acupressure by Sergei*\$ 10:45 EnhanceFitness 11:30 Piano Entertainment 12:30 Sing-a-long w/Richard 1:00 Learn & Play Pinochle 1:00 Learn & Play Mahjong 1:00 Stretch & Walk 2:00 Table Tennis	3	9:00 Pickleball** 8:15 Senior Yoga 9:30 Senior Yoga (Chair) 10:45 Ballet 11:15 Tai Chi- Easy 11:00 Stress Reduction Workshop 11:30 Piano Entertainment 12:00 Senior Fitness w/U of U 1:00 Learn & Play Bridge 1:00 Duplicate Bridge* 1:30 Computer/Gadget Help* 3:00 Millcreek Community Band 3:30 Table Tennis	4	9:00 Fabric Stenciling 9:30 EnhanceFitness 10:00 Karate for Seniors 10:00 Caregiver Support 10:45 EnhanceFitness 11:30 Piano Entertainment 12:00 Tai Chi -24 12:00 Senior Yoga 12:30 Sing-a-long w/Richard 1:00 Stretch & Walk 1:30 Current Events with Tim Chambless 1:30 Lady Ukesters* Intermediate Ukulele 1:30 Line Dancing 2:00 Table Tennis 2:00 Wii Sports	5	9:00 Pickleball** 8:15 Senior Yoga 9:00 New- Visual Art Open Studio 9:15 Skyline Computer/ Gadget Help 9:30 Senior Yoga (Chair) 10:30 Knit/Crochet 10:45 Ballet 11:00 Piano Entertainment 11:15 Tai Chi- Easy 12:00 Senior Fitness w/U of U 12:30 Learn & Play Bridge 1:30 Computer/Gadget Help* 1:45 Legal Consultations*	6	9:00 Pickleball** 9:30 EnhanceFitness 9:30 Watercolor Art Studio 10:00 Karate for Seniors 10:00 Mexican Train 10:00 Dominoes 10:45 EnhanceFitness 11:30 Piano Entertainment 1:00 Mahjong 1:00 Stretch & Walk 1:00 Learn & Play Canasta 1:30 Scrabble 
9	9:00 Pickleball** 9:30 EnhanceFitness 10:00 Karate for Seniors 10:00 New-Massage/ Acupressure by Sergei*\$ 10:45 EnhanceFitness 11:00 Humana presents: Staying Social How To do it Right. 11:30 Piano Entertainment 12:30 Sing-a-long w/Richard 1:00 Learn & Play Pinochle 1:00 Stretch & Walk 1:00 Learn & Play Mahjong 2:00 Table Tennis	10	9:00 Pickleball** 8:15 Senior Yoga 9:30 Senior Yoga (Chair) 10:45 Ballet 11:15 Tai Chi- Easy 11:00 Stress Reduction Workshop 11:30 Piano Entertainment 12:00 Senior Fitness w/U of U 1:00 Learn & Play Bridge 1:00 Duplicate Bridge* 1:30 Computer/Gadget Help* 2:00 Table Tennis	11	9:00 Fortis College Nursing Health Screenings* 9:15 Skyline Students Computer/ Gadget Help 9:30 EnhanceFitness 10:00 Karate for Seniors 10:45 EnhanceFitness 11:30 Piano Entertainment 12:00 Tai Chi -24 12:00 Senior Yoga 12:30 Sing-a-long w/Richard 12:30 Wills & Trusts. Presented : By Legal Shield 1:00 Stretch & Walk 1:30 Disaster Preparedness 2:00 Table Tennis 2:00 Wii Sports	12	9:00 Pickleball** 8:15 Senior Yoga 9:00 New- Visual Art Open Studio 9:30 Senior Yoga (Chair) 10:30 Knit/Crochet 10:45 Ballet 11:00 Podiatrist \$* 11:00 Piano Entertainment 11:15 Tai Chi- Easy 12:00 Senior Fitness w/U of U 12:30 Learn & Play Bridge 1:00 New- Improve Your Balance 1:00 Alzheimer's Support group 1:30 Computer/Gadget Help*	13	9:00 Pickleball** 9:30 EnhanceFitness 9:30 Watercolor Art Studio 10:00 AARP Smart Driver Course \$* 10:00 Karate for Seniors 10:00 Massage \$* 10:00 Mexican Train 10:00 Dominoes 10:45 EnhanceFitness 11:30 Piano Entertainment 12:00 Live Music: Jeff Oliverson Band 1:00 Mahjong 1:00 Stretch & Walk 1:00 Learn & Play Canasta 1:30 Scrabble 
16	9:00 Pickleball** 9:30 EnhanceFitness 10:00 Karate for Seniors 10:00 New-Massage/ Acupressure by Sergei*\$ 10:45 EnhanceFitness 11:30 Piano Entertainment 12:30 Sing-a-long w/Richard 1:00 Learn & Play Pinochle 1:00 Learn & Play Mahjong 1:00 Stretch & Walk 2:00 Table Tennis	17	9:00 Pickleball** 8:15 Senior Yoga 9:30 Senior Yoga (Chair) 10:45 Ballet 11:00 Stress Reduction Workshop 11:15 Tai Chi- Easy 11:00 Piano Entertainment 12:00 Senior Fitness w/U of U 12:00 Live Music: Ruby Dean 1:00 Social Security Help* 1:00 Learn & Play Bridge 1:00 Duplicate Bridge* 1:30 Computer/Gadget Help* 2:00 Table Tennis	18	9:00 Fabric Stenciling 9:30 EnhanceFitness 10:00 Karate for Seniors 10:45 EnhanceFitness 11:00 Medicare Specialist 11:30 Piano Entertainment 11:00 New- Make, Talk & Take Craft: Bird Bistro * 12:00 Tai Chi -24 12:00 Senior Yoga 12:30 Sing-a-long w/Richard 1:00 Stretch & Walk 1:30 Lady Ukesters* Intermediate Ukulele 1:30 Line Dancing 2:00 Table Tennis 2:00 Wii Sports	19	9:00 Pickleball** 8:15 Senior Yoga 9:15 Skyline Students Computer/ Gadget Help 9:00 New- Visual Art Open Studio 9:15 Skyline Students Computer/ Gadget Help 9:30 Senior Yoga (Chair) 10:30 Knit/Crochet 10:45 Ballet 11:00 Piano Entertainment 11:15 Tai Chi- Easy 12:00 Senior Fitness w/U of U 12:30 Learn & Play Bridge 1:30 Millcreek Caregiver Support Group 1:30 Computer/Gadget Help*	20	9:00 Pickleball** 9:30 EnhanceFitness 9:30 Watercolor Art Studio 10:00 Karate for Seniors 10:00 Massage \$* 10:00 Mexican Train 10:00 Dominoes 10:45 EnhanceFitness 11:30 Piano Entertainment 1:00 MAC Meeting 1:00 Learn & Play Canasta 1:00 Stretch & Walk 1:00 Mahjong 1:30 Scrabble
23	9:00 Pickleball** 9:30 EnhanceFitness 10:00 Karate for Seniors 10:00 New-Massage/ Acupressure by Sergei*\$ 10:45 EnhanceFitness 11:30 Piano Entertainment 12:30 Sing-a-long w/Richard 1:00 Learn & Play Pinochle 1:00 Learn & Play Mahjong 1:00 Stretch & Walk 2:00 Table Tennis	24	9:00 Pickleball** 8:15 Senior Yoga 9:30 Senior Yoga (Chair) 10:45 Ballet 11:00 New- The Eupraxic Method 11:15 Tai Chi- Easy 11:00 Piano Entertainment 12:00 Senior Fitness w/U of U 1:00 Learn & Play Bridge 1:00 Duplicate Bridge* 1:30 Computer/Gadget Help* 2:00 Table Tennis	25	9:15 Skyline Students Computer/ Gadget Help 9:30 EnhanceFitness 10:00 Karate for Seniors 10:30 Book Discussion 10:45 EnhanceFitness 11:30 Piano Entertainment 12:00 Tai Chi -24 12:00 Senior Yoga 12:00 Service Project-Sanding Toys for Shriners 12:30 Sing-a-long w/Richard 1:00 Stretch & Walk 1:30 Lady Ukesters 2:00 Table Tennis 2:00 Wii Sports 	26	9:00 Pickleball** 8:15 Senior Yoga 9:00 New- Visual Art Open Studio 9:30 Senior Yoga (Chair) 10:30 Knit/Crochet 10:45 Ballet 11:00 Piano Entertainment 11:00 Vital Aging Project: Well-Being of Yourself & Others 11:15 Tai Chi-Easy 11:30 Blood Pressure Checks 12:00 Senior Fitness w/U of U 12:30 Learn & Play Bridge 1:00 New-Walking Meditation for The Track 1:00 Mini-make-overs w/ Walgreens* 1:00 Computer/Gadget Help*	27	9:00 Pickleball** 9:30 EnhanceFitness 9:30 Watercolor Art Studio 10:00 Karate for Seniors 10:00 Massage \$* 10:00 Mexican Train 10:00 Dominoes 10:45 EnhanceFitness 11:30 Piano Entertainment 12:00 Document Shred 1:00 Learn & Play Canasta 1:00 Stretch & Walk 1:00 Mahjong 1:30 Scrabble
30	9:00 Pickleball** 9:30 EnhanceFitness 10:00 Karate for Seniors 10:00 New-Massage/ Acupressure by Sergei*\$ 10:45 EnhanceFitness 11:30 Piano Entertainment 12:30 Sing-a-long w/Richard 1:00 Learn & Play Pinochle 1:00 Learn & Play Mahjong 1:00 Stretch & Walk 2:00 Table Tennis	1	9:00 Pickleball** 8:15 Senior Yoga 9:30 Senior Yoga (Chair) 10:45 Ballet 11:00 New- The Eupraxic Method 11:15 Tai Chi- Easy 11:00 Piano Entertainment 12:00 Senior Fitness w/U of U 1:00 Learn & Play Bridge 1:00 Duplicate Bridge* 1:30 Computer/Gadget Help* 2:00 Table Tennis	2	9:00 Fabric Stenciling 9:30 EnhanceFitness 10:00 Karate for Seniors 10:00 Caregiver Intro Seminar 10:30 Book Discussion Group 10:45 EnhanceFitness 11:30 Piano Entertainment 12:00 Tai Chi-24 12:00 Senior Yoga 12:30 Sing Along w/ Richard 1:00 Stretch & Walk 1:30 Lady Ukesters* Intermediate Ukulele 1:30 Line Dancing 1:30 Current Events with Tim Chambless 2:00 Table Tennis 2:00 Wii Sports	3	9:00 Pickleball** 8:15 Senior Yoga 9:00 New- Visual Art Open Studio 9:30 Senior Yoga (Chair) 10:30 Knit/Crochet 10:45 Ballet 11:00 Piano Entertainment 11:15 Tai Chi-Easy 12:00 Senior Fitness w/U of U 12:30 Learn & Play Bridge 1:30 Computer/Gadget Help*	4	9:00 Pickleball** 9:30 EnhanceFitness 9:30 Watercolor Art Studio 10:00 Karate for Seniors 10:00 Mexican Train 10:00 Dominoes 10:45 EnhanceFitness 11:30 Piano Entertainment 12:00 Live Music: DJ Ruby Tuesday 1:00 Learn & Play Canasta 1:00 Stretch & Walk 1:00 Mahjong 1:30 Scrabble