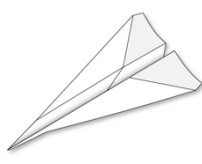



Monday	Tuesday	Wednesday	Thursday	Friday
Jan 28 9:00 Pickleball** 8:00Ping Pong 9:30EnhanceFitness 10:00....Karate for Seniors 10:00....Reflexology by Sergei \$* 10:45....EnhanceFitness 11:30....Piano: Richard 12:30....Sing-along w/Richard 1:00Learn & Play Pinochle 1:00Learn & Play Mahjong 1:00Walk w/ Ease:David Keys	Jan 29 9:00 Pickleball** 8:15....Senior Yoga 9:30....Senior Yoga (Chair) 11:00 ...Positive Aging 11:15 ...Tai Chi Easy 11:30 ...Piano: Peggy 1:00....Learn & Play Bridge 1:00....Duplicate Bridge* 1:30....Computer/Gadget Help* 1:30....Legal Consultations* 2:00....Beginning Japanese	Jan 30 9:30....EnhanceFitness 10:00 ...Myofascial Release with Sharry \$* 10:00Karate for Seniors 10:45EnhanceFitness 11:30 ...Piano: Richard 11:30 ...Ping Pong 12:00 ...Tai Chi-24 12:30 ...Sing-along w/ Richard 1:00.... Walk w/ Ease: David Keys 1:30.... Line Dancing 2:30.... Wii Sports	Jan 31 9:00 Pickleball** 8:15 ... Senior Yoga 9:30 ... Senior Yoga (Chair) 10:30 ... Knit/Crochet 11:15 ... Tai Chi Easy 12:00... Special Entertainment: New Fiddlers 1:00 ... Piano: Phyllis 1:00 ... Learn & Play Bridge 1:30 ... Computer/Gadget Help*	Feb 1 9:00 Pickleball** ♥ 9:30.... EnhanceFitness ♥ 9:30.... Watercolor Art Studio 10:00 ... Karate for Seniors ♥ 10:00 ... Mexican Train Dominoes 10:45 ... EnhanceFitness ♥ 1:00.... Learn & Play Mahjong 1:00.... Learn & Play Canasta 1:00.... Walk w/Ease: David Keys ♥
<div style="border: 1px solid red; padding: 5px; display: inline-block;"> ♥ indicates a heart healthy class or event that you may attend to punch off an item from your Heart Health Month Punch Cards (pick up at the front desk) for the month of February </div>				
4 9:00 Pickleball** ♥ 8:00Ping Pong ♥ 9:30EnhanceFitness ♥ 10:00....Coloring to Create Joy 10:00....Karate for Seniors ♥ 10:00....Reflexology by Sergei \$* 10:45....EnhanceFitness ♥ 11:30....Piano: Richard 12:30....Sing-along w/Richard 1:00Learn & Play Pinochle 1:00Learn & Play Mahjong 1:00Walk w/Ease: David Keys ♥ Wear Red Day!	5 9:00 Pickleball** ♥ Birthday Tuesday 8:15....Senior Yoga ♥ 9:30....Senior Yoga (Chair) ♥ 11:00 ...Positive Aging ♥ 11:15 ...Tai Chi Easy ♥ 11:30 ...Piano: Peggy 1:00....Ukrainian Eggs (Group 1 on February 5 & 12)* 1:00.... Learn & Play Bridge 1:00.... Duplicate Bridge* 1:30....Computer/Gadget Help* 2:00.... Beginning Japanese	6 9:30.... EnhanceFitness ♥ 10:00.... Coloring to Create Joy 10:00.... Karate for Seniors ♥ 10:00.... Myofascial Release with Sharry \$* 10:30.... Short Trip: Utah Legislative Session/Capitol Bldg tour* 10:45.... EnhanceFitness ♥ 11:00.... Piano: Richard 11:30.... Ping Pong ♥ 12:00.... Tai Chi—24 ♥ 1:00.... Sing-along w/Richard 1:00.... Walk w/Ease: David Keys ♥ 1:30.... Line Dancing ♥ 2:30.... Wii Sports ♥	7 9:00 Pickleball** ♥ 8:15 ... Senior Yoga ♥ 9:30 ... Senior Yoga (Chair) ♥ 10:30 ... Knit/Crochet 11:15 ... Tai Chi Easy ♥ 1:00 ... Piano: Phyllis 1:00 ... Learn & Play Bridge 1:30 ... Computer/Gadget Help* 11:00-12:00 Paper Airplane Competition 	8 9:00 Pickleball** ♥ 9:30.... EnhanceFitness ♥ 9:30.... Watercolor Art Studio 10:00 ... Karate for Seniors ♥ 10:00 ... Myofascial Release with Sharry \$* 10:00 ... Mexican Train Dominoes 10:45 ... EnhanceFitness ♥ 1:00.... Walk w/Ease: David Keys ♥ 1:00.... Learn & Play Mahjong 1:00.... Learn & Play Canasta
11 9:00 Pickleball** ♥ 8:00Ping Pong ♥ 9:30EnhanceFitness ♥ 10:00....Coloring to Create Joy 10:00....Karate for Seniors ♥ 10:00....Reflexology by Sergei \$* 10:45....EnhanceFitness ♥ 11:30....Piano: Richard 12:30....Sing-along w/Richard 1:00Learn & Play Pinochle 1:00Learn & Play Mahjong 1:00Walk w/Ease: David Keys ♥	12 9:00 Pickleball** ♥ 8:15....Senior Yoga ♥ 9:30....Senior Yoga (Chair) ♥ 11:00 ...Positive Aging ♥ 11:15 ...Tai Chi Easy ♥ 11:30 ...Piano: Peggy 1:00....Ukrainian Eggs (Group 1 on February 5 & 12)* 1:00 Learn & Play Bridge 1:00.... Duplicate Bridge* 1:30....Computer/Gadget Help* 1:30....Legal Consultations* 2:00.... Beginning Japanese	13 9:30.... EnhanceFitness ♥ 10:00 ... Coloring to Create Joy 10:00 ... Myofascial Release with Sharry \$* 10:00 ... Karate for Seniors ♥ 10:45 ... EnhanceFitness ♥ 11:30 ... Blood Pressure Checks ♥ 11:30 ... Piano: Richard 11:30 ... Ping Pong ♥ 12:00 ... Tai Chi—24 ♥ 12:30 ... Sing-along w/Richard 1:00.... Walk w/Ease: David Keys ♥ 1:30.... Line Dancing ♥ 2:30.... Wii Sports ♥	14 9:00 Pickleball** ♥ 8:15 ... Senior Yoga ♥ 9:30 ... Senior Yoga (Chair) ♥ 10:00 ... Grief Support Group 10:30 ... Knit/Crochet 11:00 ... Podiatrist \$* 11:15 ... Tai Chi Easy ♥ 11:30 ... Entertainment: Mixed Nuts 1:00 ... Piano: Phyllis 1:00 ... Learn & Play Bridge 1:30 ... Computer/Gadget Help* 1:30 ... Write Your Life Story Happy Valentine's Day!	15 9:00 Pickleball** ♥ 9:30.... EnhanceFitness ♥ 9:30.... Watercolor Art Studio 10:00 ... Karate for Seniors ♥ 10:00 ... Eyes4Zimbabwe Service Activity 10:00 ... Myofascial Release with Sharry \$* 10:00 ... Mexican Train Dominoes 10:45 ... EnhanceFitness ♥ 12:00 ... Special Entertainment: BobbyD and Friends 12:00 ... MAC Meeting 1:00.... Walk w/Ease: David Keys ♥ 1:00.... Learn & Play Canasta 1:00.... Learn & Play Mahjong
18 9:00 Pickleball** ♥ Presidents Day  The Millcreek Senior Center will be closed in observance	19 9:00 Pickleball** ♥ 8:15....Senior Yoga ♥ 9:30....Senior Yoga (Chair) ♥ 11:00 ...Positive Aging ♥ 11:15 ...Tai Chi Easy ♥ 11:30 ...Piano: Peggy 1:00....Ukrainian Eggs (Group 2 on February 19 & 26)* 1:00.... Learn & Play Bridge 1:00.... Duplicate Bridge* 1:30....Computer/Gadget Help* 2:00.... Beginning Japanese	20 9:30.... EnhanceFitness ♥ 10:00 ... Coloring to Create Joy 10:00 ... Make and Take Craft 10:00 ... Karate for Seniors ♥ 10:00 ... Myofascial Release with Sharry \$* 10:45 ... EnhanceFitness ♥ 11:30 ... Piano: Richard 11:30 ... Ping Pong ♥ 12:00 ... Tai Chi—24 ♥ 12:00 ... Service Project: Toys for Shriners 12:30 ... Sing-along w/Richard 1:00.... Walk w/Ease: David Keys ♥ 1:30.... Line Dancing ♥ 2:30.... Wii Sports ♥	21 9:00 Pickleball** ♥ 8:15 ... Senior Yoga ♥ 9:30 ... Senior Yoga (Chair) ♥ 10:30 ... Knit/Crochet 11:15 ... Tai Chi Easy ♥ 1:00 ... Piano: Phyllis 1:00 ... Learn & Play Bridge 1:30 ... Computer/Gadget Help* 1:30 ... Write Your Life Story 9:30 Heart Health Presentation at the SLCounty Government Building South Building 2001 South State Street Council Chambers	22 9:00 Pickleball** ♥ 9:30.... EnhanceFitness ♥ 9:30.... Watercolor Art Studio 10:00 ... Karate for Seniors ♥ 10:00 ... Myofascial Release with Sharry \$* 10:00 ... Mexican Train Dominoes 10:45 ... EnhanceFitness ♥ 1:00.... Walk w/Ease: David Keys ♥ 1:00.... Learn & Play Canasta 1:00.... Learn & Play Mahjong
25 9:00 Pickleball** ♥ 8:00Ping Pong ♥ 9:30EnhanceFitness ♥ 10:00....Coloring to Create Joy 10:00....Karate for Seniors ♥ 10:00....Reflexology by Sergei \$* 10:45....EnhanceFitness ♥ 11:30....Piano: Richard 12:30....Sing-along w/Richard 1:00Walk w/Ease: David Keys ♥ 1:00Learn & Play Pinochle 1:00Learn & Play Mahjong	26 9:00 Pickleball** ♥ 8:15....Senior Yoga ♥ 9:30....Senior Yoga (Chair) ♥ 11:00 ...Positive Aging ♥ 11:15 ...Tai Chi Easy ♥ 11:30 ...Piano: Peggy 1:00....Ukrainian Eggs (Group 2 on February 19 & 26)* 1:00.... Learn & Play Bridge 1:00.... Duplicate Bridge* 1:30.... Computer/Gadget Help* 2:00.... Beginning Japanese	27 9:30EnhanceFitness ♥ 10:00 ... Coloring to Create Joy 10:00 ... Karate for Seniors ♥ 10:00 ... Myofascial Release with Sharry\$* 10:30 ... Short Trip: Utah Museum of Natural History \$* 10:30 ... Book Discussion Group: American Wolf: Nate Blakeslee 10:45 ... EnhanceFitness ♥ 11:30 ... Piano: Richard 11:30 ... Ping Pong ♥ 12:00 ... Tai Chi-24 ♥ 12:30 ... Sing-along w/ Richard 1:00 ... Walk w/ Ease: David Keys ♥ 1:30 ... Line Dancing ♥ 2:30 ... Wii Sports ♥	28 9:00 Pickleball** ♥ 8:15Senior Yoga ♥ 9:30Senior Yoga (Chair) ♥ 10:00 ...Grief Support Group 10:30 ...Knit/Crochet 11:00 ... Vital Aging: Improving Communication Skills 11:15Tai Chi Easy ♥ 11:30 ... Blood Pressure Checks ♥ 1:00Piano: Phyllis 1:00Learn & Play Bridge 1:30Computer/Gadget Help*	Mar 1 9:00 Pickleball** ♥ 9:30.... EnhanceFitness 9:30.... Watercolor Art Studio 9:30.... Days for Girls Service Activity 10:00 ... Karate for Seniors 10:00 ... Mexican Train Dominoes 10:45 ... EnhanceFitness 1:00.... Learn & Play Mahjong 1:00.... Learn & Play Canasta 1:00.... Walk w/Ease: David Keys

**February is Heart Health Month
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Volunteer Spotlight: Jan LaGray

I'm a Utah girl - born and raised! Have not and never will live anywhere else! I am a retired USPS Clerk and since retiring my husband and I have spent a lot of time at Millcreek Senior Center. My husband likes (no, loves) to play pickleball and I love jigsaw puzzles - crocheting - and meeting people! Sandi decided I needed to be a front desk volunteer and we all know how persuasive she can be!!



I haven't been able to be behind the desk for a while - I can't wait to get back 100%.

Be Healthy in February

- Reflexology with Sergei \$* - M
 - Myofascial Release with Sharry \$* - W/F
 - Positive Aging - T
 - EnhanceFitness - M, W, F
 - Ping Pong - M, W
 - Yoga - T, Th
 - Tai Chi - T, W, Th
 - Karate - M, W, F
 - Walk with Ease with David Keyes - M, W, F
 - Podiatrist \$* - 02/07
 - Blood Pressure Checks - 02/13 & 02/28
- *By Appointment

It's Heart Health Month! Look for the to the side of programs and events listed on the inside of this newsletter, indicating heart healthy activities! See more information on the front page of this newsletter.

Learn Something in February

- Japanese - Every Tuesday
- Knit/Crochet - Thursdays
- Book Discussion Group -02/27

Entertainment in February

- **Regular Pianists** - Richard M, W; Peggy T; Phyllis Th
- **Mixed Nuts** - 02/14
- **BobbyD** - 02/15

Have Fun in February

- Ping Pong - M, W
- Coloring to Create Joy - M, W
- Line Dancing - W
- Watercolor Art Studio - F
- Birthday Tuesday - 02/05
- Write Your Life Story - Feb. 14, 21
- Make and Take Craft - 02/21
- Ukrainian Eggs - Group 1: 02/05, 02/12 Group 2: 02/19, 02/26
- Short Trips - 02/06, 02/27

Wear Red Day!
Wear RED on February 4 to celebrate Heart Health Month!



February 2019

Contact Us

Phone: 385-468-3305
Sunni Hobbs-McKinney • Manager
Suzy Butler • Programs
Sandi Simmons • Office
Garth Barrus • Driver

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 cost for ≤ 60

Van Transportation

\$1 suggested donation each way

Accredited by National Institute of Senior Centers

SALT LAKE COUNTY AGING & ADULT SERVICES

Millcreek

Senior Center

Let's Plaster our Walls with Love!

Grab an "I love..." card (or two or three or ten) from the front desk and write something you love (i.e. your dog, ice cream, travel, Sandi, your mom). Then we'll post it on the wall!



February is the **Month of Love**
Tell the ones you love how you feel
WE LOVE OUR PATRONS



How you can participate in Heart Health Month:

⇒ **PUNCH CARD**

- *Pick up punch card at the front desk
- *Participate in 6 classes or events as listed on card
- *Applicable classes are indicated by a next to them
- *Get your card punched at the front desk after each class/event
- *Return your card to the front desk once completed to be entered to win a prize

⇒ **WEAR RED**

*Celebrate "Wear Red Day" with us on February 4!

⇒ **HEART HEALTH PRESENTATION @ the Gov't Center**

- *Attend Heart Health Presentation on February 21
- *Located at the SLCounty Government Building 2001 S State Street in the Council Chambers Room
- *First 50 to arrive will receive a "Go Red" pin
- *Ask at the front desk if you require transportation

Donations

If you are interested in making a donation to the Senior Center, please note:

- 100% of the donations made to the Millcreek Advisory Committee will be used exclusively for the Millcreek Senior Center. These donations are tax-deductible since the Millcreek Advisory Committee is a non-profit. To make a donation to the Millcreek Advisory Committee, please email Lynn Deien at lhildy@hotmail.com or talk to Sandi at the front desk.
- Donations made to the Millcreek Senior Center through the Square (iPad at the front desk) or on the website will be distributed to all Salt Lake County Senior Centers, according to their needs. To make a donation to Aging Services (all Salt Lake County Senior Centers), please either use the iPad at the front desk or visit the website at www.slco.org.

Promoting independence through advocacy, engagement, and access to resources				
February 2019				
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Vegetable Chili 1 Cup Chili, 1/2 Cup Cornbread, 1/2 Cup Summer Squash, 1/2 Cup Red Beans, 8 fl oz Milk, 1/2 Cup Rutabaga, 2 Tbsp. Avocado Salsa (1 Tbsp. Avocado, 1/2 Cilantro, 1/2 Tbsp. Onion, 1/2 Tomato), 1 oz Cheese, 3 oz Tomato Juice	Pork Chop 3 oz Pork Chop, 1 Whole Wheat Bun, 1/2 Cup Swiss Potato, 1/2 Cup Green Beans, 1/2 Cup Asparagus, 8 fl oz Milk	Turkey Lasagna Alfredo 3 oz Ground Turkey, 1/2 Cup Lasagna Noodle, 1/2 Cup Tomato Sauce, 1/2 Cup Zucchini, 1/2 Cup Peas, 2 Tbsp. FF Mozzarella Cheese, 1/2 Cup Ricotta Cheese, 8 fl oz Milk, 1/2 Cup Rutabaga	Teriyaki Salmon 3 oz Salmon, 1/2 Cup Lemongrass, 1/2 Cup Steamed Broccoli, 1/2 Cup Mandarin Oranges, 8 oz Milk, 1/2 Cup Pineapple, 1/2 Cup Black Beans, Salsa, 1/4 Cup Pineapple, 1/2 Cup Black Beans, 1 oz Teriyaki Sauce	Vegetable Lentil Soup 1 cup Lentil Soup with Lentils, 1 cup Green Salad, 1/2 cup Grilled Peas, 1 Whole Wheat Roll, 8 fl oz Milk, Oranges, 1/2 cup Galatin
Chicken Mushroom and Zucchini 3 oz Chicken Thigh, 1 oz each mushroom & zucchini, 1 Tbsp. Oil, 1 egg, 1/2 Cup Brown Rice, 1/2 Cup Mandarin Oranges, 8 fl oz Milk, 1/2 cup Galatin	Ground Beef Chili 1 Cup Ground Beef, 1 oz Cornbread, 1/2 Cup Green Salad, 8 fl oz Milk, 1/2 Cup Cantaloupe, Dressing, 1/2 cup Galatin	Roasted Chicken with Mashed Potatoes 3 oz Chicken Thigh, 1/2 Cup Mashed Potatoes, 1 Whole Wheat Roll, 1/2 Cup Steamed Broccoli, 1/2 Cup Grapes or fresh fruit, 8 fl oz Milk, 1/2 cup Sherbert	Grilled Salmon with Cucumber Yogurt Salad 3 oz Salmon, 3/4 Cup Cucumber Salad, 1/2 Cup Raisin Salad, 1/2 Cup Peas, 8 fl oz Milk	Shepherd's Pie 3 oz Ground Beef, 1/2 Cup Cornbread, 1/2 Cup Green Beans, 1/2 Cup Green Salad, Dressing, 2 oz Green, 1/2 Cup Mashed Potatoes, 1/2 cup Peas, 1 oz Milk, 25 oz Butter, 1/2 Cup Watermelon, 8 fl oz Milk, 1/2 cup Rutabaga
Closed President's Day	Baked Sausage Ziti 3 oz Pork Sausage, 1/2 cup Peas, cooked, 1/2 cup Tomato Sauce, dressing, 1/2 cup Cantaloupe, 1/2 cup Green Salad, 8 fl oz Milk, 1/2 cup Sherbert	Chicken Salad Sandwich 3/4 cup Chicken Salad, 2 Slice White Bread, 1/2 Cup Kale Salad, 1/2 Cup Grapes, 8 fl oz Milk, 1/2 cup Rutabaga	Lemon Caper Salmon 3 oz Salmon, 1/2 Cup Sour Cream, 1/2 Cup Green Beans, 1/2 Cup Milk, Whole Wheat roll, 8 fl oz Milk, 2 oz Lemon Caper Sauce (1 Tbsp. 3 Tbsp. 3 lemon juice, 1 oz white wine)	Chicken Enchiladas (Casserole) 1/2 Cup Black Beans, 1/2 Cup Fruit Cocktail, 8 fl oz Milk, 3 oz Chicken Thighs, 2 oz Enchilada Sauce, 1/2 cup cheddar cheese, 2 oz Corn Tortilla (8), Sour Cream, Salsa
Meatloaf 3 oz Ground Beef (1/2 each), 1 oz Milk, 1 Tbsp. ketchup, 2 oz Turkey Ground, 1 oz Whole Wheat Roll, 1/2 Cup Green Beans, 1/2 Cup Mashed Potatoes (5 Tbsp. 1/2 cup), 1 oz Milk, 25 oz butter, 8 fl oz Milk, 1/2 Cup Strawberry, 1/2 cup Galatin	Beef Stew 3 oz Lean Beef (1/2 each), 1 Whole Wheat Roll, 1/2 Cup Corn, 1/2 Cup Asparagus, 1/2 Cup Mashed Potatoes (5 Tbsp. 1/2 cup), 1 oz Milk, 25 oz butter, 8 fl oz Milk, 1/2 cup Green, 1/2 cup Sherbert	Brushetta Chicken 3 oz Chicken Breast, 1/2 Cup Sauce, 1/2 Cup White Rice, 1 Cup Steamed Corn and Green Beans, 1/2 Cup Peas, 8 fl oz Milk	Greek Dill Salmon 3 oz Salmon, 1/2 Cup Wild Rice, 1/2 Cup Cucumber Tomato Salad, 1/2 Cup Strawberry, 8 fl oz Milk, 2 oz Yogurt Sauce	White Chicken Chili 1 Cup Chili, 1 oz Cornbread, 1/2 Cup Green Salad, 1/2 Cup Peas, 8 fl oz Milk, 1/2 cup Rutabaga, Sour Cream, Cilantro, Lime Wedges, Dressing

Help and be Helped

Toys for Shriners's - 02/20 **Grief Support Group - 02/14, 02/28** **Eyes4Zimbabwe - 02/15**
No Legal Consultations in February **Vital Aging - 02/28** **Computer Help - starting again on 02/26**