

MONTHLY CLASSES & ACTIVITIES

Sign up for these classes at the front desk.

Book Club Tuesday, April 17 at 2:00

Facilitated by Crystal Hanley, this month we'll be reading *The Book of Unknown Americans* by Cristina Henríquez. Books available through the library system.

Brain Games Wednesday, April 11 at 1:00

LeeAnn from Peak Home Health & Hospice facilitates this monthly class to engage our participants in different types of brain games. Let's improve our memory!

Computer Class: Email and Gmail

Thursday, April 5 at 2:00 Come and learn to navigate sending electronic mail from your computer or mobile device. New topic each month with Crystal from the Holladay Library. Sign up at the front desk.

Cooking Demo with Cottonwood Place will be here on **Tuesday, April 10 at 1:00**. Sign up to learn new recipes, cooking tips, and sample a delicious dish made by a professional chef!

Hiking for the Active Participant

On **Monday, April 9**, we will do a 4-mile hike on the Jordan River Trail. On **Monday, April 23**, we will do a 3-mile hike on Lower Little Cottonwood Trail.

Participants will meet at the center for carpooling and leave promptly at **9:00am**. Sign up at the front desk if you are new to the group.

iPad/iPhone Class Wednesday, April 11 at 11:00

Frank Barton from Right at Home will be back each month to teach his iPad & iPhone class. Come learn how to use your electronic device!

Vital Aging: The Well-Being of Yourself and Others

Every Friday at 12:30 No matter what age we are, it is important to be aware of our emotional and physical well-being. Come and learn some simple ways to take charge of your well-being that can make a big difference. Join Cody from the Vital Aging Project every week, new topic every month.

SPECIAL CLASSES & PRESENTATIONS

Please show your interest by **SIGNING UP** at the front desk. Low enrollment may cause cancellation.

Strength Training Exercises Tuesday, April 3

at 9:00 Certified Strength and Conditioning Specialist, Paige Corley, will be here to give you some upper and lower body strength training exercises to do at home!

Fibromyalgia & Chronic Pain Wednesday, April 4

at 1:00 A representative from Dudley Medical and Wellness will be here to discuss chronic pain and teach some healthy lifestyle techniques and tips to help with pain management and improvement.

Fall Prevention Monday, April 9 at 9:30

Fall prevention means injury prevention! Paige Corley will be back to talk about ways to reduce your risk of falling and introduce some exercises to help increase balance and mobility in daily life.

Fall Prevention: Part 2 Monday, April 9 at 10:30

A short presentation by Live Life Alarms to discuss some ways to prevent falls around your house and the importance of having a personal medical alarm in case of emergency. This is important information for all.

Knight Tours and Cruises Wednesday, April 11

at 12:30 Barry Knight, owner of Knight Tours and Cruises, will be here to talk about some of his travel opportunities in the coming year. If you've ever considered taking an organized tour with a guide, or you've been doing it for years, come and get some more

information about this local agency.

Seed: The Untold Story Facilitated by Khatara Morgan. Watch this educational documentary in two parts, with time for discussion each week.

Thursday, April 12 at 12:30 Learn about the incredible seed diversity of our planet and what we have lost. Meet some of the companies and activists working to keep seed diversity alive. Learn how seeds have become a commodity of commerce and the chemicalization of agriculture and its ramifications.

Thursday, April 19 at 12:30 Learn about GMOs and what that means. Explore some of the effects of modern agriculture in India and Hawaii. Discover what it means for people around the planet to reclaim their right to own and grow a diversity of seeds.

Strengthening Your Self Esteem Monday,

April 16 at 9:30 Having positive self-esteem has long been touted as a vital component of living a happy life. New studies suggest that a positive sense of self-worth may actually stave off some of the negative effects of aging! Join La Nae Burton in a discussion about self-esteem as we age, and some strategies for cultivating a healthy confidence in yourself and others.

Partner With Your Doctor Monday, April 23

at 9:30 You and your doctor are a team. Work together, ask questions, listen closely, and follow their advice. April is Medication Management Month, so find out how to safely take care of unused medication and how to work with your doctor to meet your needs and stay healthy. Presented by Bruce with Humana.

Fracking: Simplified

Wednesday, April 25 at 12:30 Fracking is the process of injecting liquid at a high pressure into subterranean rocks and bore holes to force open existing fissures and extract oil or gas. Join Bill Leach in a discussion to delve a little deeper into what that really means, the advantages for oil and gas companies, and why it is such a controversial technique.

Travelogue: China Monday, April 30 at 9:30

Jason Mendenhall from Utah Senior Care Advisors will be back for a presentation about his travels to China! Come and check out a piece of the Great Wall and more.

HEALTH & SERVICES

Sign up for these services at the front desk.

Attorney Friday, April 27 from 1:30-3:10

Retired attorney Rick Rappaport will be here to do 20 minute pro bono legal consultations once a month. Sign up at the front desk for this valuable service.

Audiology on Monday, April 9 from 1:00-2:30

Brent Fox of Audiology Associates can check and clean your hearing aids, check for ear wax, and answer questions about hearing loss. Come take advantage of this free service!

Blood Pressure/Glucose Testing Thursday,

April 12 from 9:00 -10:00 Rocky Mountain Care - Cottage on Vine will have a medical staff member here to check blood pressure and blood glucose.

Body Massage Every Tuesday from 9:00-11:30

Come and enjoy a 30 minute massage! Suggested donation is \$15. Sign up at the front desk.

Podiatrist Thursday, April 12 from 8:00-9:45

Dr. Church from Advanced Foot & Ankle Center will be here to trim nails once a month. \$10 donation payable at time of service.



CENTER INFORMATION

1635 E. Murray-Holladay Road

Millcreek, UT 84117

385-468-3130

Slco.org/mtolympus

CENTER HOURS

Monday - Friday
8:00 AM to 5:00 PM

TRANSPORTATION

Monday - Friday

LUNCH

Served Monday - Friday
11:30 AM to 12:15 PM
Suggested donation \$3.00.

CENTER STAFF

Susie Cates
Center Manager

Melanie Rosser-Parr
Program Coordinator

Cheryl Hale
Office Specialist

Wieslawa Juszczakiewicz
Kitchen Helper

Razmik Ghukasyan
Custodian

Mike Fondren
Van Driver

Salt Lake County
Aging and Adult Services'
mission is to promote
independence through
advocacy, engagement and
access to resources.

April 2018

Mount Olympus Center

Birthday Tuesday: April 3 at 11:30

If your birthday is in April, please see the front desk to receive a special lunch ticket! The Advisory Committee will make your lunch donation for you on this day. Background music by the wonderful John Hiller.

Wendover Trip on Tuesday, April 17

The Advisory Committee will have a sign up sheet and box available behind the front desk for your payment. Cost is \$20 and payable when you sign up. Bus leaves the center promptly at 8:30 and returns around 6:30. Join the fun!

Health and Resource Fair on Tuesday, April 17 from 9:00 to 12:00

This is a fantastic opportunity to meet many of our community partners and learn about the range of valuable services they offer. Tables will be set up with informational material. There will be vision/glaucoma screenings and mood/memory screenings. Westminster Nursing Students will also be here to do health screenings including PVD, balance, vision, and blood pressure/glucose testing. **Sign up** at the front desk for a time with the nursing students for your health screening.

Volunteer Recognition Party on Wednesday, April 18 at 11:30

Invitations for our current and/or 2017 volunteers can be picked up at the front desk. Your lunch reservation at the front desk will be your RSVP which will be due by **April 10**. Your lunch donation for this event will be covered to thank you for your service in making our center the best! Jennie Floor will provide background music.

Ice Cream Social on Friday, April 20 at 11:45

Join us for lunch, followed by an ice cream social sponsored by the Wentworth at Willow Creek. Suggested lunch donation is \$3.00.

Yard Sale

The yard sale is coming up on Friday, May 18! Please donate your gently used items in good condition this month for our yard sale next month. This is an Advisory Committee fundraiser that gives you a chance to de-clutter a little, and maybe find something new during the sale. No clothing or furniture accepted.

Play Golf

Looking for a group of people to play golf with? Starting May 9, meet on Wednesdays at the Meadowbrook Golf Course at 8:30am, with tee time starting at 9am. Suggested donation is \$15, which includes end of season luncheon. Pay your own green fees at the course. Talk to the front desk or coordinator Ron Barry for more information.

Accredited by 
National Institute of
Senior Centers

 **SALT LAKE
COUNTY**
AGING & ADULT SERVICES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 EnhanceFitness 2</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Toile Painting</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Care Patrol)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>7:45 AARP Smart Driver class 3</p> <p>8:30 Mixed Media</p> <p>8:30 Tai Chi (half hour)</p> <p>9:00 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>9:00 Strength Training Exercises (Register)</p> <p>10:00 Chair Tai Chi</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:00 Woman of the Year (1942 film)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full) Birthday Tuesday <i>John Hiller</i></p>	<p>8:00 Int. Strength Training 4</p> <p>8:00 EnhanceFitness</p> <p>8:30 Advanced Spanish</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Beginning Spanish</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>1:00 Fibromyalgia & Chronic Pain (Register)</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 5</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Cottonwood Place)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Computer Class (Register)</p> <p>2:00 Pickle Ball</p>	<p>8:00 EnhanceFitness 6</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging</p> <p>12:45 Social Dance</p> <p>4:00 Guitar Class</p>
<p>8:00 EnhanceFitness 9</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Fall Prevention (Register)</p> <p>9:30 Toile Painting</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>10:30 Fall Prevention: Part 2</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Holladay Health Care)</p> <p>1:00 Audiologist (Register)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 10</p> <p>8:30 Tai Chi (half hour)</p> <p>9:00 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chi</p> <p>10:00 Creative Writing</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:00 Cooking Demo (Cottonwood Place)</p> <p>1:30 Chair Yoga</p> <p>2:00 42nd Street (1933 film)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p>	<p>8:00 Int. Strength Training 11</p> <p>8:00 EnhanceFitness</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 iPad & iPhone Class (Register)</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Knight Tours & Cruises (Register)</p> <p>1:00 Brain Games</p> <p>1:30 Advisory Committee Meeting</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 12</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:00 Blood Pressure/Glucose Testing</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Pacifica)</p> <p>12:30 Seed: An Untold Story (Register)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p>	<p>8:00 EnhanceFitness 13</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging</p> <p>12:45 Social Dancing</p> <p>4:00 Guitar Class</p>
<p>8:00 EnhanceFitness 16</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Strengthening Your Self Esteem (Register)</p> <p>9:30 Toile Painting</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Good Shepherd)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 17</p> <p>8:30 Tai Chi (half hour)</p> <p>8:30 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chi</p> <p>11:00 Red Hatters (Maria's Mexican Grill-3336 S 2300 E)</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 NARFE ANNUAL HEALTH FAIR 9:00—12:00</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:00 Book Club</p> <p>2:30 Niagara (1953 film)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full) Wendover</p>	<p>8:00 Int. Strength Training 18</p> <p>8:00 EnhanceFitness</p> <p>8:30 Advanced Spanish</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Beginning Spanish</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p> <p>Volunteer Appreciation Party <i>Jennie Floor</i></p> <p>Pancake Breakfast 8-9:15</p>	<p>8:00 Tai Chi 19</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Visiting Angels)</p> <p>12:30 Seed: An Untold Story (Register)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p>	<p>8:00 EnhanceFitness 20</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging</p> <p>12:45 Social Dancing</p> <p>4:00 Guitar Class</p> <p>Ice Cream Social <i>Wentworth at Willow Creek</i></p>
<p>8:00 EnhanceFitness 23</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Partner With Your Doctor (Register)</p> <p>9:30 Toile Painting</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (MBK Wellington)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 24</p> <p>8:30 Tai Chi (half hour)</p> <p>8:30 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chi</p> <p>10:00 Creative Writing</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>12:30 Death Café Express: Funerals of the Famous</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:00 Show Boat (1951 film)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p>	<p>8:00 Int. Strength Training 25</p> <p>8:00 EnhanceFitness</p> <p>8:30 Advanced Spanish</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Beginning Spanish</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Fracking: Simplified (Register)</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 26</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Jenkins-Soffe)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p>	<p>8:00 EnhanceFitness 27</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging</p> <p>12:45 Social Dancing</p> <p>1:30 Attorney</p> <p>4:00 Guitar Class</p> <p>Olympus Jr. High Choir @ 11:15</p>
<p>8:00 EnhanceFitness 30</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Travel: China (Register)</p> <p>9:30 Toile Painting</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 FREE Bingo</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>Olympus Jr. High will be here for a choir performance at lunch on Friday, April 27. Join us for this fun student event!</p> <p>Please plan on being in the lunch room at 11:00.</p>	<p>Death Café Express</p> <p>New time: Tuesday, April 24 at 12:30</p> <p>This month, David from Memorial will be presenting on the life, career, and death of Babe Ruth! Join us for an enlightening discussion with light refreshments.</p>	<p>Creative Writing Class</p> <p>Every 2nd & 4th Tuesday of the month!</p> <p>No experience necessary, everyone welcome. Try something new!</p>	<p>MOVIE TUESDAY</p> <p>April 3: Woman of the Year 1hr 54min</p> <p>April 10: 42nd Street 1hr 29min</p> <p>April 17: Niagara 1hr 32min</p> <p>April 24: Show Boat 1hr 48min</p>