

MONTHLY CLASSES & ACTIVITIES

Book Club: Tuesday, August 21 at 2:00

This month we are reading *The Curious Charms of Arthur Pepper* by Phaedra Patrick. Books and packets organized by SLCo Librarian, Crystal Hanley, and they are available through the library system. *Sign up at the front desk to receive instructions.*

Cooking Demo: Tuesday, August 14 at 1:00

Sponsored by The Ridge at Cottonwood. Learn new recipes, cooking tips, and sample a delicious dish made by a professional chef. *Sign up at the front desk.*

Computer Classes: Returning in September!

Creative Writing: Tuesday, August 14 & 28 at 10:00

Debbie Leisure and Helen Droitsch from the Community Writing Center are here twice a month. All are welcome!

Death Café Express, Funerals of the Famous: Tuesday, August 28 at 12:30 This month, David from Memorial will present on *ELIZABETH TAYLOR*. *Sign up at the front desk.*

Active Hiking: Monday, August 6 & 20

These are true mountain hikes for the active hiker. For all hikes, participants meet at Mt. Olympus Center for carpooling and **leave promptly at 9:00 AM**. Be sure to check the weather and dress appropriately for hiking. **Sign up at the front desk.**
Monday, August 6, we will do a 3.5 mile loop hike to Secret Lake and Albion Basin in Little Cottonwood Canyon.
Monday, August 20, we will do a 3 mile round trip hike to Lake Mary in Big Cottonwood Canyon.

iPad / iPhone Class: Wednesday, August 8 at 11:00

Frank Barton from Right at Home will be here to teach. Bring your iPhone and/or iPad. *Sign up at the front desk.*

Vital Aging Project, Building Healthy Relationships: Every Friday in August at 12:30

Relationships with friends and family can sometimes be tricky. Evolving roles of parents and adult children can present challenges. Come learn how to improve your relationships through using more effective communication skills and gain a greater understanding of how to maintain healthy relationships. We will also discuss common causes of conflict, tips for repairing relationships and ways to give a "kind no". These classes are sponsored and facilitated by Valley Mental Health.

HEALTH & SERVICES

Attorney: Wednesday, August 15 from 1:30 to 3:10

Retired attorney Rick Rappaport will be here to provide twenty minute pro bono legal consultations. *Sign up at the front desk.*

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

Relax and treat yourself to a thirty minute massage. Suggested donation is \$15. *Sign up at the front desk. Sign up at the front desk.*

Podiatrist: Thursday, August 9 from 8:00 to 10:00

Dr. Church from Advanced Foot & Ankle Center will be here to trim nails once a month. Suggested \$10 donation at time of service. *Sign up at the front desk.*

SPECIAL CLASSES & PRESENTATIONS

Senior Tours: Wednesday, August 8 at 2:30

Join Steve of Utah Senior Tours as he shares about regional travel opportunities for seniors. *Sign up at the front desk.*

Silver Pen Poetry Writing Workshop at Columbus

Library: Thursday, August 9 at 11:00 All people who are 60+ are invited to participate in the 2018 Silver Pen Writing Contest by writing and submitting your own essay/poem on the subject of "JOY". For contest rules and submission info, visit the website: slco.org/aging-adult-services/silver-pen.

Memory Enhancement & Reversing Cognitive Decline

Part 1: Thursday, August 9 at 2:30 Updates to Memory Enhancement & Dementia Prevention. Dave will share the ten things to avoid losing your memory or how to find it again. The Pendulum Effect – Swinging biochemistry in your favor to expand mental abilities. Discover what new research shows to reverse cognitive decline and restore loss of mental abilities. Presented by Dave Larsen, Education Chairman of the American Brain Council. *Sign up at the front desk.*

Fight The Fall: Monday, August 13 at 10:00

Matt Brady, a Doctor of Physical Therapy, specializes in balance, dizziness, and fall prevention. Matt will explain how falling can be prevented and how healthy balance can be restored. Presented by Matt of Fyzical. *Sign up at the front desk.*

Super Foods: Wednesday, August 15 at 12:30

Certain foods prevent disease and help you manage specific medical conditions. Learn more about these "superfoods" and decide which make sense for you and your health. Presented by Bruce of Human. *Sign up at the front desk.*

Memory Enhancement & Reversing Cognitive Decline

Part 2: Thursday, August 23 at 2:30 New strategies for increasing mental energy and longevity. Do you want to know how to live a healthier and longer life, both mentally and physically? Hear about the new research and how it can help you. Presented by Dave Larsen, Education Chairman of the American Brain Council. *Sign up at the front desk.*



August 2018

Mount Olympus Center



CENTER INFORMATION

1635 East 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
11:15 AM to 12:15 PM
Suggested donation \$3.00

CENTER STAFF

Susie Cates
Center Manager

Lara Kandolin
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.

NEW CLASS! MINDing MOTION™ will be held on Thursdays at 3:30, starting August 2nd! MINDing MOTION for Graceful Aging™ and Ririe-Woodbury Dance Company are providing movement and well-being to our participants. These classes help engage and improve cognitive function, balance, coordination, postural stability, dexterity, ocular fixation, and range of motion in a stimulating social and musical environment.

Enjoy A Treat! Ice Cream Social on Friday, August 10th. Join us for lunch followed by an ice cream social at 12:00 that is sponsored by Senior Care Advisors. There is a \$3.00 suggested donation for lunch.

Birthday Tuesday is August 7th. If your birthday is in August, please see the front desk to receive a special lunch ticket! The Advisory Committee will make your lunch donation for you on this day. Beautiful background music will be provided by Jennie Floor.

Special Lunch at 11:30 on Wednesday, August 22nd. Join us for a cheeseburger, baked beans, potato salad, fresh fruit salad, and a key lime desert. All that delicious food and we still only ask for a \$3.00 lunch donation. One of our favorite pianists, Jennie Floor, will be here. *Please sign up at the front desk by August 14.*

Wendover Trip on Tuesday, August 21st. The Advisory Committee will have a signup sheet and box available behind the front desk for your payment. Cost is \$20 and payable when you sign up. The bus leaves our center promptly at 8:30 and returns around 6:30. Join the fun!

NEW CLASS! Tai Chi for Arthritis starting September 18th! This is an eight week course that meets at 2:30 every Tuesday and Thursday. Tai Chi for Arthritis is a low-impact, relaxing exercise that consists of gentle whole-body movements, strung together in a sequence. Individuals will learn warm-up, cool down, and twelve introductory forms. Modifications can be made for those who need to remain seated for all or most of the class. *Registration is required and you may do so by signing up online at livingwell.utah.gov, or contacting our front desk for assistance.*

NEW SERIES! Beginning Spanish: Starts Wednesday, October 10th. All new students are welcome! Class meets on Wednesday and Friday, from 10:00 to 11:00 AM. Learn Spanish with Señora De Montoya; with an emphasis in history, geography, grammar, and games. *Sign up at the front desk.*

Jewelry Sale in September: A request for donations.

The Advisory Committee is hosting a fund-raising jewelry sale and asking for jewelry donations. Please bring in your jewelry donations to the center by the end of August.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Farmers' Market</p> <p align="center">Sponsored by the Salt Lake County Jail Horticulture Program</p> <p align="center">Tuesday, August 14</p> <p align="center">12:00 - 12:30</p>	<p align="center">Sing-Along Fridays at 12:30 Begins in September</p> <p align="center">Join us for relaxed and fun singing. All are welcome.</p> <p align="center"><i>Please sign up at front desk to show interest.</i></p>	<p>8:00 Strength Training 1</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>10:45 Skip Bo</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 2</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>10:15 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 & Foot Card Game</p> <p>12:30 Bingo (Bristol Hospice)</p> <p>1:00 Poetry (Summer Break)</p> <p>1:30 Ceramics</p> <p>3:30 MINDing Motion™ (New Class!)</p>	<p>8:00 EnhanceFitness 3</p> <p>8:00 Strength Training</p> <p>8:30 Advanced Spanish</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>10:00 Beginning Spanish</p> <p>10:00 Yoga</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Party Bridge (1st, 3rd, 5th Fridays)</p> <p>12:30 Vital Aging (Healthy Relationships)</p> <p>12:45 Social Dancing</p>
<p>8:00 EnhanceFitness (Cancel) 6</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole Painting (Summer Break)</p> <p>10:00 Drums Alive (Canceled/ Resumes Sept. 10)</p> <p>10:00 Intermediate Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Care Patrol)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French (Summer Break)</p> <p>2:00 AF Exercise Program</p> <p align="center">Hiking Group Leave Center at 9:00 am</p>	<p>7:45 AARP Smart Driver Class 7</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>10:00 Chair Tai Chi</p> <p>12:00 Hand & Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:00 Chair Yoga (New time/ new room)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p> <p align="center">Birthday + Pianist, Jennie Floor</p>	<p>8:00 Strength Training 8</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>10:45 Skip Bo</p> <p>11:00 Intermediate Spanish</p> <p>11:00 iPad & iPhone Class (Register)</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>1:30 Table Tennis</p> <p>2:30 Senior Tours (Register)</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 9</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>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga (Canceled/ Resumes Sept. 27)</p> <p>12:00 Hand & Foot Card Game</p> <p>12:30 Bingo (Pacifica)</p> <p>1:00 Poetry (Summer Break)</p> <p>1:30 Ceramics</p> <p>2:30 Memory Enhancement Part I (Register)</p> <p>3:30 MINDing Motion™ (New Class!)</p> <p align="center">Podiatrist 8:00-10:00</p>	<p>8:00 EnhanceFitness 10</p> <p>8:00 Strength Training</p> <p>8:30 Advanced Spanish</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>10:00 Beginning Spanish</p> <p>10:00 Yoga</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Vital Aging (Healthy Relationships)</p> <p>12:45 Social Dancing</p> <p align="center">Ice Cream Social 12:00 Senior Care Advisors</p>
<p>8:00 EnhanceFitness (Cancel) 13</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole Painting (Summer Break)</p> <p>10:00 Fight the fall (Register)</p> <p>10:00 Drums Alive (Canceled/ Resumes Sept. 10)</p> <p>10:00 Intermediate Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Holladay Healthcare)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French (Summer Break)</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 14</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 & Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Cooking Demo</p> <p>1:00 Drawing</p> <p>1:00 Chair Yoga (New time/ new room)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p> <p align="center">Farmers' Market</p>	<p>8:00 Strength Training 15</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>10:45 Skip Bo</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Super Foods (Register)</p> <p>1:30 Table Tennis</p> <p>1:30 Attorney (Register)</p> <p>3:00 Yoga (Canceled/ Resumes Sept. 26)</p>	<p>8:00 Tai Chi 16</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:30 Alzheimer's & Dementia Support Group</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</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 (Canceled/ Resumes Sept. 27)</p> <p>12:00 Hand & Foot Card Game</p> <p>12:30 Bingo (Visiting Angels)</p> <p>1:00 Poetry (Summer Break)</p> <p>1:30 Ceramics</p> <p>3:30 MINDing Motion™ (New Class!)</p>	<p>8:00 EnhanceFitness 17</p> <p>8:00 Strength Training</p> <p>8:30 Advanced Spanish</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>10:00 Beginning Spanish</p> <p>10:00 Yoga</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Party Bridge (1st, 3rd, 5th Fridays)</p> <p>12:30 Vital Aging (Healthy Relationships)</p> <p>12:45 Social Dancing</p>
<p>8:00 EnhanceFitness (Cancel) 20</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole Painting (Summer Break)</p> <p>10:00 Drums Alive (Canceled/ Resumes Sept. 10)</p> <p>10:00 Intermediate Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Jenkins-Soffe)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French (Summer Break)</p> <p>2:00 AF Exercise Program</p> <p align="center">Hiking Group Leave Center at 9:00 am</p>	<p>8:30 Mixed Media 21</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>11:30 Red Hatters: Hoppers 890 E. Ft Union</p> <p>12:00 Hand & Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:00 NARFE</p> <p>1:00 Chair Yoga (New time/ new room)</p> <p>2:00 Book Club (Register)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p> <p align="center">Wendover</p>	<p>8:00 Strength Training 22</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>10:45 Skip Bo</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga (Canceled/ Resumes Sept. 26)</p> <p align="center">Special Meal + Pianist, Jennie Floor</p>	<p>8:00 Tai Chi 23</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>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga (Canceled/ Resumes Sept. 27)</p> <p>12:00 Hand & Foot Card Game</p> <p>12:30 Bingo (Utah Senior Care Advisors)</p> <p>1:00 Poetry (Summer Break)</p> <p>1:30 Ceramics</p> <p>2:30 Memory Enhancement Part 2 (Register)</p> <p>3:30 MINDing Motion™ (New Class!)</p>	<p>8:00 EnhanceFitness 24</p> <p>8:00 Strength Training</p> <p>8:30 Advanced Spanish</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>10:00 Beginning Spanish</p> <p>10:00 Yoga</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Vital Aging (Healthy Relationships)</p> <p>12:45 Social Dancing</p>
<p>8:00 EnhanceFitness (Cancel) 27</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole Painting (Summer Break)</p> <p>10:00 Drums Alive (Canceled/ Resumes Sept. 10)</p> <p>10:00 Intermediate Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Bingo (MBK Wellington)</p> <p>12:30 Party Bridge</p> <p>1:00 Knit & Crochet</p> <p>1:00 French (Summer Break)</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 28</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 & Foot Card Game</p> <p>12:30 Current Events</p> <p>12:30 Death Café, Elizabeth Taylor (Register)</p> <p>1:00 Drawing</p> <p>1:00 Chair Yoga (New time/ new room)</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p>	<p>8:00 Strength Training 29</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>10:45 Skip Bo</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga (Canceled/ Resumes Sept. 26)</p>	<p>8:00 Tai Chi 30</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>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga (Canceled/ Resumes Sept. 27)</p> <p>12:00 Hand & Foot Card Game</p> <p>12:30 Bingo (Free Bingo)</p> <p>1:00 Poetry (Summer Break)</p> <p>1:30 Ceramics</p> <p>3:30 MINDing Motion™ (New Class!)</p>	<p>8:00 EnhanceFitness 31</p> <p>8:00 Strength Training</p> <p>8:30 Advanced Spanish</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>10:00 Beginning Spanish</p> <p>10:00 Yoga</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Games: Mex. Train Dominoes/Hand & Foot</p> <p>12:30 Party Bridge (1st, 3rd, 5th Fridays)</p> <p>12:30 Vital Aging (Healthy Relationships)</p> <p>12:45 Social Dancing</p>