

CLASSES & ACTIVITIES

Book Club will be discussing *Orphans of the Carnival* by Carol Birch. **Tuesday, September 19** at 2:00. A Salt Lake County librarian leads this discussion. Books available through library systems.

Brain Games Tuesday, September 26th at 2:00. LeeAnn from Peak Home Health & Hospice is returning to engage our participants in different types of brain games. Let's improve our memory!!!!

Canyon Hiking for the Active Participant For all hikes, participants meet at the Mt. Olympus Center for carpooling and leave promptly at 9:00 AM. Sign up at the front desk! Dress appropriately for hiking!

Tuesday, September 5th. Hike from the Solitude Ski Resort to the Silver Fork Mine in Big Cottonwood Canyon. 4 total miles.

Monday, September 25th. Willow Lake loop hike in Big Cottonwood Canyon. 3 total miles. ¾ miles steep uphill. Sign up at the front desk

These are true mountain hikes and meant for the active participant able to maintain a hiking pace for up to 5 miles on uphill, rocky trails.

Cooking Demo Class by Cottonwood Place-Friday, September 22 at 12:30. Learn new recipes, cooking tips, and taste a delicious dish, from a professional Chef.

Vital Aging: Join the Voices for Recovery September 2017, marks the 28th annual celebration of **National Recovery Month.** This year's theme, "Join the Voices for Recovery: Strengthen Families and Communities" encourages people to openly discuss behavioral health conditions and the reality of recovery. Community resources will be discussed. Come join Mike from the Vital Aging Project on Fridays in September at 1:00.

SPECIAL CLASSES & PRESENTATIONS

If you want to attend a presentation, sign up at the front desk. Low enrollment may cause cancelation.

Theatre Tuesday Tuesdays in September at 2:00.

The Founder: Sept. 5. 1 hr. 55 min.

The Boy in the Striped Pajamas: Sept. 12. 1 hr. 34 min.

To Kill a Mockingbird: Sept. 19. 1 hr. 49 min.

The Bucket List: Sept. 26. 1 hr. 37 min.

Family Search/Family Tree Training Tuesday Sept. 5-Oct. 3 at 2:00 for 5 week series

Sign up at front desk with limited space for 8. This will be done on computer, so some computer knowledge is necessary. Please plan on attending all 5 classes.

Darlene's Downsizing Classes Tuesday Sept. 5, 12 & 19. Darlene from simply seniors will be back for another great downsizing series.

Healing with Color & Energy Wednesday, Sept. 20 Come learn about our electrical fields and the power of our minds to enhance the natural healing abilities of our bodies. More in depth coverage into the concepts of color therapy and the positive effects on the body. Taught by Mary Norton, TTP, CTP.

Essential Oils : Uses for Anti-Aging Thursday, September 14 at 9:30. Come learn about essential oils and how to use them. Taught by Sue Burdett.

Aging in Place Friday, September 22 at 10:30. Learn how you can stay living in your own home as you age. Taught by Richard Raddatz, Aubrey Associates.

Royal Houses of Europe Wednesday, September 13 at 12:30. Jenifer Brown, an OSHER instructor will be here to present and show images of the Royal houses of Europe.

Native Skywatchers of the American Southwest Thursday, September 14 at 12:30. Gene Amarrell a former Ohio State professor, will be here to discuss how the Native American's connection to the stars influenced their daily lives.

Prohibition: A Nation of Scofflaws Wednesday, September 6 at 12:30. The 2nd part Ken Burns' Emmy winning film series. On January 26, 1920, the 18th Amendment to the Constitution goes into effect, making it illegal to transport or sell intoxicating liquor, yet it was still being produced and consumed.

The Flag Thursday, September 28 at 12:30. You will see all 50 state flags, territory flags, and the flag for each branch of the military. DeVaughn Simper will use the flags to show the evolution, and discuss the history of how the Star Spangled Banner come to be.

Mindfulness Art for the Non-Artist Fridays at 12:30 in September. Art itself is often described as a meditative experience. This class will show techniques for keeping an art journal. Art journals are an amazing outlet for creativity, venting, and playful self-exploration. Ken Lund will be the instructor.

Lunch & Learn Tuesday, September 19 at 11:30.

Bring your lunch tray into the room and learn about The Schools Aid Families in Emergencies (S.A.F.E.) Neighborhoods Program. This is a disaster preparedness initiative.. "Grab your kit, and walk to school". Register at front desk.

Death Café Express : Famous Last Words.

Thursday, September 28 at 12:30. This is a new monthly class presented by Memorial. They have fun and enlightening presentations with refreshments.

Life in East Germany After the War Wednesday, September 27 at 12:30. We have invited an OSHER instructor from the U of U, Christoph Dressler to teach us about East Germany after WWII.

DIY Crafts on Wednesday, September 27 at 1:00. Join Anette Dennis in making a Halloween Craft. Suggested donation is \$4.00 and payable at the time of sign up.

HEALTH & SERVICES

Audiology on Monday, September 11 from 1:00-2:30. Brent Fox of Audiology Associates will be available to check your hearing aids. Register.

Attorney Mike Jensen will be here on **Monday, September 25 from 11:00 to 1:00.** Register for a 20 minute session at the front desk.

Manicures 2nd & 4th Mondays 9:00-11:00. Sign up for a 30 minute manicure with Francine Weber. Donations accepted.

Massages We offer massages every Tuesday. Sign up for a 30 min. massage between 9:00 to 12:00. Suggested donation is \$10.00.

Podiatrist Thursday, September 14 from 8 to 10. Sign up for an appointment. \$10 Donation payable to Dr. Church.

Computers-Chrystal/SL County Librarian, will be having monthly computer classes on the 1st Thursday of every month at 2:00. The first class will be held in October.



Slco.org/mtolympus

CENTER INFORMATION

1635 E. Murray-Holladay Road
Salt Lake City, UT 84117
385-468-3130

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 for lunch is \$3.00

No reservation needed

CENTER STAFF

Susie Cates
Center Manager

Kaylie Sager
Program Assistant

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.

SEPTEMBER

2017

Mount Olympus Center

Silver Pen Writing Content Entries due electronically by Sept. 4

We will be CLOSED- Monday, September 4 for Labor Day

Mt. Olympus Social/Dance is Friday, Sept. 15 from 12:30-3:30

Music and dancing, refreshments and a chance to meet a lot of people! A fall social is planned for all Mt. Olympus participants. The Advisory Committee will be sponsoring the refreshments. All are cordially invited. Our very own Bart will be playing a variety of danceable music.

Wendover Trip is Tuesday, September 19

Please sign up for the trip by Friday, September 15. The Advisory Committee has sign up sheet and box behind the front desk for your payment. Cost is \$20 and payable when you sign up. Bus leaves around 8:30 and returns around 6:30.

Pancake breakfast returns Wednesday, September 20 from 8-9

Mt. Olympus Advisory Committee sponsors this free breakfast of pancakes, coffee and juice. Come and join us.

Fall Special Lunch Wednesday, September 20 at 11:30

Chicken Alfredo will be served with green bean almandine, Caesar salad, fresh fruit salad and a delicious frosted brownie. Only a \$3.00 donation is suggested for this feast! Sign up at the front desk by **September 12.**

Candidate's Day, Tuesday, September 26 at 11:00

With several openings for Council positions in both Millcreek and Holladay and the Mayoral position open in Holladay, we are hoping for a great turnout among voters and candidates. Please plan on attending to hear their platforms.

Ice Cream Social on Thursday, September 28 at 12:00

Join us for some ice cream, after lunch. Sponsored by Rescue Alert, a leader in medical alert systems.

The Salt Lake County Health Department with Salt Lake County Aging and Adult Services will be practicing a training exercise on **Wednesday, September 20th from 10:00-11:00.** Part of this exercise will be seeing how the Health Department can respond to bioterrorism using emergency plans. We invite all to participate in helping develop emergency planning.

Accredited by 
National Institute of Senior Centers

 SALT LAKE COUNTY
AGING & ADULT SERVICES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Candidates Day It is voting time once again. Please come meet local candidates running in our area, and remember every vote counts!</p> <p>Tuesday, Sept. 26 at 11:00</p>	<p>Social/Dance Don't miss this opportunity to meet new people and make friends at this opening fall social and dance. Refreshments and fun for all!</p>	<p>Jewelry Sale Held by Advisory Committee Wednesday, Sept. 13 9:00-1:00. Come pick out some lovely jewelry and support our advisory committee fundraiser.</p>	<p>Drums Alive Class Mondays at 11:15 Come try out an exciting class that is fun and a workout! Any donation is accepted.</p>	<p>8:00 EnhanceFitness 1 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Oil Painting 8:45 Senior Ballet 9:00 Chair Tai Chi 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge 12:00 Mexican Train Dominoes 12:30 Party Bridge 12:30 Mindfulness Art for the Non-artist (Register) 12:45 Social dance 1:00 Vital Aging</p>
<p>CLOSED for Labor Day</p> 	<p>8:30 Mixed Media 5 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Chair Tai Chi 10:00 Darlene's Downsizing (Register) 11:15 Chair Yoga 12:00 Hand and Foot Card Game 12:30 Current Events 1:00 Drawing 2:00 The Founder 2:00 Family Search (Register) 2:30 Learn to Dance 2:30 Pilates (Class Full)</p> <p>5</p> <p>Birthdays Tuesday <i>John Hiller</i></p>	<p>8:00 EnhanceFitness 6 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 8:45 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 Prohibition: A Nation of Scofflaws (Register) 1:00 Good Ol' Boys (class full) 1:30 Table Tennis 3:00 Yoga</p> <p>6</p>	<p>8/9 Tai Chi/Chair Tai 7 9:00 Beginning Mandarin Chinese 9:15 Pinochle Tournament 10:00 Mahjong: Beginning 10:30 Calisthenics 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 11:15 Chair Yoga 12:00 Hand and Foot Card Game 12:30 Bingo (Cottonwood Place) 1:00 Poetry 1:30 Ceramics 1/2:00 Beginning/Chromatic Harmonica 2:00 Pickle Ball</p> <p>7</p>	<p>8:00 EnhanceFitness 8 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Oil Painting 8:45 Senior Ballet 9:00 Chair Tai Chi 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge 12:00 Mexican Train Dominoes 12:30 Party Bridge 12:30 Mindfulness Art for the Non-artist (Register) 12:45 Social Dancing 1:00 Vital Aging 4:00 Guitar Class</p>
<p>8:00 EnhanceFitness 11 9:00 Beginning Line Dancing 9:00 Manicures (Register) 9:30 Bridge Practice Class 9:30 Tole Painting 9/10 Lifetime Fitness 10:00 Advanced Line Dancing 11:15 Drums Alive 12:00 Duplicate Bridge 12:45 Party Bridge 12:30 Bingo (Holiday Health Care) 1:00 Audiologist (Register) 1:00 French 1:00 Knit & Crochet 2:00 Pickle Ball</p> <p>11</p>	<p>7:45 AARP Smart Driver 12 8:30 Mixed Media 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Chair Tai Chi 10:00 Darlene's Downsizing (Register) 10:00 Creative Writing 11:15 Chair Yoga 11:30 Red Hatters (The DoDo 1355 E 2100 S,) 12:00 Hand and Foot Card Game 12:30 Current Events 1:00 Drawing 2:00 The Boy in the Striped pajamas 2:00 Family Search (Register) 2:30 Learn to Dance 2:30 Pilates (Class Full)</p> <p>12</p>	<p>8:00 EnhanceFitness 13 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 8:45 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 Royal Houses of Europe (Register) 1:00 Advisory Committee Meeting 1:30 Table Tennis 3:00 Yoga</p> <p>13</p> <p>Jewelry Sale 9:00-1:00</p>	<p>8:00 Podiatrist 14 8/9 Tai Chi/Chair Tai Chi 9:00 Beginning Mandarin Chinese 9:15 Pinochle Tournament 9:30 Essential Oils for Anti-Aging (Register) 10:00 Mahjong: Beginning 10:30 Calisthenics 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 11:15 Chair Yoga 12:00 Hand and Foot Card Game 12:30 Bingo (Pacifica) 12:30 Native Skywatchers of the American Southwest (Register) 1:00 Poetry 1:30 Ceramics</p> <p>14</p>	<p>8:00 EnhanceFitness 15 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Oil Painting 8:45 Senior Ballet 9:00 Chair Tai Chi 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge 12:00 Mexican Train Dominoes 12:30 Party Bridge 12:30 Mindfulness Art for the Non-artist (Register) 12:45 Social Dancing 1:00 Vital Aging 4:00 Guitar Class</p> <p>Fall Social/Dance 12:30-3:30</p>
<p>8:00 EnhanceFitness 18 9:00 Beginning Line Dancing 9:30 Bridge Practice Class 9:30 Tole Painting 9/10 Lifetime Fitness 10:00 Advanced Line Dancing 11:15 Drums Alive 12:00 Duplicate Bridge 12:45 Party Bridge 12:30 Bingo (Good Shepherd) 1:00 French 1:00 Knit & Crochet 2:00 Pickle Ball</p> <p>18</p>	<p>8:30 Mixed Media 19 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Chair Tai Chi 10:00 Darlene's Downsizing (Register) 11:15 Chair Yoga 11:30 Lunch & Learn (Register) 12:00 Hand and Foot Card Game 12:30 Current Events 1:00 Drawing 1:00 NARFE 2:00 Book Club 2:00 To Kill a Mockingbird 2:00 Family Search (Register) 2:30 Learn to Dance 2:30 Pilates (Class Full)</p> <p>19</p> <p>Wendover</p>	<p>8:00 Enhance Fitness 20 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 8:45 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15 /10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 Healing with Color/Energy (Register) 1:00 Good Ol' Boys (class full) 1:30 Table Tennis 3:00 Yoga</p> <p>20</p> <p>Pancake Breakfast 8-9</p> <p>Special Lunch <i>Jennie Floor</i></p>	<p>8/9 Tai Chi/Chair Tai 21 9:00 Beginning Mandarin Chinese 9:15 Pinochle Tournament 9:30 Alzheimer's Support Group 10:00 Mahjong: Beginning 10:30 Calisthenics 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 11:15 Chair Yoga 12:00 Hand and Foot Card Game 12:30 Bingo (Visiting Angels) 12:30 Death Cafe Express (Register) 1:00 Poetry 1:30 Ceramics 1/2:00 Beginning/Chromatic Harmonica 2:00 Pickle Ball</p> <p>21</p>	<p>8:00 EnhanceFitness 22 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int.-off until Sept. 13 9:00 Oil Painting 8:45 Senior Ballet 9:00 Chair Tai Chi 10:00 Lifetime Fitness 10:00 Aging in Place (Register) 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge 12:00 Mexican Train Dominoes 12:30 Party Bridge 12:30 Cooking Demo (Register) 12:30 Mindfulness Art for the Non-artist (Register) 12:45 Social Dancing 1:00 Vital Aging</p>
<p>8:00 EnhanceFitness 25 9:00 Beginning Line Dancing 9:00 Manicures (Register) 9:30 Bridge Practice Class 9:30 Tole Painting 9/10 Lifetime Fitness 10:00 Advanced Line Dancing 11:00 Attorney 11:15 Drums Alive 12:00 Duplicate Bridge 12:45 Party Bridge 12:30 Bingo 1:00 French 1:00 Knit & Crochet 2:00 Pickle Ball</p> <p>25</p>	<p>8:30 Mixed Media 26 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Chair Tai Chi 10:00 Creative Writing 11:15 Chair Yoga 12:00 Hand and Foot Card Game 12:30 Current Events 1:00 Drawing 2:00 Book Club 2:00 The Bucket List 2:00 Family Search (Register) 2:00 Brain Games (Register) 2:30 Learn to Dance 2:30 Pilates (Class Full)</p> <p>26</p> <p>Candidates Day 11:00</p>	<p>8:00 EnhanceFitness 27 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int.-off until Sept. 13 8:45 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 Life in East Germany After the War (Register) 1:00 DIY Crafts (Register) 1:00 Good Ol' Boys (class full) 1:00 Service Project 1:30 Table Tennis 3:00 Yoga</p> <p>27</p>	<p>8/9 Tai Chi/Chair Tai 28 9:00 Beginning Mandarin Chinese 9:15 Pinochle Tournament 10:00 Mahjong: Beginning 10:30 Calisthenics 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 11:15 Chair Yoga 12:00 Hand and Foot Card Game 12:30 Bingo (Jenkins Softe) 12:30 The Flag (Register) 1:00 Poetry 1:30 Ceramics 1/2:00 Beginning/Chromatic Harmonica 2:00 Pickle Ball</p> <p>28</p> <p>Ice Cream Social 12:00</p>	<p>8:00 EnhanceFitness 29 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int.-off until Sept. 13 9:00 Oil Painting 8:45 Senior Ballet 9:00 Chair Tai Chi 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge 12:00 Mexican Train Dominoes 12:30 Party Bridge 12:30 Mindfulness Art for the Non-artist (Register) 12:45 Social Dancing 1:00 Vital Aging 4:00 Guitar Class</p>