

## MONTHLY CLASSES & ACTIVITIES

Sign up for these classes at the front desk.

**Book Club Tuesday, June 19 at 2:00** Facilitated by Crystal Hanley. This month we'll be reading *H is for Hawk* by Helen MacDonald. Books available through the library system.

**Brain Games Wednesday, June 13 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: Book your Summer Vacation & save with travel websites & apps Thursday, June 7 at 2:00** Learn how to navigate the basics and stay informed. New topic each month with Crystal from the Holladay Library. Sign up at the front desk.

**Cooking Demo Tuesday, June 12 at 1:00** Sponsored by Cottonwood Place Senior Living. Learn new recipes, cooking tips, and sample a delicious dish made by a professional chef.

**Death Café Express: Funerals of the Famous Tuesday, June 26 at 12:30** This month, David from Memorial will present on **ELVIS PRESLEY!**

**Hiking for the Active Participant** For all hikes, participants meet at Mt. Olympus Center for carpooling and leave promptly at 9:00 AM. **Sign up at the front desk.** Be sure to check the weather and dress appropriately for hiking. **Monday, June 4th**, we will hike 4 miles on the Little Cottonwood Creek Trail from Lisa Falls down to the lower parking lot. **Monday, June 18th**, we will hike 4.5 miles on the middle lower section of the Millcreek Canyon, Pipeline Trail.

**iPad/iPhone Class Wednesday, June 13 at 11:00** Frank Barton from Right at Home will be back each month to teach his iPad & iPhone class. **Vital Aging: Improving Your Memory Through New Learning Every Friday in June at 12:30** Learn to cope with memory changes through gaining an understanding of what is normal and what can be prevented or compensated for. We will investigate these challenges as well as how to improve your memory through exercise, diet changes, life-long learning and play. Join Cody from the Vital Aging Project every week, new topic every month.

**Watercolor Class Wednesdays, beginning June 6 at 10:00** Class open to all levels, including beginners. Register at the front desk and purchase supplies from the instructor on the first day of class. This is a rare opportunity for beginners to learn from our skilled instructor, Lynda.

## SPECIAL CLASSES & PRESENTATIONS

Please show your interest by signing up at the front desk. Low enrollment may cause cancellation.

**Head Over Heels for Fall Prevention (Life saving and injury preventing balance presentation.) Wednesday, June 6 at 1:00** Learn what the latest research has found at improving balance, elements that make up balance and learn strategies to improve your balance and decrease your risk of falling. Presentation by Ryan Carver, owner of Leverage Fitness.

**Paris Travelogue Friday, June 8 at 2:00** Join Jason from Senior Care Advisors as we tour Paris; sharing stories, photos and treats from the Old World. Everyone is invited to share their favorite memories or get a taste of Paris for the first time.

**Huntsman Cancer Institute presents: Sun Safety and Skin Cancer Prevention Wednesday, June 13 at 12:00** Did you know you can prevent skin cancer? Many people in Utah do not realize they are at very high risk. Come learn more about skin cancer prevention, screening, and how you can stay safe in the sun all year long.

**Healthy Brain, Presented by Bruce with Humana Wednesday, June 20 at 12:30** Dementia and Alzheimer's disease can be scary, but there are things you can do to keep your brain healthy. Find out how staying active, being social, training your brain, and eating a healthy diet can help.

**Tea Ceremony Tuesday, June 26 at 10:30** *This is a very special presentation and space is limited. Register at the front desk.* Tea Ceremonies have been practiced in Southeast Asia for centuries as sacred art form, a celebration of beauty and of the simple way to nurture relationships with nature and humankind. Offered by Lauren of KINNABARI.

**Good Self Esteem Creates Happiness Wednesday, June 27 at 10:00** LaNae Burton, an experienced awareness coach, will guide you through thoughtfully planned questions to discover and improve upon your self worth and happiness.

**Understanding Culture: Growing Up Navajo Wednesday, June 27 at 12:30** Local artist and speaker, Anthony Shirley (Navajo Tribe), will be presenting on Navajo ways of life. Anthony is originally from Chinle, Arizona and currently teaches Navajo courses at the University of Utah. He will share and explain Navajo crafts, language, stories, artwork, music and their meaning.

## HEALTH & SERVICES

Sign up for these services at the front desk.

**Attorney Wednesday, June 27 from 1:30 to 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 Monday, June 11 from 1:00 to 2:30** Brent Fox of Audiology Associates can check and clean your hearing aids, check for ear wax, and answer hearing loss questions.

**Blood Pressure/Glucose Testing Thursday, June 14 from 9:00 to 10:00** Rocky Mountain Care - Cottage on Vine will have a medical staff member here to check blood pressure and blood glucose levels.

**Body Massage Every Tuesday from 9:00 to 11:30** Relax and treat yourself to a 30 minute massage! Suggested donation is \$15. Sign up at the front desk.

**Podiatrist Thursday, June 14 from 8:00 to 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.



2018

Mount Olympus  
Center

**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  
11:15 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.

## Welcome Summer Ice Cream Social on June 1st at 11:45

Join us for lunch, followed by an ice cream social sponsored by Blake from Alta Ridge Communities. Suggested lunch donation is \$3.00.

## Birthday Tuesday: June 5 at 11:30

If your birthday is in June, 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 provided by Debbie Bowers.

## 90+ Party on Thursday, June 7 at 11:30

A special lunch party to honor our active participants who are 90 and older. Please RSVP with Cheryl at the front desk by **May 29**. Those special attendees 90+ will have their lunch donation made by Mt. Olympus Advisory Committee. We will have a fabulous pianist, Jenny Floor.

## Silver Pen Essay Writing Workshop on Thursday, June 7 from 2:30-4:30

Silver Pen partners, Salt Lake County Aging & Adult Services, Salt Lake County Library and Salt Lake Community College Writing Center invites seniors (60 and up) to participate in the 2018 Silver Pen Writing Contest by writing and submitting your own essay/poem on the subject of "JOY". This is the first essay writing workshop lead by a writer from SLCC CWC. Submissions will be accepted beginning June 1st and ends September 3rd. For contest rules and submission visit the website: [slco.org/aging-adult-services/silver-pen](http://slco.org/aging-adult-services/silver-pen).

## Father's Day Party on Friday, June 15 at 11:30

Enjoy a nice lunch and background music provided by Rod Hadley. We will have a small gift for all the men who attend this lunch, sponsored by HealthSouth. Please see the front desk by **June 5** if you would like to join us for this event. Suggested lunch donation is \$3.00.

## Wendover Trip on Tuesday, June 19

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!

## Class changes

**Yoga:** The Thursday 10:00 am Yoga Class has moved to Fridays at 10:00 am.

**Chair Exercise:** Many thanks to Gladys for leading this class. She has chosen to retire.

**Mt. Olympus Singers:** Our Songbirds group is temporarily canceled for the month of June.

**Hiking Group:** Our wonderful hiking guide, Roger, is retiring from leading this group. We are seeking new leadership to guide these fantastic adventures. If you are interested but unable to commit long term, there is opportunity for leading one hike at a time. Please contact the Center Program Coordinator, Lara (385-468-3130) if interested. June and July hikes are planned. See Monthly Classes & Activities page for details.

Accredited by   
National Institute of  
Senior Centers

 **SALT LAKE  
COUNTY**  
AGING & ADULT SERVICES





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Cooking Demo</b></p> <p>Every 2nd Tuesday of the month!</p> <p>Sponsored by The Ridge Cottonwood. Come and learn new recipes, cooking tips, and sample a delicious dish made by a professional chef.</p>	<p><b>Death Café Express</b></p> <p>New time: Tuesday, June 26 at 12:30</p> <p>This month, David from Memorial will be presenting on the life, career, and death of Elvis Presley! Join us for an enlightening discussion with light refreshments.</p>	<p><b>Creative Writing Class</b></p> <p>Every 2nd &amp; 4th Tuesday of the month!</p> <p>No experience necessary, everyone welcome. Try something new!</p>	<p><b>Head Over Heels for Fall Prevention</b></p> <p>Wednesday, June 6th at 1:00</p> <p>"Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults." -NCOA</p>	<p>8:00 EnhanceFitness 1</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>10:00 Yoga</p> <p>11:00 Mt. Olympus Singers (cancel for June)</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><b>Ice-Cream Social</b> <i>Alta Ridge</i></p>
<p>8:00 EnhanceFitness 4</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole 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 <b>Bingo (Care Patrol)</b></p> <p>1:00 Knit &amp; Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p> <p><b>Hiking Group</b> <i>Leave Center at 9am</i></p>	<p>7:45 <b>AARP Smart Driver Class</b> 5</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 and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p> <p><b>Birthday Tuesday</b> <i>Debra Bowers</i></p>	<p>8:00 Int. Strength Training 6</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>12:00 Mexican Train Dominoes</p> <p>1:00 <b>Balance: Fall Prevention (Register)</b></p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 7</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 &amp; Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 <b>Bingo (Cottonwood Place)</b></p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p> <p>2:00 <b>Computer Class (Register)</b></p> <p>2:30 <b>SilverPen Essay</b></p> <p><b>90 + Party</b> <i>Jenny Floor</i></p> <p><b>Living Well w/ Diabetes at 12:30</b></p>	<p>8:00 EnhanceFitness 8</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>10:00 Yoga</p> <p>11:00 Mt. Olympus Singers (cancel for June)</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>2:00 <b>Travelogue: Paris (Register)</b></p> <p>4:00 Guitar Class</p>
<p>8:00 EnhanceFitness 11</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole 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 <b>Bingo (Holladay Health Care)</b></p> <p>1:00 <b>Audiologist (Register)</b></p> <p>1:00 Knit &amp; Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 12</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 (Community Writing Center)</p> <p>11:30 Red Hatters (Rice King: Fort Union/Midvale)</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 <b>Cooking Demo (Cottonwood Place)</b></p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p>	<p>8:00 Int. Strength Training 13</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>11:00 <b>iPad &amp; iPhone Class (Register)</b></p> <p>11:00 Intermediate Spanish</p> <p>12:00 <b>Skin Cancer Prevention (Huntsman)</b></p> <p>12:00 Mexican Train Dominoes</p> <p>1:30 Table Tennis</p> <p>1:00 <b>Brain Games</b></p> <p>3:00 Yoga</p> <p><b>Advisory Committee Meeting at 1:00</b></p>	<p>8:00 Tai Chi 14</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 &amp; Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 <b>Bingo (Pacifica)</b></p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p> <p><b>Podiatrist (Register)</b> 8:00-10:00</p> <p><b>Blood Pressure/ Glucose (Register) 9:00</b></p>	<p>8:00 EnhanceFitness 15</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>10:00 Yoga</p> <p>11:00 Mt. Olympus Singers (cancel for June)</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><b>Father's Day Party</b> <i>Ron Hadley</i></p>
<p>8:00 EnhanceFitness 18</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole 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 <b>Bingo (Jenkins-Soffe)</b></p> <p>1:00 Knit &amp; Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p> <p><b>Hiking Group</b> <i>Leave Center at 9am</i></p>	<p>8:30 Mixed Media 19</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 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 <b>Book Club</b></p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p> <p><b>Wendover</b></p>	<p>8:00 Int. Strength Training 20</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>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 <b>Healthy Brain (Humana)</b></p> <p>1:30 Table Tennis</p> <p>2:00 <b>Yellowstone Wolves (Register)</b></p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 21</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament</p> <p>9:30 <b>Alzheimer's &amp; Dementia Support Group</b></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 &amp; Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 <b>Bingo (Visiting Angels)</b></p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p>	<p>8:00 EnhanceFitness 22</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>10:00 Yoga</p> <p>11:00 Mt. Olympus Singers (cancel for June)</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 25</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole 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 <b>Bingo (MBK Wellington)</b></p> <p>1:00 Knit &amp; Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 26</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 (Community Writing Center)</p> <p>10:30 <b>Tea Ceremony (Register)</b></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>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p>	<p>8:00 Int. Strength Training 27</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>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 <b>Culture: Growing Up Navajo (Register)</b></p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 28</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 &amp; Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 <b>Bingo (Utah Sr Care Advisors)</b></p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p>	<p>8:00 EnhanceFitness 29</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>10:00 Yoga</p> <p>11:00 Mt. Olympus Singers (cancel for June)</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>