

Monthly Ongoing:

You do **not** need to register for these.

Book Club: Tuesday, Dec. 18, 2:00-3:00.

This month we are reading *A Julie of the Wolves* by Jean Craighead George. Books on hold at the Millcreek Library. Call us if you have questions.

Creative Writing: Tuesday, Dec. 11,

10:00-11:45. Debbie Leisure and Helen Droitsch from the Community Writing Center are here to mentor. Fun class and opportunity to be creative.

Alzheimer's and Dementia Support

Group: Thursday, Dec. 20, 9:30-10:45.

Ginny Echevarria from Sunrise Senior Living is here to facilitate. All are welcome! Safe Place.

Services:

Registration required.

Sign-up at the front desk.

AARP Driver Safety Course: Tuesday,

Dec. 4, 8:00-12:30. Safe driving resources and tips. Possible insurance discounts.

Podiatrist: Thursday, Dec. 13,

8:00-10:00. Dr. Church will be here to trim nails. Suggested \$10 donation at time of service.

Computer Class (Social Media):

Wednesday, Dec. 12, 2:00-3:00.

Facilitated by Millcreek Librarians, our Salt Lake County partner. This month we will learn about Facebook. Time allowed for questions.

Good Grief (6 Month Series): First class is

Thursday, Dec. 20 2:30-3:30. A monthly, one hour workshop sponsored by Bristol Hospice offers participants a unique and creative way to process the deep emotions resulting from loss of any kind. Every experience in our life needs to be digested and healthy grieving is part of the process. Participants will practice focused awareness while creating a work of art which is known to release stress. Sharing good memories and celebrating a shared life, is a gentle and effective path to healing. No artistic skill or prior experience required.

Vital Health Screenings: Wednesday,

Dec. 26, 8:30-10:00. Professional Nurses from Silverado Senior Living will listen to your lungs, asses skin, test blood pressure, pulse, respiratory rate, and O2 saturation.

One-Time Special Presentations:

Registration required. **Sign-up at the front desk.**

Fillable Ornaments: Tuesday, Dec. 4, 1:00-3:00.

Special holiday craft class with Annette Dennis. Supplies provided to make your own fillable ornaments. \$5 donation at time of registration. Space is limited.

Sound Weaving: Wednesday, Dec. 5, 2:00-3:00.

Sound Weaving is healing sound vibration from crystal singing bowls. Join us for this very special presentation and dive deep into relaxation with Rebecca Holt from *Words that Breathe*. Rebecca is a sound healer, poet, teacher, and artist.

Emergency Preparedness Part 1: Thursday, Dec. 6,

2:15-3:15. Every year our country experiences deadly disasters. It is not uncommon for aging adults to be hard-hit by disasters. Can we do something about this? Are there ways to protect ourselves? We need these answers, so our center has invited long-time emergency prepare specialist Linda Milne, a member of the **Utah Commission on Aging** to speak to us. Linda brings a good *Show & Tell* that makes her presentation interesting and informative.

Emergency Preparedness Part 2: Thursday, Dec. 13,

2:15-3:15. Please register for both Part 1 & 2.

Beyond Resilience: Stress-Related Growth: Thursday,

Dec. 6, 10:30-11:30. Join us for an intellectual presentation on positive psychology with J. Goodman Farr, M.Ed. J. Farr is a wellness trainer/counselor/educator with a Master's degree from the Department of Educational Psychology of the University of Utah, founded the U of U's Positive Psychology program.

Be Grateful! Be Happy!: Friday, Dec. 7, 2:00-2:30.

Gratitude seems so simple and obvious that it would hardly be worth learning about, but Mary Young promises you that this half-hour lesson and discussion will give you many reasons to express gratitude more. Mary will provide exercises to help you make it a habit and gain a better feeling about life! Taught by Mary Young, a Living Well w/ Chronic Pain and Stress Management Educator.

Soap Making: Tuesday, Dec. 11, 1:00-3:00.

Join Cheryl from Midnight Soap Shop to design your own soap bars with the scent of your choice. Suggested \$10 donation.

Peppermint Sugar Scrub: Wednesday, Dec. 12,

1:00-2:00. Join Kathy in making a special holiday bath scrub. Materials provided by Visiting Angels. Space is limited.

Humane Education: Tuesday, Dec. 18, 10:00-11:00.

Kiera Packer with Salt Lake County Animal Services will talk about our Senior to Senior Program, Responsible Pet Care, and the Benefits of Seniors owning pets.



December 2018

Mount Olympus Center

CENTER INFORMATION

1635 East
Murray-Holladay Rd
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

Vacant
Van Driver

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

Holiday Silent Auction. The Advisory Committee is holding a silent auction fundraiser, which began on November 26. Baskets with a variety of quality gifts are in the display case and you may submit your bid at the front desk. The auction results will be announced at the holiday meal on December 14.

Holiday Meal is Friday, December 14 at 11:30. Join us for a delicious feast and beautiful holiday piano music by Jennie Floor as we celebrate the holiday season. *The winning bidders for the silent auction will be announced during lunch.* **Please let the front desk know by December 4** if you would like to attend this special holiday event. Suggested donation is \$3.

Noon Years Eve Party, December 31 at 11:30. Please join us for this special end of year event. The very fun entertainers, Mixed Nuts, will be here to help us ring in the new year. We will have a nice lunch and then sparkling cider will be served for a toast. **Please let the front desk know by December 19** if you'd like to attend this fun event. Suggested lunch donation is \$3.

Pet Supplies Donation Drive during the month of December! Salt Lake County Animal Services cares for around 10,000 animals each year. Please consider donating an item or two to our donation drive. We will have a donation box and wish list in the lobby starting in December. Please help us support them this holiday season.

Vital Aging Project / Beating the Blues while focusing on the positive. Meets every Friday in December from 12:30-1:30. The Blues are a common human experience and can arise more during times of stress, loss, and the winter months. We will explore ideas on how to beat the blues and utilize a positive approach to assist with life's challenges. These classes are sponsored and facilitated by Lily Ferreira of Valley Behavioral Health. Lily is a social worker, therapist, and program coordinator for the Vital Aging Project.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:00 EnhanceFitness	3
9:00 Beginning Line Dancing	
9:00 Bridge Practice Class	
9:00 Drums Alive	
10:00 Beginning Ballet	
10:00 Intermediate Line Dancing	
10:15 Sing Along (New Time)	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Party Bridge	
12:30 Bingo (Care Patrol)	
12:30 Knit & Crochet	
1:30 AF Exercise Program	
2:30 French	
2:45 MINDing Motion™	

8:00 AARP Smart Driver Class	4
8:30 Mixed Media	
8:30 Tai Chi (Detailed Instruction)	
9:00 Tai Chi	
9:00 Body Massage (Register)	
10:00 Chair Tai Chi	
11:15 Chinese Calligraphy (Class Full)	
12:00 Hand & Foot Card Game	
12:00 Movie: <i>The Queen</i>	
12:30 Current Events	
1:00 Chair Yoga	
1:00 Drawing	
1:00 Fillable Ornaments (Register)	
2:30 Learn to Dance	

*Birthday
Tuesday
+
Pianist,
Debbie
Bowers*

8:00 Strength Training	5
8:00 EnhanceFitness	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
9:15 Bridge Clinic (Canceled)	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
10:00 Watercolors	
10:45 Skip Bo	
11:00 Intermediate Spanish	
12:00 Mex.Train Dominoes/Hand & Ft	
1:30 Table Tennis	
2:00 Sound Weaving (Register)	
3:00 Active Yoga	

8:00 Tai Chi	6
9:00 Beginning Mandarin Chinese	
9:00 Flamenco Class	
9:15 Pinochle Tournament	
10:00 Mahjong	
10:15 Advanced Line Dancing	
10:30 Beyond Resilience (Register)	
10:30 Mindful Stress Release	
10:30 Tai Chi 18 Style	
12:00 Chair Yoga	
12:00 Hand & Foot Card Game	
12:30 Bingo (Bristol Hospice)	
1:00 Poetry	
1:30 Ceramics	
2:15 Emergency Preparedness I (Register)	

8:00 EnhanceFitness	7
8:00 Strength Training	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
8:45 Gentle Yoga	
9:00 Chair Tai Chi	
9:45 Oil Painting	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
11:00 Intermediate Spanish	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Party Bridge	
12:30 Vital Aging	
12:45 Social Dancing	
2:00 Be Grateful! Be Happy! (Register)	

8:00 EnhanceFitness	10
9:00 Beginning Line Dancing	
9:00 Bridge Practice Class	
9:00 Drums Alive	
10:00 Beginning Ballet	
10:00 Intermediate Line Dancing	
10:15 Sing Along	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Party Bridge	
12:30 Bingo (Good Shepard)	
12:30 Knit & Crochet	
1:30 AF Exercise Program	
2:30 French	
2:45 MINDing Motion™	

8:30 Mixed Media	11
8:30 Tai Chi (Detailed Instruction)	
9:00 Tai Chi	
9:00 Body Massage (Register)	
10:00 Chair Tai Chi	
10:00 Creative Writing	
11:15 Chinese Calligraphy (Class Full)	
12:00 Hand & Foot Card Game	
12:00 Movie: <i>Secondhand Lions</i>	
12:30 Current Events	
1:00 Chair Yoga	
1:00 Drawing	
1:00 Soap Making (Register)	
2:30 Learn to Dance	

8:00 Strength Training	12
8:00 EnhanceFitness	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
9:15 Bridge Clinic (Canceled)	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
10:00 Watercolors	
10:45 Skip Bo	
11:00 Intermediate Spanish	
12:00 Mex.Train Dominoes/Hand & Ft	
1:00 Advisory Committee Meeting	
1:30 Table Tennis	
1:00 Peppermint Sugar Scrub (Register)	
2:00 Computer Class (Register)	
3:00 Active Yoga	

8:00 Tai Chi	13
9:00 Beginning Mandarin Chinese	
9:00 Flamenco Class	
9:15 Pinochle Tournament	
10:00 Mahjong	
10:15 Advanced Line Dancing	
10:30 Tai Chi 18 Style	
10:30 Mindful Stress Release	
12:00 Chair Yoga	
12:00 Hand & Foot Card Game	
12:00 Bingo (Pacifica)	
1:00 Poetry	
1:30 Ceramics	
2:15 Emergency Preparedness II (Register)	

*Podiatrist
8:00-10:00
(Register)*

8:00 EnhanceFitness	14
8:00 Strength Training	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
8:45 Gentle Yoga	
9:00 Chair Tai Chi	
9:45 Oil Painting	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
11:00 Intermediate Spanish	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Vital Aging	
12:45 Social Dancing	

*Holiday
Meal
+
Piano Music by
Jennie Floor*

8:00 EnhanceFitness	17
9:00 Beginning Line Dancing	
9:00 Bridge Practice Class	
9:00 Drums Alive	
10:00 Beginning Ballet	
10:00 Intermediate Line Dancing	
10:15 Sing Along	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Party Bridge	
12:30 Bingo (Jenkins-Soffe)	
12:30 Knit & Crochet	
1:30 AF Exercise Program	
2:30 French	
2:45 MINDing Motion™	

8:30 Mixed Media	18
8:30 Tai Chi (Detailed Instruction)	
9:00 Tai Chi	
9:00 Body Massage (Register)	
10:00 Chair Tai Chi	
10:00 Humane Education (Register)	
11:15 Chinese Calligraphy (Class Full)	
12:00 Movie: <i>Holiday Inn</i>	
12:00 Hand & Foot Card Game	
12:30 Current Events	
1:00 Chair Yoga	
1:00 Drawing	
2:00 Book Club	
2:30 Learn to Dance	

8:00 Strength Training	19
8:00 EnhanceFitness	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
9:15 Bridge Clinic (Canceled)	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
10:00 Watercolors	
10:45 Skip Bo	
11:00 Intermediate Spanish	
12:00 Mex.Train Dominoes/Hand & Ft	
1:30 Table Tennis	
3:00 Active Yoga	

*Pancake
Breakfast
8:00-9:15*

8:00 Tai Chi	20
9:00 Beginning Mandarin Chinese	
9:30 Alz. & Dem. Support Group	
9:00 Flamenco Class (Canceled)	
9:15 Pinochle Tournament	
10:00 Mahjong	
10:15 Advanced Line Dancing	
10:30 Tai Chi 18 Style	
10:30 Mindful Stress Release	
12:00 Chair Yoga	
12:00 Hand & Foot Card Game	
12:30 Bingo (HomeWell Senior Care)	
1:00 Poetry	
1:30 Ceramics	
2:30 Good Grief (Register)	

8:00 EnhanceFitness	21
8:00 Strength Training	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
8:45 Gentle Yoga	
9:00 Chair Tai Chi	
9:45 Oil Painting	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
11:00 Intermediate Spanish	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Party Bridge	
12:30 Vital Aging	
12:45 Social Dancing	

8:00 EnhanceFitness	24
9:00 Beginning Line Dancing	
9:00 Bridge Practice Class	
9:00 Drums Alive	
10:00 Beginning Ballet	
10:00 Intermediate Line Dancing	
10:15 Sing Along	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Party Bridge	
12:30 Bingo (MBK Wellington)	
12:30 Knit & Crochet	
1:30 AF Exercise Program	
2:30 French	
2:45 MINDing Motion™ (Canceled today)	

CLOSED for HOLIDAY



8:00 Strength Training	26
8:00 EnhanceFitness	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
9:15 Bridge Clinic (Canceled)	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
10:00 Watercolors	
10:45 Skip Bo	
11:00 Intermediate Spanish	
12:00 Mex.Train Dominoes/Hand & Ft	
1:30 Table Tennis	
3:00 Active Yoga	

*Vital Health
Screenings
8:30-10:00*

8:00 Tai Chi	27
9:00 Beginning Mandarin Chinese	
9:00 Flamenco Class (Canceled)	
9:15 Pinochle Tournament	
10:00 Mahjong	
10:15 Advanced Line Dancing	
10:30 Tai Chi 18 Style	
10:30 Mindful Stress Release	
12:00 Chair Yoga	
12:00 Hand & Foot Card Game	
12:00 Bingo (Utah Senior Care Advisors)	
1:00 Poetry	
1:30 Ceramics	

8:00 EnhanceFitness	28
8:00 Strength Training	
8:30 Advanced Spanish	
8:45 Intermediate Ballet	
8:45 Gentle Yoga	
9:00 Chair Tai Chi	
9:45 Oil Painting	
10:00 AF Exercise Program	
10:00 Beginning Spanish	
11:00 Intermediate Spanish	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Party Bridge	
12:30 Vital Aging	
12:45 Social Dancing	

8:00 EnhanceFitness	31
9:00 Beginning Line Dancing	
9:00 Bridge Practice Class	
9:00 Drums Alive	
10:00 Beginning Ballet	
10:00 Intermediate Line Dancing	
10:15 Sing Along	
12:00 Duplicate Bridge	
12:00 Mex.Train Dominoes/Hand & Ft	
12:30 Bingo	
12:30 Party Bridge	
12:30 Knit & Crochet	
1:30 AF Exercise Program	
2:30 French	
2:45 MINDing Motion™	

*Noon
Years
Evening
+
Mixed
Nuts*

Holiday Meal
Friday, Dec. 14 at 11:30
See details on the front page of this newsletter.
Sign up at the front desk by Dec. 4.

MINDing MOTION
for Graceful Aging™
Mondays at 2:45

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.

Good Grief
Creative Grief Processing
 3rd Thur. of the month for 6 months
See description on monthly section of newsletter.
REGISTER at the front desk.

Emergency Preparedness
Part 1: Thursday, Dec. 6, 2:15-3:15
Part 2: Thursday, Dec. 13, 2:15-3:15
 We have invited long-time emergency preparedness specialist Linda Milne, a member of the **Utah Commission on Aging.**
REGISTER for BOTH at the front desk.