
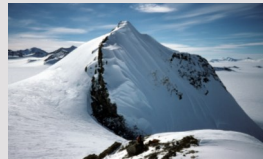



Hydration Presentation
 Come and get tips on staying hydrated from dietician Deanna Washburn from Salt Lake Regional Medical Center on **July 20th at 10:30 am.**



On Tour with Reece Stein: Antarctica
 Join Reece Stein to hear about his incredible adventures! He will be talking about his trip to Antarctica on **July 30th at 10:30 am.**



Choir Performance
 The River's Bend Senior Center choir will be performing on July 23rd at 10:45 am. Come and enjoy the results of their hard work and practice!



Thank you to our community partners for July!
 FoodSense
 Huntsman Cancer Institute
 OneCare
 Pioneer Memorial Museum
 Reece Stein
 River's Bend Senior Center Advisory Committee
 Salt Lake City Public Library
 Salt Lake Regional Hospital
 Vital Aging

Fitness Classes at River's Bend Senior Center

EnhanceFitness	9:30 M, W, F
Exercise with M&M	9:30 T, Th
Tai Chi for Arthritis	10:30 T, Th
Minding Motion	10:30 W
Line Dancing	11:00 W
Chi Gung with Norma	12:30 W
Yoga/Stress Relief	7:30 pm T, Th
Power Yoga	6:30 pm T, Th
Zumba	5:30 pm Th
Social Dance	5:00 pm T
Open Exercise	All hours center is open

Facility Rentals: River's Bend Senior Center is available for renting. For more info, call (385)468-3015

**Vital Aging:
 Letting Go of Clutter**




**Every Wednesday in July
 10:30 am
 River's Bend Music Room**

Do you find yourself holding on to items that you don't need but which you think you might use "someday"?

Learn what you can do to promote a more comfortable and uncluttered living environment, as well as find ways to increase your well-being and reduce your stress level.

Billiards Class Time Change

Please note that the billiards class held on Tuesdays and Thursdays will now be held from 1:00 pm to 3:00 pm.



**Advisory Committee Bingo and Meal
 Wednesday, July 25th**

Bingo starts at **3:00 pm** with dinner served at **5:00 pm.** Dinner will be BBQ pork, baked beans, potato salad, and dessert.



Please Register
 \$6.50 for bingo & meal
 \$5.00 for meal only



July 2018

**1300 West 300 North
 Salt Lake City,
 Utah 84116**
 Phone: 385-468-3015
 Hours of Operation
 Mon., Wed., Fri.
 8:00 a.m. - 5:00 p.m.
 Tues. & Thurs.
 8:00 a.m. - 8:00 p.m.

Transportation
 Monday - Friday
 Pick up starts at 8:00 a.m.
 Drop offs start at 1:00 p.m.
Reserve 24 Hrs. in advance
 Suggested Donation
 \$1.00 each way

Lunch
 Monday - Friday
 Served 11:30 a.m. - 12:15 p.m.
 Suggested Donation \$3.00
 Under 60 Fee of \$7.00
 Under 60 Guest Suggested
 Donation \$7.00

Healthy Breakfast
 Monday-Friday
 Served at 9:00 a.m.
 Suggested Donation 50¢
 Sponsored by
 Advisory Committee

Center Staff
 Matt Waite, Manager
 Emily Donaldson, CPC
 Kathy Platt, Office
 Jinette Christensen, Custodian
 Mark Bowers, Driver
 Jill Roberts, Kitchen
 Camille Peterson, Building Attendant

Easter Seals Trainees
 John Howlett, Kitchen
 Agustin Celi, Front Desk

www.slco.org/riversbendnw



Accredited by 
 National Institute of Senior Centers

Rivers Bend Senior Center

Health Topic of the Month: Cancer Prevention

Ways to prevent cancer at River's Bend Senior Center in July:

- Attend Huntsman Cancer Institute's "What Can You Do About Cancer?" presentation July 9th at 10:30 am.
- Attend Dr. Dudley's Cancer Awareness presentation July 10th at 9:30 am.
- Take part in our EnhanceFitness class on Mondays, Wednesdays, and Fridays at 11:00 am or Exercise with M&M on Tuesdays and Thursdays at 9:30 am to build an exercise routine.
- Eat balanced breakfasts and lunches at the center to assist with having a healthy diet.


The Huntsman Cancer Institute suggests these tips to prevent cancer:

- Quit tobacco using resources like <https://smokefree.gov/quit-smoking>.
- Get physical exercise daily.
- Have a balanced diet that assists you in maintaining a healthy weight.
- Get regular cancer screenings. Talk with your doctor to see which screenings you should get.
- Wear sunscreen, sunglasses, and sunhats to protect yourself from the sun.



Learn more: healthcare.utah.edu/huntsmancancerinstitute/wellness-support/

If you attend EnhanceFitness anytime before July 18th you can **enter a drawing for an art basket** from Humana! For bonus entries, bring a friend who hasn't attended before. EnhanceFitness is Mondays, Wednesdays, and Fridays at 9:30 am.









Aging and Adult Services will be facilitating an Arthritis Foundation **Walk with Ease** program at the Northwest Recreation Center **July 30th through September 10th on Mondays, Wednesdays, and Fridays from 2:00 pm to 3:00 pm.**

Walk with Ease is an exercise program that can reduce pain and improve overall health. **Sign up** at the front desk of River's Bend Senior Center.

- Holidays in July**
- July 1st:** Resolution Renewal Day
 - July 2nd:** I Forgot Day
 - July 4th:** Independence Day★
 - July 7th:** Chocolate Day
 - July 11th:** Cheer Up the Lonely Day
 - July 20th:** Space Exploration Day
 - July 22nd:** Ice Cream Day
 - July 23rd:** Gorgeous Grandma Day
 - July 24th:** ★Pioneer Day★
 - July 28th:** Dance Day



We will be taking a field trip to the **Pioneer Memorial Museum on July 16th** at 9:30 am. We will be back to the center by 11:30 am for lunch. Fee of \$2.00 for transportation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 "I Forgot" Day</p> <p>8:00 Ceramics</p> <p>9:00 Computers with Peter</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:30 Science within You, DVD about Wolves</p> <p>10:45 Conversational Spanish Class</p> <p>12:30 Bingo</p>	<p>3</p> <p>9:00 Exercise with M&M</p> <p>10:00 Ceramics & Art Open Studio</p> <p>10:30 Tai Chi For Arthritis</p> <p>11:30 Independence Day Lunch</p> <p>1:00 Billiards Class</p> <p>5:00 Social Dance Class by Backyard Ballroom</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p>	<p>4 Closed for Independence Day</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>9:00 Haircuts by Terri</p> <p>9:30 Exercise with M&M</p> <p>10:30 Tai Chi For Arthritis</p> <p>12:00 Creative Explorations</p> <p>12:45 ♪Choir Practice ♪</p> <p>1:00 Billiards Class</p> <p>5:30 Zumba</p> <p>6:00 Computer Tutoring</p> <p>6:30 Rose Park Recovery AA Meeting</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p>	<p>6</p> <p>8:00 Ceramics</p> <p>9:00 Doughnuts & Movie : Cheaper by the Dozen 2</p>  <p>9:00 Computers with Peter</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Open Billiards</p> <p>10:00 Wii Sports</p> <p>10:45 Conversational Spanish Class</p> <p>12:00 Open Painting and Art Studio</p> <p>12:30 Bingo</p>
<p>9</p> <p>8:00 Ceramics</p> <p>9:00 Computers with Peter</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:30 What You Can Do About Cancer presented by the Huntsman Cancer Institute</p> <p>10:45 Conversational Spanish Class</p> <p>12:30 Bingo</p>	<p>10</p> <p>9:30 Dr. Dudley / Cancer Awareness</p> <p>10:00 Ceramics & Art Open Studio</p> <p>10:30 Tai Chi For Arthritis</p> <p>11:00 Birthday Tuesday</p> <p>12:45 Advisory Committee Meeting</p> <p>1:00 Billiards Class</p> <p>5:00 Social Dance Class by Backyard Ballroom</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p> 	<p>11 Cheer Up the Lonely Day</p> <p>8:00 Ceramics</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:30 Minding Motion</p> <p>10:30 Vital Aging: Letting Go of Clutter</p> <p>11:00 Line Dancing w/ Bonnie</p> <p>12:30 Bingo</p> <p>12:30 Chi Gung with Norma</p>	<p>12</p> <p>9:30 Exercise with M&M</p> <p>10:10 Massage and Foot Bath</p> <p>10:30 Tai Chi For Arthritis</p> <p>12:00 Creative Explorations</p> <p>12:45 ♪Choir Practice ♪</p> <p>1:00 Billiards Class</p> <p>5:30 Zumba</p> <p>6:00 Computer Tutoring</p> <p>6:30 Rose Park Recovery AA Meeting</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p>	<p>13</p> <p>8:00 Ceramics</p> <p>9:00 Computers with Peter</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Open Billiards</p> <p>10:00 Wii Sports</p> <p>10:45 Conversational Spanish Class</p> <p>12:00 Open Painting and Art Studio</p> <p>12:30 Bingo</p>
<p>16</p> <p>8:00 Ceramics</p> <p>9:00 Computers with Peter</p> <p>9:30 Pioneer Memorial Museum Field Trip</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>9:30 Conversational Spanish Class</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:30 Blood Pressure & Blood Glucose Screenings</p> <p>12:30 Bingo</p>	<p>17</p> <p>9:30 Exercise with M&M</p> <p>10:00 Ceramics & Art Open Studio</p> <p>10:30 Tai Chi For Arthritis</p> <p>1:00 Billiards Class</p> <p>5:00 Social Dance Class by Backyard Ballroom</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p>	<p>18</p> <p>8:00 Ceramics</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:30 Minding Motion</p> <p>10:30 Vital Aging : Letting Go of Clutter</p> <p>11:00 Line Dancing w/ Bonnie</p> <p>12:30 Bingo</p> <p>12:30 Chi Gung with Norma</p>	<p>19</p> <p>9:30 Exercise with M&M</p> <p>10:30 Tai Chi For Arthritis</p> <p>10:30 Food Sense</p> <p>12:00 Creative Explorations</p> <p>12:45 ♪Choir Practice ♪</p> <p>1:00 Billiards Class</p> <p>5:30 Zumba</p> <p>6:00 Computer Tutoring</p> <p>6:30 Rose Park Recovery AA Meeting</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p>	<p>20 Space Exploration Day</p> <p>8:00 Ceramics</p> <p>9:30 Cards with Joe</p> <p>9:00 Computers with Peter</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Open Billiards</p> <p>10:30 Hydration presented by Deanna Washburn, a dietician from Salt Lake Regional</p> <p>10:00 Wii Sports</p> <p>10:45 Conversational Spanish Class</p> <p>12:00 Open Painting and Art Studio</p> <p>12:30 Bingo</p>
<p>23 Gorgeous Grandma Day</p> <p>8:00 Ceramics</p> <p>9:00 Computers with Peter</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:45 Conversational Spanish</p> <p>10:45 Choir Performance</p> <p>11:30 Pioneer Day Meal</p> <p>12:30 Bingo</p> 	<p>24 Closed for Pioneer Day</p> 	<p>25</p> <p>8:00 Ceramics</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:30 Minding Motion</p> <p>10:30 Vital Aging: Letting Go of Clutter</p> <p>11:00 Line Dancing w/ Bonnie</p> <p>11:30 Legal Aid</p> <p>12:00 Book Club with the City Library: Oliver Kitteridge by Elizabeth Strout</p> <p>12:30 Chi Gung with Norma</p> <p>3:00 Advisory Committee Bingo and Dinner</p> 	<p>26</p> <p>9:30 Exercise with M&M</p> <p>10:10 Massage and Footbath</p> <p>10:30 Tai Chi For Arthritis</p> <p>12:00 Creative Explorations</p> <p>12:45 ♪Choir Practice ♪</p> <p>1:00 Billiards Class</p> <p>5:30 Zumba</p> <p>6:00 Computer Tutoring</p> <p>6:30 Rose Park Recovery AA Meeting</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p>	<p>27</p> <p>8:00 Ceramics</p> <p>9:00 Computers with Peter</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Open Billiards</p> <p>10:00 Wii Sports</p> <p>10:45 Conversational Spanish Class</p> <p>12:00 Open Painting and Art Studio</p> <p>12:30 Bingo</p>
<p>30</p> <p>8:00 Ceramics</p> <p>9:00 Computers with Peter</p> <p>9:30 Cards with Joe</p> <p>9:30 Enhance@Fitness</p> <p>10:00 Wii Sports</p> <p>10:00 Open Billiards</p> <p>10:30 On Tour with Reece Stein: Antarctica</p> <p>10:45 Conversational Spanish Class</p> <p>12:30 Bingo</p>	<p>31</p> <p>9:30 Exercise with M&M</p> <p>10:00 Ceramics & Art Open Studio</p> <p>10:30 Tai Chi For Arthritis</p> <p>1:00 Billiards Class</p> <p>5:00 Social Dance Class by Backyard Ballroom</p> <p>6:30 Power Yoga</p> <p>7:30 Yoga/Stress Relief</p>	<h1>July 2018</h1>		<p>Check out one of these activities we always have available during our open hours:</p> <ul style="list-style-type: none"> Art Billiards Computers Games Open Fitness Puzzles Wii