

On October 18th at 9:30 am, we will go on a walking tour of the **Salt Lake City Cemetery**. We will stop at graves of **historical significance** like Martha Hughes Cannon (first female state senator in U.S. history), Arnold Friberg (painter of *The Prayer at Valley Forge*), and "Gunplay" Maxwell (a wild west gunslinger). We will also visit graves that are at the center of **urban legends**, such as Lilly E. Gray (whose grave reads "Victim of the Beast, 666") and Jacob Moritz (founder of Salt Lake City Brewery, whose grave is called "Emo's Grave"). Sign up with the front desk. Fee of \$2.00 for transportation.

Thank you to our Community Partners!

Ballard Spahr/Sharon Bertleson
 Child Related Research
 Community Writing Center
 Creative Explorations/Leah Caldwell
 Dudley Medical and Wellness
 Easter Seals
 Food \$ense
 Friends for Sight
 Heart and Soul
 Humana
 Legacy Healthcare
 Lion's Club Rose Park
 Minding Motion for Graceful Aging/Ririe-Woodbury Dance
 Northwest Childcare
 Northwest Community Center
 Northwest Recreation
 Salt Lake City Public Library/Day-Riverside Branch
 Salt Lake Regional Medical Center
 Simply Seniors
 Smith's Food and Drug
 The Lion's Club of Rose Park
 Trophies, Inc
 Utah Department of Health/Violence and Injury Prevention
 Valley Mental Health/Vital Aging Project

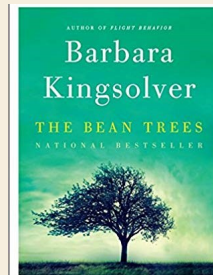
Vital Aging: Adjusting to Changes and Loss



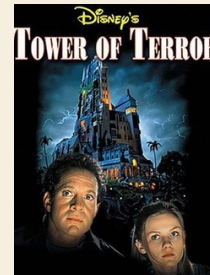
Every Wednesday in October
10:30 am
River's Bend Music Room

Our abilities and roles change as we transition through different periods in life. Discover and explore your talents and strengths. Our workshop will help you cultivate self-strengthening beliefs to help with adjusting to life's changes. Setting personal goals will be part of the class. Join Cody from the Vital Aging Project for this informative discussion.

City Library Book Club
October 31st, 12:00 pm



Donuts & Movie
October 5th, 9:00 am



Join Reece Stein to hear about his **world adventures** on October 29th at 10:30 am. The destination is a surprise!

Fortis College Nursing Students will be here doing health screenings October 19th from 8:30 am to 12:00 pm.

Join the SLCC Community Writing Center for a workshop on writing **scary stories** on October 22nd at 10:30 am.

Advisory Committee Bingo and Meal

Wednesday, October 24th



Bingo starts at **3:00 pm** with dinner served at **5:00 pm**. Dinner will be Sloppy Joe's with chips and fruit.

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



October 2018

1300 West 300 North
Salt Lake City,
Utah 84116

Phone: 385-468-3015
 Hours of Operation
 Mon, Wed, Fri
 8:00 am - 5:00 pm
 Tues & Thurs
 8:00 am - 8:00 pm

Transportation

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

Lunch

Monday - Friday
 Served 11:30 am - 12:15 pm
 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 am
 Suggested Donation 50¢
 Sponsored by the
 River's Bend Advisory Committee

Center Staff

Matt Waite, Manager
 Emily Donaldson, CPC
 Kathy Platt, Office Specialist
 Jinette Christensen, Custodian
 Mark Bowers, Driver
 Jill Roberts, Kitchen

Easter Seals Trainees
 Agustin Celi, Front Desk

www.slco.org/riversbendnw



Accredited by
 National Institute of
 Senior Centers

Rivers Bend Senior Center

Promoting independence through advocacy, engagement and access to resources.

Annual Harvest Festival: Celebrating Community

October 23rd from 8:30 am to 3:00 pm

8:30-10:00 Breakfast provided by Humana

9:00-11:30 Community Tables including
 Clark Planetarium, Story Crossroads,
 Senior Health Insurance Program,
 Health Screenings, and more!



9:00-10:00 Food \$ense Cooking Demonstration

10:00-11:00 Jewish Family Services Nutrition Class

10:00-11:00 Art Bus from the Utah Museum of Contemporary Art

11:00-12:00 Performance by Kara Lynn Roundy

12:00- 1:00 Special Meal, Prize Drawing, & Community Partner Recognition

12:00- 1:00 Mini Farmer's Market

1:00- 3:00 Halloween Movie: *The Birds*



Indoor Garage Sale

October 25th from
 9:00 am to 6:00 pm
 &

October 26th from
 9:00 am to 3:00 pm
Cash & Check Only

All proceeds will support the River's Bend Advisory Committee

Fitness Classes at River's Bend Senior Center

EnhanceFitness	9:30 M, W, F
Exercise with M&M	9:30 T, Th
Minding Motion	10:30 W
Line Dancing	11:00 W
Chi Gung with Norma	12:30 W
Power Yoga	6:30 pm T, Th
Yoga/Stress Relief	7:30 pm T, Th
Zumba	5:30 pm Th

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

Holidays in October

October 1: International Coffee Day

October 4: Taco Day

October 5: World Smile Day

October 9: Curious Events Day

October 10: Handbag Day

October 11: It's My Party Day

October 16: Dictionary Day

October 17: Wear Something Gaudy Day

October 22: CAPS LOCK DAY

October 26: Howl at the Moon Night

October 29: Internet Day

October 30: Candy Corn Day

October 31: Halloween

Health Topic: Financial Health

Consider different ways to improve your financial health this month:

-Join Humana for a presentation about how to **Stretch Your Grocery Dollars** on October 8th at 10:30 am.
 -Pick up a **Pass It On** packet at the front desk read up on common scams and how to avoid them.

-Use our computers to go through the curriculum of **Money Smart for Older Adults** (<https://www.fdic.gov/consumers/consumer/moneysmart/olderadult.html>). Staff can help you get set up!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 International Coffee Day 9:30 Field Trip to Red Butte Gardens 	2 11:30 Sack Lunches Served 1:00 Center Closes for SLCo Staff Retreat 5:00 Center Re-Opens	3	4 Taco Day 9:30 Stepping On 10:30 Presentation on Proposition 4 by Better Boundaries	5 World Smile Day 9:00 Doughnuts & Movie: Tower of Terror 12:00 USU Farmer's Market 
8 10:30 Humana Presentation: Stretch Your Grocery Dollars 	9 Curious Events Day 9:30 Nutritional IV's with Dr. Dudley 10:30 Performance by The Time Steppers 11:30 Birthday Tuesday Meal 12:45 Advisory Committee Meeting 	10 Handbag Day	11 It's My Party Day 9:30 Massage and Footbath 9:30 Stepping On	12 10:30 This is Your Life 10:30 Presentation on Proposition 3 by Utah Decides
15 10:30 Blood Pressure and Blood Glucose by Legacy Healthcare 	16 Dictionary Day 10:30 Presentation on Proposition 2 by the Utah Patients Coalition 12:15 Ted Talk: A Scientific Approach to the Paranormal by Carrie Poppy 2:00 B&W Movie: And Then There Were None 	17 Wear Something Gaudy Day	18 9:30 Field Trip to SLC Cemetary 9:30 Stepping On 	19 8:30 Fortis College Nursing Screenings: Blood Pressure, Blood Glucose, and Senior Fitness Checks 11:30 Sack Lunches Served 1:00 Center Closes for RB Staff Retreat — Afternoon Activities Cancelled
22 CAPS LOCK DAY 10:30 Community Writing Center Workshop: Writing Scary Stories	23 Harvest Festival 8:30-10:00 Breakfast provided by Humana 9:00-11:30 Learning & Information Tables 11:00-12:00 Kara Lynn Roundy Performance 12:00- 1:00 Special Meal, Prize Drawing, & Community Partner Recognition 12:00- 1:00 Mini Farmer's Market 1:00- 3:00 Halloween Movie: <i>The Birds</i> 1:00 Podiatrist <div style="border: 1px solid black; padding: 2px; display: inline-block;">Last day to donate to indoor garage sale!</div>	24 3:00 Advisory Committee Bingo & Dinner <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Menu Sloppy Joes Chips Fruit </div> 	25 9:30 Massage and Footbath 9:30 Stepping On 10:00 Haircuts with Terri	26 Howl at the Moon Night <div style="border: 1px solid black; padding: 10px; text-align: center;"> Indoor Garage Sale: Thursday 9:00 am to 6:00 pm and Friday 9:00 am to 3:00 pm  </div>
29 Internet Day 10:30 Travel Presentation by Reece Stein: Destination TBA 	30 Candy Corn Day 12:15 Ted Talk: Lessons from a Terrified Horror Researcher by Matthias Clasen 2:00 B&W Movie: House on Haunted Hill 	31 Halloween 11:30 Legal Aid 12:00 Book Club: The Bean Trees by Barbara Kingsolver 	 <h1 style="font-size: 4em; margin: 0;">October</h1>	

WEEKLY CLASSES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Computers with Peter 9:30 Cards with Joe 9:30 Enhance@Fitness 10:30 Conversational Spanish Class 12:30 Bingo	9:30 Exercise with M&M 10:00 English as a Second Language (New!) 6:30 Power Yoga 7:30 Yoga/Stress Relief	9:30 Enhance@Fitness 10:00 Creative Expressions (New Time!) 10:30 Minding Motion 10:30 Vital Aging: Adjusting to Changes and Losses While Utilizing your Strengths 11:00 Line Dancing w/ Bonnie 12:30 Bingo 12:30 Chi Gung with Norma	9:30 Exercise with M&M 10:00 English as a Second Language (New!) 12:45 ♪ Choir Practice ♪ 5:30 Zumba 6:00 Computer Tutoring 6:30 Rose Park Recovery AA Meeting 6:30 Power Yoga 7:30 Yoga/Stress Relief	9:00 Computers with Peter 9:30 Enhance@Fitness 10:30 Conversational Spanish Class 12:30 Bingo