

Join Us for a Round of Wii Golfing!



Now playing **Tuesdays at 10:00a.m.** Tournament play with Sunday Anderson will be scheduled in May.

**March Health Topic:
Healthy Eating and Hydration**

Improve your knowledge of Healthy Eating by attending one of these presentations.

March 5th at 10:45a.m.—"Food and You- What's Aging Got to Do With It?" by Humana

March 13th at 10:45a.m.—Nutrition Presentation by Dr. Dudley



This month, we encourage you to consider how to eat more mindfully and stay adequately hydrated.

Afternoon Bingo and Meal

March 28th 3:00pm-5:45pm

Sponsored by the Advisory Committee

- ◇ \$6.50 For 3 Bingo Cards and Dinner
- ◇ \$5.00 Dinner Only

Come play in this bingo fundraising session! Chili, bread bowls, salad and dessert will be served at **5:00pm**. Play for \$5.00 prizes and a grand prize.

Transportation will be provided following.

Vita Tax Preparation Information

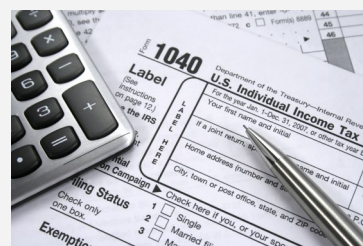
Free Tax Preparation @ River's Bend Senior Center
February 3rd-April 17th

Saturdays 9:00a.m.-1:00p.m. | Tuesdays 5:30-8:00 p.m.

Dial 211 to request a tax appointment at Northwest River's Bend Senior Center

Please Bring:

1. I.D. for each household member
2. Social Security Cards
3. State and City Tax Returns
4. All other Financials as needed.



Sponsored by the Salt Lake V.I.T.A.

Questions on Medicare?

Bill Barron will be offering information and guidance on Medicare in a presentation on **March 2nd at 10:30a.m.**

Additionally, our very own **Joe Ross** has been trained to assist you with your Medicare needs. Contact Joe to answer your questions and to help you get in touch with further assistance.

New Weekly Beginning Billiards Classes



Billiards classes by Carole Delaney are being held **Tuesdays and Thursdays from 3:00p.m. to 5:00p.m.**

Minding Motion for Graceful Aging

Minding Motion combines exercise, dance, and movement. Consider trying out this engaging and innovative class now being held on **Tuesdays at 10:30 a.m.** We always want to see new participants.



**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

Joshua DeCola.....Manager
Russ Stoddard.....CPC
Kathy Platt.....Office
Jinette Christensen.....Custodian
Mark Bowers.....Driver
Jill RobertsKitchen
Camille Peterson..Bldg Attendant

Easter Seals Trainees

Mucioko Banza.....Custodial
Regine Banza.....Kitchen
www.slco.org/



**River's Bend Senior Center
March 2018**



Community and Multi-Center Health Fair & Art Show

Thursday, March 22, 9:00a.m. to 12:00p.m.

Hosted at River's Bend Senior Center



Over 40 vendors will bring you materials, services, and information on topics related to health and well-being.

Services such as blood pressure and glucose testing, mood and memory screenings, vision checks, and more will be provided.

Schedule of Events

- 9:00 AM** Fair Opens
- 9:00 AM** French Toast Breakfast
- 9:30 AM** Low Impact Exercise Demonstration with M&M
- 10:00 AM – 7:00PM** Art Displayed for Exhibition
- 10:30 AM** Tai Chi Demonstration with Master Lu's Health Center
- 12:00 PM** Spring Buffet Meal, Raffle, and Art Show Winners Announced

Reserve your lunch by March 13th.

Menu: Sugar Glazed Ham, Potatoes au Gratin, Cauliflower with Red Peppers, Green Bean Casserole, and Brownie.

Cost is \$3.00 Suggested Donation for 60+, \$7.00 required for under 60

Call for Student and Senior Artists in our Community

We are seeking artworks to display and adjudicate at the Health Fair. Categories are Painting/Drawing, 3D Dimensions, Children's or Teen's Artwork. Entry is due at **12:00PM Tuesday March 20th** at River's Bend Senior Center. Size cannot exceed 24"X36" and must be ready to hang. Artist must be alive and entry created within the last two years. The AC will sponsor a sweepstakes prize and prizes in all categories.

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

Promoting Independence Through Advocacy, Engagement, and Access to Resources

Free Insulation Check and Install

If you are a gas power customer in the Rose Park or Glendale area, you can receive a free insulation assessment of your home. If your home is found to have air leaks, then the power company may install additional insulation in your home free of charge. Note that the company does not perform cleanup.

Call Thomas W. Doxey at **801-318-0949** to make an appointment.

Birthday Tuesday—March 6th

10:30 a.m.—Entertainment by Terry Spencer

11:30 a.m.—Birthday Lunch

For those with March birthdays, lunch is sponsored by the Advisory Committee.

Sign-up by Tuesday, February 27th.



EnhanceFitness: What the Research Shows

EnhanceFitness is an exercise class focused on *evidence-based practices* to work with you to meet your fitness goals in a relaxed atmosphere. Studies have found that participants in EnhanceFitness:

- * Reduce their risk of falling
- * Save on medical costs
- * Lessen the chances of their unplanned hospitalization
- * See an overall decrease in mortality rate

EnhanceFitness is held **Mondays, Wednesdays, and Fridays at 9:30a.m.**

Battery and Lightbulb Recycling (and Lightbulb Swap)

Lightbulbs and batteries: do you recycle them? Do you know how?

Both fluorescent lightbulbs and batteries have recyclable components that can be put to good use in new products, and that can be hazardous if thrown away. To safely dispose of and recycle these items, be sure to bring them to a hazardous waste facility or disposal event.

- ⇒ We will be hosting a lightbulb disposal event as a “**Neighborhood Light Swap**” during our **Health Fair from 9:00a.m.-12:00p.m. on March 22nd**. If you unscrew and bring in 5 old light bulbs (fluorescent or otherwise), you can swap them for 5 *FREE* energy-saving LED bulbs from Rocky Mountain Power and Utah Clean Energy.
- ⇒ They will bring a short reminder presentation to you on the **19th at 10:45a.m.**

Gilgal Sculpture Garden

Experience a self-guided walking tour of one of the “9 Most Unique Travel Experiences in the USA” as according to Trip Advisor. Gilgal Sculpture Garden was built over time as a passion project of the LDS sculptor Thomas Battersby Child, Jr. beginning in 1947. This curious collection of statues in downtown Salt Lake City has a special designation as a “visionary art environment”.

Enjoy a field trip to the garden on **Monday, March 26th at 9:45a.m.** Transportation is \$2. Sign up by Friday, March 23rd.

Sign-ups to Remember

Date & Time of Event

Sign-up Date

- Birthday Tuesday, March 6th, at 10:30 a.m.....Tuesday, February 27th
- Easter Craft with Eileen Austin, March 7th at 12:30p.m.....Thursday, March 1st
- St. Patrick’s Day Meal, March 16th, at 11:30a.m.....Tuesday, March 6th
- Health Fair Special Buffet Lunch, March 22nd at 12:00p.m.....Tuesday, March 13th
- Field Trip- Gilgal Sculpture Garden, March 26h at 9:45a.m.....Friday, March 23rd
- Advisory Committee Afternoon Bingo, March 28th at 3:00p.m.....Friday, March 23rd

Services for this Month:

All prices listed below are a suggested donation

Blood Pressure & Blood Glucose Screenings by OneCare Monday, March 19th 10:30 ^{am} to 11:30 ^{am}	Haircuts by Terri Thursday, March 15th, 900 ^{am} to 12:30 ^m , \$5.00	Massage & Footbaths by Craig Lewis Thursdays, March 8th, 29th 10:00 ^{am} to 12:30 ^{am} , \$10-\$15	Dr. Shelton Podiatrist March 13th, 1:00 ^{pm} -2:00 ^{pm} \$10
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What’s Going on at Other Centers?

Sunday Anderson Westside Center

March 20th at 11:00 am—**Medication Safety** presented by Utah Poison Control. Learn how to keep you and your loved ones safe during Poison Control Week, March 18-24th.

Liberty Senior Center

March 8th at 11:00 am—**Reverse Mortgages** by My Utah Mortgage. Learn about this form of loan available to seniors age 62 and over.

March 15th at 11:00 am—**Where Do Storm Drains Go?** by Salt Lake City Utilities. Gain insight into how Salt Lake City’s water system operates.

Friendly Neighborhood Senior Center

March 19th at 11:00 am — **Utah Poison Control Presentation**. March 18-24 is Poison Control Week. This informational presentation will teach you how to prevent poisonings and address it if it happens.

March 26th at 11:00 am — **History of the Iditarod Race**. This long distance sled-dog race goes back to 1973, and the history of dog sledding much longer.

Columbus Senior Center

March 15th at 8:45 am—**Pancake Breakfast**. Everyone welcome!

March 19th at 11:00 am—**Healthy Eating Presentation** with Salt Lake Regional Hospital.

Memoir Writing Workshop

**Wednesday, March 14th
1:00p.m.**

The SLCC Community Writing Center teaches, coaches, and guides all levels of writers through the writing process. They will be at River’s Bend to work with you on your memoir-in-progress (or even just your idea of a memoir).