



# River's Bend Senior Center

## May 2017

**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

Cheryl Leach .....Manager  
Kate Low.....Programs  
Kathy Platt .....Office  
Jinette Christensen .....Custodian  
Vacant.....Driver  
Jill Roberts .....Kitchen

### Senior Employment Trainees

Mucioko Banza.....Custodial  
Gloria Martinez.....Kitchen  
Marsha Davini.....Office



[www.slco.org/RiversBendNW](http://www.slco.org/RiversBendNW)

Salt Lake County Active Aging Program and Optum United Healthcare

## National Senior Health and Fitness Day: Brain Savers Summit

Wednesday, May 31st 2017

11:30 a.m. - 4:00 p.m.

Viridian Event Center

8030 S. 1825 W. West Jordan, Utah

To kick off the event at 11:30 a.m. a free sack lunch will be offered at the first 150 people. At 12:30 p.m. there will be a "Healthy Cooking for Brain Health" demo by Celebrity Chef Katie Weiner from Top Chef Boston. From 1:30 p.m. there will be various presentations, a Brain Gym, exercise classes and the Dr. At 3:45 p.m. there will be a wrap up and prize drawings. Through out the event there will be various tables to learn about many resources Salt Lake County has. River's Bend will be providing transportation to this wonderful event. The bus will leave at 11:00 a.m. to make it to the event in time for lunch and will leave at 1:30 p.m. Transportation is \$2.00. Sign up at the front desk.

### Mothers Day Celebration

"To the world you are a mother, but to your family you are the world."

**Monday May, 8th**

**10:00 a.m. Soap Making with Lisa.** This popular, colorful, delicious smelling soap making class is a great Mother's Day Gifts. You will make 8 bars of soap at a suggested donation of \$10.

**Tuesday, May 9th**

**9:00 a.m.-** S P 5 L Y H U • V % H Q R C n d a B p a c k a l l H i f t • f o r t h e g r e a t w o m e n i n y o u r l i f e . \*

**10:30 a.m. Entertainment-EngAGE Utah Chorus**  
D P O R W K H U e v m e n d i s b r o w n E u g e r o g l a z e d H a r o , w i t h p o t a t o e s w i t h g r a v y , g a r d e n m i x e d v e g e t a b l e s , w h i p p e d s w e e t p o t a t o e s a n d a d i n n e r r o l l w i t h b u t t e r , **Reserve your meal by Tues. May 2nd.**

**Friday, May 12th**

**10:30 a.m. Entertainment-EngAGE Utah Chorus**  
D P O R W K H U e v m e n d i s b a k e d c h i l d e n O b r e a s t w i t h c i t r u s s a u s a g e t r i c o l o r p a s t a , H a r v a r d b e e t s , b r o c c o l i c u t s & f l o r e t s , s t a v e r s a n d c o r s a g e s . **Reserve your meal by Tuesday May 2nd.** Corsages for women will be provided at the meal.

\*If you would like to be a vendor at the Mother's Day Boutique cost to reserve a table is \$15.00. Table reservations are first come, first served. Call 385-468-3015 to reserve a table.