December 2019
Riverton Senior Center
Promoting independence through advocacy, engagement & access to resources.
Serving the Cities of: Riverton, Herriman & Bluffdale

Center Information
12914 South Redwood Rd.
Riverton, Utah 84065
Phone: 385-468-3040
Open: 8:00am - 5:00pm
Monday through Friday

www.slco.org/riverton
Like Us on Facebook

Senior Transportation
Free transportation is provided to and from the Center to Riverton, Herriman & Bluffdale Cities. Please call 24 hours in advance.

Toast & Coffee
Toast, coffee, tea & hot chocolate are available mornings at 8:00am
Suggested Donation .50¢

Lunch
Lunch is served Monday through Friday from 11:45am - 12:30pm
Suggested donation $3.00 for 60+
Under age 60 the cost is $7.00

Alternate Lunch
Each week a different alternate meal is offered. The menu/carb label is posted at the front desk.

Center Staff
Manager: Shawn Ashby
Programs: Sherry Cowdell
Office: Debbie Otteson
Kitchen: Deisi Chavez
Maintenance: Riverton Chavez
Transportation: Mark Allen

SL Aging & Adult Services
Accredited by National Institute of Senior Centers

December Trip
Enjoy dinner at Chuck-A-Rama and then a holiday play.
Monday December 9th at 4:30pm
$20 All Inclusive
Includes Transportation, Tips, Dinner & Play
Payment Required at Time of Signup. No Refunds after Dec. 2nd

“The Best Christmas Pageant Ever,” is a hilarious play about a family of mischievous misfits who take over the annual Holiday pageant. The outcome is heartwarming and you won’t want to miss it! Only 56 seats available on the bus. Sign up now.

Waffle Breakfast
Thursday December 12th
9:00am to 10:00am
Sponsored by Rocky Mt Care
Place an ornament on the Centers tree for a loved one.

Holiday Meal
Friday, December 20th
10:00am Bingo
11:00am Entertainment: The Mixed Nuts
11:45am Lunch

New Year’s Eve Celebration
Tuesday December 31st
11:00am Enjoy The Sounds of The Riverton Jazz Band
Dancing!

11:45am Lunch Served
New Year Countdown at 11:59am
Toast the Noon Hour with Non-Alcoholic Champaign Drinks for Everyone!
9:00 Yoga with Frances
9:30 Movie: The Peanut Butter Falcon Rated PG-13
10:00 BUNCO
10:00 ESL Class (10:30-12:00)
10:00 Lapidary Open Studio®
10:00 Family History Search
10:00 Ping Pong until 12:00
10:45 Enhance Fitness
11:45 Lunch Served until 12:30
10:00 Easy Line Dancing Class
10:00 Movie: The Art of Racing in The Rain Rated PG
10:00 Russian Language
1:00 Pinochle

10:00 Yoga with Frances
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11:00 BUNCO
11:00 ESL Class (10:30-12:00)
11:00 Lapidary Open Studio®
11:00 Family History Search
11:00 Ping Pong until 12:00
11:45 Enhance Fitness
12:45 Lunch Served until 1:30
10:00 Easy Line Dancing Class
10:00 Movie: The Art of Racing in The Rain Rated PG
10:00 Russian Language
1:00 Pinochle

11:00 Yoga with Frances
11:30 Movie: The Peanut Butter Falcon Rated PG-13
12:00 BUNCO
12:00 ESL Class (10:30-12:00)
12:00 Lapidary Open Studio®
12:00 Family History Search
12:00 Ping Pong until 12:00
12:45 Enhance Fitness
1:45 Lunch Served until 2:30
10:00 Easy Line Dancing Class
10:00 Movie: The Art of Racing in The Rain Rated PG
10:00 Russian Language
1:00 Pinochle
**Valley Behavioral Health**
Wed, Dec. 18th From 11:00am– 12:00pm

**Free Hearing Screenings**
Michael Walker AuD
Thurs, Dec. 12th From 9:30am-11:30am

**Grief Support Group**
Jody Davis with Rocky Mtn Care
Wed, Dec. 18th at 10:00am

**Hair Cuts & Wash**
Haircuts by Caroline
Tues, Dec. 10th from 10:00am-2:00pm (SIGN UP)
Donation Requested

**Massage & Foot Baths**
Craig with Rejuvenation Station
Every 1st & 3rd Thurs
10:00am-2:30pm (SIGN UP)
Donation Requested

**Legal Consultations**
Attorney Phil Ferguson
Thurs, Dec. 19th at 11:00am (SIGN UP)

**Podiatrist**
Dr. Shelton - Alpine Foot & Ankle
Thurs, Dec. 12th at 9:00am (SIGN UP)
Donation Requested

**ALS Support Group**
ALS Association
Tues, Dec. 10th at 2:00pm

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**Caregiver Support Stress Busting Program**
January 9th From 3:00pm to 4:30pm

The Stress-Busting Program for family caregivers is an evidence-based program that provides support for non-professional caregivers who are caring for individuals with Dementia or Chronic Illness.

1. Getting started in stress-busting
2. Effects on the mind, body & spirit
3. Caregiver stress and relaxation
4. Facing challenges
5. Grief, loss and depression
6. Coping with stress
7. Positive thinking
8. Taking care of yourself: Healthy Living
9. Choosing a path to wellness
Pre-Register by calling 385-468-3280

**Call For 2020 Advisory Committee Board Members**
With the new year coming we are looking for men and women willing to serve on the Riverton Senior Center Advisory Committee board. Board members are active in organizational planning and decision making, and help promote Center activities. Members play an active role in fundraising campaigns to fund the Centers programs. If you are interested in becoming a committee member please contact Cyndi at cynthiashake@gmail.com

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**Santa Craft**
Wednesday, Dec. 4th
10:00am

**Book Club**
For December, read “The Husband Hour” by Jamie Brenner
Meet to discuss Thurs, December 12th
11:00am

**Ice Candle Craft**
Wednesday, Dec 18th
10:00am
With Jill Smith
Free

**SLCC Creative Writing Class**
“Giving Writing As a Gift”
Tues, Dec. 17th 10:00am

**American Sign Language**
Tuesday, January 7th
10:00am – 11:30am
With Sue Ordenez

**Holiday Bracelet Craft**
Monday, Dec. 16th
10:00am

**Craft Boutique**
Boutique is open Monday thru Friday 8:00am-5:00pm. Purchase homemade craft items. Just in time for your holiday shopping!

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**FITNESS FOR HEALTH ACTIVITIES**

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>9:00 Yoga</td>
<td>8:30 Zumba Gold</td>
<td>9:00 Tai Chi</td>
<td>8:30 Zumba Gold</td>
<td>8:00 Clogging Class</td>
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<td>10:45 Enhance Fitness</td>
<td>10:00 Senior Ballet</td>
<td>10:45 Enhance Fitness</td>
<td>10:15 Minding Motion</td>
<td>9:00 Yoga</td>
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<td>1:00 Easy Line Dancing</td>
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