



July 2018 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: 8:00^{am} - 5:00^{pm}
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 8:00^{am}. Donations appreciated.

LUNCH

Lunch is served Monday through Friday from 11:45^{am} - 12:30^{pm}

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	LORIANN WARNER
PROGRAMS	SHERRY COWDELL
OFFICE	JODI JOHNSON
MAINTENANCE	DEB REKOUTIS
KITCHEN	DEISI CHAVEZ
TRANSPORTATION	JACK TURCSANSKI



AGING & ADULT SERVICES

Accredited by 
National Institute of Senior Centers



Cowboy Poetry & Music Program

Tuesday July 3rd at 11:00^{am}

The Cowboy Poets of Utah strive to preserve the traditions and history of the American West. On July 3rd they will present a program of "Cowboy Poetry" and Traditional Western Music".

Presented by:

Russ Westwood

Farrel Bott, Don Korth and Vanessa Carpenter



Sign Up For Lunch by June 25th



Time Steppers Patriotic Program

Thursday July 19th

11:00^{am}



Lunch Served at 11:45^{am}

Sign up for lunch by July 10th



Pioneer Day Lunch

Monday July 23rd






Entertainment:

Cross Fire Band 11:00^{am}

Lunch Served at 11:45^{am}

Sign up for lunch by July 16th



★ ★ ★ ★ ★ Monday	★ ★ ★ ★ ★ Tuesday	★ ★ ★ ★ ★ Wednesday	★ ★ ★ ★ ★ Thursday	★ ★ ★ ★ ★ Friday
<p>2</p> <p>9:00 Yoga with Frances 9:40 Movie: "Max" Rated PG-13 10:00 Lapidary Group 10:00 ESL Class (10am-12pm) 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "Max" Rated PG-13 1:00 Time Steppers Open Class 1:00 Pinochle 2:00 Enhance@Fitness</p>	<p>3 Independence Day Party</p> <p>8:45 Zumba Gold with Nicka 9:00 Haircuts with Caroline 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 Dominos 10:00 Chair Exercise with Vera 10:30 <u>Book Club</u> 10:45 Crochet/Knit Group 11:00 ♪ Entertainment ♪ Cowboy Poetry 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Larkin" 12:45 Canasta: Until 4:00 1:00 Coin Collecting Club 1:00 Low Impact Exercise</p>	<p>4</p> <p>The Center is Closed For The 4th of July Holiday</p> 	<p>5</p> <p>8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 10:00 Ceramics: Until 12:00 10:00 Rummikub 10:00 <u>Massages & Foot Baths until 2:30</u> 10:30 Minding Motion 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 3:30 Ballroom Dance Class</p>	<p>6</p> <p>9:00 Yoga with Frances 9:30 Nail Painting 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:30 ♪ Piano by Wayne ♪ 11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Pinochle 2:00 Enhance@Fitness</p>
<p>9</p> <p>9:00 Yoga with Frances 9:40 Movie: "Goodbye Christopher Robin" Rated PG-13 10:00 Lapidary Group 10:00 ESL Class (10am-12pm) 10:00 Seated Tai Chi 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "Goodbye Christopher Robin" Rated PG-13 1:00 Time Steppers Open Class 1:00 Pinochle 2:00 Enhance@Fitness 4:00 Diabetes 101</p>	<p>10 Birthday Tuesday</p> <p>8:45 Zumba Gold with Nicka 9:00 <u>Podiatrist - Dr. Shelton</u> \$10 suggested 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 Chair Exercise with Vera 10:45 Crochet/Knit Group 11:00 ♪ Entertainment ♪ Bill Stidd 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Dignity Memorial" 12:45 Canasta: Until 4:00 1:00 Coin Collecting Club 1:00 Low Impact Exercise 2:00 A.L.S. Support Group</p>	<p>11</p> <p>8:00 Clogging Class 8:30 Fortis College Health Screenings until 11:30 9:00 Basic Computer Class 9:00 Tai Chi with Cyndi 10:00 AC Meeting 10:00 ESL Class (10am-12pm) 10:00 Lapidary Group 10:00 Craft Class with Ameritech 10:15 Senior Yoga with Robin 10:30 Walk With Ease 11:45 Lunch Served until 12:30 12:00 Quilting Group 12:00 Pottery Class (till 4pm) 12:30 ♣♣♣Texas Hold'em ♣♣♣ 12:50 Easy Line Dancing Class 1:00 Time Steppers Open Class 2:00 Enhance@Fitness</p>	<p>12</p> <p>8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 10:00 Ceramics: Until 12:00 10:00 Rummikub 10:00 Smart Technology 10:30 Minding Motion 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 2:00 Riverton Coalition Mtg 3:30 Ballroom Dance Class</p>	<p>13</p> <p>9:00 Yoga with Frances 9:30 Nail Painting 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:30 ♪ Piano by Wayne ♪ 11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Pinochle 2:00 Enhance@Fitness</p>
<p>16</p> <p>9:00 Yoga with Frances 9:40 Movie: "Wrinkle in Time" Rated PG-13 10:00 Lapidary Group 10:00 ESL Class (10am-12pm) 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "Wrinkle in Time" Rated PG-13 1:00 Time Steppers Open Class 1:00 Pinochle 2:00 Enhance@Fitness</p>	<p>17</p> <p>8:45 Zumba Gold with Nicka 9:30 BP Tests with Joe and Walmart 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 Dominos 10:00 Chair Exercise with Vera 10:45 Crochet/Knit Group 11:00 <u>Headaches Decoded with Weston & Humana</u> 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Rocky Mtn Care" 12:45 Canasta: Until 4:00 1:00 Low Impact Exercise 1:00 Coin Collecting Club</p>	<p>18</p> <p>8:00 Clogging Class 9:00 Basic Computer Class 9:00 Tai Chi with Cyndi 10:00 ESL Class (10am-12pm) 10:00 Lapidary Group 10:15 Senior Yoga with Robin 10:30 Walk With Ease 11:00 Valley Behavioral Health 11:45 Lunch Served until 12:30 12:00 Quilting Group 12:00 Pottery Class (till 4pm) 12:30 ♣♣♣Texas Hold'em ♣♣♣ 12:50 Easy Line Dancing Class 1:00 Time Steppers Open Class 2:00 Enhance@Fitness</p>	<p>19</p> <p>8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 10:00 <u>Massages & Foot Baths until 2:30</u> 10:00 Ceramics: Until 12:00 10:00 Rummikub 10:30 Minding Motion 11:00 <u>Legal Questions Appts Attorney Phil Ferguson</u> 11:00 ♪ Entertainment ♪ <u>The Time Steppers Patriotic Show</u> 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 3:30 Ballroom Dance Class</p>	<p>20</p> <p>9:00 Yoga with Frances 9:30 Nail Painting 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:30 ♪ Piano by Wayne ♪ 11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Pinochle 2:00 Enhance@Fitness</p>
<p>23 Pioneer Day Lunch</p> <p>9:00 Yoga with Frances 9:40 Movie: "I Can Only Imagine" Rated PG 10:00 Lapidary Group 10:00 ESL Class (10am-12pm) 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:00 ♪ Entertainment ♪ CrossFire Band 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "I Can Only Imagine" Rated PG 1:00 Time Steppers Open Class 1:00 Pinochle 2:00 Enhance@Fitness</p>	<p>24</p> <p>The Center is Closed For The Pioneer Day Holiday</p> 	<p>25</p> <p>8:00 Clogging Class 9:00 Basic Computer Class 9:00 Tai Chi with Cyndi 10:00 ESL Class (10am-12pm) 10:00 Lapidary Group 10:00 <u>Happiness For Life Grief Support Grp/Rocky Mtn Care</u> 10:15 Senior Yoga with Robin 11:00 Memories to Memoirs 11:45 Lunch Served until 12:30 12:00 Quilting Group 12:00 Pottery Class (till 4pm) 12:30 ♣♣♣Texas Hold'em ♣♣♣ 12:50 Easy Line Dancing Class 1:00 Time Steppers Open Class 2:00 Enhance@Fitness</p>	<p>26</p> <p>8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 10:00 Ceramics: Until 12:00 10:00 <u>Social Security Appts</u> 10:00 Rummikub 10:30 Minding Motion 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 3:30 Ballroom Dance Class</p>	<p>27</p> <p>9:00 Yoga with Frances 9:30 Nail Painting 9:30 Linus Project 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo 11:00 Tai Chi with Cyndi 11:30 ♪ Piano by Wayne ♪ 11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Pinochle 2:00 Enhance@Fitness</p>
<p>30</p> <p>9:00 Yoga with Frances 9:40 Movie: "Hurricane Heist" Rated PG-13 10:00 Lapidary Group 10:00 ESL Class (10am-12pm) 10:00 Rummikub 10:00 Seated Tai Chi 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "Hurricane Heist" Rated PG-13 1:00 Time Steppers Open Class 1:00 Pinochle 2:00 Enhance@Fitness</p>	<p>31</p> <p>8:45 Zumba Gold with Nicka 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 Dominos 10:00 Chair Exercise with Vera 10:45 Crochet/Knit Group 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Beehive Herriman" 12:45 Canasta: Until 4:00 1:00 Low Impact Exercise 1:00 Coin Collecting Club</p>	<p>Book Club Meets Tuesday July 3rd at 10:30am to discuss the book "Major Pettigrew's Last Stand" by Helen Simonson</p>		
<p>MONDAY MOVIE MATINEE</p>				
				

HEALTH & WELLNESS SERVICES

Blood Pressure

Joe with Walmart
Tuesday July 17th at 9:30^{am} to 11:30^{am}

Valley Behavioral Health

Wednesday July 18th
From 11:00^{am}– 12:00^{pm}

Fortis Health Screenings

Wednesday July 11th
8:30^{am} to 11:30^{am}
BP, Glucose, Fitness Testing

Hair Cuts & Wash

Haircuts by Caroline Donation
Tuesday July 3rd Requested
from 9:00^{am}-2:00^{pm} (SIGN UP)

Massage & Foot Baths

Craig with Rejuvenation Station
Every 1st & 3rd Thursday Donation
10:00^{am} -2:30^{pm} (SIGN UP) Requested

Legal Consultations

Attorney Phil Ferguson
Thursday July 19th at 11:00^{am} (SIGN UP)

Podiatrist

Dr. Scott Shelton - Alpine Foot & Ankle
Tuesday July 10th at 9:00^{am} (SIGN UP)
Requested Donation \$10

July Events

- **Independence Day Party**
Tuesday July 3rd at 11:00^{am} Cowboy Poetry
- **Center Closed Wednesday July 4th**
- **Birthday Tuesday**
July 10th at 11:00^{am}
Entertainment: Bill Stidd
- **Star Spangled Craft Class**
Wednesday July 11th at 10:00^{am}
- **“Headaches Decoded” with Humana**
Tuesday July 17th at 11:00^{am}
- **Time Steppers Patriotic Program**
Thursday July 19th at 11:00^{am}
- **Pioneer Day lunch**
Monday July 23rd
11:00^{am} Entertainment: Cross Fire Band
- **Center Closed Tuesday July 24th**
- **Happiness For Life Grief Support Grp**
Wednesday July 25th 10:00^{am}
Jody Davis and Rocky Mountain Care
- **Social Security Appts**
Thursday July 26th at 10:00^{am}

Advisory Committee

... dedicated to providing quality programming and activities

Hope you enjoyed our Victorian Tea Party. It was successful and a very fun afternoon event. Thanks to All !

So what's next?

The BIGGEST FUNDRAISER OF THE YEAR !

Annual BBQ Dinner & Auction...coming Sept 20th.

What will you contribute? Bring us some great auction items, gathered from businesses or your garage.

We plan to crush last year's sales numbers !

We need many helpers for this huge event. Can you help?

Watch for the sign-up sheet August 1st.

August Events

- **Birthday Tuesday**
August 7th at 11:00^{am} with Entertainer
“Larry Turner”
- **Picnic in The Park**
Tuesday August 14th
9:00^{am} to 12:30^{pm}
Entertainment: “Second Story Band” at 11:30^{am}
- **AARP Safe Driving Course**
Thursday August 16th
9:30^{am} to 3:00^{pm}

FITNESS FOR HEALTH ACTIVITIES

Monday

9:00 Yoga
10:00 Seated Tai Chi
11:00 Tai Chi
12:50 Easy Line
Dancing
2:00 Enhance@Fitness
Exercise



Tuesday

8:45 Zumba
10:00 Chair Exercise with
Vera
1:00 Low Impact Exercise



Wednesday

8:00 Clogging Class
9:00 Tai Chi
10:15 Senior Yoga
12:50 Easy Line
Dancing
2:00 Enhance@Fitness
Exercise

Thursday

8:45 Zumba
10:30 Minding Motion
1:00 Low Impact Exercise
3:30 Ballroom Dance



Friday

9:00 Yoga
10:00 Seated Tai Chi
11:00 Tai Chi
2:00 Enhance@Fitness
Exercise

