



Sandy Senior Center

May 2017

CENTER INFORMATION

9310 S 1300 E
Sandy, Utah 84094
Fax (385) 468-3418

Phone
(385) 468-3410

Hours
Monday-Friday
7:00am-4:00pm

Lunch
Served M-F
11:30am-12:15pm
Suggested 60+
Donation is \$3.00

Transportation
(801) 230-5673

Center Staff
Charles Otis
Center Manager

Cindy DeLao
Program Coordinator

Maggie Steele
Office Specialist

Penny Stahl
Cook

Yogi Tillman
Custodian

Scott Hess
Driver

Find us on
Social Media



May is National Senior Health & Fitness Month



Be sure to join in the fun on Wednesday, May 31st, 11:30 - 4:00 p.m. at the Viridian Event Center in West Jordan as we hold the Brain Savers Summit, and remember... With Movement, There's Improvement! To make it convenient, we will be providing van service to take 14 people to and from this event. Also, the first 150 people to arrive at the Pavilion will get a sack lunch.

Participate, & stay active, have fun & who knows... you could win a door prize!

Did you know that your donation of \$3.00 helps ensure that programs & services continue to be offered and that any donations over \$3.00 help cover the cost of lunch for those who cannot afford to make a donation. Thank you for your donations to our meal program.



85+ Party 5/17 @ 12:30 p.m.

On Wednesday, May 17th we will celebrate those of you who are 85 years & older ~ Lunch starts at 12:30. Catered by Cindy Cruz.

ATTN: GOLFERS: The first meeting for this season's Golf Group will be on Thursday 5/11 @ 10:00 am in the Café. First Tee Off will be the following Thursday, May 18th at 9:00 am at Fore Lakes Golf Course.



New Creative Aging Class

Sandy Senior Center is partnering with Engage Utah and the Hale Center Theater to offer a 5 week voice, theater and movement workshop.

Students will work with professional theater and dance company staff to create scenes that explore drama, comedy and movement. The 5 week class meets every Tuesday starting May 9th, 2-4:00 p.m., culminating with a performance at Family Fun Night at the Sandy Amphitheater. A second 5 week class will begin in mid June. Sign up today!

Congratulations to our Easter Assistive Device Decorating Contest Winners.

1st Place ~ Ruth Torgersen

2nd Place ~ Wanda Briggs

3rd Place ~ Lorna Bouchard

Thank you all for being so festive.



Aging Adult Services' mission is to promote independence through advocacy, engagement and access to resources.



[EnhanceFitness](#) - M, W, F @ 7:45 am - Evidence based group exercise program, helps older adults at all levels of fitness to become more active & energized.

[Fit & Trim](#) - M, W, F @ 9:00 am - Low intensity aerobics suitable for all levels of fitness.

[Arthritis Exercise](#) - M, W, F @ 10:15 - Low Impact exercises done from a seated position.

[BIRTHDAY BINGO TUESDAY](#) ~

If May is your Birthday Month, play BINGO for free on the 1st Tuesday, (May 2nd), then enjoy a birthday lunch sponsored by the Advisory Committee.

[AARP Drivers Safety](#) – 1st Weds of each May 3rd Learn safe driving techniques & strategies. Safe Driver Certificate awarded upon completion. \$15 for AARP members \$20 for non-members. In Room 101-A

[Dementia Dialog](#) ~ A new Alzheimer's & Dementia Support Group meeting on the 1st Thursday of each month @ 6pm. Sponsored By: Sunrise Senior Living of Sandy.

[Social Bridge Club](#) - EVERY Weds. at 12:30. Established & knowledgeable players please.

[BRAIN GAMES](#) - 1st Friday of each Month @ 10:30– café

[Thrift store hours](#): Monday & Wednesday from 9:00 - 1:30, come by and find some amazing treasures.

[Vital Aging](#) ~ Pathway to Grief & Loss ~ Learn new ways to re-adjust, re-invest in life & relationships while remembering & honoring the loss. Join Eun Ha on Thursday May 4th @ 10:00.

[Dream Class with Liz Jolly](#) on the 2nd & 4th Weds. of each month from 10 am - 12 noon. Discuss dreams and what they could possibly mean.

[FTD - Frontal Temporal Dementia Group](#) will meet on the 2nd Weds. of each month from 9:30 - 12 noon.

[Podiatrist - Dr. Shelton](#) is here on the 3rd Weds @ 10:00 \$10.00 donation ~ 1st come 1st serve on the 17th.

[Cooking Course with Draper Rehab](#) ~ Learn new recipes & techniques, sample food & get a copy of the recipe. 3rd Thursday of each month @ 10:00 am - Café.

[Sandy Police Chief Thacker](#) is here the 3rd Friday of month. Discuss community policing issues @ 10:00 am on the 19th.

[CRIBBAGE CLUB](#) ~ Every Tuesday @ noon. Lorna is looking forward to teaching & starting the Cribbage club ~ All skill levels welcome !

[Current Events](#) - Fri. May 12th : Danielle Hawkes , American Civil Liberties Union Board Member and practicing attorney ,will lead a discussion on the most pressing civil liberties to defend.

Friday May 26th @ 10:00 [Current Events Discussion](#) -Open Forum.

[Soap Making with Lisa](#) will take place on Friday, May 12th at 1:00 - Great for that last minute Mother's Day gift.

[HEALTHSOUTH Rehabilitation Hospital of Utah](#)

wants you to be aware of [Stroke Warning Signs](#).
Use this [Three Step Screening](#).

1.Look for [Facial Asymmetry](#) - Have the person smile & look for unevenness (drooping).

2.Look for [Arm Drift or Weakness](#) - Have the person hold both arms out in front of them, if one drifts downward this could indicate weakness on that side of the body.

3.Listen to their [Speech](#)-is it slurred or garbled. Is the person unable to verbally respond to a prompt?

CALL 911 immediately if you or a loved one is experiencing any of these symptoms.
Time is of the essence.

[I-Care Fitness Presentation](#), Monday May 15th @ 10:00, - **Stay Active, Stay Fit seminar**

[New Writing Class!](#) "Find Your Voice!", taught the third Friday of every month, starting May 19th, Noon-2:00 p.m. Taught by Author Stacy Anderson

[Memorial Mortuaries and Cemeteries](#) Wednesday May 24th at 10:00 a.m. "A gift of Love ~Advanced Preparation". Learn how you can be certain that your final resting arrangements are complete, thus relieving your loved ones of the emotional burden during such a difficult time.

[Senior Free Thinkers of Utah](#) ~ Weds., May 31st at 9:30. Rabbi Frederick Wenger, Rabbi Emeritus, Congregation Kol Ami discusses, "Anti-Semitism and Islamophobia - Are There Parallels?"

[May Entertainment:](#)

2nd ~ New Fiddler 3rd ~ MadriGALS
9th ~ Sheery Brennan 10th ~ Mixed Nuts
16th ~ Susan Ronson 18th ~ String Orchestra/Lobby
19th ~ Young @ Heart Dancers
23rd ~ Bob Shorten 24th ~ Mixed Nuts
31st ~ B D Howes

Blankets for Babies is back as well as The Linus Project is starting with our Hooks & Needles Group if you are interested.

[COMING JUNE 8TH](#) **Family Fun Night at the Sandy**

Amphitheater! Hosted by the Sandy Senior Center Advisory Council. Come early for the Hamburger dinner and stay for the show!

4:30 - 7:30 p.m.