



# Sunday Anderson Wests Senior Center July 20

868 West 900 South  
Salt Lake City  
Utah 84104  
Phone: 384683155  
Hours of Operation  
Mon-Fri.  
8:00 a.m. 5:00 p.m.

### Transportation

Monday Friday  
Pick up starts at 7:45 a.m.  
Drop offs start at 2:00 p.m.  
Reserve 24 Hrs in advance  
Suggested Donation  
\$1.00 each way

### Lunch

Monday Friday  
Served 12:00 Noon - 2:45 p.m.  
Suggested Donation \$3.00  
Under 60 fee of \$7.00  
Under 60 Guest Suggested  
Donation \$7.00

### Continental Breakfast\*

Sponsored by the  
Advisory Committee  
Monday Friday at 8:00 a.m.  
Suggested Donation 25¢  
\*While supplies last.

### Center Staff

Amber Christensen.....Manager  
Carolyn Daniels.....Kitchen

### Easter Seals Trainee

Dineh Torres .....Office

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



Accredited by  
National Institute of Senior Centers

## Cancer Prevention Awareness

Making healthy choices can help you reduce your risk of cancer. According to the American Cancer Institute for Research the top things you should do are:

- < Be as lean as possible without becoming underweight.
- < Be physically active for at least 30 minutes every day. Limit sedentary behavior.
- < Avoid sugary drinks and limit consumption of dense foods.
- < Eat a variety of vegetables, fruits, whole grains and legumes beans.
- < Limit consumption of beef, pork and lamb and processed meats.
- < If consumed limit alcoholic drinks to 2 for men and 1 for women a day.
- < Limit consumption of salty foods and foods processed with sodium.
- < Don't rely on supplements to protect against cancer.
- < And always remember † do not smoke or chew tobacco. If you do, stop.

It's also important to follow recommended screening guidelines, which can help detect certain cancers early before they have a chance to grow and spread. Work with your doctor to find out which screenings are right for you.

## Pioneer Day Celebration

Friday, July 27th

Dress in your western clothes

12:00 p.m. Holiday Meal

Crispy Baked Chicken, Potato Salad,  
Peas, Honey Dew Melon, Rocky Road Pudding

12:30 p.m. Entertainment

Country Music provided  
By Heart and Soul

Sign up at the Front Desk  
by July 16th

## Independence Day Celebration

Tuesday, July 3

11:15 a.m.

Patriotic Entertainment  
Bob Shorten

12:00 p.m. Holiday Meal

BBQ Pulled Pork, Macaroni Salad,  
Confetti Cole Slaw, Whole Wheat  
Hamburger Bun, Tropical Mixed Fruit

Sign up at the Front Desk

Promoting Independence Through Advocacy, Engagement and Access to R