



Sunday Anderson Westside Senior Center

March 2018

**868 West 900 South
Salt Lake City
Utah 84104**

Phone: 385-468-3155
Hours of Operation
Mon.-Fri.
8:00 a.m. - 5:00 p.m.

Transportation

Monday - Friday
Pick up starts at 8:00 a.m.
Drop offs start at 2:00 p.m.
Reserve 24Hrs in advance
Suggested Donation
\$1.00 each way

Lunch

Monday - Friday
Served 12:00 Noon- 12:45 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
Kim Rasmussen.....Programs
Dale OlsonOffice
Jason Hill.....Custodian
Monty Fifita.....Driver
Carolyn Daniels.....Kitchen

Easter Seals Trainee

Dineh TorresOffice

www.slco.org/saws



Accredited by 
National Institute of
Senior Centers

Lunch
Corned Beef, Colcannon
Potatoes, Biscuit, Cabbage,
Seasonal Fresh Fruit,
Holiday Cookie

St. Patrick's Day Social Friday, March 16th

Entertainment at 11:00 a.m.
Lunch at 12:00 p.m.
Ice Cream Social at 12:30 p.m.

Sponsored by Humana • Please RSVP at the front desk

Farewell Party for Jolene & Lowell Villiard

Thursday, March 1st, at 12:30 p.m.
Join us in thanking Jolene and Lowell for
the contributions they have made to
Sunday Anderson Westside Senior Center

Birthday Tuesday Tuesday, March 6th

Entertainment † 11:00 a.m.
Jenny Floor
12:00 p.m. ‡ Birthday Lunch
Birthdays in March will have lunch
sponsored by the Advisory Committee.
Please RSVP at the Front Desk

**“We are
sad to see
our Indian
go”**

Indian Artwork to be Relocated



We are sad to see our Indian go, but this priceless painting will have the care it deserves. County curators have decided to move the Indian Artwork in hopes of preserving it. Please stop by the front desk to have your picture taken with the painting. The painting will be moved the beginning of April.

Staying Healthy: Hydration

Drinking enough fluids each day is important to your health. According to Harvard Health, fluids maintain the function of every system in your body, including your heart, brain and muscles. Fluids carry nutrients to your cells, flush bacteria from your bladder and prevent constipation.

WebMd suggests the following ideas to keep hydrated during the day:

- x Have a beverage with every snack and meal.
- x Choose beverages you enjoy; you're likely to drink more liquids if you like the way they taste.
- x Eat more fruits and vegetables. Their high water content will add to your hydration.
- x Keep a bottle of water with you in your car, at your desk, or in your bag.
- x Choose beverages that meet your individual needs. If you're watching calories, go for non-caloric beverages or water.

Stop by the front desk on Thursday, March 8th, and get a free bottle of water to help you on your way to being hydrated and feeling great.

Promoting Independence Through Advocacy, Engagement and Access to Resources