



Sunday Anderson Westside Senior Center November 2017

**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 7:45 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 Guest Suggested
Donation \$7.00

Healthy Breakfast

Monday- Friday at 8:00 a.m.
Suggested Donation 25¢
Sponsored by
Advisory Committee

Center Staff

Amber Christensen.....Manager
Kim Rasmussen.....Programs
Dale OlsonOffice
Jason Hill.....Custodian
Monty Fifita.....Driver
Carolyn Daniels.....Kitchen

Easter Seals Trainee

Dineh TorresOffice

Monthly Health Topic: Mental Health

The US Department of Health has defined mental health as “our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life from childhood to adulthood.” Factors affecting mental health are biological, life experiences and family history. Sunday Anderson’s offers resources to learn more about your mental health. One of those resources is Vital Aging. This weekly class offered by licensed mental health therapists covers various topics on wellness. Join us this month for:

Vital Aging:

Increase Your Enjoyment of the Holidays

Mondays, November 6th, 13th, 20th & 27th at 11:00 a.m.

The holiday season can be a challenging time of year as we are faced with the demands of shopping, decorating, parties, family gatherings or missing loved ones. The class will start with ideas on how to adapt the holidays to be more enjoyable for older adults. Learn ways to manage, and help you more effectively plan events to be more enjoyable and less stressful this time of year.

Holiday Boutique

Thursday, November 16th
2:00-5:30 p.m.

Friday, November 17th
9:00 a.m.-1:00 p.m.

Come shop from members in our community for some great holiday gifts. See the front desk if you'd like a table.

Holiday Meal

Friday, November 17th

Entertainment

11:00 a.m. -12:00 p.m.

Meal

12:00 p.m. -12:45 p.m.

Roast turkey w/ gravy and whipped potatoes, bread stuffing, green beans, sweet potato cuts, roll, pumpkin pie, & cranberry sauce.



Sign-up for the meal by
November 7th
Suggested donation
of \$3.00.

Veterans Day Program

Thursday, November 9th
11:15 a.m.

{Presentation of the Colors-
By West High JROTC
{Patriotic Choir Performance-
By Sunday Anderson Sing-A-Long
{Honoring of Veterans-
Veterans may share in which branch of the military they served, and a short summary of experiences.

12:00 p.m.

Meal of Meatloaf w/ gravy, whipped potatoes, stewed tomatoes, seasonal fruit, and holiday cookie.

**Sign-up for the meal by
Tuesday, October 31st**



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