



Afternoon at the Movies

sponsored by

Aspen Senior Care

Movies start at 2:00 pm

May 5th- "The Miracle Worker"

May 12th- "Wild Hogs"

May 19th- "La La Land"

May 26th- "The Jazz Singer"

Popcorn and Refreshments Included

Activities and Crafts by Aspen Senior Care

5/1/17 "May Day" 2:00-4:00 Traditional activities including making a May Day jingle stick, dancing the "May Pole Dance" and crossword puzzles. Sign up at the front desk.

5/4/17 "May the 4th be with You"- Star Wars Movie at 2:00 with refreshments

5/5/17 "Cinco De Mayo" 12:30 sugar cookies

5/8/17 "Strawberry Month" 2:00-4:00

Come and enjoy virgin strawberry daiquiris and make strawberry magnets. Sign up deadline 5/3/17.

5/17/17 Birdhouse Painting 2:00 Sign up deadline May 10. \$.50

5/25/17 National Tap Dance Day—Enjoy the movie "The Littlest Rebel" at 1:00 with refreshments.

Cognasium— May 8th and 22nd @ 4:30

Volunteer of the Month : Carrie Ann Harrison

Carrie Ann was born in Kentucky. She moved to Utah 17 years ago to be closer to family. Carrie Ann has four kids, six grandkids and 2 1/2 great grand kids. She enjoys anything that involves being around people and being social. Carrie Ann loves being creative and coming up with new ideas to help the



community around her. She also enjoys traveling. Some of her favorite places are the Hill Cumorah Pageant. Carrie Ann got to go on a trip to the East Coast and loved every minute of it. One of Carrie Ann's passion is volunteering. She has helped read to ESL students, taught Sunday School to the women in Prison, taught Cub Scouts, to name a few. Carrie Ann is a great volunteer at the center and we are lucky to have her. Thanks Carrie Ann.

Evening at the Center

sponsored by the Advisory Committee

May 18th

5:00 pm to 7:00 pm - \$6.00



"Game Night"

Meal: Salad Bar (Fruit salad varieties, shrimp salad, potato salad).

Vital Aging

May 2017 – Pathways to Cope with Grief & Loss

A person's unique response to losses in life are influenced by cultural beliefs, family, personality, and other factors. In this class, we will have the opportunity to share, and then process thoughts and feelings related to loss. We will learn new ways to re-adjust and re-invest in life and relationships while remembering and honoring the loss. Join Mike Austin from the Vital Aging Project each Friday in May, at 11:00 am for this informative discussion.

Mother's Day Party- "Muffins with Mom"

Friday, May 12th from 10:30-11:30
Join us for light refreshments, games and more.

Everyone is invited to attend
Please sign up at the front desk

*Bingo will be cancelled this day.



May 2017

Center Information

4743 South Plymouth View Drive (1650 West)

Taylorville, Utah 84123

Phone 385-468-3370

Fax 385-468-3375

www.slco.org/Taylorville

Open

Mon. & Wed.

8:00 am - 8:00 pm.

Tues., Thurs., & Fri.

8:00 am - 5:00 pm

Transportation

Available daily to and from the Center. Please call by

8:30 am to arrange your ride.

We also have evening

transportation on Mon/Wed.

Lunch

Served daily from 12:00 until

12:45 pm. Suggested

donation is \$3.00 for those

60+

Center Staff

Pauline McBride.....Manager

April Torres.....Programs

TBAOffice Specialist

Andrew Hansen.....Kitchen

Jack Simmons.. Transportation

Virgil Knight.....Transportation

Gerry Ressor....Transportation



Taylorville Senior Center

OUR MISSION: Promoting independence through advocacy, engagement, and access to resources.

National Senior Health and Fitness Day

Brain Savers Summit

May 31, 2017 - Viridian Event Center - 8030 S. 1825 W. West Jordan

11:30 AM – Sack lunches for the first 150 people in the park pavilion

12:30 PM – "Healthy Cooking for Brain Health" by Celebrity Chef Katie Weiner from Top Chef Boston

Breakout Sessions:

Time	Room A	Room B	Room C	Amphitheater
1:30 pm	How to Put the Odds in your Favor for Future Brain Health by Dr. Mark Johnston	Brain Gym – participate in hands on activities and thinking games to challenge and stimulate your brain	EnhanceFitness – exercise program that focuses on cardio, balance, strength and flexibility	Drum Bus – make new brain connections by participating in an interactive music experience
2:15 pm	Forgetfulness or Dementia? By Carol Wilcox	Brain Gym	Tai Chi	Drum Bus
3:00 pm	Daily Brain Builder Activities that Work by Dr. Kevin Duff	Brain Gym	Zumba	Drum Bus

3:45 pm – Wrap Up and Prize Drawing in Room A

Information Tables:

Salt Lake County Senior Centers

Alzheimer's Association

Wasatch Mountain Club

AARP

SLC Track and Roadrunner Club

Salt Lake County Library Services

Salt Lake County Aging and Adult Services

Salt Lake County Health Promotion for Older Adults

Salt Lake County Animal Services

SPLORE – Adaptive Adventures of Utah



New Classes and Presentations this Month:

Western U.S. and 1800's– This class is taught by volunteer Diane. She is back teaching and excited to see familiar and new faces from past classes. Join her on the 17th and 31st at 5:00 pm.

Death 101– Elevation Hospice will be coming in and talking about what to expect. This class will be taught two times– May 8th from 11-12 and May 22nd from 7-8 pm.

Kids Choir Presentation



Students from Plymouth Elementary will be at the center on May 22nd to do a live choir performance.
11:30-12:00

"Paws on Kearns" Service Day

Friday, May 19th 9:00-11:00
20 Students from Kearns Jr. High will be at the center to do a day of service. They will be washing windshields, picking up trash and interacting with everyone. We need Wii players and participants who would like to do brief interviews with the kids.

1 Bus trip to Dollar Tree @10:30 "May Day" Celebration with Aspen Senior Care @ 2:00	2 Birthday Tuesday!!! Special Entertainment by Larry Turner 11:30 Advisory Committee Meeting @ 1:00	3 Harmonica Band	4 Bus trip to Wendover @ 8:30 AM By TSC Advisory Committee "May the 4th be With You" Star Wars Movie @ 2:00 by Aspen	5 Cinco De Mayo sombrero hat cookies @ 12:30 Movie- "The Proposal"
8 Death 101 presentation @ 11:00 Bingo sponsored by Jenkins Soffee @ 1:00 "Strawberry Month Celebration" @ 2 Cognasium 4:30 Story Taylors 5:30-7:00 pm	9 Biscuits and Gravy @ 9:00	10 Ice Cream Social @ 12:30 Harmonica @ Legacy B	11	12 Mother's Day Party @ 10:30 Movie- "Wild Hogs" *Bingo Cancelled Today
15 Bus trip to Dollar Tree @10:30	16	17 AARP Smart Driving @ 10:00 Harmonica @ Carrington Court Bingo sponsored by Aspen Senior Care @ 1:00 Birdhouse Craft with Aspen @ 2:00 Western U.S. and 1800's- 5:00	18 Evening at the Center: 5:00-7:00 pm	19 Movie -"Imagine That" Service day with Kearns Jr. High @ 9:00 Get your windshield cleaned!
22 Kids Choir Entertainment @ 11:30 Cognasium 4:30 Story Taylors 5:30-7:00pm Death 101 Presentation 7:00	23	24	25 National Tap Dance Day "The Littlest Rebel" Movie at 1:00	26 Movie- "Gus"
29 Senior Center Closed 	30 Fort Douglas Museum Bus Trip sponsored by the Advisory Committee \$10.00 Bus leaves at 1:00	31 National Senior Health & Fitness Day Harmonica Band Western U.S. and 1800's- 5:00	May 2017 **Mark Your Calendars Summer Buffet on Thursday, June 1st. Please sign up at the front desk by Tuesday May 23rd.	

Daily Scheduled Activities and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Chair Aerobics	8:30 Walking Group	9:00 Chair Aerobics	8:30 Open Ping Pong	9:00 Chair Aerobics
10:30 Tai Chi	10:00 Hookers Crochet Class	9:00 Open Ceramics	8:30 Walking Group	9:00 Gloria's Beauty Shop
10:30 Music Appreciation (1st Monday)	10:00 Brain Gym	9:00 Haircuts w/Butch (1st and 3rd Wed)	10:00 Hookers Crochet Class	10:00 Plastic Canvas
10:30 Bus trip to Dollar Store (1st and 3rd Monday)	10:00 Photo Club (2nd & 4th Tuesdays)	9:00 Beginning Spanish	10:00 Plastic Canvas	10:00 Daughters of Utah Pioneers (2nd Friday of every month)
11:00 Book Club (2nd Monday)	11:00 Poker	10:00 Blood Pressure (10-11 on 2nd & 4th Wed)	10:30 Wood Class	10:15 Bus trip to Walmart
1:00 Bingo	11:00 Rummikub	10:00 Red Hatters (1st Wed. Only)	11:00 Poker	10:30 Bingo
2:15 EnhanceFitness®	12:45 Line Dancing	10:00 Chair Massage	11:00 Rummikub	11:00 Vital Aging
5:30 Mexican Train/Dominoes	1:00 Pinochle	10:00 Harmonica	3:00 Yoga	1:00 Sit and Dance Exercise
6:00 ESL	3:00 Yoga	10:00 Brain Gym		2:00 Movies sponsored by Aspen
6:30 Exercise with U of U students		10:30 Tai Chi		2:15 EnhanceFitness®
		1:00 Bingo		
		1:00 Detox Foot Baths		
		2:15 EnhanceFitness®		
		6:00 ESL		
		6:30 Exercise with U of U Students		

*Bus trip to Walmart is now 10:15 so you have time to get back for lunch.