



### Afternoon at the Movies

sponsored by  
Aspen Senior Care  
Movies start at 2:00 pm

- July 7th- "National Treasure"
- July 14th- "Zookeeper's Wife"
- July 21st- "The Shack"
- July 28th- "Beauty and the Beast"

### Activities and Crafts by Aspen Senior Care

**Monday, July 3rd- Yankee Doodle Party @ 2:00.** Enjoy food, fun, and games. \$1.00 donation.

**Monday, July 3rd- Cognasium @ 4:30**

**Monday, July 17th- Cognasium @ 4:30**

**Tuesday, July 18th- 4th of July Hoolahoop Craft @ 1:00.** \$1.00 donation

**Wednesday, July 19th- Cognasium @ 2:00**

**Tuesday, July 25th- Sugar Cookie Decorating @ 1:00**

### Volunteer of the Month- Diane Petersen

Diane was born in Springville, Ut. She has been a member of the center for 10 years. Her hobbies include crocheting, doing plastic canvas, knitting, and attending the monthly biscuits and gravy event at the center. Diane enjoys spending time with the "happy hookers" at the center. Diane has donated many crocheted items to be raffled at the center. She has 4 sons, 15 grandkids, 12 great grandkids and 8 grand "dogs" that she adores. Her favorite vacation spot growing up was at her grandpas cabin at Rock creek. Thanks Diane for all you do.



### Evening at the Center sponsored by the Advisory Committee Thursday, July 20th, 5:00-7:00 PM

**Dinner- Sloppy Joes, Baked Beans, Corn on the Cob, Chips and Fruit Salad**  
**Entertainment- Patriotic program by "The Mixed Nuts"**



### JULY 2017

**Center Information**  
4743 South Plymouth View Drive (1650 West)  
Taylorsville, Utah 84123  
Phone 385-468-3370  
Fax 385-468-3375  
www.slco.org/Taylorsville

#### 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
- Tobi Young....Office Specialist
- Andrew Hansen.....Kitchen
- Jack Simmons.. Transportation
- Virgil Knight.....Transportation
- Gerry Ressor....Transportation



# Taylorsville Senior Center

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

## How your Vision changes as you Age



Just as our physical strength decreases with age, our eyes also exhibit an age-related decline in performance- particularly as we reach our 60's and beyond. Some of us will experience more serious age-related eye diseases that have greater potential for affecting our quality of life as we grow older.

### Vision and Aging

50's- 1-Risks increase for cataracts, glaucoma and macular degeneration (AMD).

- 2- Presbyopia becomes more advanced
- 3- Risk of dry eye increases for women after menopause.

60's- 1- Risks increase for common age related diseases (See 50's).

- 2- Ability to see in low lighting decreases
- 3- Age-related eye changes cause visual disturbances such as spots and floaters.

70's & 80's- 1-Most people in this age group already have or will develop cataracts.

- 2- Color vision declines, and visual fields begin to narrow.

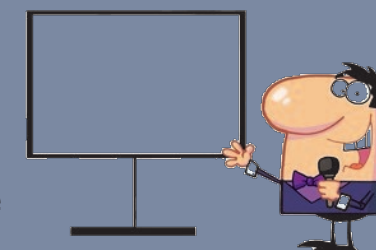
<http://www.allaboutvision.com/over60/vision-changes.htm>

### Presentations this Month

New Rules for End of Life Care  
Hospice Part 2- July 10th 7-8 pm

Yellow Dot Presentation- Encouraging elderly adults to drive safely and educate them about ways to do so.  
July 17th- 11-12 am

Costco Hearing Center- "Good Hearing" July 31st- 11:30



### Genealogy Fellowship Class with Larry

How do you line up with your ancestors?

Tuesdays 3:00-4:00  
Starting on Tuesday, July 18th

### Vital Aging- How I View Myself - Self Esteem

How do I view myself? Discover or rediscover your sources for personal well-being. Our workshop will help you cultivate self-strengthening beliefs and create an optimistic view of yourself to better meet life events and challenges. Setting personal goals will be part of the class. Join Mike from the Vital Aging Project on Fridays at 11:00 am for this informative discussion.

### Photo Class- Portrait Studio "Christmas in July"

Come in on Tuesday, July 25th and get your Christmas photos done by our photo class. Pictures will be inside with a Christmas theme. Pictures will be \$.30 for each print. You can also bring a USB drive to save pictures.  
10:00 am



### Beginning Family Search & Family Tree class

- Week 1 "Create Accounts and Navigate FamilySearch Family Tree"
  - Week 2 "Search FamilySearch Family Tree and Source Records"
  - Week 3 "Add, Modify and Delete Records and Relationships in Family Tree"
  - Week 4 "Research and Manage Family Records and Relationships in Family Tree"
  - Week 5 "Manage Family Memories" (Photos, Audio, Videos, Documents)
- Tuesdays- July 11th-August 8th 10:30-11:30

### It's Hot Outside- Water Bottle Challenge



During the month of July, we will be having a contest to promote drinking H2O! On random days, we will have drawings for everyone that has brought in some sort of bottle and is drinking their daily water. Any container will work just as long as you are drinking! Staff do have extra donated bottles if you need one.

3 Bus trip to \$\$ Tree @ 10:30 4th of July trivia- 11:30 Yankee Doodle Party by Aspen- 2:00 Cognasium by Aspen- 4:30	4 <b>Independence Day Senior Center Closed</b>	5	6 Bus trip to Wendover- 8:30 Movie- "Little Rascals"	7 Movie- "National Treasure"
10 Bingo Sponsored by Jenkins Soffee @ 1:00 New Rules for End of Life Care: Hospice Part 2- 7:00 PM	11 Biscuits and Gravy @ 9:00 Birthday Tuesday entertainment by "Music Maker Stars"- 11:30 Advisory Committee Meeting- 1:00 	12 AARP Smart Driving- 10:00 Harmonica Performance- 10:30 Ice Cream Social- 12:30 Western U.S. and 1800's class- 5:00	13 Movie- "Get Smart"	14 Movie- "Zookeeper's Wife"
17 Bus trip to \$\$ Tree @ 10:30 Yellow Dot Presentation- 11:00 Cognasium by Aspen- 4:30	18 4th of July Hoolahoop Craft by Aspen- 1:00	19 Harmonica Performance- Olympus Ranch at 10:30 Bingo Sponsored by Aspen- 1:00 Cognasium by Aspen- 2:00	20 Movie- "Gilligan's Island" Evening at the Center: 5:00-7:00 pm	21 Movie- "The Shack"
24 <b>Pioneer Day Senior Center Closed</b>	25 "Christmas in July" pictures with Photo Club- 10:00 Sugar Cookie decorating w/Aspen- 1:00	26 Harmonica Performance- Legacy A at 10:30 Western U.S. and 1800's class- 5:00	27 Movie- "Carol Burnett Show"	28 Movie- "Beauty and the Beast"
31 Costco Hearing Presentation- 11:30				

**Daily Scheduled Activities and Programs**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Chair Aerobics	9:00 Walking Group	9:00 Chair Aerobics	8:30 Open Ping Pong	9:00 Chair Aerobics
10:00 Qigong	10:00 Hookers Crochet Class	9:00 Open Ceramics	9:00 Walking Group	9:00 Gloria's Beauty Shop
10:30 Tai Chi	10:00 Brain Gym	9:00 Haircuts w/Butch (1st and 3rd Wed)	9:30 Mindful Motion (6th, 13th, and 20th)	10:00 Plastic Canvas
10:30 Music Appreciation (Cancelled this Month)	10:00 Photo Club	9:00 Beginning Spanish	10:00 Hookers Crochet Class	10:00 Daughters of Utah Pioneers (2nd Friday of every month)
10:30 Bus trip to Dollar Store (1st and 3rd Monday)	10:30 Beg FamilySearch and Family Tree July 11th- August 8th	10:00 Blood Pressure (10-11 on 2nd & 4th Wed)	10:00 Plastic Canvas	10:15 Bus trip to Walmart
11:00 Book Club (2nd Monday)	11:00 Poker	10:00 Red Hatters (1st Wed. Only)	10:30 Wood Class	10:30 Bingo
1:00 Bingo	11:00 Rummikub	10:00 Chair Massage	11:00 Poker	11:00 Vital Aging
2:15 EnhanceFitness®	12:45 Line Dancing	10:00 Harmonica	11:00 Rummikub	1:00 Sit and Dance Exercise
5:30 Mexican Train/Dominoes	1:00 Pinochle	10:00 Qigong	1:00 Classic Movies with Aspen	2:00 Movies sponsored by Aspen
5:30 Open Paint Night	3:00 Yoga	10:30 Tai Chi	3:00 Yoga	2:15 EnhanceFitness®
5:30 Story "Taylors" (2nd & 4th Monday)	3:00 Genecology Class (Starting July 18th)	1:00 Bingo		
6:00 ESL		1:00 Detox Foot Baths		
		2:15 EnhanceFitness®		
		5:30 Open Ceramics Night		
		6:00 ESL		

**There will be no exercise with U of U this summer. Start again this fall**