



Afternoon at the Movies

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

- August 4th- "The Intern"
- August 11th- "Midnight in Paris"
- August 18th- "Dirty Dancing"
- August 25th- "Close encounter of the 3rd Kind"

Activities and Crafts by Aspen Senior Care

- Mon. Aug 7th- Cognasium @ 2:00
- Thurs. Aug 10th- Painting to Music @ 3:00
- Tues. Aug 15th- Popsicle Stick Easel @ 1:00
- Wed. Aug 16th- Conasium @ 2:00
- Mon. Aug 21st- Cognasium @ 2:00
- Tues. Aug 22nd- Dot Painting @ 1:00
- Mon. Aug 28th- Straw & Bead Necklace @ 2:00
- Wed. Aug 30th- Remote Control Holder Craft @ 2:00



Volunteer of the Month— Alfred Joyce was born in Concord, New Hampshire. He followed a girl to Utah who would later become his wife. He has two kids. In his spare time, Alfred enjoys working outside, gardening, fishing, hunting and visiting with friends. Alfred enjoys going to Jackson Hole and Yellowstone. He has been attending the center for over three years where he helps with classroom set ups and enjoys visiting with all his friends here. Thanks Alfred for everything you do to make the center a great place!



Evening at the Center

sponsored by the Advisory Committee

Thursday, August 17th 5:00-7:00 pm
\$6.00
Entertainment— Ruby Tuesday
Dinner— Hot dogs and Beans

Mark your Calendars

Thursday, September 21st-Annual Walk for Fall Prevention followed by Health Fair. We have a wide variety of health vendors, animal adoptions, hand massages, health screenings and much more.

Tuesday, September 26th- Taylorsville Senior Center/ Community Art Show. Silent Auction from 9:00-4:30. Special Luncheon at 12:00. Anyone under 60 years old is \$7.00. Art show from 9:00-4:00. Entertainment at 11:30. Sign up for lunch at the front desk by Tuesday, September 19th.

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



SLCO Senior Centers
Pickle ball Tournament
Murray-Heritage Senior Center
August 17th at 9:00
Doubles - Coed Partners – All Levels
See April for more information



August 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.

Let's talk about Immunizations !

An estimated 1 million Americans get **shingles** every year, and about half of them are 60 years old or older. Additionally, over 60 percent of **seasonal flu**-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to **seasonal flu (influenza)** vaccine and **Td** or **Tdap** vaccine (tetanus, diphtheria, and pertussis), you should also get:

Pneumococcal vaccines, which protect against pneumococcal disease, including infections in the lungs and bloodstream (recommended for all adults over 65 years older and for adults younger than 65 years who have certain chronic health conditions)

Zoster vaccine, which protects against shingles (recommended for adults 60 years or older)

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

The University of Utah Students will be returning this month to teach exercise classes on Monday and Wednesday nights at 6:30. Every semester we have had great teachers who care about physical activity. They will be starting Monday, August 28th!




Here is a little something to brighten your day.

You are never too old to do a kind act of service. Two of our members always exercise together in the morning time. Richard, who is 97 years old pushes his friend, Richard into the exercise room.

We had quite a few days of hot temperatures during the month of July. Congratulations to all the winners of the water bottle challenge. Keep drinking your daily H2O!



AUGUST

	1 Birthday Tuesday entertainment by Ruby Tuesday @ 11:30 Advisory Committee- 1:00 Movie- "Happy Days" 	2 No haircuts with Butch Today!	3 Bus trip to Wendover- 8:30	4 Movie- "The Intern"
7 Bus trip to \$\$ Tree @ 10:30 Cognasium with Aspen @ 2:00 Story Taylors @ 5:30	8 Biscuits and Gravy @ 9:00 Movie- "I Love Lucy"	9 Harmonica Performance- 10:30 Ice Cream Social- 12:30	10 Painting to music with Aspen- 3:00	11 Movie- "Midnight in Paris"
14 Entertainment by Calvin Law @ 11:30 Bingo Sponsored by Jenkins Soffee @ 1:00 Story Taylors @ 5:30	15 Movie- "The Honeymooners" Popsicle Stick Easel craft @ 1:00 by Aspen	16 Harmonica Performance at Carrington Court- 10:30 Bingo Sponsored by Aspen- 1:00 Cognasium with Aspen @ 2:00	17 Evening at the Center- 5:00-7:00 pm	18 Movie- "Dirty Dancing" No Vital Aging Today
21 Bus trip to \$\$ Tree @ 10:30 Cognasium @ 2:00	22 Movie- "Batman" Dot Painting @ 1:00 by Aspen	23 Harmonica Performance at Riverton- 10:30 Podiatrist- 11:00	24	25 Movie- "Close Encounter of the Third Kind"
28 Straw & Bead Necklace craft @ 2:00 by Aspen Story Taylors @ 5:30	29 Movie- "The Little Rascals"	30 Remote Control Holder Craft @ 2:00 with Aspen	31	For anyone that attends the open ceramics class on Wednesdays at 5:30, we have several ceramic pieces that were donated. You are welcome to pick out 2 to work on in class. We also have paint.

Daily Scheduled Activities and Programs

MONDAY

9:00 Chair Aerobics
10:00 Qigong
10:30 Tai Chi
**10:30 Music Appreciation
(Cancelled this Month)**
10:30 Bus trip to Dollar Store
(1st and 3rd Monday)
11:00 Book Club (2nd Monday)
1:00 Bingo
2:15 EnhanceFitness®
5:30 Mexican Train/Dominoes
5:30 Open Paint Night
5:30 Story "Taylors" (7th, 14th, 28th)
6:00 ESL
6:30 Exercise with U of U Students
(Starts on August 28th)

TUESDAY

9:00 Walking Group
10:00 Hookers Crochet Class
10:00 Brain Gym
10:00 Photo Club
10:30 Beg FamilySearch and Family Tree
(August 1st and 8th)
11:00 Poker
11:00 Rummikub
12:45 Line Dancing
1:00 Pinochle
1:00 Classic Movies with Aspen
3:00 Genealogy Class

WEDNESDAY

9:00 Chair Aerobics
9:00 Open Ceramics
9:00 Haircuts w/Butch
(1st and 3rd Wed)
9:00 Beginning Spanish
10:00 Blood Pressure
(10-11 on 2nd & 4th Wed)
10:00 Red Hatters (1st Wed. Only)
10:00 Chair Massage
10:00 Harmonica
10:00 Qigong
10:30 Tai Chi
1:00 Bingo
1:00 Detox Foot Baths
2:15 EnhanceFitness®
5:30 Open Ceramics Night
6:00 ESL
6:30 Exercise with U of U Students

THURSDAY

8:30 Open Ping Pong
9:00 Walking Group
9:30 Mindful Motion
10:00 Hookers Crochet Class
10:00 Plastic Canvas
10:30 Wood Class
11:00 Poker
11:00 Rummikub
3:00 Yoga
Classic Movies moved to Tuesdays

FRIDAY

9:00 Chair Aerobics
9:00 Gloria's Beauty Shop
10:00 Plastic Canvas
10:15 Bus trip to Walmart
10:30 Bingo
11:00 Vital Aging
1:00 Sit and Dance Exercise
2:00 Movies sponsored by Aspen
2:15 EnhanceFitness®