

S.A.G.E.

2nd Tuesday of the Month

1:00-3:00 p.m.

Join us December 12th for the monthly social support group. Get to know other LGBTQ older adults. Receive the support you need and deserve.

Haircuts by Alyssa

Tuesday, December 12th & 26th, 10:00 a.m.-12:00 p.m.

There is an \$8.00 requested donation fee to receive this service. Please wash your hair prior to getting your haircut.

AARP Driving Class

The AARP Driving class is held the 1st Friday of each month, 10:00 a.m.-3:30 p.m. with a half hour lunch. December 1st. The cost is \$15 for those with an AARP Membership and \$20.00 for those without a membership. Please remember to bring your driver's license and please be on time. If you would like to have lunch at the center, please let us know when you sign up at the front desk.

Wendover Trip

3rd Thursday of the month. (December 21st)

Cost: \$22. \$7.00 cash back, \$5.00 in lucky bucks, free Buffet, and free drink.

Le Bus will pick up here at 8:15 a.m. and return at about 7:00 p.m. Must have exact change to pay for your trip. **Must have 10 signed up to go.**

Ted Talks

December 4th:

How to Live Before You Die

10 ways To Have A Better Conversation

December 18th:

Optical Illusions Show How We See

Meet the Microscopic Life in Your Home & Face
You Smell with Your Body, Not Just Your Nose

Ted talks begin at 1:45 p.m. refreshments Provided.



Christmas Meal:

Friday, December 15th at 11:30 a.m.

New Year Celebration:

Friday, December 29th beginning at 10 a.m.

Center Closes at 1:30 p.m. on Dec. 22nd

Classes You Don't Want To Miss

Stem Ambassador Program

Monday, December 4th, 11:00 a.m.

Lauren Williams, from the University of Utah Cognitive and Neural Science Program, will discuss the ways humans miss obvious visual information, and the limitations of visual attention. She will talk about the role her research plays in helping professions that rely on visual information, like radiology.

Vital Aging

Mindfulness Meditation

Monday, December 11th, 11:00a.m.

What is Mindfulness-Meditation? Mindfulness is paying attention in a non-judgmental way to the present moments we often ignore. Learn how to practice mindfulness as a way to reduce stress and promote wellness in your life. You may already practice meditation or simply want to create, expand, or reinforce insight. If you are ready to listen to your own voice and breath and use your wisdom and vitality, join Rhonda from the Vital Aging Project for this informative discussion.

Writing Group

Monday's, 10:00 a.m.

Journaling. Poetry & Short Stories

Book Club

Tuesday, December 12th 1:00 p.m.

Book: Children's Christmas Stories

Astro Archaeology

Friday's, 11:00 a.m.

Origins of Religion

Salt Lake Regional Behavioral Health

Thursday, December 14th 11:00 a.m.

The discussion will cover the power in reducing stress and enjoying the holidays.

Tye Dying

Tuesdays, 2:30 p.m.

Come make that special gift for that special someone.

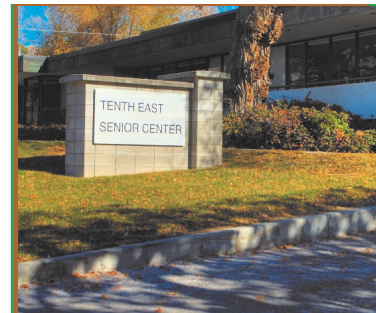
T-shirts are available to purchase. Tye Dye never goes out of style.

Tech Time With Zach

Volunteer, Zach Shubella is a senior this year at Judge Memorial Catholic High School. He knows a lot about computers and other current technology, and can help you figure out almost any device. He can teach you how to face time friends, set up an Instagram account, download games and much more. Zach will be here on the following dates;

December 8th: 2-4:00 p.m.

December 13th: 1:30-3:30 p.m.



Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources.

December 2017

Center Information

385-468-3140

TTY Users dial 711

237 South 1000 East

SLC, Utah 84102

www.slco.org/tentheast

Hours of Operation

Monday—Friday

8:00 a.m. - 5:00 p.m.

Transportation

Monday-Friday

Suggested Donation

\$1.00 each way

Lunch

Monday-Friday

11:45 a.m.-12:30 p.m.

Suggested Donation

\$3.00

Manager: Shawn Ashby

Center Program Coord.:

Brenda Lila Oberg

Office Specialist:

Kacie Pfeil

Center Custodian:

Cameron Smith

Kitchen:

Mariano Canapi

Van Driver:

Jessica Myerson



From Shawn's Desk...

What is the Future of the Tenth East Senior Center?

November 13, 2017

Dear Tenth East Patrons,

This letter is to provide an update regarding the possible closure of the Tenth East Senior Center. While the County continues to evaluate its options with regards to building improvements and future use, there are no plans to move forward with closure of the Tenth East Senior Center in 2018.

We have had some wonderful feedback and suggestions from patrons at the center as well as outreach from the U of U for a partnership to enhance the utilization of the center and work together on any needed improvements including programming. Last week we also had the opportunity to meet with Jay Jacobsen and Judge Ray Uno to discuss how we might engage in a conversation with patrons about the future of the Center. They provided valuable insight. As a result, we will hold a listening session at the center in December to gather additional feedback and ideas from patrons. More details on the listening session will be forthcoming.

We appreciate your continued participation at the Tenth East Senior Center and look forward to meeting with you next month.

Sincerely,

Paul Leggett

Division Director

Aging & Adult Services

This letter, from the Division Director, explains that the Tenth East Senior Center will remain open in 2018. However, the County is still evaluating its options with regards to building improvements and future use. The **"Listening Session"** that is mentioned in this letter will be held on **Monday, December 11, 2017 at 10:00 am.** Here are some ways of showing your support for the Tenth East Senior Center.

*Show up to the listening session and give your input.

*Sign in on the touchscreens each day that you visit the center.

*Attend classes and presentations that are offered at the center.

*Become more involved with what is going on at the center.

*Donate what you can to the lunch program and transportation program.

*Provide feedback and ideas of activities that you want to see at the center.

*Be a supporter of the Tenth East Senior Center in the community.

*Invite your friends and neighbors to visit the center to learn what resources and activities are offered to seniors.

*From the staff at the Tenth East Senior Center ,
we would like to wish you a wonderful Holiday Season.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Salt Lake County Aging & Adult Services

DECEMBER 2017

TENTH EAST CENTER

237 South 10th East

Salt Lake City, Utah 84102

TELEPHONE: 385-468-3140 / FAX: 385-468-3141

1
 9:00 Yoga w/Diane
 9:00 Art Class/Any Medium & Skill Welcome
10:00 55+ Smart Drivers Class
 10:00 Live Music & Dancing
11:00 Astro Archaeology/Origins of Religion
 12:30 Enhance Fitness
 2:30 Pickleball

4
 9:00 Yoga with Mitch
 9:30 Line Dancing
 10:00 Guitar Lessons
 10:00 Adult Coloring
 10:00 Writing Group/Journaling, Poetry & Short Stories
11:00 The STEM Ambassador Program/Cognitive and Neural Science
12:00 Senior Voices Discussion
 12:30 Enhance Fitness
1:45 Ted Talks
 2:30 Pickleball

5
 9:00 Yoga with David
 10:00 Strength Training
 10:00 Qigong
 10:00 Get Connected (Resource Help)
11:45 Birthday Tuesday/Jenny Floor
 12:00 Bridge
 2:30 Tye Dying
 2:30 Pickleball

6
 9:00 Yoga with Julie
 10:00 Live Music & Dancing
 10:00 Chess w/Richard
10:00 Stitch N' Visit
10:00 Blood Pressure Clinic with Leah
 12:30 Enhance Fitness
2:30 Pickleball

7
 9:00 Yoga with Kathy
10:00 Computer Genealogy
 10:00 Strength Training
 12:00 Open Art
1:00 Learn To Crochet
 2:00 Grey Matters

8
 9:00 Yoga w/Diane
 9:00 Art Class/Any Medium & Skill Welcome
 10:00 Live Music & Dancing
11:00 Astro Archaeology/Origins of Religion
 12:30 Enhance Fitness
2:00 Tech Time with Zach
 2:30 Pickleball



11
 9:00 Yoga with Mitch
 9:30 Line Dancing
 10:00 Guitar Lessons
10:00 Dental Check-up by Utah Dental Hygiene Assoc.
10:00 "Listening Session"
 10:00 Adult Coloring
11:00 Vital Aging/The Benefits of Mindfulness Meditation
 12:30 Enhance Fitness
 2:30 Pickleball

12
 9:00 Yoga with David
 10:00 Strength Training
10:00 No Qigong
10:00 Haircuts
 10:00 Get Connected (Resource Help)
11:00 Lets Talk Taxes with Tyler from Financial Insight Center
 12:00 Bridge
1:00 Book Club
1:00 SAGE
 2:30 Tye Dying
 2:30 Pickleball

13
 9:00 Yoga with Julie
 10:00 Live Music & Dancing
 10:00 Chess w/Richard
10:00 Stitch N' Visit
10:00 Blood Pressure Clinic with Leah
 12:30 Enhance Fitness
1:30: Tech Time with Zachery
2:00 Advisory Committee Meeting
2:30 Pickleball

14
9:00 Massage Therapy
 9:00 Yoga with Kathy
10:00 Computer Genealogy
 10:00 Strength Training
10:30 Spanish Intermediate
11:00 Power In Reducing Stress & Enjoying The Holidays
 12:00 Open Art
1:00 Learn To Crochet
 2:00 Grey Matters

15
 9:00 Yoga w/Diane
 9:00 Art Class/Any Medium & Skill Welcome
 10:00 Live Music & Dancing
 10:00 Pinochle
11:00 Astro Archaeology/Origins of Religion
11:30 Christmas Meal
 12:30 Enhance Fitness
 2:30 Pickleball

18
 9:00 Yoga with Mitch
 9:30 Line Dancing
 10:00 Guitar Lessons
 10:00 Adult Coloring
 10:00 Writing Group/Journaling, Poetry & Short Stories
 12:30 Enhance Fitness
1:45 Ted Talks
 2:30 Pickleball

19
 9:00 Yoga with David
 10:00 Strength Training
 10:00 Qigong
 10:00 Get Connected (Resource Help)
 12:00 Bridge
 2:30 Tye Dying
 2:30 Pickleball

20
 9:00 Yoga with Julie
 10:00 Live Music & Dancing / Sax
 10:00 Chess w/Richard
10:00 Stitch N' Visit
10:00 Blood Pressure Clinic with Leah
 12:30 Enhance Fitness
2:30 Pickleball

21
8:15 WENDOVER
 9:00 Yoga with Kathy
10:00 Computer Genealogy
 10:00 Strength Training
11:00 Free Legal Assistance
 12:00 Open Art
1:00 Learn To Crochet
 2:00 Grey Matters

22
 9:00 Yoga w/Diane
 9:00 Art Class/Any Medium & Skill Welcome
 10:00 Live Music & Dancing
 10:00 Pinochle
11:00 Astro Archaeology/Origins of Religion
 12:30 Enhance Fitness
1:30 Center Closes

25
CENTER CLOSED

MERRY CHRISTMAS!

26
 9:00 Yoga with David
 10:00 Strength Training
 10:00 Qigong
10:00 Haircuts
 10:00 Get Connected (Resource Help)
 12:00 Bridge
 2:30 Tye Dying
 2:30 Pickleball

27
 9:00 Yoga with Julie
 10:00 Live Music & Dancing / Sax
 10:00 Chess w/Richard
10:00 Stitch N' Visit
10:00 Blood Pressure Clinic with Leah
 12:30 Enhance Fitness
2:30 Pickleball

28
9:00 Massage Therapy
 9:00 Yoga with Kathy
10:00 Computer Genealogy
 10:00 Strength Training
10:30 Spanish Intermediate
10:30 Blood Pressure & Glucose Check
 12:00 Open Art
1:00 Learn To Crochet
 2:00 Grey Matters

29
 9:00 Yoga w/Diane
 9:00 Art Class/Any Medium & Skill Welcome
 10:00 Live Music & Dancing
10:00 New Year Celebration
 10:00 Pinochle
11:00 Astro Archaeology/Origins of Religion
 12:30 Enhance Fitness
 2:30 Pickleball