

S.A.G.E.
2nd Tuesday of the Month (October 9th)
1:00-3:00 p.m.
 Monthly social support group. Get to know other LGBTQ older adults. Receive the support you need and deserve.

AARP Driving Class
 The AARP Driving class is held the 1st Friday of each month, 10:00 a.m.-3:30 p.m. (October 5th) with a half hour lunch. The cost is \$15 for those with an AARP Membership and \$20.00 for those without. Bring your driver's license and please be on time. Lunch can be reserved at the front desk.

Haircuts by Alyssa
 Tuesday, October 9th & 23rd 10:00 a.m.-12:00 p.m.
 \$8.00 suggested donation. Please wash hair before.

Tai-Chi Class
Thursdays at 10:15 a.m.
 Instructor, Ray Paramore, is teaching Tai Chi on Thursday mornings at 10:15 a.m. Tai Chi is a form of Martial Arts that has evolved over the years into an effective means of alleviating stress and anxiety. It has positive effects on balance control, fitness and flexibility.

Services
Massage Therapy
 Thursday 9:00a.m.-12:00p.m.
 30 minute massage for the suggested donation of \$15.00.
Integrative Hands-On-Healing
 Tuesday, October 2nd, 9th, 16th and 23rd
 10:15 & 11:15a.m. by Appointment
 Touch therapy that works with the body's energy field.
 One hour session for the suggested donation of \$20.00
Removing Trapped Emotions
 Wednesday, October 3rd, 10th, 17th and 24th & 31st
 1:30 & 2:00 p.m. by Appointment
 Dr. Bradley Nelson devised a system to release emotions using muscle testing and a magnet for better health. Trapped emotions can cause physical problems, self sabotage, and recurring relationship difficulties. The Emotion Code is used to release these emotions. There is a suggested donation of \$15 for this service.
Podiatrist
 Tuesday, October 23rd at 2:30 p.m.
 Dr. Shelton will trim your toenails and answer any questions you may have. There is a suggested donation of \$10.00 for this service.

Language Classes
Beginning French
 Thursday 2:00 p.m.
Intermediate Spanish
 Thursday, October 4th & 18th -10:30a.m.

Vital Aging — Adjusting to Changes and Loses While Utilizing Your Strengths
Thursday, October 18th at 11:00 a.m.
 Our abilities and roles change as we transition through different periods in life. Discover or rediscover your talents and strengths. Our workshop will help you cultivate self-strengthening beliefs to help with adjusting to life's changes. Setting personal goals will be part of the class.

Ted Talks
TED is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. **TED** began in 1984 as a conference where Technology, Entertainment and Design converged, and today offers almost all topics — from science to business to global issues in more than 110 languages. Join us as we explore several topics of Ted Talks followed by short discussions.
October 8th 1:45 p.m.
 *A Letter To All Who Have Lost In This Era”
 *How I Made Friends with Reality
 *Less Stuff, More Happiness
October 22nd 1:45 p.m.
 *How To Gain Control of Your Free Time
 *Which Country Does The Most Good For The World
 *The Art of Misdirection
 Refreshments will be provided.

Mindful Meditation
 Join Remington Basset Wednesdays at 2:30 p.m. for Mindful Meditation. Learn mindfulness exercises and what the benefits of meditation are and the benefits of having a strong headspace. Meditation can assist you with pain and anxiety. Come give it a try.

Day of Caring
 Tenth East was selected again this year for Day of Caring. Staff members from Utah Donor Program came to the center on September 13th and washed all of the outside windows and swept away all of the cob webs on the outside of the building. Following their hard work we sat down for lunch and talked about what the Donor Program and Tenth East are all about. Thank you Utah Donor Program! We love our clean windows.

Decathlon Winners
 The Magna center put on another great Decathlon. Congratulations to Emy Davis on winning Silver in Shuffleboard, Bruce Jaynes Silver in the Shooting Game and Bronze for Corn Hole, and Tenth East Bronze in the Scavenger Hunt. What a great event!

Drums Alive
 Drums Alive is a research based program and is the first fitness trend that combines drumming and movement through a multi-modular approach. Join us Tuesdays at 10:00 a.m. beginning October 2nd for this fun and upbeat class.



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
11:30 a.m.-12:15 p.m.
Suggested Donation
\$3.00

Manager: Cheryl Leach
Center Program Coord.: Brenda Lila Oberg
Office Specialist: Hazel Roehrig
Center Custodian: Cameron Smith
Kitchen: Mariano Canapi
Van Driver: Jessica Myerson



Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources

OCTOBER 2018

7th Annual Recycled Art Show
 It's not too late to submit your entries for our 7th Annual Recycled Art Show! Recycled Art is art that has been created from found, salvaged, scavenged, and repurposed materials. In today's world, castoff materials are abundant. You just need to add a little creativity. Cash prizes (**Green**), \$50, \$25 and \$15 will be awarded to 1st, 2nd, & 3rd place winners. All participants will be recognized with certificates and a swag bag full of all kinds of goodies. There will be a reception held Friday, October 26th 1:30-4:30 p.m. where all entries will be displayed for your enjoyment, refreshments will be served and 1st, 2nd & 3rd place winners will be awarded. The deadline to enter is Wednesday, October 24th. You may enter as an individual or as a group up to three pieces. (Group: Two or more individuals created the piece of art together) Entry forms can be obtained at the front desk. Our judges this year will be from the Clever Octopus in Murray and Salt Lake County Landfill will be sponsoring some of the swag. If you have any questions please see Center Program Coordinator.

Recycle Week
October 22nd-26th
 During the entire week we will be collecting items to be recycled. We are collecting old towels and blankets for the animals to sleep on at the Salt Lake County Animal Shelter, eyeglasses and hearing aids that will be passed on to those in need, office and school supplies for Bennion Elementary, and pop can tops for the Ronald Mc Donald House. Also on Wednesday, October 24th we will have someone from sustainability here to answer any questions you may have about recycling and to provide you with the resources you need to become a better recycler.

SENIOR EXPO
Thursday and Friday, October 4th & 5th
 The Senior Expo is an opportunity to get answers and explore activities for a more healthy and active lifestyle. They have assembled the best companies and brightest individuals in one location for a two-day event. Transportation will be available both days at 10:00 a.m., 12:00 noon, and 2:00 p.m. To reserve a seat on the bus please sign up at the front desk.

Gardner Village Field Trip
Tuesday, October 16th
 With the ambiance and charm of an early Utah village, the brick-lined paths surrounding the historic Gardner flour mill are the perfect backdrop for the whimsical witch displays that adorn the property during WitchFest. Browse through 22 specialty shops and enjoy a sack lunch. Please sign up at the front desk. There will be a \$2.00 transportation fee plus a suggested donation of \$3.00 for a sack lunch. Come out and get in the Halloween Spirit.

Congratulations!!!
 We would like to congratulate Pat Wilson on being runner-up for AARP's Volunteer of the Year, 2018 Andrus Award. She was in running with 13 other individuals. All nominees were recognized at a dinner held in their honor. Pat has taught many classes at Tenth East and currently leads the Book Club on the 3rd Wednesday of the month at 2:00 p.m. She invites all of you to attend. Congrats Pat!

Attention:: All Wednesday and Friday Dances are sponsored by the Advisory Committee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie 11:30 Lunch 12:30 EnhanceFitness 2:30 Pickleball	2 9:00 Hatha Yoga w/ David 9:00 Tennis with Don 9:00 Computer Help 10:00 Grey Matters 10:00 DRUMS ALIVE 10:15 Hands On Healing 11:30 Sack Lunches 12:00 Personal Fitness w/U of U Students 12:00 Open Bridge 1:00 Learn To Crochet 2:30 Pickleball Center Closes At 3:00 For Agency Retreat	3 8:30 Health Screenings with Fortis Students 9:00 Yoga with Anna 9:00 Thrift Store Open 10:00 Dancing/Sax Or Glow's Band 10:30BP Clinic/Leah 12:30 EnhanceFitness 1:30 Remove Trapped Emotions By Appointment 2:30 Pickleball 2:30 Mindful Meditation	4 SENIOR EXPO 9:00 Yoga with Kathy 9:00 Massage Therapy 9:00 Tennis with Don 10:00 Computer Help By Appointment 10:15 Tai Chi with Ray 10:30 Spanish Lessons 12:00 Open Art 12:00 Personal Fitness w/U of U Students 2:00 Beg. French 3:45 Zumba	5 SENIOR EXPO 9:00 Yoga with Chica 9:00 Thrift Store Open 10:00 AARP 55+ Smart Drivers Class 10:00 Live Music & Dancing with Fred Edwards Quartet 10:30 Wii Bowling 12:30 EnhanceFitness 1:30 Astrology 2:30 Pickleball
8 Columbus Day 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie 11:00 Identity Theft 11:30 Lunch 12:30 EnhanceFitness 1:45 Ted Talks 2:30 Pickleball	9 9:00 Hatha Yoga w/ David 9:00 Tennis with Don 9:00 Computer Help 10:00 Grey Matters 10:00 DRUMS ALIVE 10:00 Haircuts 10:15 Hands On Healing 11:30 Birthday Lunch w/Larry Turner 12:00 Personal Fitness w/U of U Students 12:00 Open Bridge 1:00 S.A.G.E 1:00 Learn To Crochet 2:30 Pickleball	10 9:00 Yoga with Anna 9:00 Thrift Store Open 10:00 Dancing/Sax Or Glow's Band 10:30BP Clinic/Leah 11:30 Lunch 12:30 EnhanceFitness 1:30 Remove Trapped Emotions By Appointment 2:30 Pickleball 2:30 Mindful Meditation	11 9:00 Yoga with Kathy 9:00 Massage Therapy 9:00 Tennis with Don 10:00 Computer Help By Appointment 10:15 Tai Chi with Ray 12:00 Open Art 12:00 Personal Fitness w/U of U Students 2:00 Beg. French 3:45 Zumba	12 9:00 Yoga with Chica 9:00 Thrift Store Open 10:00 Live Music & Dancing with Fred Edwards Quartet 10:30 Wii Bowling 12:30 EnhanceFitness 1:30 Astrology 2:30 Pickleball
15 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie 11:30 Lunch 12:30 EnhanceFitness 2:30 Pickleball	16 9:00 Hatha Yoga w/ David 9:00 Tennis with Don 9:00 Computer Help 10:00 Grey Matters 10:00 DRUMS ALIVE 10:00 Trip To Witches Festival at Gardner's Village with Sack Lunch 10:15 Hands On Healing 12:00 Personal Fitness w/U of U Students 12:00 Open Bridge 1:00 Learn To Crochet 2:30 Pickleball	17 9:00 Yoga with Anna 10:00 Dancing/Sax Or Glow's Band 10:30BP Clinic/Leah 11:00 Free Legal Assistance by Appt. 11:30 Fall Buffet 12:30 EnhanceFitness 1:30 Remove Trapped Emotions By Appointment 2:00 Book Club 2:30 Pickleball 2:30 Mindful Meditation	18 Chocolate Cupcake Day 9:00 Yoga with Kathy 9:00 Massage Therapy 9:00 Tennis with Don 10:00 Computer Help By Appointment 10:15 Tai Chi with Ray 10:30 Spanish Lessons 11:00 Vital Aging 12:00 Open Art 12:00 Personal Fitness w/U of U Students 2:00 Beg. French 3:45 Zumba	19 9:00 Yoga with Chica 9:00 Thrift Store Open 10:00 Live Music & Dancing with Fred Edwards Quartet 10:30 Wii Bowling 12:30 EnhanceFitness 1:30 Astrology 2:30 Pickleball
22 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie 11:30 Lunch 12:30 EnhanceFitness 1:30 Training on Lifetime Vibe 1:45 Ted Talks 2:30 Pickleball	23 9:00 Hatha Yoga w/ David 9:00 Tennis with Don 9:00 Computer Help 10:00 Grey Matters 10:00 DRUMS ALIVE 10:00 Haircuts 10:15 Hands On Healing 12:00 Personal Fitness w/U of U Students 12:00 Open Bridge 1:00 Learn To Crochet 2:30 Pickleball 2:30 Dr. Shelton/Toe Nail Clipping	24 9:00 Yoga with Anna 9:00 Thrift Store Open 10:00 Dancing/Sax Or Glow's Band 10:30BP Clinic/Leah 10:30 Recycling Information Booth 12:30 EnhanceFitness 1:30 Remove Trapped Emotions By Appointment 2:30 Pickleball 2:30 Mindful Meditation	25 9:00 Yoga with Kathy 9:00 Massage Therapy 9:00 Tennis with Don 10:00 Computer Help By Appointment 10:15 Tai Chi with Ray 10:30 BP & Glucose Clinicw/Sandra 12:00 Open Art 12:00 Personal Fitness w/U of U Students 2:00 Beg. French 3:45 Zumba	26 Recycled Art Show 9:00 Yoga with Chica 9:00 Thrift Store Open 10:00 Live Music & Dancing with Fred Edwards Quartet 10:30 Wii Bowling 12:30 EnhanceFitness 1:30 Astrology 1:30 Reception for Recycled Art Show 2:30 Pickleball
29 Oatmeal Day 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie 11:30 Lunch 12:30 EnhanceFitness 2:30 Pickleball	30 9:00 Hatha Yoga w/ David 9:00 Tennis with Don 9:00 Computer Help 10:00 Grey Matters 10:00 DRUMS ALIVE 12:00 Personal Fitness w/U of U Students 12:00 Open Bridge 1:00 Learn To Crochet with Connielynn 2:30 Pickleball	31 Happy Halloween! 9:00 Yoga with Anna 10:00 Halloween Dance, Games & Costume Contest 10:30BP Clinic/ Leah 12:30 EnhanceFitness 1:30 Remove Trapped Emotions By Appointment 2:30 Pickleball 2:30 Mindful Meditation	Salt Lake County Aging & Adult Services OCTOBER 2018 TENTH EAST SENIOR CENTER 237 South 10th East Salt Lake City, Utah 84102 Telephone 385-468-3140	