Bell Choir
Wednesdays at 12:30 p.m.
The Bell Choir is back. Come give it a try. No experience necessary to make beautiful music while having fun.

Language Classes
Intermediate Spanish
Thursday 10:30 a.m. October 3rd, 17th & 31st
Japanese
Monday 3:30 p.m. Instructor: Les Wilson
Russian
Mondays 12:30 p.m. Instructor: Olivia Gibson
Beginning Spanish
Tuesdays 1:00 p.m. Instructor: Alessandra Cipriani
Beginning German
Thursdays 1:30 p.m. Instructor: Will Croft

Personal Fitness with U of U Students
Tuesdays & Thursdays 12:00-1:30 p.m.
The students want to help you reach your exercise goals.

Services
Massage Therapy
Thursdays 9:00 a.m. - 12:00 p.m.
30 minute massage by appointment for the suggested donation of $15.00.
Podiatrist
Tuesday, October 8th 2:00 p.m.
Suggested donation is $10. Sign up at the front desk.

Free Legal Assistance
Tuesday, October 15th at 11:00 a.m. by appointment.

Vital Aging
Building A Budget
Thursday, October 24th at 1:00 p.m.
Does it seem like there is never enough time, money, or resources to do the things you would like to do?

Join a Vital Aging class to learn more about how budgeting techniques can be used to handle finances, free up your calendar, and live a more stress-free life.

Tennis Club
Tuesdays & Thursdays 9:00 a.m.
(weather permitting)

Book Club
Wednesday, October 16th at 1:30 p.m.
The book selection for October is: Killers of the Flower Moon by David Grann.

Birthday Tuesday
October 1st at 11:30 a.m.
Join us in celebrating October birthdays. Entertainment by Betsy Yeates.

AARP Driving Course
The AARP Driving Course is held the first Friday of each month, 10:00 a.m. to 3:30 p.m. (October 4th) with a half hour lunch.
The cost is $15.00 for those with an AARP membership and $20 for those without. Bring your drivers license and please be on time. Lunch is available. Get a lunch ticket at the front desk.

Fall Buffet
Wednesday, October 9th
Join us for our Fall Buffet! The menu will be Meat Lasagna, Green Beans Almandine, Caesar salad, fresh fruit, Carrot Cake, and milk. We have live music and dancing at 10:00 a.m. so come early. Please sign up.

Flu Shot Clinic
Wednesday, October 9th 9:00-10:00 a.m.
Sign up to get your flu shot at the front desk. The shots will have no cost if you provide your insurance card.
If you do not have your insurance card the cost is $58.

Nutrition News & Food Assistance
Thursday, October 17th 11:00 a.m.
Health and nutrition are always interesting topics for all of us to think about.
What is healthy food? How long do leftovers stay good in the fridge? Interested in some shopping tips? Is there food assistance available in town? These and other questions will be answered in our Nutrition News and Food Assistance for Seniors.

Senior Expo
Thursday & Friday October 10th & 11th 9 a.m. - 6 p.m.
Transportation to the 2019 Senior Expo, a health and resource fair for aging adults, will be provided on Thursday, October 10th. We will leave the center at 8:15 a.m. and return to the center at 1:00 p.m. Please sign up at the front desk.

Halloween Party
Friday, October 25th 3:00-5:00 p.m.
Halloween Party for seniors, their families and friends. Live music with the Old Time Fiddlers, dancing, crafts, games, refreshments, and prizes for costumes. This party is sponsored by the University of Utah students from the Rotaract Club.

Center Information
385-468-3140
TTY Users dial 711
237 South 1000 East
SLC, Utah 84102
www.slcog.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 for those 60+
Under 60 cost is $7.00

Manager: Cheryl Leach
Center Program Coord.: Brenda Lila Oberg
Activities Assistant: Megan Berceau
Office Specialist: Hazel Roehrig
Center Custodian: Cameron Smith
Kitchen: Fred Gray
Van Driver: Jordan Nelson

Senior Expo
Building A Budget
Thursday, October 24th at 1:00 p.m.

Does it seem like there is never enough time, money, or resources to do the things you would like to do?

Join a Vital Aging class to learn more about how budgeting techniques can be used to handle finances, free up your calendar, and live a more stress-free life.

8th Annual Recycled Art Show
Friday, October 25th (Reception 1:30-3:30 p.m.)
Win green for being green! Enter your recycled art projects in our 8th Annual Recycled Art Contest. Cash Prizes will be awarded to 1st, 2nd and 3rd place winners and recognition given to all participants. Recycled Art is art that has been created from found, salvaged, scavenged, and repurposed materials. Put your artistic skills and imaginations to work and see what you can create. The deadline for entries is Thursday, October 24th. You may enter as an individual or as a group. There is a limit of three entries per individual or group. Get your entry forms at the front desk. All entries will be on display Friday, October 25th with a small reception 1:30-3:30 p.m.

Recycle Week
During the week of October 21-25 we will be collecting the following items to be recycled or repurposed; old towels and blankets for Salt Lake County Animal Shelter, eye glasses to be repurposed, school supplies for Bennion Elementary, and pop can tops for the Ronald McDonald house.

Volunteer Recognition
We wish we could say more than THANK YOU for all the work you do.
We wish we could let you know just how much you mean to us and the mission of Salt Lake County Aging & Adult Services.
We wish we could give you a night of music and fun just to show our appreciation.
So … we’re going to!

• What: Aging & Adult Services All Program Recognition
• When: Tuesday, October 15th from 4:30 – 6:30 p.m.
• Where: Utah Cultural Center (1355 W. 3100 S.)

Entertainment, Hors d’oeuvres, and tokens of our appreciation.
Transportation will be provided. We will leave the center at 4:30 p.m. Please sign up at the front desk to reserve a seat or call 385-468-3140.

Welcome Megan Berceau!
Megan is the newest member of the 10th East Senior Center. She is coming to us from Granite School District where she was a Program Coordinator working with young families. She is now looking forward to begin working as the Activities Assistant at the 10th East Senior Center. Megan was born and raised in California but fell in love with Utah while attending the University of Utah. After graduating with a Bachelor’s of Science, she continued to reside in Salt Lake City where she married and raised her three children. In her free time, Megan enjoys playing tennis, golfing, doing ceramics and volunteering at the VA. Megan is excited to make new friends and to be a part of the 10th East Team. Please welcome and congratulate Megan on her new position.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><strong>OCTOBER 2019</strong>&lt;br&gt;<strong>Tenth East</strong>&lt;br&gt;<strong>Senior Center</strong>&lt;br&gt;<strong>237 South 1000</strong>&lt;br&gt;<strong>East</strong>&lt;br&gt;<strong>Salt Lake City, Utah 84102</strong>&lt;br&gt;<strong>Telephone 385-468-3140</strong>&lt;br&gt;<strong>Fax 385-468-3141</strong></td>
<td><strong>Birthday</strong> Tuesday&lt;br&gt;9:00 Yoga/David&lt;br&gt;9:00 Computer Help&lt;br&gt;9:00 Tennis Club&lt;br&gt;9:30 Grey Matters&lt;br&gt;10:30 Blood Pressure Clinic&lt;br&gt;12:00 Open Bridge&lt;br&gt;12:00 Personal Fitness&lt;br&gt;U of U Students&lt;br&gt;1:00 Beginning Spanish&lt;br&gt;1:00 Computer Help&lt;br&gt;By Appointment&lt;br&gt;1:30 Crochet&lt;br&gt;3:30 Tai Chi for Arthritis</td>
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<td><strong>4</strong>&lt;br&gt;9:00 Yoga/Diane&lt;br&gt;10:00 AARP Driving&lt;br&gt;10:00 Chess Club&lt;br&gt;10:00 Live Music &amp; Dancing/Kay&lt;br&gt;Hunt Quartet&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;1:00 Archaeology/Telescope&lt;br&gt;The Bronze Age&lt;br&gt;2:00 Pickleball&lt;br&gt;2:00 Table Tennis</td>
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<td><strong>8</strong>&lt;br&gt;9:00 Yoga/David&lt;br&gt;9:00 Computer Help&lt;br&gt;9:00 Tennis Club&lt;br&gt;9:30 Grey Matters&lt;br&gt;10:30 Blood Pressure Clinic&lt;br&gt;12:00 Open Bridge&lt;br&gt;12:00 Personal Fitness&lt;br&gt;U of U Students&lt;br&gt;1:00 Beginning Spanish&lt;br&gt;1:00 Computer Help&lt;br&gt;By Appointment&lt;br&gt;1:30 Crochet&lt;br&gt;2:00 Podiatrist&lt;br&gt;3:30 Tai Chi for Arthritis</td>
<td><strong>9</strong>&lt;br&gt;Fall Buffet&lt;br&gt;9:00 Yoga/Elizabeth&lt;br&gt;9:00 Flu Shot Clinic&lt;br&gt;10:00 Live Music &amp; Dancing/Sax or&lt;br&gt;10:30 Table Tennis&lt;br&gt;10:30 Creative Explorations&lt;br&gt;Art Class&lt;br&gt;11:30 Lunch&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;12:30 Bell Choir&lt;br&gt;3:00 Pickleball</td>
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<td><strong>14</strong>&lt;br&gt;Columbus Day&lt;br&gt;9:00 Yoga/Mitch&lt;br&gt;9:30 Line Dancing/Bonnie&lt;br&gt;12:00 Table Tennis&lt;br&gt;12:30 Russian&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;2:00 Pickleball&lt;br&gt;3:30 Japanese</td>
<td><strong>15</strong>&lt;br&gt;9:00 Yoga/David&lt;br&gt;9:00 Computer Help&lt;br&gt;9:00 Tennis Club&lt;br&gt;9:30 Grey Matters&lt;br&gt;10:15 Medicare Assistance&lt;br&gt;10:30 Blood Pressure Clinic&lt;br&gt;11:00 Free Legal Assistance&lt;br&gt;12:00 Open Bridge&lt;br&gt;12:00 Personal Fitness&lt;br&gt;U of U Students&lt;br&gt;1:00 Beginning Spanish&lt;br&gt;1:00 Computer Help&lt;br&gt;By Appointment&lt;br&gt;1:30 Crochet&lt;br&gt;2:00 Tai Chi for Arthritis&lt;br&gt;3:30 Volunteer Recognition at the Cultural Center</td>
<td><strong>16</strong>&lt;br&gt;9:00 Yoga/Elizabeth&lt;br&gt;10:00 Live Music &amp; Dancing/Sax or&lt;br&gt;10:30 Table Tennis&lt;br&gt;10:30 Creative Explorations&lt;br&gt;Art Class&lt;br&gt;11:30 Lunch&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;12:30 Bell Choir&lt;br&gt;1:30 Book Club&lt;br&gt;3:00 Pickleball</td>
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<td><strong>18</strong>&lt;br&gt;9:00 Yoga/Diane&lt;br&gt;10:00 Chess Club&lt;br&gt;10:00 Live Music &amp; Dancing/Kay&lt;br&gt;Hunt Quartet&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;1:00 Archaeology/Telescope&lt;br&gt;The Bronze Age&lt;br&gt;2:00 Pickleball&lt;br&gt;2:00 Table Tennis</td>
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<td><strong>21</strong>&lt;br&gt;Recycle Week&lt;br&gt;9:00 Yoga/Mitch&lt;br&gt;9:30 Line Dancing/Bonnie&lt;br&gt;12:00 Table Tennis&lt;br&gt;12:30 Russian&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;2:00 Pickleball&lt;br&gt;3:30 Japanese</td>
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<td><strong>25</strong>&lt;br&gt;8th Annual Recycled Art Show&lt;br&gt;9:00 Yoga/Diane&lt;br&gt;10:00 Live Music &amp; Dancing/Kay&lt;br&gt;Hunt Quartet&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;1:00 Archaeology/Telescope&lt;br&gt;The Bronze Age&lt;br&gt;1:30 Recycled Art&lt;br&gt;Show Reception&lt;br&gt;2:00 Pickleball&lt;br&gt;2:00 Table Tennis&lt;br&gt;3:00 Halloween Party</td>
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<td><strong>28</strong>&lt;br&gt;9:00 Yoga/Mitch&lt;br&gt;9:30 Line Dancing/Bonnie&lt;br&gt;11:30 Lunch&lt;br&gt;12:00 Table Tennis&lt;br&gt;12:30 Russian&lt;br&gt;12:30 EnhanceFitness&lt;br&gt;2:30 Pickleball&lt;br&gt;3:30 Japanese</td>
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<td><strong>31</strong>&lt;br&gt;Happy Halloween Dress Up!&lt;br&gt;9:00 Yoga/Kathy&lt;br&gt;9:00 Massage Therapy&lt;br&gt;9:00 Tennis Club&lt;br&gt;9:00 Computer Help&lt;br&gt;10:30 Intermediate Spanish&lt;br&gt;10:00 Tai Chi/Ray&lt;br&gt;11:00 Halloween Party&lt;br&gt;12:00 Personal Fitness&lt;br&gt;U of U Students&lt;br&gt;1:30 Beginning German&lt;br&gt;3:45 Zumba</td>
<td>Note: &lt;br&gt;<strong>All classes listed are subject to change.</strong></td>
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