

### Tennis Anyone?

Meet coach Don! Don will be giving Tennis instruction and drills every Tuesday and Thursday at 8:00 a.m. All levels of players are welcome. We do have rackets available for use.

### Hiking Club

Thursday, August 10th: Lower Bell Canyon

Thursday, August 24th: Secret Lake

Meet at the hiking location at 9:30 a.m, Wear proper shoes for hiking and bring water. A map to the location of the hike is available at the front desk.

### S.A.G.E.

2nd Tuesday of the Month  
1:00-3:00 p.m.

Join us August 8th for the monthly social support group. Get to know other LGBTQ older adults. Receive the support you need and deserve.

### Haircuts by Alyssa

Tuesday, August 8 & 22, 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

Friday, August 4th, 10:00 a.m.-3:30 p.m. with a half hour lunch. 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

Thursday, August 17th

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.

### New Blood Pressure Clinic

Wednesdays 10:30 a.m.

Provided by volunteer and retired nurse, Leah Yankelevich.

### Classes You Don't Want To Miss

#### Vital Aging

Monday, August 21st, 11:00a.m.

Tap into your creativity and learn how to approach problem-solving from a different mindset. This class will look at methods to help you cope with typical or unusual issues that occur in daily living and strengthen your problem-solving skills.

#### Communication Class Series

Tuesday, August 8,15,22 & 29, 11:00 a.m.

Part 1: Listening

Part 2: Assertiveness Training

Part 3:Effective Problem Solving

Part 4: Dealing with Values

#### Book Club

Wednesday, August 15th 1:30 p.m.

Book: "The Last Mile" by David Baldacci

#### Brain Games

Monday, August 28th

#### New Tye Dying Class

Tuesdays 2:30p.m.

Come learn several variations of Tye Dying. For the first class bring a plain white or colored T-shirt.

#### The Bronze Age: Minoan Civilization

Fridays 11:00 a.m.

#### Writing Group

Mondays 10:00 a.m.

Journaling, short stories and poetry. Join us and get some of your wonderful stories down on paper. Something for future generations to cherish. All you need is pencil and paper.

### Coming In September...

#### Arts De Mexico

An eight-week series of classes exploring the Art of Mexico. The class will be held on Fridays at 10:30 a.m. beginning September 1st.

#### Fall Prevention Awareness Day

Friday, September 22nd , 9:30 a.m. at Liberty Park Vendors, a short walk, speakers, a sack lunch and Prizes.

#### Walk With Ease

A six-week series of classes that will teach you how you can make walking a daily habit in your life.



#### 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

#### 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



# Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources.

## August 2017

## Aging Mastery Program

Tuesday, August 29 - November 14

11:00 a.m. -12:30 p.m.

\$30 per person & \$50 per couple

(Scholarships Available)

The Tenth East Senior Center will be offering this ten-week health and wellness program which was developed by the National Council On Aging. The goal of this program is to empower older adults to make and maintain small but impactful changes. The classes, led by experts in their field will discuss:

\*Navigating Longer Lives

\*Sleep

\*Financial Fitness

\*Advanced Planning

\*Falls Prevention

\*Physical Activity

\*Healthy Eating & Hydration

\*Medication Management

\*Healthy Relationships

\*Community Engagement

Participants will receive **basic educational materials** developed from highly trusted sources, a **checklist of potential next steps**, and a **system for tracking behaviors**. Attendees will **earn points for positive actions and rewards**. There will be a **Graduation event to celebrate your success!**

## Reserve your seat today!

### August Ted Talks

**Beat the heat and join us! Ted** is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful **talks**. August **TED** talks are as follows:

**August 14th:**

\*How to see past your own perspective and find truth.

\*Can a divided America heal?

**August 28th:**

\*A simple way to break a bad habit.

\*How to make stress your friend.

### Donations

Year to date, our coffee cost is \$568.48 and donation received is \$211.42. Every cent helps. Donations are appreciated.

### Solar Eclipse

On August 21, 2017, millions of people across the United States will see nature's most wondrous spectacle — a total eclipse of the Sun. It is a scene of unimaginable beauty; the Moon completely blocks the Sun, daytime becomes a deep twilight, and the Sun's corona shimmers in the darkened sky. This is truly a great American eclipse because totality will sweep the nation from the Pacific to the Atlantic. An eclipse is a cosmic billiard shot — the Sun, Moon, and Earth line up to reveal the Sun's atmosphere, it's corona. Eclipses on Earth occur only because of an amazing celestial coincidence. Utah will see up to 95% of the eclipse locally 11:30 a.m.-11:40 a.m. Join us to view the eclipse and have lunch following. Special glasses to view eclipse will be provided and there will be a special treat with lunch.

<p style="text-align: center;"><b>AUGUST 2017</b></p> <p style="text-align: center;"><b>TENTH EAST CENTER</b></p>	<p><b>1</b> 8:00 Tennis 9:00 Yoga with David 10:00 Strength Training 10:00 Qigong 10:00 Get Connected 10:00 Computer Help 11:30 Birthday Tuesday 12:00 Bridge 2:30 Tye Dying 2:30 Pickleball</p>	<p><b>2</b> 8:00 Tennis 9:00 Yoga with Sub 10:00 Live Music &amp; Dancing / Sax 10:00 Chess w/Richard 10:30 Blood Pressure Clinic w/ Leah 12:30 Enhance Fitness 2:30 Pickle Ball</p>	<p><b>3</b> 8:00 Tennis 9:00 Yoga with Kathy 10:00 Pinochle 10:00 Strength Training 10:00 No Computer Genealogy In August 12:00 Open Art 2:00 Grey Matters</p>	<p><b>4</b> 9:00 Yoga w/Diane 9:00 Art Class Any medium 10:00 55+ Smart Drivers Class 10:00 Live Music &amp; Dancing 11:00 The Bronze Age Minoan Civilization 12:30 Enhance Fitness 1:30 Folk Dancing 2:30 Pickleball</p>
<p><b>7</b> 9:00 Yoga with Mitch 9:30 Line Dancing 10:00 No Guitar Lessons 10:00 Adult Coloring 10:00 Computer Help 10:00 Writing Group/ Journaling, Poetry &amp; Short Stories 12:30 Enhance Fitness 2:30 Pickleball 3:00 French Lessons</p>	<p><b>8</b> 8:00 Tennis 9:00 Yoga with David 10:00 Strength Training 10:00 Qigong 10:00 Get Connected 10:00 Haircuts 11:00 5 Sneaky Causes of Weight Gain 11:00 Communications/ Listening 12:00 Bridge 1:00 S.A.G.E. 2:30 Tye Dying 2:30 Pickleball</p>	<p><b>9</b> 8:00 Tennis 9:00 Yoga with Sub 10:00 Live Music &amp; Dancing / Sax 10:00 Chess w/Richard 10:00 Computer Help 10:30 Blood Pressure Clinic w/ Leah 12:30 Enhance Fitness 2:00 Advisory Committee Mtg. 2:30 Pickle Ball</p>	<p><b>10</b> 8:00 Tennis 9:00 Massage Therapy 9:00 Yoga with Kathy 9:30 Hiking Club/ Lower Bell Canyon 10:00 Pinochle 10:00 Strength Training 10:30 Spanish Intermediate 12:00 Open Art 2:00 Grey Matters</p>	<p><b>11</b> 9:00 Yoga w/Diane 9:00 Art Class Any medium 10:00 Live Music &amp; Dancing 11:00 The Bronze Age Minoan Civilization 12:30 Enhance Fitness 1:30 Folk Dancing 2:30 Pickleball</p>
<p><b>14</b> 9:00 Yoga with Mitch 9:30 Line Dancing 10:00 Guitar Lessons 10:00 Adult Coloring 10:00 Computer Help 10:00 Writing Group/ Journaling, Poetry &amp; Short Stories 12:30 Enhance Fitness 1:45 Ted Talks 2:30 Pickleball 3:00 French Lessons</p>	<p><b>15</b> 8:00 Tennis 9:00 Yoga with David 10:00 Strength Training 10:00 Qigong 10:00 Get Connected 10:00 Computer Help 11:00 Communications/ Assertiveness 12:00 Bridge 2:30 Tye Dying 2:30 Pickleball</p>	<p><b>16</b> 8:00 Tennis 9:00 Yoga with Sub 10:00 Live Music &amp; Dancing / Sax 10:00 Chess w/Richard 10:30 Blood Pressure Clinic w/ Leah 12:30 Enhance Fitness 2:30 Pickle Ball</p>	<p><b>17</b> 8:00 Tennis 8:15 Trip To Wendover/Fun Bus 9:00 Pickleball Tournament/ Murray Heritage 9:00 Yoga with Kathy 10:00 Pinochle 10:00 Strength Training 11:00 Legal Assistance 12:00 Open Art 2:00 Grey Matters</p>	<p><b>18</b> 9:00 Yoga w/Diane 9:00 Art Class Any medium 10:00 Live Music &amp; Dancing 11:00 The Bronze Age Minoan Civilization 12:30 Enhance Fitness 1:30 Folk Dancing 2:30 Pickleball</p>
<p><b>21</b> 9:00 Yoga with Mitch 9:30 Line Dancing 10:00 Guitar Lessons 10:00 Adult Coloring 10:00 Computer Help 10:00 Writing Group/ Journaling, Poetry &amp; Short Stories 11:00 Vital Aging/ Creative Problem Solving 11:30 Solar Eclipse 12:30 Enhance Fitness 2:30 Pickleball 3:00 French Lessons</p>	<p><b>22</b> 8:00 Tennis 9:00 Yoga with David 10:00 Strength Training 10:00 Qigong 10:00 Get Connected 10:00 Haircuts 11:00 Communications/ Effective Problem Solving 12:00 Bridge 1:00 Book Club/ The Last Mile By David Baldacci 2:30 Tye Dying 2:30 Pickleball</p>	<p><b>23</b> 8:00 Tennis 9:00 Yoga with Sub 10:00 Live Music &amp; Dancing / Sax 10:00 Chess w/Richard 10:00 Computer Help 10:30 Blood Pressure Clinic w/ Leah 12:30 Enhance Fitness 2:30 Pickle Ball</p>	<p><b>24</b> 8:00 Tennis 9:00 Massage Therapy 9:00 Yoga with Kathy 9:30 Hiking Club/ Cecret Lake 10:00 Pinochle 10:00 Strength Training 10:30 Spanish Intermediate 10:30 Blood Pressure &amp; Glucose Check 11:30 Entertainment/ Music Makers 12:00 Open Art 2:00 Grey Matters</p>	<p><b>25</b> 9:00 Yoga w/Diane 9:00 Art Class Any medium 10:00 Live Music &amp; Dancing 11:00 The Bronze Age Minoan Civilization 12:30 Enhance Fitness 1:30 Folk Dancing 2:30 Pickleball</p>
<p><b>28</b> 8:00 Computer Help 9:00 Yoga with Mitch 9:30 Line Dancing 10:00 Guitar Lessons 10:00 Adult Coloring 10:00 Computer Help 10:00 Writing Group/ Journaling, Poetry &amp; Short Stories 11:00 Brain Games w/ Peak Specialty Group 12:30 Enhance Fitness 1:45 Ted Talks 2:30 Pickleball</p>	<p><b>29</b> 8:00 Tennis 9:00 Yoga with David 10:00 Strength Training 10:00 Qigong 10:00 Get Connected 10:00 Computer Help 11:00 Communications/ Values Collisions 11:00 Aging Mastery Program 12:00 Bridge 2:30 Tye Dying 2:30 Pickleball</p>	<p><b>30</b> 8:00 Tennis 9:00 Yoga with Sub 10:00 Live Music &amp; Dancing / Sax 10:00 Chess w/Richard 10:30 Blood Pressure Clinic w/ Leah 12:30 Enhance Fitness 2:30 Pickle Ball</p>	<p><b>31</b> 8:00 Tennis 9:00 Yoga with Kathy 10:00 Pinochle 10:00 Strength Training 12:00 Open Art 2:00 Grey Matters</p>	<div data-bbox="1532 2408 1824 2641" data-label="Image"> </div> <p><b>Beat The Summer Heat!</b></p> <p><b>Come and Cool Down at the Center!</b></p>