

### S.A.G.E.

2nd Tuesday of the Month (January 8th)

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. (January 4th) 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. A lunch can be obtained at the front desk for a suggested donation of \$3.00

### Mindful Meditation

Mondays at 1:45 p.m.

We are pleased to announce that Remington Basset has decided to continue offering Mindful Meditation. He invites you to join him Mondays at 1:45 p.m. to learn mindfulness exercises and what benefits meditation has and the benefits of having a strong headspace. Meditation can also assist you with pain and anxiety. Come give it a try.

### Services

#### Massage Therapy

Thursday 9:00a.m.-12:00 p.m.

30 minute massage by Appointment for the suggested donation of \$15.00.

#### Removing Trapped Emotions

Wednesday, January 2nd, 9th, 16th, 23rd and 30th.

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.

#### Haircuts by Alyssa

Tuesday, January 8th & 22nd 10:00 a.m.-12:00 p.m. by Appointment

\$8.00 suggested donation. Please wash hair before.

#### Integrative Hands-On-Healing

Wednesday & Thursday 10:30 & 11:30 a.m. by Appt.

Touch therapy that works with the body's energy field.

One hour session for the suggested donation of \$20.00

#### Free 20 Minute Legal Consultation

Thursday, January, 17th at 11:00 a.m. by Appointment

#### Podiatrist

Tuesday, January 29th 2:00 p.m.

Suggested donation is \$10.00

### 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.

January 14th 1:45 p.m.

\*Why I Risked My Life To Expose A Government Massacre

\*Taking Trash To A Whole New Level

\*Mind-blowing Magnified Portraits of Insects

January 28th 1:45 p.m.

\*The Fascinating Science of Bubbles, From Soap

To Champagne

\*The Global Goals We've Made Progress On-And The Ones

We Haven't

\*How Ugly, Unloved Food Can Change The World

Refreshments will be provided.

### 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 10:15 a.m.** The class is starting to grow and those attending are having a blast while getting some good exercise.

### Monthly Film Series

Friday, January 11th 10:00a.m.

Film: **The Wanted 18**

For a humorous introduction to the serious issue of Palestine and Israel, Utahans for a Just Peace in the Holy Land presents the award-winning film "The Wanted 18".

Through a clever mix of stop motion animation and interviews, The Wanted 18 recreates an astonishing true story: the Israeli army's pursuit of 18 cows, whose independent milk production on a Palestinian collective farm was declared "a threat to the national security of the state of Israel."

This true story took place in Beit Sahour, near Bethlehem, the same location, where, according to the Biblical Christmas Story, the angel appeared and announced the birth of Jesus to the shepherd's watching their flocks by night.

This is the first of a series of monthly films on Palestine and Israel that will be presented with a brief discussion following the movie. We look forward to seeing you there.

### Coming In February...

Winter Decathlon

Tuesday, February 26th.



### 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 for those 60+

\$7.00 for those under 60

Manager: Cheryl Leach

Center Program Coord.:

Brenda Lila Oberg

Office Specialist:

Hazel Roehrig

Center Custodian:

Cameron Smith

Kitchen: Fred Gray

Van Driver

Jordan Nelson



Accredited by  
National Institute of  
Senior Centers



# Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources

## JANUARY 2019

### *Happy New Year!*

### From Cheryl's Desk...

As with every New Year, of course next year will be here quickly. I've always asked how next year this time, will be different than today. How will I be different next year? The question is, am I on the right path so that when 2020 rolls around I will be stronger and better than I am today? Am I on a maintenance journey, trying to sustain where I'm at, or worse, am I still holding on to the 'someday I'll work harder and turn this around' position? I've always loved the thought that where we are today is more important than where we were yesterday. And, where we are today is less important than where we'll be tomorrow. If you've been meaning to work harder on improving your relationships, start today. If you've been failing to get fit, start today. Failure, like success, is never final.

As Richard L. Evans has said, "The moment we close the books on one year, we open them on another. And no matter how good or bad last year was, there is this year now to consider. We have to keep at it. For life is a process, and not a finished product. And there is no moment that we can say that our picture is completed." The point is that we should not be stifled by our past mistakes. We should, instead, learn from them and move onwards towards the success we envision. And, just as our shortcomings of the past can generally be corrected, our past successes can also be improved upon. As long as we can keep moving forward and doing our best, no success, and no failure is final. Let's realize the power that is in us to change and grow-to improve. Let's envision who we can become tomorrow as we start our new year's journey today.

Cheryl Leach, Center Manager

### New Classes

#### Creative Craft Class


Wednesday at 12:30 p.m.

Craft instructor Leah Caldwell will be teaching craft classes weekly on Wednesday at 12:30 p.m. There may be a suggested donation at times or you may be asked if you have any supplies you could donate. We will do everything possible to keep the classes cost free. Leah has taught at other centers and her classes were well attended.

#### University of Utah Sports Science Students

Tuesday & Thursday 12:00 - 1:30p.m.

A group of University of Utah, Sports Science students will be offering personal exercise opportunities for 10 weeks beginning Tuesday, January 22nd. Meet in the weight room. The students will work with you one-on-one to reach your goals. They will teach you how to use the exercise equipment safely and to your benefit. They will also provide a lecture one time during the ten week period. Please come and support them. This is an incredible learning opportunity for them.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>January 2019</b></p> 	<p>1 CENTER CLOSED</p> <p><b>Happy New Year!</b></p> 	<p>2 9:00 Yoga 10:00 Live Music &amp; Dancing/Sax or Glow's <b>10:30 Hands On Healing by Appt.</b> <b>10:30 Blood Pressure with Leah</b> 11:30 Lunch 12:30 EnhanceFitness <b>1:30 Remove Trapped Emotions</b> 3:15 Pickleball</p>	<p>3 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> 10:00 Computer Help By Appointment <b>10:15 Tai Chi with Ray</b> 12:00 Open Art 3:45 Zumba</p>	<p>4 9:00 Yoga <b>10:00 AARP 55+ Smart Drivers Class</b> <b>10:00 Chess Club</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet 12:30 EnhanceFitness <b>1:30 Astro Archaeology</b> 2:30 Pickleball</p>
<p>7 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie 11:30 Lunch 12:30 EnhanceFitness <b>1:30 Mindful Meditation</b>  2:30 Pickleball</p>	<p>8 9:00 Hatha Yoga /David <b>9:00 Computer Help</b> <b>10:00 Haircuts by Alyssa</b> <b>10:00 Grey Matters</b> <b>10:15 DRUMS ALIVE!</b> <b>10:30 Hands On Healing by Appt.</b> <b>11:30 Birthday Lunch</b> 12:00 Open Bridge <b>1:00 S.A.G.E.</b> 1:00 Learn To Crochet with Connielynn <b>2:30 Pickleball</b></p>	<p>9 9:00 Yoga 10:00 Live Music &amp; Dancing/Sax or Glow's <b>10:30 Hands On Healing by Appt.</b> <b>10:30 Blood Pressure</b> 11:30 Lunch 12:30 EnhanceFitness <b>12:30 Creative Craft Class</b> <b>1:30 Remove Trapped Emotions</b> <b>2:00 Book Club</b> 3:15 Pickleball</p>	<p>10 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> 10:00 Computer Help By Appointment <b>10:15 Tai Chi with Ray</b> <b>10:30 Spanish Lessons</b> 12:00 Open Art 3:45 Zumba</p>	<p>11 9:00 Yoga <b>10:00 Chess Club</b> <b>10:00 Film Series / The Wanted 18</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet 12:30 EnhanceFitness <b>1:30 Astro Archaeology</b> 2:30 Pickleball</p>
<p>14 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie 11:30 Lunch 12:30 EnhanceFitness <b>1:30 Mindful Meditation</b> <b>1:45 Ted Talks</b> 2:30 Pickleball</p>	<p>15 9:00 Hatha Yoga/David <b>9:00 Computer Help</b> <b>10:00 Grey Matters</b> <b>10:15 DRUMS ALIVE!</b> <b>10:30 Hands On Healing by Appt.</b> <b>11:30 Birthday Lunch</b> 12:00 Open Bridge 1:00 Learn To Crochet with Connielynn</p>	<p>16 9:00 Yoga 10:00 Live Music &amp; Dancing/Sax or Glow's <b>10:30 Hands On Healing by Appt.</b> <b>10:30 Blood Pressure with Leah</b> 11:30 Lunch 12:30 EnhanceFitness <b>12:30 Creative Craft Class</b> <b>1:30 Remove Trapped Emotions</b> 3:15 Pickleball</p>	<p>17 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> 10:00 Computer Help By Appointment <b>10:15 Tai Chi with Ray</b> <b>11:00 Free Legal Assistance by Appt.</b> 12:00 Open Art 3:45 Zumba</p>	<p>18 9:00 Yoga <b>10:00 Chess Club</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet 12:30 EnhanceFitness <b>1:30 Astro Archaeology</b> 2:30 Pickleball</p>
<p>21 CENTER CLOSED Martin Luther King Jr. Day</p> 	<p>22 9:00 Hatha Yoga/David <b>9:00 Computer Help</b> <b>10:00 Haircuts by Alyssa</b> <b>10:00 Grey Matters</b> <b>10:15 DRUMS ALIVE!</b> <b>10:30 Hands On Healing by Appt.</b> 12:00 Open Bridge <b>12:00 Personal Fitness with U of U Students</b> 1:00 Learn To Crochet with Connielynn</p>	<p>23 9:00 Yoga 10:00 Live Music &amp; Dancing/Sax or Glow's <b>10:30 Hands On Healing by Appt.</b> <b>10:30 Blood Pressure with Leah</b> 11:30 Lunch 12:30 EnhanceFitness <b>12:30 Creative Craft Class</b> <b>1:30 Remove Trapped Emotions</b> 3:15 Pickleball</p>	<p>24 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> 10:00 Computer Help By Appointment <b>10:15 Tai Chi with Ray</b> <b>10:30 Spanish Lessons</b> <b>10:30 Blood Pressure &amp; Glucose Clinic</b> <b>11:00 Vital Aging</b> <b>12:00 Personal Fitness with U of U Students</b> 12:00 Open Art 3:45 Zumba</p>	<p>25 9:00 Yoga <b>10:00 Chess Club</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet 12:30 EnhanceFitness <b>1:30 Astro Archaeology</b> 2:30 Pickleball</p>
<p>28 9:00 Hatha Yoga with Mitch 9:30 Line Dancing with Bonnie <b>10:30 Healthy Living For Your Brain &amp; Body</b> 11:30 Lunch 12:30 EnhanceFitness <b>1:30 Mindful Meditation</b> <b>1:45 Ted Talks</b> 2:30 Pickleball</p>	<p>29 9:00 Hatha Yoga with David <b>9:00 Computer Help</b> <b>10:00 Grey Matters</b> <b>10:15 DRUMS ALIVE!</b> <b>10:30 Hands On Healing by Appt.</b> 12:00 Open Bridge <b>12:00 Personal Fitness with U of U Students</b> 1:00 Learn To Crochet with Connielynn <b>2:00 Podiatrist</b> <b>2:30 Pickleball</b></p>	<p>30 9:00 Yoga 9:00 Thrift Store Open 10:00 Live Music &amp; Dancing/Sax or Glow's <b>10:30 Hands On Healing by Appt.</b> <b>10:30 Blood Pressure with Leah</b> 12:30 EnhanceFitness <b>12:30 Creative Craft Class</b> <b>1:30 Remove Trapped Emotions</b> 2:30 Pickleball</p>	<p>31 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> 10:00 Computer Help By Appointment <b>10:30 Hands On Healing by Appt.</b> <b>10:15 Tai Chi with Ray</b> 12:00 Open Art <b>12:00 Personal Fitness with U of U Students</b> 3:45 Zumba</p>	<p>Salt Lake County Aging Services</p>  <p><b>Tenth East Senior Center</b> <b>237 S. 1000 E.</b> <b>SLC, Ut. 84102</b> <b>385-468-3140</b></p>