


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

Haircuts by Alyssa
 2nd & 4th Tuesday of the month. 10:00 a.m.-12:00 p.m.
 \$8.00 requested donation. Please wash hair before.

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. 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.

Wendover Trip
 3rd Thursday of the month. (February 15th)
 Cost: \$22. \$7.00 cash back, \$5.00 in lucky bucks, free Buffet, and free drink. Le Bus will pick up 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
 February 5th:
 *Depression, The Secret We Sahre
 *The Agony of Trying To Unsubscribe

 February 26th:
 *Twelve Truths I Learned From Life And Writing
 *To This Day...For The Bullied and The Beautiful
 *My Story-Elizabeth Smart
 Refreshments will be provided.

Volunteers Wanted!
 With our big Open House planned for February 12th from 4-7p.m., we are looking for volunteers to assist with this event. We are also looking for Valentine decorations. Please see Brenda.

Share Your Skill
 Do you or someone you know have a special skill or hobby you could share with others? Do you like teaching others? We are always looking for new opportunities to offer here at the center. Why not volunteer to teach a class. See Brenda or contact her at 385-468-3140 or boberg@slco.org.

Reminder: The Center will be closed February 19th for Presidents Day.

Classes You Don't Want To Miss
 Archaeology
 Religion of Early Farmers to the Bronze Age
 Friday's, 11:00 a.m.

Book Club
 Wednesday, February 21st, 2:00 p.m.
 Book: : The Catcher In the Rye

Brain Games
 4th Monday at 11:00 a.m.

Health Screenings with Westminster Students
 Friday, February 16th, 9:30 a.m.-12:00.

Mixed Media Collage Art Class
 Thursday, February 8th & 22nd, 2:00 p.m.
 Join neighbor and participant, Heather Williams for this new creative and fun art class.

Russian Lessons
 Mondays, 11:00 a.m.

STEM Program
 Thursday, February 14th 11:00 a.m.
 Neuroscience

Tye Dying
 Tuesdays, 2:30 p.m.
 We have shirts available for purchase or you can bring your own. Come get creative! Tye Dye T-shirts make a great gifts for someone.

University of Utah Sports Science Students
 Tuesdays & Thursdays, 12:00-2:00p.m.
 A group of University of Utah, Sports Science Students are offering personalized exercise opportunities for the next 10 weeks. Meet in the weight room. They will work with you one on one to reach your goals. Please come and support the students. It is a great learning opportunity for them.

Vital Aging: A Healthy Mind, Body and Soul
 Monday, February 12th
 Coping with changes in life can be challenging. However, establishing a health and wellness plan can help you stay independent and enjoy an enduring quality of life. Investigate how to maintain a healthy mind, body and soul and stay motivated when making new lifestyle choices.

AARP Tax Services
 Tuesdays beginning February 6th
 You must make an appointment . There are some exceptions to tax preparation this year so please ask when making an appointment.



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



Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources.

February 2018

Salt Lake County Aging and Adult Services
3rd Annual Winter Decathlon Games
Hosted by the Tenth East Senior Center

When: Tuesday, February 27th!

Games include: 9 ball pool, darts, boggle mania, floor shuffle board, table shuffle board, Wii bowling, indoor golf, bean bag toss, puzzle event and 2 mystery events. Sign up now at your local senior center and get your Decathlon on!

8:30am- Check in & Continental Breakfast
9:00am- Welcome, Introduction & Rules
9:15am- Start games
11:45am- Lunch Break – Sack Lunches
12:30pm-Resume Games
1:30pm- Refreshments & Door Prize Drawing
2:00pm- Awards

Deadline To Sign Up is Tuesday, February 21st.
Join Us for A Day of Fun!

Lunch with Aging And Adult Services Director, Paul Leggett
Follow up To Listening Session
 Thank you to those that attended the Listening Session regarding the Tenth East Senior Center. As announced at that meeting, the center is remaining open. We want to thank you for your feedback and sharing with us your passion and ideas for the Tenth East Senior Center. As a follow up, Aging & Adult Services Director, Paul Leggett, will be joining the center for lunch on Wednesday, February 21st at 12 PM, to discuss moving forward with ideas presented during the Listening Session. We encourage you to attend lunch that day to hear how you can continue to be a part of supporting the Tenth East Senior Center. Reserve a lunch by signing up at the front desk.

We Love This Building
 The Tenth East Senior Center and Salt Lake Modern invite you to celebrate the mid-century architecture of the center on Monday, February 12th from 4-7 pm. It's an Open House to the community and participants with information on the architecture. Invite your friends and families to come see the center that you enjoy so much. There will be tours of the center, two guest speakers, music, photo editorial, artwork, and refreshments. Children welcome. Volunteers needed. Call 385 468-3140 for details.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Salt Lake County Aging & Adult Services

FEBRUARY 2018

TENTH EAST CENTER

237 South 10th East

Salt Lake City, Utah 84102

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

<p>5 8:00 Computer Help with Jenna 9:00 Yoga with Mitch 9:00 Learn to Crochet 9:30 Line Dancing 10:00 Guitar Lessons 10:00 Adult Coloring 11:00 Russian Lessons 12:30 Enhance Fitness 1:45 Ted Talks 2:30 Pickleball</p>	<p>6 9:00 AARP Tax Assistance 9:00 Yoga with David 10:00 Qigong 10:00 Circuit Training 10:00 Get Connected (Resource Help) 11:45 Birthday Tuesday/ Don Bennion 12:00 Bridge 12:00 University of Utah Exercise Students 2:30 Tye Dying 2:30 Pickleball</p>	<p>7 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 12:30 Enhance Fitness 2:30 Pickleball</p>	<p>8 9:00 Massage Therapy 9:00 Yoga with Kathy 10:00 Computer Genealogy 10:00 Circuit Training 10:30 Spanish Intermediate 12:00 Open Art 12:00 University of Utah Exercise Students 1:00 Learn To Crochet 2:00 Grey Matters 2:00 Mixed Media Collage</p>	<p>2 Groundhog Day 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 Archaeology/ Religion of Early Farmers to the Bronze Age 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>12 8:00 Computer Help with Jenna 9:00 Yoga with Mitch 9:00 Learn to Crochet 9:30 Line Dancing 10:00 Guitar Lessons 10:00 Adult Coloring 11:00 Russian Lessons 11:00 Vital Aging/ Mind, Body & Soul 12:30 Enhance Fitness 2:30 Pickleball 4-7 Valentine Open House</p>	<p>13 9:00 AARP Tax Assistance 9:00 Yoga with David 10:00 Qigong 10:00 Circuit Training 10:00 Haircuts 10:00 Get Connected (Resource Help) 12:00 Bridge 12:00 University of Utah Exercise Students 1:00 SAGE 2:30 Tye Dying 2:30 Pickleball</p>	<p>14 Valentine's Day 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 11:45 Valentine Lunch 12:30 Enhance Fitness 2:00 Advisory Committee Meeting 2:30 Pickleball</p>	<p>15 8:30 WENDOVER 9:00 Yoga with Kathy 10:00 Computer Genealogy 10:00 Circuit Training 11:00 Stem Program/ Neuroscience 11:00 Free Legal Assistance 12:00 Open Art 12:00 University of Utah Exercise Students 1:00 Learn To Crochet 2:00 Grey Matters</p>	<p>16 Chinese New Year 9:00 Yoga w/Diane 9:00 Art Class/Any Medium & Skill Welcome 9:30 Health Screenings With Westminster 10:00 Live Music & Dancing 11:00 Archaeology / Religion of Early Farmers to the Bronze Age 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>19 Center Closed For President's Day</p> 	<p>20 9:00 AARP Tax Assistance 9:00 Yoga with David 10:00 Qigong 10:00 Circuit Training 10:00 Get Connected (Resource Help) 12:00 Bridge 12:00 University of Utah Exercise Students 2:30 Tye Dying 2:30 Pickleball</p>	<p>21 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 12:00 Lunch w/AAS Director, Paul Leggett 12:30 Enhance Fitness 2:00 Book Club/ The Catcher In The Rye 2:30 Pickleball</p>	<p>22 9:00 Massage Therapy 9:00 Yoga with Kathy 10:00 Computer Genealogy 10:00 Circuit Training 10:30 Spanish Intermediate 10:30 Blood Pressure Clinic 12:00 Open Art 12:00 University of Utah Exercise Students 1:00 Learn To Crochet 2:00 Grey Matters 2:00 Mixed Media Collage</p>	<p>23 9:00 Yoga w/Diane 9:00 Art Class/Any Medium & Skill Welcome 10:00 Live Music & Dancing 11:00 Archaeology/ Religion of Early Farmers to the Bronze Age 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>26 8:00 Computer Help with Jenna 9:00 Yoga with Mitch 9:00 Learn to Crochet 9:30 Line Dancing 10:00 Guitar Lessons 10:00 Adult Coloring 11:00 Russian Lessons 11:00 Brain Games 12:30 Enhance Fitness 1:45 Ted Talks 2:30 Pickleball</p>	<p>27 8:30 3rd Annual Winter Decathlon 9:00 AARP Tax Assistance 9:00 No Yoga with David 10:00 No Qigong 10:00 No Circuit Training 10:00 Haircuts 10:00 No Get Connected (Resource Help) 12:00 No Bridge 12:00 University of Utah Exercise Students 2:30 No Tye Dying 2:30 No Pickleball</p>	<p>28 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 12:30 Enhance Fitness 2:30 Pickleball</p>	<p style="text-align: center;"> February Is Heart Health Month Join our Heart Health Challenge During the month of February we challenge you to attend more exercise classes and lectures. For every exercise class you attend you will receive one sticker and for every lecture you will receive 2 stickers. The stickers will be put on a heart with your name and posted on Brenda's office window. By the end of the month the person with the most stars on their heart will win the Heart Health Basket filled with all kinds of goodies. You will also find Heart Health handouts available at several of the classes offered. Good Luck!</p>	