Salt Lake County Aging & Adult Services offers a variety of programs designed to meet the needs of our community’s diverse population of older adults and those who care for them.

Highlighted Classes

**Paper Quilling**
Enjoy this meditative and beautiful art practice of rolling paper to make beautiful mosaic arts.

**Snowflake Pop-Up**
Make a fun pop-up snowflake greeting card.

**Beeswax Holiday Candle**
Create an easy candle out of beeswax that you can keep or give as a holiday gift to someone you care about.

**Painted Snowman Ornament**
Paint an adorable snowman to celebrate winter.

For More Information

To register, call us at 385-468-3299
Visit our website at slco.org/aging-adult-services/

A Message from the Newsletter Team

A Time of Giving

One thing we love about the various holidays during the winter months is the way that they inspire us to be more generous. From participating in food drives to making cookies for neighbors, there are a myriad of ways to get into the spirit of giving and show that you care for the community. As you plan for the holidays and prepare for the year ahead, please consider giving to your local senior center. We welcome your volunteerism and appreciate your generosity all year round. Your donations help support the congregate meal program, center activities, and more – and they’re tax-deductible.

Give online: https://salt-lake-county-aging-adult-services.square.site/

Oh, Newsletter Crew
Your dedication I must ballyhoo
Everyone with their incredible strengths
Help the Senior Scoop reach such lengths
We have the bearer of the Oxford comma
Those who would never bring any drama
Etymologists, philosophers, and poets
Although some may not know it
Your dedication I must ballyhoo
Oh, Newsletter Crew
Virtual Senior Center
Course Catalog 385-468-3299

ANNOUNCEMENTS & INFORMATION:

Call Center Hours
Our Registration Call Center hours are Monday – Friday, 8:00 AM – 3:00 PM. Please call during these hours to register for a Virtual Senior Center course.

Registration Information
Classes now have various registration opening dates and deadlines. Participants are able to call and register themselves and one other qualifying person in their household.

Supplies
If the class includes supplies, items may be picked up from the participant’s local senior center approximately one week after they register. Participants may contact their center to determine when supplies are available for pick up. Supplies will be held for two weeks. Current Meals on Wheels participants can sign up to have self-guided course supplies delivered to their home.

Self-Guided Courses

Art/Culture/Music

Adult Coloring Contest
Course Number: SUN-2021-001
Registration Currently Open
Registration Deadline: 12/6/2022 for December color sheet.
Participate in a coloring contest each month.

Supplies Needed: Colored pencils, gel pens, or markers.

Beeswax Holiday Candle
Course Number: RTN-12-002
Registration Opens: 11/28/2022
Registration Deadline: 12/30/2022
Create an easy candle out of beeswax that you can keep or give as a holiday gift to someone you care about.

Brain Teaser: Hidden Pictures
Course Number: SUN-2021-002
Registration Currently Open
Registration Deadline: 12/6/2022 for December packet.
Can you find all the hidden pictures in the image? Receive four hidden picture games a month.

Bird Bistro
Course Number: MAG-12-001
Registration Opens: 12/7/2022
Registration Deadline: 12/23/2022
Make your own bird bistro. Kit includes pre-cut wood, nails, glue, and bottle. Detailed instructions are on YouTube.

Supplies Needed: Hammer and bird seed.

December Mystery Grab Bag Craft
Course Number: MTO-12-003
Registration Opens: 11/28/2022
Registration Deadline: 12/30/2022
Enjoy a mystery craft from the grab bag.

Holiday Paper Roll Wreath
Course Number: KEA-12-001
Registration Opens: 11/28/2022
Registration Deadline: 12/30/2022
Create a festive holiday paper wreath.

Supplies Needed: Hot glue or other durable adhesive.
Self-Guided Courses Continued

**Holiday Wooden Angel**
Course Number: RBD-12-001
Registration Opens: 12/7/2022
Registration Deadline: 12/30/2022
Create a holiday angel with two wooden pieces and decorate it with provided felt, colorful sequins, and pipe cleaners.

**Paper Doily Christmas Tree**
Course Number: COL-12-001
Registration Opens: 11/28/2022
Registration Deadline: 12/28/2022
Make an adorable tiny tree to display as a holiday decoration.
**Supplies Needed:** Hot glue and hot glue gun.

**Snowman Necklace**
Course Number: DRA-12-004
Registration Opens: 12/7/2022
Registration Deadline: 12/14/2022
This smiley snowman necklace makes the perfect holiday accessory and adds a festive flair to anything you wear.

**Large 3D Paper Star**
Course Number: WJN-12-001
Registration Opens: 12/14/2022
Registration Deadline: 12/30/2022
Learn to make a paper star using only a 12 x 12 inch piece of scrapbook paper.
**Supplies Needed:** Regular glue or hot glue and scissors.

**Mixed Media Art**
Course Number: LIB-12-002
Registration Opens: 12/7/2022
Registration Deadline: 12/28/2022
Play with the elements of texture and unity to see what you can create.

**Painted Snowman Ornament**
Course Number: MTO-12-001
Registration Opens: 12/14/2022
Registration Deadline: 12/30/2022
Paint an adorable snowman to celebrate winter.
**Supplies Needed:** Paintbrush, glue, and black marker.

**Paper Quilling**
Course Number: LIB-12-001
Registration Opens: 12/7/2022
Registration Deadline: 12/28/2022
Enjoy this meditative art practice of rolling paper to make a beautiful mosaic.
**Supplies Needed:** Supplies and instruction included.

**Scratch Art Christmas Ornament**
Course Number: SAN-12-003
Registration Opens: 12/14/2022
Registration Deadline: 12/30/2022
Create a unique scratch art designed holiday ornament.

**Snowman Ornament**
Course Number: MID-12-002
Registration Opens: 11/28/2022
Registration Deadline: 12/16/2022
Make this cute snowman ornament for your holiday tree.
**Supplies Needed:** Glue.

**Snowflake Pop-Up Card**
Course Number: MID-12-001
Registration Opens: 11/28/2022
Registration Deadline: 12/16/2022
Make this enjoyable pop-up snowflake greeting card.
**Supplies Needed:** Scissors, craft knife, cutting mat, ruler, and glue stick.

Sticker By Number
Course Number: DRA-12-004
Registration Opens: 12/7/2022
Registration Deadline: 12/14/2022
Find the coordinating stickers to complete the picture. Step back and admire your masterpiece.
**Self-Guided Continued & Online-Live Courses**

**Word Search**
Course Number: SUN-2021-003
Registration Currently Open
Registration Deadline: 12/6/2022 for December word search.

*Backward, forward, and diagonal - can you find all the words? Receive four word searches per month.*

**Supplies Needed:** Pen or pencil.

**Meditation Practices**
Course Number: TEN-2022-004
Registration Opens: 12/7/2022
Registration deadline: 12/14/2022 for December packet.

*Receive curated instructions and information to establish an ongoing meditation practice.*

**Mindful Mazes**
Course Number: SAN-2022-003
Registration Currently Open
Registration Deadline: 12/30/2022

*Get on the path to increased mental flexibility and problem solving skills with a monthly maze.*

**Mindfulness Practices**
Course Number: TEN-2022-003
Registration Opens: 12/7/2022
Registration Deadline: 12/14/2022 for December packet.

*Receive guidance each month on how to establish an ongoing awareness practice.*

**Health & Wellness**

**Cozy Winter Recipes**
Course Number: MTO-2021-002
Registration Opens: 11/28/2022
Registration Deadline: 12/30/2022

*Enjoy these delicious and cozy recipes on a cold winter day.*

**Donna’s Diabetes Recipe**
Course Number: COL-2022-001
Registration Currently Open
Registration Deadline: 12/30/2022

*Receive a monthly diabetes-friendly meal recipe. The December Recipe is Zucchini Fingers.*

**December Brain Teaser Packet**
Course Number: RTN-12-001
Registration Opens: 12/14/2022
Registration Deadline: 12/30/2022

*Work your brain with word search and scrambles, coloring pages, mazes, crossword puzzles, and more.*

**Supplies Needed:**
Pencil, eraser, colored pencils, or crayons.

**How the Grinch Stole Christmas Crossword**
Course Number: WJN-12-002
Registration Opens: 12/14/2022
Registration Deadline: 12/30/2022

*Test your “Grinch knowledge” with this crossword.*

**Supplies Needed:**
Pen and/or pencil.

**Online-Live Courses**

**Art/Culture/Music**

**Acrylic Painting**
Course Number: MIL-2021-004
Registration Currently Open
Start Date: 12/2/2022
F 10:30 AM 90 mins
Registration Deadline: 12/12/2022

*Join us for our live, interactive, virtual acrylic painting class. Complete a new painting every week.*

**Supplies Needed:** Acrylic paintbrushes, canvas/paper, & paints.

**Education**

**Cozy Winter Recipes**
Course Number: MTO-2021-002
Registration Opens: 11/28/2022
Registration Deadline: 12/30/2022

*Enjoy these delicious and cozy recipes on a cold winter day.*

**Health & Wellness**

**December Brain Teaser Packet**
Course Number: RTN-12-001
Registration Opens: 12/14/2022
Registration Deadline: 12/30/2022

*Work your brain with word search and scrambles, coloring pages, mazes, crossword puzzles, and more.*

**Supplies Needed:**
Pencil, eraser, colored pencils, or crayons.

**How the Grinch Stole Christmas Crossword**
Course Number: WJN-12-002
Registration Opens: 12/14/2022
Registration Deadline: 12/30/2022

*Test your “Grinch knowledge” with this crossword.*

**Supplies Needed:**
Pen and/or pencil.

**We’re on YouTube!**
Enjoy a variety of classes, including arts and crafts, exercise, tech tips, educational lectures, and more!
Check out our channel and don’t forget to subscribe.
[YouTube.com](https://www.youtube.com/c/SLCOAgingAdultServices)

[YouTube](https://www.youtube.com)
How to Register for the Virtual Senior Center

1. First, you need to have an email address to register. Then, call our Virtual Senior Center at 385-468-3299.

2. A registration assistant will send a request to your email. The email will allow you access to the SERVTracker registration program. You will be given a temporary password. Write down your temporary PIN and click “Verify Me.”

3. You will then be directed to client.servtracker.com/login. Enter your email as your username. Next, enter your temporary password in the space provided. You will then be directed to set up your own personal password. Be sure to write it down.

4. Click on the “Class Registration” button. Here you will see the classes available. Click on a class that interests you to see class details.

5. Click the “Register for class” button:

Then click “proceed to payment” (you will not be charged). You are registered for your class.

Health Promotion Courses

Dealing with Dementia
Course Number: HP-2022-083
Instructor: Suzanne Lewis
Registration Currently Open
Start Date: 12/7/2022
W 10:00 AM 4 hours
Registration Deadline: 11/28/2022
This four-hour class provides caregivers with a copy of the new Dealing with Dementia Guide that provides information and solutions to common caregiver problems.

Exercise as Medicine
Course Number: HP-12-002
Instructor: Laura Jones
Registration Currently Open
Start Date: 12/13/2022
T 2:00 PM 60 mins
Registration Deadline: 12/13/2022
Has your doctor ever prescribed exercise for you? Learn how being physically active can act as medicine for many ailments.

How Does Physical Activity Affect My Emotional Health?
Course Number: HP-12-001
Instructor: Maria Rodriguez
Registration Currently Open
Start Date: 12/6/2022
T 2:00 PM 60 mins
Registration Deadline: 12/6/2022
Staying physically active is not just for your waistline. Learn about the endless benefits to moving your body.

Spot and avoid home-related fraud this winter

Prevent Medicare Fraud
The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones. Call Aging and Adult Services 1-385-468-3200 if you need assistance.

Between inflation and soaring energy prices, many of us are thinking about how much more it’s going to cost to stay warm this year. Getting an email, a call, or a knock on your door with an offer to cut your utility bill may seem like hitting the savings lottery. But before you say “yes,” know that scammers may hide behind some of those offers. They’re after your money and information and will leave you out in the cold. As you look for ways to improve your home’s energy efficiency and cuts cost, see below for ways to spot and avoid weather-related fraud this winter.
Happy and Healthy Holidays from the Health Promotion Team!!

Paige, Beckie, Suzanne, Erika, Annie, Marianne

Here are a few Healthy Holiday Tips for You:

It’s ok to say no. You can still have a wonderful holiday season without doing every single activity. Make sure to take some time for you so you can enjoy the time you spend with others.
--Suzanne Lewis

For healthy winter skin during the holidays stay hydrated, moisturize your skin, avoid hot water showers, and use sunscreen when outdoors.
--Erika Thompson

Eat a healthy snack and take a 10-minute walk before heading to a party or family gathering where you know there will be unhealthy food and/or stressful situations. This way you can relieve a little stress, clear you mind, and move your body.
--Paige Corley

As some of us begin to feel the pressure of the season on our shoulders, sleep deprivation may make the tiniest molehill seem like a mountain. A good night’s sleep (typically 7-9 hours) can provide us with the resiliency we need to get through the holiday season. If getting to sleep is a challenge, try turning off electronic screens 30-45 minutes before bedtime and/or have a warm shower or bath to help relax and induce sleep.
--Annie Cox

Look for someone to include in your circle of friends this holiday season. Whether you are a well-connected person or maybe you feel a bit isolated and alone, it cheers up everyone to look around for other people that you can help, serve, lift, and befriend.
--Marianne Christensen

Stay hydrated.
--Beckie Eastman
Simplifying the Holidays

There are many holidays in December. These celebrations require caregivers to do a balancing act when attending community and neighborhood events.

Ways to simplify the holiday season:

- Create a quiet space for those being cared for at every location. For example, ask for a back table by a window at the restaurant.
- Limit your own decorations. Enjoy holiday lights, trees, and music at other locations—then return home to a more simple calmer sanctuary.
- Plan ahead—travel with snacks, activity packets, an extra day’s medication, and plan for holiday traffic, weather, and bustle.
- Ask for time flexibility. Kindly request that family and friends consider holding events that make travel and participation easier.
- Create a viewing area. Aging individuals and those being cared for may not be able to go outside for traditional winter activities. Design a cozy area in front of the window with a warm blanket, a hot beverage, and festive snacks to watch the snowy activities take place outside.

The most important adaptation of any holiday—at any time of the year—is to simplify and celebrate at a slower, more manageable pace. May a calm, relaxing day find you in the middle of the holiday hustle.

The Caregiver Support Program - 385.468.3280 | slco.org/caregiver

Lisa Pitts - Senior Focus

Hi! My name is Lisa Pitts. I was born in Ohio to my loving parents who now live in California. I spent most of my working career in the electronic/manufacturing field, almost 35 years, as well as a few years waitressing.

I married the love of my life and have been married almost 30 years. I’m also the mother to our talented and gifted son. My husband and I love to travel, camp in our motor home (our happy place), and enjoy going to concerts, rodeos, and watching the Utah Jazz.

I retired in January of 2022 and immediately joined the Magna Kennecott Senior Center to help fill my days. I participate in various classes including Dance Flow, jewelry making, and beading. I also volunteer at the front desk on Mondays and help with the Utah Food Bank. I am so blessed to have met so many amazing people at the center and love coming here. Thank you for welcoming me and being part of my life!
The Arthritis Foundation Walk With Ease Program is an evidence-based exercise program designed for people with arthritis. There are many types of arthritis and staying physically active can help delay the onset of symptoms. This program was developed to help people with arthritis by giving them information and tools to understand their symptoms and learn the importance of low-impact aerobic exercise. The participants of the program will see the benefits of staying physically active by beginning a regular walking routine.

This program is designed for ALL walking abilities and gives the participants tools to walk safely and become more physically active. If you can be on your feet for 10 minutes without increased pain, you can see success through Walk With Ease! This no-cost, on-site workshop meets for six weeks, three times a week, for one hour. The workshop is led by a certified instructor that will offer information and tools to help you make walking a regular part of your life.

In this workshop you will learn about arthritis and how to manage symptoms and flare-ups as well as how to start and maintain a walking routine that works for you. Each session starts with an informative discussion followed by a 5-step walking routine. The course begins with 10 minutes of active walking and gradually builds to 30 minutes of active walking at your own pace.

The workshop routine will be every Monday, Wednesday, and Friday from Friday, January 6th – February 17th from 12:30 PM – 1:30 PM.

THIS WORKSHOP IS BEING OFFERED AT TWO SEPARATE LOCATIONS. Advanced registration is required; please register at the location that works best for you.

Gene Fulmer Recreation Center
(by West Jordan Senior Center)
8015 S. 2200 W. West Jordan, 84088
Call 385-468-3401 or sign up at the Senior Center front desk.

Northwest Recreation Center
(by River’s Bend Senior Center)
1255 West Clark Avenue, SLC 84115
Call 385-468-3022 or sign up at the Senior Center front desk.

If you have questions about the program, contact Annie Cox at 385-468-3295 or acox@slco.org