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**

**Bug Box**
“In all things of nature there is something of the marvelous.”  
- Aristotle.

**Reuse Magnets**
Create your own fantasy magnets!

**Utah Food Bank Caring Cards**
Write & decorate a card using card kit supplies & return to your local senior center to donate.

**Family Crest Coat of Arms Contest**
Design a family crest coat of arms that represents your family.

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

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**6 Steps to Prevent a Fall**

Exercises that focus on balance and strength training can reduce the risk of falling. Always talk to your doctor first before starting new exercises. **Stay safe with these tips!**

1. **Find a good balance and exercise program**
   - Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2. **Talk to your health care provider**
   - Ask for an assessment of your risk of falling. Share your history of recent falls.

3. **Regularly review your medications with your doctor or pharmacist**
   - Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.

4. **Get your vision and hearing checked annually and update your eyeglasses**
   - Your eyes and ears are key to keeping you on your feet.

5. **Keep your home safe**
   - Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6. **Talk to your family members**
   - Enlist their support in taking simple steps to stay safe. Falls are not just a seniors’ issue.

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**IMPORTANT!** All Senior Centers will be closed on September 28th at 1:00 pm for a Division-wide staff training.
## Class Formats

- **Self-Guided**: Classes are done on your own, on your schedule
- **Online - YouTube**: Pre-recorded videos are posted on Aging & Adult Services YouTube Channel
- **Online-Live**: Classes are taught through an online video conference program

## Registration Deadline

Some classes have a registration deadline. Unless otherwise indicated, Online-Live classes have a registration deadline of 48 business hours before the day of class.

## Supplies

If the class includes supplies, items may be picked up from your senior center approximately one week after participant registers. Contact your 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 supplies delivered to their home.

### Art/Culture/Music

#### A “Little Fit”
- **Course Number**: DRA-09-002
- **Start Date**: 9/1/2021
- **Registration Deadline**: 9/30/2021

This quirky gift is perfect for the person that needs to throw a “little fit” rather than their own!

#### Brain Teaser: Hidden Pictures
- **Course Number**: SUN-2021-002
- **Start Date**: 9/1/2021
- **Registration Deadline**: 9/16/2021

Can you find all the hidden pictures in the image? Receive 4 fun hidden pictures every month.

#### Adult Coloring Contest
- **Course Number**: SUN-2021-001
- **Date**: Ongoing

Do you love to color? Participate in a contest each month!

- **Supplies Needed**: Colored pencils, crayons, gel pens, or markers.

#### Bug Box
- **Course Number**: LIB-09-001
- **Start Date**: 9/1/2021
- **Registration Deadline**: 9/1/2021

Have fun making this colorful box, printed on quality card stock, with easy-to-follow instructions.

![bug box](image)

#### Bug Magnets
- **Course Number**: WJN-09-002
- **Start Date**: 9/10/2021
- **Registration Deadline**: 9/30/2021

Make cute magnets to display on your fridge.

#### Coin Purse
- **Course Number**: TAY-09-001
- **Start Date**: 9/6/2021
- **Registration Deadline**: 9/20/2021

Sew a small fabric purse to hold tiny items. Fabric, pattern, & thread provided.

- **Supplies Needed**: Sewing skills & sewing machine.

#### COVID Time Capsule
- **Course Number**: MAG-2021-001
- **Start Date**: Ongoing
- **Registration Deadline**: 12/1/2021

Document & preserve your collective experiences by creating a time capsule!

#### Craft Stick Bracelet
- **Course Number**: MAG-09-001
- **Start Date**: 9/1/2021

You won’t believe a bracelet made with a craft stick can be so stylish.

#### Family Crest Coat of Arms Contest
- **Course Number**: MAG-09-002
- **Start Date**: 9/12/2021

Design a Family Crest Coat of Arms that represents your family.

#### Ladybug Fabric Scrap Magnets
- **Course Number**: LIB-09-002
- **Start Date**: 9/1/2021
- **Registration deadline**: 9/24/2021

Turn scraps of fabric into ladybug magnets.
Self-Guided Courses Continued

**Memorial Flower Plaque**
Course Number: RBD-09-001
Start Date: 9/1/2021
Registration Deadline: 9/20/2021
Create your own memorial decoration to remember someone you love.

**Supplies Needed:** Glue & scissors.

**Spooktacular Wreath**
Course Number: KEA-09-002
Start Date: 9/1/2021
Registration deadline: 9/24/2021
Fall-inspired wreath with spiders, pumpkins, broomsticks, oohl my!

**Surprise Craft Box**
Course Number: RBD-09-002
Start Date: 9/1/2021
Registration deadline: 9/20/2021
Receive a mystery craft box & have some fun to kick off Fall!

**Supplies Needed:** A glue gun and access to YouTube for directions on some crafts supplied in the box.

**September Brain Teaser Packet**
Course Number: RIV-01-001
Start Date: 9/1/2021
Registration deadline: 9/28/2021
Work your brain with word searches & scrambles, coloring pages, mazes, crossword puzzles, & more.

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

**Ribbon Bookmarks**
Course Number: DRA-09-001
Start Date: 9/1/2021
Registration deadline: 9/30/2021
Save your place while reading your favorite book with this easy-to-make ribbon bookmark.

**Utah Food Bank Caring Cards**
Course Number: MIL-09-001
Start Date: 9/6/2021
Registration deadline: 9/24/2021
Write & decorate a card using card kit supplies & return it to your local senior center who will donate to Food Bank.

**Supplies Needed:** Fine point Sharpie marker.

**September Card Making**
Course Number: WJN-09-001
Start Date: 9/1/2021
Registration Deadline: 9/30/2021
Create a fun card to share with a loved one.

**Supplies Needed:** Glue & scissors.

**Word Search**
Course Number: SUN-2021-003
Date: Ongoing
Backward, forward, & diagonal - can you find all the words? Receive 4 word searches per month.

**Supplies Needed:** Pen or pencil.

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**Health & Wellness**

**Journaling Through COVID**
Course Number: MAG-2021-002
Date: Ongoing
Express your struggles & thoughts during the pandemic for your family’s future generations.

**Neurobics Weekly**
Course Number: SAN-2021-001
Date: Ongoing
Aerobics for your brain! Receive various brain games weekly to exercise & flex your brain muscles.

**Information & Services**

**Emergency Contact List & Medical Alert Card**
Course Number: RTN-09-002
Start Date: 9/1/2021
Registration deadline: 9/28/2021
Create a wipeable list for your phone numbers such as pharmacy, Social Security, utilities, insurance, doctor, etc.

**Supplies Needed:** Fine point Sharpie marker.
Online-Live Courses

**Education**

**Brain Gym**
Course Number: TEN-2021-001
Instructor: Donna Sewell
Start Date: 9/7/2021
T 12:30 PM  90 mins
Registration deadline: 12/27/2021
Activities that help improve balance, coordination, focus, communication, & more.

**Caregiver Talking Points**
Course Number: CS-2021-001
Instructor: Kathy Nelson
Start Date: 9/13/2021
2nd M 2:00 PM  60 mins
Registration deadline: 9/8/2021
A place for caregivers to learn skills to manage care in the home.

**Fitness & Exercise**

**Gentle Chair Yoga**
Course Number: COL-2021-001
Instructor: Mary (Lisa) Quealy
Start Date: Ongoing
T 1:00 PM  60 mins
Beginners welcome. Relax, breathe, & feel revived through very gentle movement while seated in a chair.

**Hatha Yoga**
Course Number: TAY-2021-002
Instructor: Frances Rogers
Start Date: Ongoing
T 1:00 PM  90 mins
Join this Hatha yoga class for experienced students.

**Tai Chi**
Course Number: MTO-2021-002
Instructor: Mike Dusserre
Start Date: Ongoing
T & TH 8:30 AM  60 mins
Learn Yang-Style old-fashioned Long-Form Tai Chi with Mike Dusserre.

**Stretch Your Grocery Dollars**
Course Number: MID-009-001
Instructor: Tony Spires
Date: 9/14/2021
2nd T 10:00 AM  30 mins
Registration Deadline: 9/14/2021
Eating healthy doesn’t have to be expensive. Learn easy ways to buy healthy foods on a budget.

**The Caregiver Co-op**
Course Number: CS-2021-002
Instructor: Kathy Nelson
Date: 9/27/2021
4th M 2:00 PM  60 mins
Registration deadline: 9/22/2021
An activity group for family caregivers. A place to laugh & have fun with peers.

**Health & Wellness**

**Finding Greater Happiness as We Work Through Our Grief**
Course Number: MID-2021-003
Instructor: Jody Davis
Date: 9/10/2021
F 10:30 AM  60 mins
Registration Deadline: 9/9/2021
Explore a new normal, find a new way of looking at the world, & envision the world we hope to create.

**She Shed**
Course Number: KEA-2021-001
Instructor: BreAnn Silcox
Start Date: 9/1/2021
1st & 3rd W 1:00 PM  45 mins
Registration Deadline: 9/13/2021
Join our social hour for women. Get to know others & share a little about yourself!

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**Social & Recreational**

**Brain Gym**
Course Number: TEN-2021-001
Instructor: Donna Sewell
Start Date: 9/7/2021
T 12:30 PM  90 mins
Registration deadline: 12/27/2021
Activities that help improve balance, coordination, focus, communication, & more.

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**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/c/SLCOAgingAdultServices](https://youtube.com/c/SLCOAgingAdultServices)
**Health Promotion Courses**

**Fitness & Exercise**

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Instructor</th>
<th>Start Date</th>
<th>Days</th>
<th>Duration</th>
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<tr>
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<td>M/W/F</td>
<td>8:45 AM</td>
<td>60 mins</td>
<td>9/1/2021</td>
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<td>EnhanceFitness 2:00 PM</td>
<td>M/W/F</td>
<td>2:00 PM</td>
<td>60 mins</td>
<td>9/1/2021</td>
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Virtual version of an evidence-based fitness class that helps older adults improve their cardio, strength, & balance.

**Health & Wellness**

<table>
<thead>
<tr>
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<th>Time</th>
<th>Instructor</th>
<th>Start Date</th>
<th>Days</th>
<th>Duration</th>
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</thead>
<tbody>
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<td>A Physical Therapist's Guide to Fall Prevention</td>
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<td>60 mins</td>
<td>9/21/2021</td>
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<tr>
<td>Fall Prevention 101</td>
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<td>60 mins</td>
<td>9/7/2021</td>
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<tr>
<td>The Aging Mastery Program</td>
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<td>90 mins</td>
<td>9/1/2021</td>
<td></td>
</tr>
<tr>
<td>What YOU Can do to Prevent a Fall</td>
<td>T</td>
<td>2:00 PM</td>
<td>60 mins</td>
<td>9/14/2021</td>
<td></td>
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</tbody>
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Learn about community resources in Salt Lake County that will help you reduce your fall risk.

**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 SERVTracker, our registration program. You will be given a temporary password and PIN. Write down your temporary PIN.

3. You will then be directed to client.servtracker.com/login. Enter your email. Next, enter your temporary PIN in the password space. 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 orange “Register for class” button:

   Then click “proceed to payment” (you will not be charged). You are registered for your class.
The American West Symphony and Chorus of Sandy (AWSC) is proud to present our first virtual concert movie in the “Sounds of Hope” concert series. When indoor concerts became unsafe, our dedicated musicians started to focus on digital performances of chamber music. Our “Sounds of Hope” video concert series is the result of our efforts during the pandemic.

This free event is available on our website americanwestsymphony.com, on our virtual concert page https://americanwestsymphony.com/virtual-concerts.

Enjoy an arrangement of “Nimrod” by Edward Elgar, 1st miniature string quartet by David Stone, a solo piano etude by Sergei Rachmaninoff, music by Haydn, Mozart, Gustav Holst, Handel, Carl Orff, and so much more. We would also like to invite you to check out our other videos on our video page to listen to past performances.

We miss our audience and look forward to performing for you in person soon. It is a privilege for our organization to serve the community, and we look forward to sharing live music with you soon. For now, please enjoy our videos!
Caregiver Support

Some days, joy may be a little difficult to find—and the energy to create joy may be low and hard to generate. When caring for others, sleep can be inconsistent and emergencies tend to redirect the best made plans. In all honesty, providing care for others can cause fatigue in the most organized and skilled caregivers. It is important to acknowledge that low energy is a normal part of the care process. Not all days or weeks go well. Think about the meaning of the verb “to enjoy”. To enjoy something a person must choose to participate in and open the human heart to joy. Sometimes a person is simply too fatigued to experience it. Today might be a “take a nap day” or a “go to the hospital day”. Let each day have its place. And remember, if self-care is practiced more regularly and care challenges are shared, “JOY” will have a better chance at finding its way home.

Visit the Creating Joy Booklet on the slco.org/caregiver resource tab to explore fun ways to make Joy a reality. Call the Caregiver Support Program at 385.468.3280 with any other caregiving questions or concerns.

Health Promotion

“If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”
--Robert Butler, National Institute on Aging

We often are guilty of wanting and looking for an easy fix or a pill to help improve our health. September is National Fall Prevention Awareness Month and it has been well researched that being physically active can go a long way in helping to reduce your risk of having a fall.

Check out all the great classes at your local senior center! Here are a few of our favorites: EnhanceFitness, Walk With Ease, Tai Chi for Fall Prevention, Arthritis Foundation Exercise Program.

Do what works for you but get started today in preventing a fall!
Plans change every year. So can your health needs.

• Even if you are happy with your current plan, it may be changing costs, coverage, or both for 2021.
• Read the Annual Notice of Changes mailed to you by your health plan.
• Check the plan formulary—the list of covered prescription drugs—to make sure yours are covered.
• Look for plans that best meet your changing health, life, and financial needs.

Now it’s time to consider your options.

This is your chance to look at all of your Medicare plan choices for the year ahead—like prescription drug plans, Medicare Advantage, and supplemental (Medigap) plans.

It’s worth a look.

You may find better coverage, extra benefits, or lower costs. It’s worth taking the time to explore your options while you can.

We can help!
Call (385) 468-3200

Our State Health Insurance Assistance Program (SHIP) team is here to offer free, unbiased Medicare counseling so you can find the right plan for your needs. Visit https://slco.org/aging-adult-services/ for more info.

Promoting independence through advocacy, engagement and access to resources.