

SENIOR CENTER NEWS

September 2020

Senior Centers are a community gathering place that offers socialization, education, and recreation for the 60+ crowd. This is a place where you can exercise, learn a new language, play games, attend educational presentations, dance, socialize, and more!

Virtual Senior Center Your Center at Home!

Salt Lake County is pleased to announce the development of a Virtual Senior Center!

Aging & Adult Services' new Virtual Senior Center will offer programming that seniors can do from the safety of their own home! These programs will include online, video conference, telephone, or self-guided activities that require neither phone nor computer. A variety of class types will be available ranging from support groups, exercise classes, education, arts & crafts, and even self-guided tours of local areas.

The development is ongoing - we have exercise classes and wellness videos on our YouTube page from the Health Promotion program and are working every day to create new opportunities, including presentations, classes, support groups, and more.

Virtual Senior Centers combat loneliness and isolation among older adults, many of whom are still actively socially distancing and starting to feel the impacts of prolonged isolation.

Connect with Aging & Adult Services' social media pages and check back here for more Virtual Senior Center content and opportunities to connect in the coming months!

Thank you,

Aging & Adult Services' Administration

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COMPLETE YOUR CENSUS TODAY BY PHONE, MAIL, OR ONLINE

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During the 2020 Census, the Census Bureau will never ask for:

- *Your Social Security number.*
- *Your bank account or credit card numbers.*
- *Money or donations.*
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SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

*Promoting Independence
Through Advocacy,
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Health Promotion & Education

Healthy at Home Webinars:

September is Fall Prevention Awareness Month!

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Taught by the Health Promotion team

September 8th—Are you at a high risk of falling? Take the assessment to find out and learn about resources to prevent falls.
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September 15th - What exercises can you do to improve your balance?
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September 22nd—Overview of Fall Prevention
Taught in Spanish by Erika Thompson**

September 29th –Could my medications lead to a fall? Learn more from a guest pharmacist.

****Please note:** The 4th Tuesday of every month will be taught in Spanish.

Register for weekly webinars
activeaging@slco.org or call 385-468-3295

VOLUNTEER with Meals on Wheels

- One hour a week can change a life.
- Over 61 volunteer teams work every day to ensure that frail and vulnerable older adults have a meal and daily connection.
- 45% of 1,100 daily meals in Salt Lake County are delivered by volunteers.

Delivering more than just a meal

Contact:

Shauna Brock
(385)468-3196 | skbrock@slco.org

Lindsay Garrahan
(385)468-3216 | lgarrahan@slco.org



Senior Center September 2020 Menu

Lunch served from 11:30 AM - 1:00 PM

Please call your center the day before to make a lunch reservation for the next day.

Meals available for Seniors 60+ and must be a member. Call your local Senior Center for details.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Beef Tips w/ Gravy (Birthday Meal) Whipped Potatoes Stewed Tomatoes Green Beans Stewed Tomatoes Seasonal Fruit Frosted Birthday Cupcake	BBQ Pork Sandwich Ranch Beans Green Salad Sliced Apples	Meatball w/ Country Gravy Whipped Potatoes Mixed Vegetables Seasonal Fruit	Bacon Cheeseburger (Special Meal) Diced Potatoes w/Peppers & Onions Baked Beans Coleslaw Seasonal Fruit
	7	8	9	10
Labor Day Center Closed	Chicken Parmesan w/Spaghetti Noodles Broccoli Pears Apple Cobbler	Breaded Fish Confetti Rice Green Salad Mixed Vegetables	Meatball Sandwich Hoagie Bun Glazed Carrots Citrus Fruit Cup	BBQ Pork Patty Green Salad O'Brian Potatoes Mixed Vegetables Seasonal Fruit
14	15	16	17	18
Turkey a la King Biscuit Whole Kernel Corn Seasonal Fruit Chocolate Chip Cookie	Spaghetti & Meatballs Whole Grain Roll Mixed Vegetables Mandarin Oranges	Chicken Burrito Brown Rice Tortilla Black Beans w/ Red Peppers Chuckwagon Corn	Breaded Fish O'Brian Potatoes Glazed Carrots Seasonal Fruit	Zesty Baja Chicken Salad (Cold Meal) Mixed Fruit Cup Citrus Gelatin Whole Wheat Crackers
22	23	24	25	26
Honey Mustard Chicken Roasted Red Potatoes Green Beans Seasonal Fruit Sugar Cookie	Egg Salad Sandwich (Cold Meal) Multigrain Bread Lettuce & Tomato Three Bean Salad Pineapple	Salisbury Steak Whipped Potatoes w/ Brown Gravy Mixed Vegetables Seasonal Fruit	Italian Chicken Salad (Cold Meal) Dinner Roll Seasonal Fruit Vanilla Pudding	Cheeseburger Whole Wheat Bun Lettuce & Tomato Baked Beans Mixed Vegetables
28	29	30	Suggested Donation: \$3.00 Donations can be made online at https://slco.org/aging-adult-services/donation/	
Lemon Pepper Chicken Parslied Rice Club Spinach Seasonal Fruit	Spaghetti & Meatballs Whole Grain Roll Green Beans Hot Spiced Pears	Turkey Breast Sandwich (Cold Meal) Whole Wheat Bread Lettuce & Tomato Green Pea Salad Oatmeal Raisin Cookie		

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments

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Senior Center Drive Thru Meal Program

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Columbus Senior Center 2531 South 400 East, South Salt Lake	385.468.3340	Millcreek Senior Center 2266 Evergreen Avenue, Millcreek	385.468.3305
Draper Senior Center 1148 East Pioneer Road, Draper	385.468.3330	Mt Olympus Senior Center 1635 East Murray-Holladay Road, Holladay	385.468.3130
Eddie P. Mayne Kearns Senior Center 4851 West 4715 South, Kearns	385.468.3100	Riverton Senior Center 12914 South Redwood Road, Riverton	385.468.3040
Friendly Neighborhood Senior Center 1992 South 200 East, Salt Lake City	385.468.3065	Sandy Senior Center 9310 South 1300 East, Sandy	385.868.3410
Liberty Senior Center 251 East 700 South, Salt Lake City	385.468.3170	Sunday Anderson Senior Center 868 West 900 South, Salt Lake City	385.468.3155
Magna Kennecott Senior Center 9228 West 2700 South, Magna	385.468.3000	Taylorsville Senior Center 4743 Plymouth View Drive, Taylorsville	385.468.3370
Midvale Senior Center 7550 South Main Street Midvale	385.468.3350	Tenth East Senior Center 237 South 1000 East, Salt Lake City	385.468.3140

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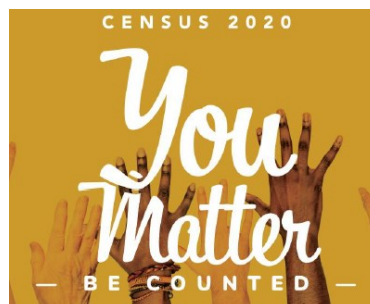
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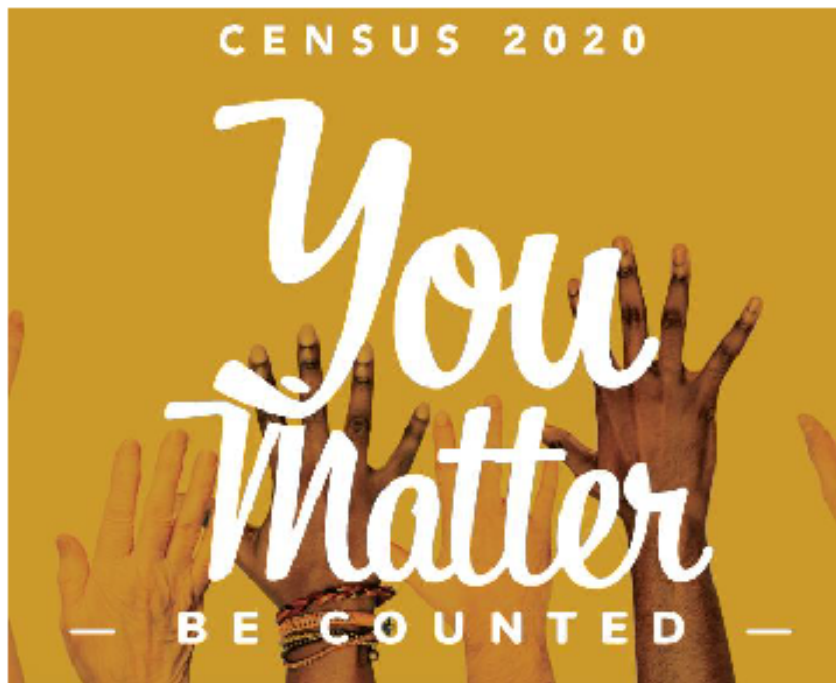
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Health Promotion & Education update



Online/Virtual Classes:

The Aging Mastery Program

Wednesdays, Sept 9—Nov 18

2—3:30 pm

Learn how to navigate living longer in this 10 week class. Guest experts will teach you about sleep, exercise, healthy eating, relationships, finances, falls prevention, medication management & community engagement.

Taught by: Pat Wilson

The Arthritis Foundation Exercise Program

Tuesdays & Fridays, Sept 15—Nov 6

10—11 am

A low-impact recreational group exercise program meant for anyone wanting to increase muscular strength, mobility, coordination, and self-confidence while decreasing stiffness, pain, and fatigue.

Taught by: Jackie Longmore

Mindfulness 101

Tuesdays, Sept 29—Nov 3

9:30—10:15 am

Learn the basics of mindfulness meditation in this 6 week class. You will learn & practice awareness of breath, gentle chair yoga, mindful walking, body scan & loving kindness meditation.

Teacher: Anna Smyth

Join our email list at: <http://eepurl.com/gAs-gl>

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