Riverton Senior Center

OUR MISSION: Promoting independence through advocacy, engagement & access to resources.

Servicing Riverton, Herriman & Bluffdale

August 2015

Center Information

12914 South Redwood Rd.
Riverton, Utah 84065
Phone: **385-468-3040**
TTY use 711
Open: 8:00AM - 5:00PM
Monday through Friday
60+ Free Membership
WWW.AGING.SLCO.ORG

Senior Transportation

Call the Center for details on transportation to & from the Center.
Please call 24 hours in advance.
Van leaves for take home at 12:45PM

Morning Toast & Coffee

Toast, coffee, tea & hot chocolate are available each morning starting at 8:00AM. Donations appreciated.

Day old bread & baked goods are available, as they arrive, on the rack in the dining room. Please take only one bread item and one sweet item per family.
Thursday - Costco drawing @ 10:30

Standard Lunch

Lunch is served daily from 11:45AM- 12:30PM. Your donation of $3.00 is appreciated so all can eat! Under 60 $7.00 cost paid at front desk.

Alternate Lunch

The menu is posted at the front desk & the bulletin board outside the dining room. Menu changes weekly.

Center Staff

Loriann Warner .....Manager
Melinda Cudney .....Programs
Sherry Cowdell .....Office
Deb Rekoutis .....Maintenance
Deisi Chavez ..... Kitchen
Jack Turcsanski .....Transportation

Salt Lake County
Aging & Adult Services
Accredited by National Institute of Senior Centers

National Night Out 2015
Police · Community Partnerships

Wednesday, August 5TH, 2015

Event starts at 6:00PM
At the Riverton City Park

12830 S. Redwood Road

Chili & Roll $3.00

By Wendy's & Texas Roadhouse

Entry for Grand Prize & Bingo Card $5

Card is good for one round of bingo.
You will have the opportunity to purchase another raffle/bingo card for second round.

Grand Prize
40" Flat Screen TV
donated by RC Willey

6:00 Round 1 of Bingo 6:00-6:50

7:00 Round 2 of Bingo 7:00-7:50

Bingo prizes are valued at $10+

Riverton Senior Center Fundraiser

Help support programs & have fun!

Other Activities:

Bounce House, Obstacle Course, Free Rock Wall, Helicopter Landing, Drone Demonstration, K-9 Demonstration, Merit Badge Certifications, First Aid, Crime Prevention & Finger Printing

Riverton City · Wendy's · Texas Roadhouse · Police · Unified Fire Authority

August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Yoga - Frances 9:40 Movie "**Woman in Gold**" 10:00 ESL Class (10:00-12:00) 10:30 Crochet Group 1:00 Intermediate Tap Dancing **1:00 Beginner Line Dancing Class** 1:00 Movie "**Woman in Gold**" 2:00 Enhance®Fitness	**4 Birthday Tuesday** 8:30 Zumba Gold 10:00 Low Impact Exercise (30MIN) **10:00 Memory Screening & Vital Check with Connie from BeeHive Homes** 10:00 Bridge - Card Room (till 12PM) 10:30 Ceramics - Aileen (till 12PM) **11:00 ♪♫ Old Time Fiddlers ♫♪** **11:45 Birthday Lunch** Stuffed Salman Fillet **12:45 Bingo - Sponsored by Larkin Mortuary** 12:45 Canasta - Card Room (till 4PM) 1:00 Strengthen You Exercise	**5** 9:15 Yoga - Robin 9:15 Computers & Internet Class 10:00 ESL Class (10:00-12:00) 10:30 Wii Bowling Practice 12:00 Pottery Class (till 4PM) **12:30 Texas Hold'em** 1:00 "Time" Steppers Practice **1:00 Easy Line Dancing Class** 2:00 Enhance®Fitness **4:00 Tai Chi - Golden **NEW**** **6:00 Night Out Against Crime Chili, Bingo, Prizes, Grand Prize: 40" Flat Screen TV& many other activities for the entire family!**	**6** 8:30 Zumba Gold 9:00 Computer Lab Open - Steve 10:00 Low Impact Exercise (30MIN) 10:00 Ceramics - Janice (till 12PM) **11:00 BP—Unified Fire Authority** (if available & not on call) 12:45 Canasta - Card Room (till 4PM) 1:00 Beginner Tap Dance 1:00 Strengthen You Exercise	**7** 9:15 Yoga - Frances **10:30 Bingo (10:30-11:30)** 10:30 Wii Bowling Practice **11:00 Chair Massage - Elements Massage - 15min $10 suggested *Register* Appointments 11:00-1:00** 11:00 Piano by Wayne ♪♫ 12:00 Pottery Open Studio (till 4:30PM) **11:00 Letting Go of Clutter - Vital Aging Project** 1:00 "Time" Steppers Practice 2:00 Enhance®Fitness
You can purchase Raffle Tickets before event date! (this does not include bingo card, cards available only at event)				
10 9:15 Yoga - Frances 9:40 Movie "**Pixies**" 10:00 ESL Class (10:00-12:00) 10:30 Crochet Group 1:00 Intermediate Tap Dancing **1:00 Beginner Line Dancing Class** 1:00 Movie "**Pixies**" 2:00 Enhance®Fitness **Wellness Decathlon Scavenger Hunt Begins today! Stop by the front desk for the 2015 list.**	**11** 8:30 Zumba Gold **9:00 Haircuts & Wet Sets *Register* (9-3) Donation $8-10 per service** 10:00 Low Impact Exercise (30MIN) 10:00 Bridge - Card Room (till 12PM) **10:00 Wii Tournament Home & Away Game** 10:30 Ceramics - Aileen (till 12PM) **11:00 Blood Pressure Checks Legacy Retirement / Aspen Home Health *Walk-in*** **12:45 Bingo - Sponsored by Harmony Home Health** 12:45 Canasta - Card Room (till 4PM) 1:00 Strengthen You Exercise	**12** 9:15 Yoga - Robin 9:15 Computers & Internet Class 10:00 ESL Class (10:00-12:00) 10:30 Wii Bowling Practice **Center will be closed at 12:00 After lunch is served** **All afternoon programing will be canceled today only**	**13** 8:30 Zumba Gold 9:00 Computer Lab Open - Steve 10:00 Low Impact Exercise (30MIN) 10:00 Ceramics - Janice (till 12PM) **10:30 Trust & Estate Planning Win a Revocable Living Trust! Curtis Olsen** **11:00 Medicare Specialist - Tish (11-12) *Register*** 12:45 Canasta - Card Room (till 4PM) 1:00 Beginner Tap Dance 1:00 Strengthen You Exercise	**14** 9:15 Yoga - Frances **10:30 Bingo (10:30-11:30)** 10:30 Wii Bowling Practice 11:00 Piano by Wayne ♪♫ 12:00 Pottery Open Studio (till 4:30PM) **11:00 Letting Go of Clutter - Vital Aging Project** 1:00 "Time" Steppers Practice 2:00 Enhance®Fitness
17 Wendover 7:30* 9:15 Yoga - Frances 9:30 **Barber Herb *Register* $9 Suggested dontation 9:30-11:30** 9:40 Movie "**Jackie & Ryan**" ~~10:00 ESL Class (10:00-12:00)~~ 10:30 Crochet Group **1:00 Beginner Line Dancing Class** 1:00 Movie "**Jackie & Ryan**" 1:00 Intermediate Tap Dancing 2:00 Enhance®Fitness *Wendover LeBus meets at Senior Center Parking Lot. Sign up in Information Room Bus returns around 7:30PM	**18 Picnic in the Park** 12830 S. Redwood Rd. 8:30 Zumba Gold **9:00 Coffee & Donuts @ Park** **9:00 Registration & Games** **10:30 Bingo in the Park (FREE)** **12:00 ♪♫ Otter Creek ♪♫** **12:00 Luncheon at the Park** **RSVP by Monday 3rd!** **Oversized Bowling** **Nail Painting** **Frisby Golf** **Ladder Toss** **Fun, Fun, Fun** 	**19** 9:15 Yoga - Robin 9:15 Computers & Internet Class **10:00 Advisory Committee Meeting - Conf. Room** 10:00 ESL Class (10:00-12:00) 10:30 Wii Bowling Practice **11:00 Book Review "Beautiful Boy" Informative group discussion - Carol Esterreicher** 12:00 Pottery Class (till 4PM) No Teacher - Open Studio **12:30 Texas Hold'em** 1:00 "Time" Steppers Practice **1:00 Easy Line Dancing Class** 2:00 Enhance®Fitness **4:00 Tai Chi - Golden **NEW****	**20** 8:30 Zumba Gold **9:30 AARP Driver Safety Class 9:30-3:30 *Register*** 9:00 Computer Lab Open - Steve 10:00 Low Impact Exercise (30MIN) **10:00 Podiatrist Dr. Shelton *Register*** 10:00 Ceramics - Janice (till 12PM) **11:00 Legal Consultations *Register* Conf. Room** 12:45 Canasta - Card Room (till 4PM) 1:00 Beginner Tap Dance 1:00 Strengthen You Exercise	**21** 9:15 Yoga - Frances **10:30 Bingo (10:30-11:30)** 10:30 Wii Bowling Practice **11:00 Letting Go of Clutter - Vital Aging Project** 11:00 Piano by Wayne ♪♫ **11:00 Chair Massage - Elements Massage - 15min $10 suggested *Register* Appointments 11:00-1:00** 12:00 Pottery Open Studio (till 4:30PM) No Teacher 1:00 "Time" Steppers Practice 2:00 Enhance®Fitness
24 9:15 Yoga - Frances 9:40 Movie "**The Second Best Exotic Marigold Hotel**" **9:40 Trip: Serving Time Café & Bingo at the Prison *Register* Only 12 seats** 10:00 ESL Class (10:00-12:00) 10:30 Crochet Group **1:00 Beginner Line Dancing Class** 1:00 Movie "**The Second Best Exotic Marigold Hotel**" 1:00 Intermediate Tap Dancing 2:00 Enhance®Fitness	**25** 8:30 Zumba Gold **9:00 Ask A Pharmacist Medication Interaction Immunization Screening Blood Pressure Checks (9-12) Joe w/ Wal-Mart** 10:00 Low Impact Exercise (30MIN) **10:00 Wii Tournament Home Game** 10:00 Bridge - Card Room (till 12PM) 10:30 Ceramics - Aileen (till 12PM) **12:45 Bingo - Sponsored by Performance Mobility** 12:45 Canasta - Card Room (till 4PM) 1:00 Strengthen You Exercise	**26** 9:15 Yoga - Robin 9:15 Computers & Internet Class 10:00 ESL Class (10:00-12:00) 10:30 Wii Bowling Practice 12:00 Pottery Class (till 4pm) No Teacher - Open Studio **12:30 Texas Hold'em** 1:00 "Time" Steppers Practice **1:00 Easy Line Dancing Class** 2:00 Enhance®Fitness **4:00 Tai Chi - Golden **NEW****	**27** 8:30 Zumba Gold 9:00 Computer Lab Open - Steve 10:00 Low Impact Exercise (30MIN) 10:00 Ceramics - Janice (till 12PM) **10:30 Godiva's Secret Wigs Demonstration / WorkShop** 12:45 Canasta - Card Room (till 4PM) 1:00 Beginner Tap Dance 1:00 Strengthen You Exercise **Last Day to Register for the 2015 Wellness Decathlon Games Held September 15th Magna Kennecot Sr. Center**	**28** 9:15 Yoga - Frances **9:30 Group: Blankets for "Children in Crisis" Your Help is appreciated!** **10:30 Bingo (10:30-11:30)** 10:30 Wii Bowling Practice 11:00 Piano by Wayne ♪♫ **11:00 Letting Go of Clutter - Vital Aging Project** 12:00 Pottery Open Studio (till 4:30PM) No Teacher 1:00 "Time" Steppers Practice 2:00 Enhance®Fitness
31 9:15 Yoga - Frances 9:45 Movie "**Cinderella**" 10:00 ESL Class (10:00-12:00) 10:30 Crochet Group **1:00 Beginner Line Dancing Class** 1:00 Movie "**Cinderella**" 1:00 Intermediate Tap Dancing 2:00 Enhance®Fitness	**1 September 2015** 8:30 Zumba Gold 10:00 Low Impact Exercise (30MIN) 10:00 Bridge - Card Room (till 12PM) 10:30 Ceramics - Aileen (till 12PM) **11:00 ♪♫ Bill Stidd ♫♪** **11:45 Birthday Lunch** **12:45 Bingo - Sponsored by Larkin** 12:45 Canasta - Card Room (till 4PM) 1:00 Strengthen You Exercise	**2 September 2015** 9:15 Yoga - Robin 9:15 Computers & Internet Class 10:00 ESL Class (10:00-12:00) 10:30 Wii Bowling Practice **11:00 National Recovery Month -Vital Aging Project** **11:00 Memories into Memoirs First Class Back** 12:00 Pottery Class (till 4pm) No Teacher - Open Studio **12:30 Texas Hold'em** 1:00 "Time" Steppers Practice **1:00 Easy Line Dancing Class** 2:00 Enhance®Fitness **4:00 Tai Chi - Golden **NEW****	**3 September 2015** 8:30 Zumba Gold 9:00 Computer Lab Open - Steve 10:00 Low Impact Exercise (30MIN) 10:00 Ceramics - Janice (till 12PM) **11:00 BP—Unified Fire Authority** (if available & not on call) 12:45 Canasta - Card Room (till 4PM) 1:00 Beginner Tap Dance 1:00 Strengthen You Exercise	**4 September 2015** 9:15 Yoga - Frances 10:30 Wii Bowling Practice 11:00 Piano by Wayne ♪♫ 12:00 Pottery Open Studio (till 4:30PM) No Teacher 1:00 "Time" Steppers Practice 2:00 Enhance®Fitness

Computer Class

Computers & Internet Wed at 9:15 *REGISTER*
Open Lab & 1:1 Thurs at 9:15

Crafts & Arts

Crochet Group Mon at 10:30
Ceramics Tues & Thurs at 10-12
Pottery Wed & Fri at 12:00

Exercise

Gentle Yoga Mon & Fri 9:15
Beginner Line Dancing Mon 1:00
Enhance®Fitness Mon, Wed & Fri 2:00
Zumba Gold Tue & Thurs 8:30
Low Impact Tue & Thurs 10:00
Strengthen You Exercise
Tue & Thurs 1:00 & Friday at 12:30
Tai Chi Golden Wed & Fri 8:00
Yoga with Robin Wed 9:15
Easy Line Dancing Wed 1:00
Beginner Tap Dancing Thurs 1:00

Services

Blood Pressure

Unified Fire Authority Thursday 6TH at 11:00
Legacy Retirement / Aspen Home Health
Tuesday 11TH at 11:00
Walmart Neighborhood Pharmacy
Ask A Pharmacist - Tuesday 25TH at 9-12

Other Services

Chair Massage Friday 7TH & 21ST 11-12:45 You will receive a 15MIN Chair Massage for suggested donation of $10 *REGISTER*
Hair Cuts / Styles Tuesday 11TH 9-3 Men & Women cuts. Suggested donation $8-10 per service, by Caroline. *REGISTER*
Medicare Specialist Thursday 13TH 11-2 Tish is a Medicare Specialist, she can help! *REGISTER*
Podiatrist Thursday 20TH 10:00 Dr. Shelton *REGISTER*

Podiatrist Thursday 20TH 10:00
Dr. Shelton *REGISTER*
Legal Consultation Thursday 20TH 11:00 20MIN apt Phil Ferguson *REGISTER*
Ask A Pharmacist Tuesday 25TH 9-12 Joe with Walmart - Vitals & Resources

Special

Memory Screening & Vitals
Tuesday 4TH at 10:00 with BeeHive Homes
Letting Go of Clutter
Every Friday at 11:00 with Eun Ha w/ Vital Aging Project
Trust & Estate Planning
Thursday 13TH at 10:30 - Win a Revocable Living Trust - Curtis Olsen

Picnic in the Park
Tuesday 18TH 9:00-1:00 we will be having lunch in the park along with other activities including Bingo, Yard Games, Entertainment, & Socializing with all your friends!!
RSVP AT THE FRONT DESK!

Book Review "Beautiful Boy"
Wednesday 19TH at 11:00 with Carol Esterreicher
AARP Driver Safety
Thursday 20TH at 9:30-3:00 *REGISTER*
Serving Time Café - Trip
Monday 24TH at 9:40-1:30 Lunch & Bingo *REGISTER*
Godiva's Secret Wigs - Demo & Workshop Thursday 27TH at 10:30

August *Menu*

SALT LAKE COUNTY
AGING & ADULT SERVICES

Help us by making a donation online at www.slco.org/aging to provide meals for seniors.
PLEASE DONATE TODAY. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy Baked Chicken Thigh Macaroni and Cheese Broccoli Cuts and Florets Seasonal Fruit 3	***Birthday Meal*** Stuffed Salmon Fillet Whole Kernel Corn Mixed Green Salad Applesauce Frosted Birthday Cupcake 4	Pork Roast Apricot Mustard Sauce Brown Rice Mixed Vegetables Lemon Pudding with Berries 5	BBQ Pulled Chicken Whole Wheat Hamburger Bun Sweet Potato Puffs Cabbage Fruited Lime Gelatin 6	Beef Taco Meat Flour Tortilla Shredded Cheese Lettuce and Tomato Mixed Beans Creamy Mexican Corn 7
Potato Crusted Pollock Confetti Rice Club Spinach Pina Colada Gelatin 10	Beef Rigatoni Brussels Sprouts w/Cheese Sauce Mixed Green Salad Hot Spiced Fruit 11	Chicken Salad Multi Grain Bread Lettuce and Tomato Three Bean Salad Tropical Fruit 12	Meatloaf Brown Gravy Whipped Potatoes Stewed Tomatoes Applesauce 13	Shredded Cuban Pork Whole Wheat Hamburger Bun Tater Tot Casserole Red Cabbage Slaw Hot Spiced Peaches 14
Chicken Enchilada Bake Braised Red Cabbage Green Peas Seasonal Fruit 17	Seafood Pasta Salad Cucumber and Tomato Salad Seasonal Fruit Rocky Road Pudding 18	Beef Patty w/ Swiss Cheese Whole Wheat Hamburger Bun Lettuce and Tomato Baked Beans Hot Spiced Fruit 19	Baked Chicken Breast Balsamic Brown Sugar Sauce Roasted Red Potatoes Brussels Sprouts w/Cheese Sauce Spicy Pear Gelatin 20	Egg Salad Green Pea Salad Peach Half Cottage Cheese Multi Grain Bread Ranger Cookie 21
Baked Chicken Thigh Honey Citrus Pepper Sauce Wild Rice Club Spinach Hot Spiced Pears 24	Meatballs w/ Spaghetti Sauce Whole Grain Spaghetti Green Beans Breadstick Tropical Fruit 25	Turkey Pasta Salad Corn Salad Cucumber and Tomato Salad Wheat Crackers Cranberry Gelatin 26	Potato Crusted Fish Cheesy Rice Green Peas Seasonal Fruit Peanut Butter Cookie 27	Turkey Breast w/ Jack Cheese Multi Grain Bread Lettuce and Tomato Broccoli Salad Seasonal Fruit Caramel Vanilla Swirl Pudding 28
Veal Parmesan Whole Grain Penne Pasta Green Beans Hot Spiced Fruit 31	***Alternative Menu for August*** **Week 1 – Strawberry Fields Salad w/Tilapia (M,T,W); Turkey Nicoise Salad (Th,F)** **Week 2 – Turkey Nicoise Salad (M,T,W); Apple Broccoli Salad w/Chicken (Th,F)** **Week 3 – Apple Broccoli Salad w/Chicken (M,T,W); Chicken and Black Bean Salad (Th,F)** **Week 4 – Chicken and Black Bean Salad (M,T,W); Strawberry Fields Salad w/Tilapia (Th,F)**			

Carbohydrate servings and recommendations for diabetes management are posted at each center. This menu is low sodium/fat.

Driving Safely

Safety Tips and Warning Signs for Older Drivers

As we age, it's normal for our driving abilities to change. By reducing risk factors and incorporating safe driving practices, many of us can continue driving safely long into our senior years. Here are some things to consider and help us to be safe as we age.

1. Understand How Aging Affects Driving

Everyone ages differently, so there is no arbitrary cutoff as to when someone should stop driving. As we age, factors such as decreased vision, impaired hearing, or slowed motor reflexes may become a problem. You may have a chronic condition that gradually worsens with time, or you may have to adjust to a sudden change, such as a stroke. You may have driven your entire life and take great pride in your safety record, but as you age, it is critical that you realize your driving ability can change. To continue driving safely, you need to recognize that changes can happen, get help when they do, and be willing to listen if others voice concerns.

2. Take Charge of Your Health

Aging does not automatically equal total loss of driving ability. There are many things you can do to continue driving safely.

- **Getting your eyes checked every year.** Make sure that corrective lenses are current. Keep the windshield, mirrors, and headlights clean, and turn brightness up on the instrument panel on your dashboard.
- **Having your hearing checked annually.** If hearing aids are prescribed, make sure they are worn while driving. Be careful when opening car windows, though, as drafts can sometimes impair a hearing aid's effectiveness.
- **Talking with a doctor** about the effects that ailments or medications may have on your driving ability. For example, if you have glaucoma, you may find tinted eyeglass lenses useful in reducing glare.
- **Sleeping well.** Getting enough sleep is essential to driving well. If there are problems, try to improve nighttime sleep conditions and talk with your doctor about the effect of any sleep medications on driving.

3. Listen to the Concerns of Others

If relatives, friends, or others begin to talk to you about your driving, it may be time to take a hard, honest look at your driving ability:

- You might choose to brush up on your driving through a refresher course. Safety courses are offered in many communities and online. Check out the AARP Defensive Driving Classes taught at Salt Lake County Senior Centers.
- Talk to your doctor. Your doctor should also be able to provide an opinion about your ability to drive safely, or refer you to a specialist for more intensive evaluation.