



June 2018 Riverton Senior Center

Promoting independence through advocacy, engagement & access to resources.
Serving the Cities of: Riverton, Herriman & Bluffdale

CENTER INFORMATION

12914 SOUTH REDWOOD RD.
RIVERTON, UTAH 84065
PHONE: 385-468-3040
OPEN: 8:00^{am} - 5:00^{pm}
MONDAY THROUGH FRIDAY

WWW.SLCO.ORG/RIVERTON
[LIKE US ON FACEBOOK](#)

SENIOR TRANSPORTATION

Free transportation is provided to and from the Center to Riverton, Herriman & Bluffdale Cities. Please call 24 hours in advance.

TOAST & COFFEE

Toast, coffee, tea & hot chocolate are available mornings at 8:00^{am}. Donations appreciated.

LUNCH

Lunch is served Monday through Friday from 11:45^{am} - 12:30^{pm}. Suggested donation \$3.00 for 60+. Under age 60 the cost is \$7.00.

ALTERNATE LUNCH

Each week a different alternate meal is offered. The menu/carb label is posted at the front desk.

CENTER STAFF

MANAGER	LORIANN WARNER
PROGRAMS	SHERRY COWDELL
OFFICE	JODI JOHNSON
MAINTENANCE	DEB REKOUTIS
KITCHEN	DEISI CHAVEZ
TRANSPORTATION	JACK TURCSANSKI

SALT LAKE COUNTY
AGING & ADULT SERVICES
Accredited by  National Institute of Senior Centers

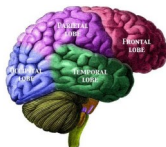
Monthly Health Topic: Brain Health

Memory Improvement & Dementia Prevention

By David R. Larsen MFHD, Education,
Chairman of the American Brain Council Foundation

Thursday June 21st

10:30^{am}



Neurodegenerative diseases cause your brain and nerves to deteriorate over time. They can change your personality and cause confusion. They can also destroy your brain's tissue and nerves. Some brain diseases, such as Alzheimer's disease, may develop as you age. Learn to recognize the signs and take measures to decrease your risk.

Healthy Brain

With Weston and Humana

Tuesday June 19th

11:00^{am}



Dementia and Alzheimer's disease can be scary, but there are things you can do to keep your brain healthy. Find out how staying active, being social, training your brain and eating a healthy diet can help.

Humana

Skin Cancer Prevention and Sun Safety

Tuesday June 12th

11:00^{am}

Jane Ostler with
Huntsman Cancer Institute



Learn about Utah's skin cancer risk, prevention and screening strategies for skin. You will learn sun safety tips you can use all year round.

Walk With Ease


June 11th through July 25th

10:30^{am} to 11:30^{am}

Sign Up!



This six week program is designed to help adults with arthritis to start walking safely and comfortably, reduce pain and improve flexibility. Workshop will be held for one hour on Mondays, Wednesdays and Fridays. Walk with ease!

		JUNE 2018		
Monday	Tuesday	Wednesday	Thursday	Friday
<div>MONDAY</div> <div></div> <div></div>	<div>MOVIES</div> <div></div> <div></div>	<div>Fall Prevention</div> <div>Thursday June 28th</div> <div>11:45^{am}</div> <div>Dining Room Presentation</div> <div>With Visiting Angels</div> <div></div> <div>Falls are the Main Reason Why Seniors Lose their Independence.</div>	<div>Silver Pen Contest</div> <div>Theme: Joy...</div> <div>Deadline for all submissions is: Monday, September 3, 2018 at 11:59 p.m.</div> <div>Winners will be announced and notified by October 1, 2018. Prizes will be awarded for 1st, 2nd, and 3rd place in each category.</div> <div></div>	<div>1</div> <div>9:00 Yoga with Frances</div> <div>9:30 Nail Painting</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:30 Bingo with Carol</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:30  Piano by Wayne </div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Pottery Open Studio until 4:30</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Chess Club</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>
<div>4</div> <div>9:00 Yoga with Frances</div> <div>9:40 Movie: “Forever My Girl” Rated PG-13</div> <div>10:00 <u>Family History Search</u></div> <div>10:00 Lapidary Group</div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:45 Lunch Served until 12:30</div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Movie: “Forever My Girl” Rated PG-13</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>	<div>5</div> <div>Birthday Tuesday</div> <div>8:45 Zumba Gold with Nicka</div> <div>9:00 Haircuts with Caroline</div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 Bridge: Until 12:00</div> <div>10:00 Paint with Acrylics Until 12</div> <div>10:00 Dominos</div> <div>10:00 Chair Exercise with Vera</div> <div>10:00 <u>Speech Reading Class</u></div> <div>10:45 Crochet/Knit Group</div> <div>11:00  Entertainment  Old Time Fiddlers</div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Bingo - Sponsored by “Larkin”</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Low Impact Exercise</div> <div>1:00 Coin Collecting Club</div>	<div>6</div> <div>8:00 Clogging Class</div> <div>9:00 Basic Computer Class</div> <div>9:00 Tai Chi with Cyndi</div> <div>10:00 AC Meeting</div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Lapidary Group</div> <div>10:15 Senior Yoga with Robin</div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Quilting Group</div> <div>12:00 Pottery Class (till 4^{pm})</div> <div>12:30  Texas Hold'em </div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Time Steppers Open Class</div> <div>2:00 Enhance@Fitness*</div> <div>Coin Collectors Club is now on Tuesdays at 1:00^{pm}</div>	<div>7</div> <div>8:45 Zumba Gold with Nicka</div> <div>9:00 Open Computer Lab until 11:00 with Steve</div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 Rummikub</div> <div>10:00 <u>Massages & Foot Baths until 2:30</u></div> <div>10:30 Minding Motion</div> <div>11:00 Presentation: The Wolves Return to Yellowstone Park with Jill Smith</div> <div>11:00 Smart Technology</div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Wood Carving Group</div> <div>1:00 Low Impact Exercise</div> <div>3:30 Ballroom Dance Class</div>	<div>8</div> <div>9:00 Yoga with Frances</div> <div>9:30 Nail Painting</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:30 Bingo with Carol</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:30  Piano by Wayne </div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Pottery Open Studio until 4:30</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Chess Club</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>
<div>11</div> <div>9:00 Yoga with Frances</div> <div>9:40 Movie: “15:17 Paris” Rated PG-13</div> <div>10:00 <u>Family History Search</u></div> <div>10:00 Lapidary Group</div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:30 Walk With Ease</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:45 Lunch Served until 12:30</div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Movie: “15:17 Paris” Rated PG-13</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div> <div>4:00 Diabetes 101</div>	<div>12</div> <div>8:45 Zumba Gold with Nicka</div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 Bridge: Until 12:00</div> <div>10:00 Paint with Acrylics Until 12</div> <div>10:00 Dominos</div> <div>10:00 Chair Exercise with Vera</div> <div>10:00 <u>Speech Reading Class</u></div> <div>10:30 <u>Book Club</u></div> <div>10:45 Crochet/Knit Group</div> <div>11:00 Huntsman Cancer Institute Presentation on Skin Cancer</div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Bingo - Sponsored by “Right at Home”</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Low Impact Exercise</div> <div>1:00 Coin Collecting Club</div> <div>2:00 ALS Support Group</div> <div></div>	<div>13</div> <div>8:00 Clogging Class</div> <div>9:00 Basic Computer Class</div> <div>9:00 Tai Chi with Cyndi</div> <div>10:00 <u>Craft Class with Ameritech</u></div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Lapidary Group</div> <div>10:15 Senior Yoga with Robin</div> <div>10:30 Walk With Ease</div> <div>11:00 Fraud, Scams & Identity Theft with Legal Shield</div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Quilting Group</div> <div>12:00 Pottery Class (till 4^{pm})</div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Time Steppers Open Class</div> <div>2:00 Enhance@Fitness*</div>	<div>14</div> <div>8:45 Zumba Gold with Nicka</div> <div>9:00 Open Computer Lab until 11:00 with Steve</div> <div>9:00 <u>Podiatrist - Dr. Shelton</u> \$10 suggested</div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 <u>Counseling Appts with Rocky Mountain Care</u></div> <div>10:00 Rummikub</div> <div>10:30 Minding Motion</div> <div>11:00 Smart Technology</div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Wood Carving Group</div> <div>1:00 Low Impact Exercise</div> <div>2:00 Riverton Coalition Meeting</div> <div>3:30 Ballroom Dance Class</div>	<div>15</div> <div>Father's Day Party</div> <div>9:00 Yoga with Frances</div> <div>9:30 Nail Painting</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:00 Bingo</div> <div>10:30 Walk With Ease</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:00  Entertainment  Soren Green</div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Root Beer Floats Sponsored By “Home Helpers”</div> <div>12:00 Pottery Open Studio until 4:30</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Chess Club</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>
<div>18</div> <div>9:00 Yoga with Frances</div> <div>9:40 Movie: “Coco” Rated PG-13</div> <div>10:00 <u>Family History Search</u></div> <div>10:00 Lapidary Group</div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:30 Walk With Ease</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:45 Lunch Served until 12:30</div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Movie: “Coco” Rated PG-13</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>	<div>19</div> <div>8:45 Zumba Gold with Nicka</div> <div>9:30 BP Tests Joe with Walmart</div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 Bridge: Until 12:00</div> <div>10:00 Paint with Acrylics Until 12</div> <div>10:00 Dominos</div> <div>10:00 Chair Exercise with Vera</div> <div>10:00 <u>Speech Reading Class</u></div> <div>10:45 Crochet/Knit Group</div> <div>11:00 Healthy Brain Presentation Weston with Humana</div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Bingo - Sponsored by “Bristol Hospice”</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Low Impact Exercise</div> <div>1:00 Coin Collecting Club</div>	<div>20</div> <div>Hawaiian Day Celebration</div> <div>8:00 Clogging Class</div> <div>9:00 Basic Computer Class</div> <div>9:00 Tai Chi with Cyndi</div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Lapidary Group</div> <div>10:15 Senior Yoga with Robin</div> <div>10:30 Walk With Ease</div> <div>11:00 Valley Behavioral Health</div> <div>11:30  Entertainment  Hawaiian Dancers </div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Quilting Group</div> <div>12:00 Pottery Class (till 4^{pm})</div> <div>12:30  Texas Hold'em </div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Time Steppers Open Class</div> <div>2:00 Enhance@Fitness*</div>	<div>21</div> <div>8:45 Zumba Gold with Nicka</div> <div>9:00 Open Computer Lab until 11:00 with Steve</div> <div>10:00 <u>Massages & Foot Baths until 2:30</u></div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 Social Security Appts</div> <div>10:00 Rummikub</div> <div>10:30 Minding Motion</div> <div>10:30 Dementia Prevention American Brain Council</div> <div>11:00 <u>Legal Questions Appts Attorney Phil Ferguson</u></div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Wood Carving Group</div> <div>1:00 Low Impact Exercise</div> <div>3:30 Ballroom Dance Class</div>	<div>22</div> <div>9:00 Yoga with Frances</div> <div>9:30 Nail Painting</div> <div>9:30 Linus Project</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:30 Bingo</div> <div>10:30 Walk With Ease</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:30  Piano by Wayne </div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Pottery Open Studio until 4:30</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Chess Club</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>
<div>25</div> <div>9:00 Yoga with Frances</div> <div>9:40 Movie: “Mad Money” Rated PG-13</div> <div>10:00 Lapidary Group</div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:30 Walk With Ease</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:45 Lunch Served until 12:30</div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Movie: “Mad Money” Rated PG-13</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>	<div>26</div> <div>8:45 Zumba Gold with Nicka</div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 Bridge: Until 12:00</div> <div>10:00 Paint with Acrylics Until 12</div> <div>10:00 Dominos</div> <div>10:00 Chair Exercise with Vera</div> <div>10:00 <u>Speech Reading Class</u></div> <div>10:45 Crochet/Knit Group</div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Bingo - Sponsored by “Beehive Herriman”</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Low Impact Exercise</div> <div>1:00 Coin Collecting Club</div> <div>3:30 Ladies Victorian Tea Party</div> <div></div>	<div>27</div> <div>8:00 Clogging Class</div> <div>9:00 Basic Computer Class</div> <div>9:00 Tai Chi with Cyndi</div> <div>10:00 ESL Class (10^{am}-12^{pm})</div> <div>10:00 Lapidary Group</div> <div>10:00 Happiness For Life</div> <div>10:15 Senior Yoga with Robin</div> <div>10:30 Walk With Ease</div> <div>11:00 Memories to Memoirs</div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Quilting Group</div> <div>12:00 Pottery Class (till 4^{pm})</div> <div>12:30  Texas Hold'em </div> <div>12:50 Easy Line Dancing Class</div> <div>1:00 Time Steppers Open Class</div> <div>2:00 Enhance@Fitness*</div>	<div>28</div> <div>8:45 Zumba Gold with Nicka</div> <div>9:00 Open Computer Lab until 11:00 with Steve</div> <div>10:00 Ceramics: Until 12:00</div> <div>10:00 Rummikub</div> <div>10:00 Social Security Appts</div> <div>10:30 Minding Motion</div> <div>11:45 Dining Room Presentation Fall Prevention With Visiting Angels</div> <div>11:45 Lunch Served until 12:30</div> <div>12:45 Canasta: Until 4:00</div> <div>1:00 Wood Carving Group</div> <div>1:00 Low Impact Exercise</div> <div>3:30 Ballroom Dance Class</div>	<div>29</div> <div>9:00 Yoga with Frances</div> <div>9:30 Nail Painting</div> <div>10:00 Rummikub</div> <div>10:00 Seated Tai Chi</div> <div>10:30 Bingo</div> <div>10:30 Walk With Ease</div> <div>11:00 Tai Chi with Cyndi</div> <div>11:30  Piano by Wayne </div> <div>11:45 Lunch Served until 12:30</div> <div>12:00 Pottery Open Studio until 4:30</div> <div>1:00 Time Steppers Open Class</div> <div>1:00 Chess Club</div> <div>1:00 Beginning Spanish</div> <div>2:00 Enhance@Fitness*</div>

HEALTH & WELLNESS SERVICES

Blood Pressure

Joe with Walmart
Tuesday June 19th at 9:30^{am} to 11:30^{am}

Valley Behavioral Health

Wednesday June 20th
From 11:00^{am}– 12:00^{pm}

Counseling Appointments

Danielle with Rocky Mountain Care
Thursday June 14th at 10:00^{am} (SIGN UP)

Hair Cuts & Wash

Haircuts by Caroline Donation
Tuesday June 5th Requested
from 9:00^{am}-2:00^{pm} (SIGN UP)

Massage & Foot Baths

Craig with Rejuvenation Station
Every 1st & 3rd Thursday Donation
10:00^{am} -2:30^{pm} (SIGN UP) Requested

Legal Consultations

Attorney Phil Ferguson
Thursday June 21st at 11:00^{am} (SIGN UP)

Podiatrist

Dr. Scott Shelton - Alpine Foot & Ankle
Thursday June 14th at 9:00^{am} (SIGN UP)
Requested Donation \$10

Wolves Return to Yellowstone



Thursday June 7th
11:00^{am}
With Jill Smith



The wolves were gone by 1926 in Yellowstone.
How did this change the park? Learn about the
reintroduction of the wolves in 1995.

June Craft Class

Wednesday June 13th
10:00^{am}
Pine Cone Zinnias



Father's Day Celebration

Friday June 15th
11:00^{am} Entertainment with
Soren Charles Green
11:45^{am} Lunch



Sign Up for lunch by June 5th
Root Beer Floats– 12:00^{pm}
Sponsored by "Home Helpers"

Fraud, Scams and Identity Theft

Wednesday June 13th
11:00^{am}



Learn about the latest scams and fraud
attempts. Protect yourself! And those
you love

Ladies Victorian Tea Party

Tuesday June 26th
3:30^{pm}

\$6.00 Per Person
Sign Up by June 22nd



Enjoy a cup of lemonade, tea,
or coffee with a delicious
finger sandwich and pastry
from Kneaders.

Music Provided by Harpist Heidi Jaeger & Bristol

May-June Read:

"A Man Called OVE"
By Fredrik Backman

Review June 12th at 10:30



Speech Reading Class

Tuesdays at 10:00^{am}

Chelle with Utah Division
of Services to the Deaf and
Hard of Hearing



Hawaiian Day and Special Event Lunch

Wednesday June 20th
Hawaiian Dancers at 11:30^{am}



Menu Includes:

BBQ Pulled Pork
Baked Beans
Macaroni Salad
Fresh Fruit Salad
Key Lime Bar



Sign Up for Lunch Before June 12th

Improving Your Memory Through New Learning

Wednesday June 20th
11:00^{am}

Valley Behavioral Health



FITNESS FOR HEALTH ACTIVITIES

Monday

9:00 Yoga
10:00 Seated Tai Chi
11:00 Tai Chi
12:50 Easy Line
Dancing
2:00 Enhance@Fitness
Exercise



Tuesday

8:45 Zumba **Gold**
10:00 Chair Exercise with
Vera
1:00 Low Impact Exercise



Wednesday

8:00 Clogging Class
9:00 Tai Chi
10:15 Senior Yoga
12:50 Easy Line
Dancing
2:00 Enhance@Fitness
Exercise

Thursday

8:45 Zumba **Gold**
10:30 Minding Motion
1:00 Low Impact Exercise
3:30 Ballroom Dance



Friday

9:00 Yoga
10:00 Seated Tai Chi
11:00 Tai Chi
2:00 Enhance@Fitness
Exercise

