



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: 8:00am - 5:00pm
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 8:00am
Donations appreciated.

LUNCH

Lunch is served
Monday through Friday from
11:45am - 12:30pm
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

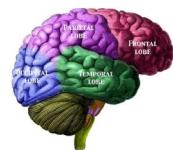
MANAGER	LORIANN WARNER
PROGRAMS	SHERRY COWDELL
OFFICE	JODI JOHNSON
MAINTENANCE	DEB REKOUTIS
KITCHEN	DEISI CHAVEZ
TRANSPORTATION	JACK TURCSANSKI



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
10:30am

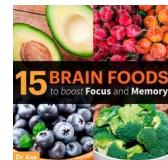


Neurodegenerative diseases cause your brain and nerves to deteriorate over time. They can change your personality and cause confusion. They can also destroy your brain's tissue and nerves. Some brain diseases, such as Alzheimer's disease, may develop as you age. Learn to recognize the signs and take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



Healthy Brain

With Weston and Humana
Tuesday June 19th
11:00am



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

11:00am

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

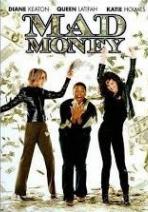
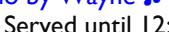
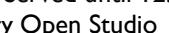
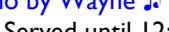
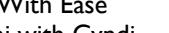
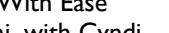
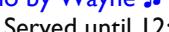
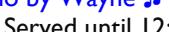
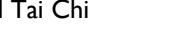
June 11th through July 25th
10:30am to 11:30am

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
MONDAY  	MOVIES  	Fall Prevention Thursday June 28 th 11:45 ^{am} Dining Room Presentation With Visiting Angels  Leaves are supposed to fall. People aren't. Falls are the Main Reason Why Seniors Lose their Independence.	Silver Pen Contest Theme: Joy... Deadline for all submissions is: Monday, September 3, 2018 at 11:59 p.m. Winners will be announced and notified by October 1, 2018. Prizes will be awarded for 1st, 2nd, and 3rd place in each category. 	1 9:00 Yoga with Frances 9:30 Nail Painting 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo with Carol 11:00 Tai Chi with Cyndi 11:30  Piano by Wayne  11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Beginning Spanish 2:00 Enhance@Fitness*
4 9:00 Yoga with Frances 9:40 Movie: "Forever My Girl" Rated PG-13 10:00 <u>Family History Search</u> 10:00 Lapidary Group 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Rummikub 10:00 Seated Tai Chi 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "Forever My Girl" Rated PG-13 1:00 Time Steppers Open Class 1:00 Beginning Spanish 2:00 Enhance@Fitness*	5 Birthday Tuesday 8:45 Zumba Gold with Nicka 9:00 Haircuts with Caroline 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 <u>Paint with Acrylics Until 12</u> 10:00 Dominos 10:00 Chair Exercise with Vera 10:00 <u>Speech Reading Class</u> 10:45 Crochet/Knit Group 11:00   Old Time Fiddlers 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Larkin" 12:45 Canasta: Until 4:00 1:00 Low Impact Exercise 1:00 Coin Collecting Club	6 8:00 Clogging Class 9:00 Basic Computer Class 9:00 Tai Chi with Cyndi 10:00 AC Meeting 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Lapidary Group 10:15 Senior Yoga with Robin 11:45 Lunch Served until 12:30 12:00 Quilting Group 12:00 Pottery Class (till 4 ^{pm}) 12:30  Texas Hold'em  12:50 Easy Line Dancing Class 1:00 Time Steppers Open Class 2:00 Enhance@Fitness*	7 8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 10:00 Ceramics: Until 12:00 10:00 <u>Massages & Foot Baths until 2:30</u> 10:30 Minding Motion 11:00 Presentation: The Wolves Return to Yellowstone Park with Jill Smith 11:00 Smart Technology 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 3:30 Ballroom Dance Class	8 9:00 Yoga with Frances 9:30 Nail Painting 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo with Carol 11:00 Tai Chi with Cyndi 11:30  Piano by Wayne  11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Beginning Spanish 2:00 Enhance@Fitness*
11 9:00 Yoga with Frances 9:40 Movie: "15:17 Paris" Rated PG-13 10:00 <u>Family History Search</u> 10:00 Lapidary Group 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "15:17 Paris" Rated PG-13 1:00 Time Steppers Open Class 1:00 Beginning Spanish 2:00 Enhance@Fitness* 4:00 Diabetes 101	12 8:45 Zumba Gold with Nicka 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 <u>Paint with Acrylics Until 12</u> 10:00 Dominos 10:00 Chair Exercise with Vera 10:00 <u>Speech Reading Class</u> 10:30 <u>Book Club</u> 10:45 Crochet/Knit Group 11:00 Huntsman Cancer Institute Presentation on Skin Cancer 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Right at Home" 12:45 Canasta: Until 4:00 1:00 Low Impact Exercise 1:00 Coin Collecting Club 2:00 ALS Support Group 	13 8:00 Clogging Class 9:00 Basic Computer Class 9:00 Tai Chi with Cyndi 10:00 <u>Craft Class with Ameritech</u> 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Lapidary Group 10:15 Senior Yoga with Robin 10:30 Walk With Ease 11:00 Fraud, Scams & Identity Theft with Legal Shield 11:45 Lunch Served until 12:30 12:00 Quilting Group 12:00 Pottery Class (till 4 ^{pm}) 12:50 Easy Line Dancing Class 1:00 Time Steppers Open Class 2:00 Enhance@Fitness*	14 8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 9:00 <u>Podiatrist - Dr. Shelton \$10 suggested</u> 10:00 Ceramics: Until 12:00 10:00 <u>Counseling Appts with Rocky Mountain Care</u> 10:00 Rummikub 10:30 Minding Motion 11:00 Smart Technology 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 2:00 Riverton Coalition Meeting 3:30 Ballroom Dance Class	15 Father's Day Party 9:00 Yoga with Frances 9:30 Nail Painting 10:00 Rummikub 10:00 Seated Tai Chi 10:00 Bingo 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:00   Soren Green 11:45 Lunch Served until 12:30 12:00 Root Beer Floats Sponsored By "Home Helpers" 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Beginning Spanish 2:00 Enhance@Fitness*
18 9:00 Yoga with Frances 9:40 Movie: "Coco" Rated PG-13 10:00 <u>Family History Search</u> 10:00 Lapidary Group 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "Coco" Rated PG-13 1:00 Time Steppers Open Class 1:00 Beginning Spanish 2:00 Enhance@Fitness*	19 8:45 Zumba Gold with Nicka 9:30 BP Tests Joe with Walmart 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 <u>Paint with Acrylics Until 12</u> 10:00 Dominos 10:00 Chair Exercise with Vera 10:00 <u>Speech Reading Class</u> 10:45 Crochet/Knit Group 11:00 Healthy Brain Presentation Weston with Humana 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Bristol Hospice" 12:45 Canasta: Until 4:00 1:00 Low Impact Exercise 1:00 Coin Collecting Club	20 Hawaiian Day Celebration 8:00 Clogging Class 9:00 Basic Computer Class 9:00 Tai Chi with Cyndi 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Lapidary Group 10:15 Senior Yoga with Robin 10:30 Walk With Ease 11:00 Valley Behavioral Health 11:30   Hawaiian Dancers  11:45 Lunch Served until 12:30 12:00 Quilting Group 12:00 Pottery Class (till 4 ^{pm}) 12:30  Texas Hold'em  12:50 Easy Line Dancing Class 1:00 Time Steppers Open Class 2:00 Enhance@Fitness*	21 8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 10:00 <u>Massages & Foot Baths until 2:30</u> 10:00 Ceramics: Until 12:00 10:00 Social Security Appts 10:00 Rummikub 10:30 Minding Motion 10:30 <u>Dementia Prevention American Brain Council</u> 11:00 <u>Legal Questions Appts Attorney Phil Ferguson</u> 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 3:30 Ballroom Dance Class	22 9:00 Yoga with Frances 9:30 Nail Painting 9:30 Linus Project 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:30  Piano by Wayne  11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Beginning Spanish 2:00 Enhance@Fitness*
25 9:00 Yoga with Frances 9:40 Movie: "Mad Money" Rated PG-13 10:00 Lapidary Group 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:45 Lunch Served until 12:30 12:50 Easy Line Dancing Class 1:00 Movie: "Mad Money" Rated PG-13 1:00 Time Steppers Open Class 1:00 Beginning Spanish 2:00 Enhance@Fitness*	26 8:45 Zumba Gold with Nicka 10:00 Ceramics: Until 12:00 10:00 Bridge: Until 12:00 10:00 <u>Paint with Acrylics Until 12</u> 10:00 Dominos 10:00 Chair Exercise with Vera 10:00 <u>Speech Reading Class</u> 10:45 Crochet/Knit Group 11:45 Lunch Served until 12:30 12:45 Bingo - Sponsored by "Beehive Herriman" 12:45 Canasta: Until 4:00 1:00 Low Impact Exercise 1:00 Coin Collecting Club 3:30 Ladies Victorian Tea Party 	27 8:00 Clogging Class 9:00 Basic Computer Class 9:00 Tai Chi with Cyndi 10:00 ESL Class (10 ^{am} -12 ^{pm}) 10:00 Lapidary Group 10:00 <u>Happiness For Life</u> 10:15 Senior Yoga with Robin 10:30 Walk With Ease 11:00 Memories to Memoirs 11:45 Lunch Served until 12:30 12:00 Quilting Group 12:00 Pottery Class (till 4 ^{pm}) 12:30  Texas Hold'em  12:50 Easy Line Dancing Class 1:00 Time Steppers Open Class 2:00 Enhance@Fitness*	28 8:45 Zumba Gold with Nicka 9:00 Open Computer Lab until 11:00 with Steve 10:00 Ceramics: Until 12:00 10:00 Rummikub 10:00 Social Security Appts 10:30 Minding Motion 11:45 <u>Dining Room Presentation Fall Prevention With Visiting Angels</u> 11:45 Lunch Served until 12:30 12:45 Canasta: Until 4:00 1:00 Wood Carving Group 1:00 Low Impact Exercise 3:30 Ballroom Dance Class	29 9:00 Yoga with Frances 9:30 Nail Painting 10:00 Rummikub 10:00 Seated Tai Chi 10:30 Bingo 10:30 Walk With Ease 11:00 Tai Chi with Cyndi 11:30  Piano by Wayne  11:45 Lunch Served until 12:30 12:00 Pottery Open Studio until 4:30 1:00 Time Steppers Open Class 1:00 Chess Club 1:00 Beginning Spanish 2:00 Enhance@Fitness*

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
Tuesday June 5th
from 9:00^{am}-2:00^{pm} ([SIGN UP](#))

Massage & Foot Baths

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

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

Speech Reading Class

Tuesdays at 10:00^{am}

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



Ladies Victorian Tea Party

Tuesday June 26th

3:30^{pm}

\$6.00 Per Person

[Sign Up by June 22nd](#)



Music Provided by Harpist Heidi Jaeger & Bristol

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