

# MILLCREEK SENIOR CENTER

## September 2024

### Dealing with Dementia

Are you a family caregiver? Dealing with Dementia is a learning option for caregivers assisting those with any form of dementia. You will learn about dementia, how to manage problem behaviors, how to handle stress, and ways to find time for YOU! The program is offered as two 2-hour sessions. Participants must attend both sessions and will receive a free manual with coping tools and resources!

Tuesday, September 10th & Thursday, September 12th at 9:30AM

### Reece Stein Travelogue: Northern Greece

Join TV reporter Reece Stein and Marianne Stein for a virtual visit to the mountains and monuments of northern Greece. We'll tour the country's historic second city, explore the excavated tombs of King Phillip II of Macedonia, and hike the shoulder of the original Mount Olympus, home of the gods. Every turn is a surprise in this spectacular corner of southern Europe.

Wednesday, September 25th at 10:30AM

### Café Evergreen

Breakfast: 7:30AM-9:30AM - \$6.00 (Cash)

**Lunch: 11:30AM-1:30PM**

**60+ Suggested donation \$4.00**

Under 60 Main Meal: \$9.00 (Cash)

Under 60 Alternative Meal: \$8.00 (Cash)

*Cards accepted with additional processing fee.*

## CENTER INFORMATION

### HOURS

Monday - Friday  
7:00AM - 4:00PM

### CONTACT

385.468.3305  
millcreekinfo@slco.org

### STAFF

Manager: Laurie Tinker  
Programs: Darcy Dockery  
Office: Sandi Simmons  
Kitchen: Elevation Catering

### ADDRESS

2266 E. Evergreen Ave.  
(3435 S.)

### WEBSITE

slco.org/millcreek-senior-  
center/



**SL**  
SALT LAKE  
COUNTY  
AGING & ADULT  
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
September 2	September 3	September 4	September 5	September 6
	9:15 .... Chair Yoga <b>11:30 .... Birthday Tuesday</b> 12:15 .... Senior Fitness w/U of U 12:30 .... Bridge 12:30 .... Duplicate Bridge* 1:00 .... Mahjong 1:00 ... Computer/Gadget Help with Chet* 1:30 .... Cognitive Coloring	7:45 .. EnhanceFitness* 9:00 ... EnhanceFitness* 10:00 ... Knit/Crochet 10:15 ... EnhanceFitness* <b>12:00...Tai Chi for Arthritis* (10/10)</b> <b>1:00...Stepping On (1/7)*</b> 2:30 ... Wii Sports	9:30.... Paint Studio 10:00.... Tai Chi Easy & Qigong <b>10:30... Friends BINGO Fundraiser</b> 11:00.... Tai Chi Easy 12:15.... Senior Fitness w/U of U 12:30.... Bridge 1:00.... Computer/Gadget Help with Chet* 1:00.... Good Grief	7:45 .... EnhanceFitness* 9:00 .... EnhanceFitness* 9:00 .... Watercolor Art Studio 10:15 .... EnhanceFitness* <b>11:45 .... Chair Yoga</b> 1:00 .... Hand & Foot Canasta 1:00... Ping Pong <del>2:00 .... Beginning Watercolor</del>
September 9	September 10	September 11	September 12	September 13
<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> <del>10:15 .... EnhanceFitness*</del> 11:00 .... Ballet 1:00 .... Ping Pong 1:00 .... Pinochle 1:30 .... Alzheimer's Support	9:15 .... Chair Yoga <b>9:30 .... Dealing with Dementia* (1/2)</b> 10:00 .... Clever Crafter: 12:15.... Senior Fitness w/U of U 12:30 .... Bridge 12:30 .... Duplicate Bridge* 1:30 .... Mahjong 1:00 .... Computer/Gadget Help with Chet* 1:30... Cognitive Coloring	<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 10:00 ... Knit/Crochet <del>10:15 .... EnhanceFitness*</del> <b>1:00 ... Stepping On (2/7)*</b> 1:30 ... Toys for Shriners* <b>2:30 ... Wii Sports</b>	<del>9:30 .... Paint Studio</del> <b>9:30 .... Dealing with Dementia* (2/2)</b> 10:00 .... Tai Chi Easy & Qigong <b>10:30... Friends BINGO Fundraiser</b> 11:00 .... Tai Chi Easy 12:15.... Senior Fitness w/U of U 12:30.... Bridge 1:00.... Computer/Gadget Help with Chet* 1:30... Write Your Life Story	<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 9:00 .... Watercolor Art Studio 10:00 .... AARP Driver Safety Course \$* <del>10:15 .... EnhanceFitness*</del> <b>11:30 ... BobbyD &amp; Friends</b> 11:45 .... Chair Yoga 1:00 .... Hand & Foot Canasta 1:00 .... Ping Pong 2:00 .... Beginning Watercolor
September 16	September 17	September 18	September 19	September 20
<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> <del>10:15 .... EnhanceFitness*</del> 11:00 .... Ballet 1:00 .... Ping Pong 1:00 .... Pinochle	9:15 .... Chair Yoga <b>11:00 .... Meditation</b> 12:15.... Senior Fitness w/U of U 12:30 .... Bridge 12:30 .... Duplicate Bridge* 1:30 .... Mahjong 1:00 ... Computer/Gadget Help with Chet* 1:30 .... Cognitive Coloring	<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 10:00 ... Knit/Crochet <del>10:15 .... EnhanceFitness*</del> <b>1:00 ... Stepping On (3/7)*</b> 2:30 ... Wii Sports	9:30 .... Paint Studio 10:00 .... Tai Chi Easy & Qigong <b>10:30... Friends BINGO Fundraiser</b> 11:00 .... Tai Chi Easy 12:15.... Senior Fitness w/U of U 12:30 .... Bridge 1:00 .... Computer/Gadget Help with Chet* 1:00.... Good Grief	<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 9:00 ... Watercolor Art Studio <del>10:15 .... EnhanceFitness*</del> 11:45 .... Chair Yoga <b>12:00 ... Friends of Millcreek Meeting</b> 1:00 .... Hand & Foot Canasta 1:00 ... Ping Pong 2:00 .... Beginning Watercolor
September 23	September 24	September 25	September 26	September 27
<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> <del>10:15 .... EnhanceFitness*</del> <b>10:30 .... Fall Prevention Event w/SLCO Health Department</b> 11:00 .... Ballet 1:00 .... Ping Pong 1:00 .... Pinochle	9:15 .... Chair Yoga 10:30 .... Caregiver Support Group* 10:30 .... Dialogue w/Dr. Dave 11:00 .... Meditation 12:15.... Senior Fitness w/U of U 12:30 .... Bridge 12:30 .... Duplicate Bridge* 1:30 .... Mahjong 1:00.... Computer/Gadget Help with Chet* 1:30... Cognitive Coloring	<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 10:00 ... Knit/Crochet <del>10:15 .... EnhanceFitness*</del> 10:30 .... Reece Stein Travelogue: Northern Greece <b>1:00 ... Stepping On (4/7)*</b> 1:00 .... Vital Aging: Open Clinic <b>2:30 .... Wii Sports</b>	9:30.... Paint Studio 10:00.... Tai Chi Easy & Qigong <b>10:30... Friends BINGO Fundraiser</b> 11:00... Tai Chi Easy <del>12:15.... Senior Fitness w/U of U</del> <del>12:30.... Bridge</del> <del>1:00 .... Computer/Gadget Help with Chet*</del> <b>Center closing at 12:30PM</b>	<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 9:00 .... Watercolor Art Studio <del>10:15 .... EnhanceFitness*</del> <del>11:45 .... Chair Yoga</del> 1:00 .... Hand & Foot Canasta 1:00... Ping Pong 2:00 .... Beginning Watercolor
September 30	October 1	October 2	October 3	October 4
<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> <del>10:15 .... EnhanceFitness*</del> 11:00 .... Ballet 1:00 .... Ping Pong 1:00 .... Pinochle	9:15 .... Chair Yoga 11:00 .... Meditation <b>11:30 .... Birthday Tuesday</b> 12:15.... Senior Fitness w/U of U 12:30 .... Bridge 12:30 .... Duplicate Bridge* 1:30 .... Mahjong 1:00 ... Computer/Gadget Help with Chet* 1:30 .... Cognitive Coloring	<del>7:45 .. EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 10:00 ... Knit/Crochet <del>10:15 .... EnhanceFitness*</del> <b>1:00 ... Stepping On (5/7)*</b> 2:30 ... Wii Sports	9:30 ... Paint Studio 10:00 ... Tai Chi Easy & Qigong <b>10:30... Friends BINGO Fundraiser</b> 11:00 ... Tai Chi Easy 12:15.... Senior Fitness w/U of U 12:30 ... Bridge 1:00 ... Computer/Gadget Help with Chet* 1:00.... Good Grief	<del>7:45 .... EnhanceFitness*</del> <del>9:00 .... EnhanceFitness*</del> 9:00 .... Watercolor Art Studio <del>10:15 .... EnhanceFitness*</del> 11:45 .... Chair Yoga 1:00 .... Hand & Foot Canasta 1:00... Ping Pong 2:00 .... Beginning Watercolor
Limited-Time Series	Sponsored by Friends of Millcreek Advisory Committee- friends.millcreek@gmail.com			*Pre-Register: 385.468.3305