

# Tenth East

## Senior Center

September, 2024



### HIGHLIGHTED PROGRAMS

**Drums Alive: Mondays, August 5 - October 28, 9:30-10:30 AM.**

This amazing class combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

**Falls Prevention Event: Monday, September 23, 12:30-1:30PM.**

Ruth Braga, RN, from The University of Utah Trauma Outreach and Injury Prevention Team, will be here to present on the importance of preventing falls. Topics covered: Falls Prevention - Learn early steps to reduce fall risks. Safer Driving - Learn how preventing falls can lead to safer driving habits. Yellow Dot Program - Learn about emergency preparedness.

**Candidates Day: Friday, October 4, 10:30-11:00 AM.**

Listen to a variety of local candidates running in the upcoming elections.

**Dealing with Dementia Workshop for Caregivers:**

**Monday, October 21, 9:30 AM-2:30 PM (lunch 11:30 AM).**

This workshop is designed to help caregivers understand dementia, manage problem behaviors, handle stress, and time management.

Register online at [monami.io/calendars/salt-lake-county-aging-adult-services/](https://monami.io/calendars/salt-lake-county-aging-adult-services/) or by calling Kathy Nelson at 385-468-3281.

### ANNOUNCEMENTS

**Hand & Foot Card Game:** This card group will now meet on the 2nd and 4th Wednesday of the month from 12:30-3:30 PM.

**Center Closed:** Labor Day Holiday, Monday, September 2.

**Center Closed Early:** All Salt Lake County Senior Centers will close early on Thursday, September 26, 12:30 PM for a mandatory staff meeting. We will be serving lunch on this day. All afternoon classes will be cancelled.

**Center News Email Blast:** Receive updates and information by giving your email address to a staff person at the front desk.

**Program Registration:** All classes require registration. Please check in at the front desk. Thank you.

**Scan Your Card:** Scanning your card at the front desk is vital for the functioning of this center. Thank you for your participation.

### CENTER INFORMATION

### HOURS

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

### LUNCH

11:30 AM - 12:15 PM

### CONTACT

**(385) 468-3140**

Management: Matt Waite

Programs: Lara Kandolin

Maintenance: Jason Hill

Office: Donnae Tidwell

Kitchen: Jill Roberts

Easterseals: Debra Taylor

### ADDRESS

237 South 1000 East  
Salt Lake City, UT 84102

### WEBSITE

<https://slco.org/tenth-east-senior-center/>



SALT LAKE  
COUNTY  
AGING & ADULT  
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Center Closed</b>	10:00 Ballet 10:00 Creative Art 10:45 Yoga w/ Amber (Chair) 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Yoga w/ Amber (Stretch) 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball	9:45 Yoga w/ Amber (Strength) 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi 3:45 Zumba  Tech. Help by Appt.	9:15 Yoga w/ Amber (Stretch) <b>10:00 AARP Smart Driver Course</b> 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
8:00 Yoga w/ Mitch (Active) 9:00 Knit & Chat 9:30 Drums Alive 9:30 Open Dance 10:30 EnhanceFitness 12:00 Living Well with Chronic Pain 1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:00 Creative Art 10:45 Yoga w/ Amber (Chair) 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Yoga w/ Amber (Stretch) 10:30 EnhanceFitness <b>12:30 Hand &amp; Foot Card Game</b> 1:00 EnhanceFitness 2:15 Pickleball	9:45 Yoga w/ Amber (Strength) 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi 3:45 Zumba  Tech. Help by Appt.	9:15 Yoga w/ Amber (Stretch) 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8:00 Yoga w/ Mitch (Active) 9:00 Knit & Chat 9:30 Drums Alive 9:30 Open Dance 10:30 EnhanceFitness 12:00 Living Well with Chronic Pain 1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:00 Creative Art 10:45 Yoga w/ Amber (Chair) 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Yoga w/ Amber (Stretch) 10:30 EnhanceFitness <b>12:30 Writing Group</b> 1:00 EnhanceFitness 2:15 Pickleball	9:45 Yoga w/ Amber (Strength) 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi 3:45 Zumba  Tech. Help by Appt.	9:15 Yoga w/ Amber (Stretch) 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
8:00 Yoga w/ Mitch (Active) 9:00 Knit & Chat 9:30 Drums Alive 9:30 Open Dance 10:30 EnhanceFitness <b>12:30 Falls Prevention</b> 1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:00 Creative Art 10:45 Yoga w/ Amber (Chair) 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Yoga w/ Amber (Stretch) 10:30 EnhanceFitness <b>12:30 Hand &amp; Foot Card Game</b> 1:00 EnhanceFitness 2:15 Pickleball	9:45 Yoga w/ Amber (Strength) 10:00 Ballet <b>Center Closed at 12:30 PM</b>  <i>Cancelled:</i> 1:30 Amer. Mahjong 1:30 Tai Chi 3:45 Zumba Tech. Help by Appt.	9:15 Yoga w/ Amber (Stretch) 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
<b>30</b>				
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