

The Senior Scoop

Promoting independence through advocacy, engagement, and access to resources



Highlighted Classes

The Nature Prescription

Receive an article about the mental health benefits of being in nature.

Koi Kite

Make a decorative fish kite that looks beautiful floating in the wind.

Festive Pumpkins

Create an adorable little pumpkin using a toilet paper roll.

More Information



To register for courses, call
385-468-3299

For general information about
Aging & Adult Services, call
385-468-3200



Visit our website at
saltlakecounty.gov/aging

National Senior Center Month

September is National Senior Center Month, and this year's theme, "Powering Possibilities: Flip the Script," is all about redefining aging and embracing the vibrant, active lives older adults lead every day. Senior centers are more than just gathering places. They're hubs of connection, wellness, and lifelong learning. Whether you're interested in daily lunches, fitness classes, or meaningful friendships, Salt Lake County senior centers are here to support your goals and help you thrive. This month, why not invite a friend to join you at the center or volunteer to get more involved? It's a great way to stay connected and give back. Let's flip the script on aging together!

We invite you to celebrate with us by attending two special events this month: the **Annual Senior Decathlon** on September 9 at Magna Senior Center, and **Strong & Steady** - a community event with the Utah Falls Prevention Coalition on September 23 at Wheeler Farm. We also have an announcement about **Tenth East Senior Center** this month - turn to page 8 to read the big news!

Please note: all senior centers will be closed on September 1 for Labor Day and will close early after lunch on September 18 for staff training.

Virtual Senior Center Course Catalog

Register for Courses: 385-468-3299

Call Center Hours: Our Call Center registration hours are Monday - Friday, 8:00 AM - 3:00 PM. Please call 385-468-3299 during these hours to register for a Virtual Senior Center course.

Registration Information: A Senior Center membership is required to participate in the Virtual Senior Center. Classes have various registration dates, they are first-come, first-serve, and supplies are limited. A Senior Center member may call and register themselves and one other qualifying person in their household.

Senior Center Membership: The Virtual Senior Center is the sixteenth Salt Lake County Senior Center. Membership and participation is free to adults age 60 plus. You may become a member by contacting your local center (listings on page 5).

Self-Guided Courses: If the course includes an item, it may be picked up from your local center. Participants may contact their center to determine when an item is available. The item will be held for two weeks. Current Meals on Wheels participants can sign up to have items delivered to their home. Supplies needed are the responsibility of the participant.

Self-Guided Courses

Art/Culture/Music

Crocheted Sunglasses Case

Registration Open: 9/2/25

Get crafty and make a pretty crocheted sunglasses case.

Supplies Needed:

Crochet hook and scissors.



Halloween Door Hangers

Registration Open: 9/2/25

Celebrate the season by making two spooky door hangers. Choose between a white ghost, jack-o-lantern, or Frankenstein.

Supplies Needed:

Craft glue or hot glue with glue gun.



Skull Window Cling

Registration Open: 9/2/25

Get into the spirit of the season while coloring this Day of the Dead window art.



Stick Scarecrow Face

Registration Open: 9/2/25

Have a fantastic time making a fabulous fall-themed popsicle stick craft.



Self-Guided Courses Continued. Call 385-468-3299 to register.

Art Continued

Cute Halloween Bracelet

Registration Open: 9/4/25

Get in the spooky spirit and have fun making an adorable bracelet.



Fantastic Fish

Registration Open: 9/4/25

Make a school of colorful fish with easy to make paper toys that can hold surprises inside.



Festive Pumpkins

Registration Open: 9/4/25

Create an adorable little pumpkin using a toilet paper roll.



Florimel the Magnificent

Registration Open: 9/4/25

Receive a fun craft puppet theater kit that tells the adventures of Florimel the Magnificent rabbit.



Koi Kite

Registration Open: 9/4/25

Make a decorative fish kite that looks beautiful floating in the wind.



Fall Flower Bouquet

Registration Open: 9/9/25

Make a beautiful bouquet of seasonal flowers.



Mystery Halloween Grab Bag

Registration Open: 9/9/25

Receive a halloween-themed craft. Options range from pom-pom bats, ceramic pumpkins, spooky cats, and more possible surprises. One craft per kit.



Straw Weaving

Registration Open: 9/9/25

Weave a colorful art piece that you can tie on your wrist as bracelet or use as a decorative bookmark.



Supplies Needed: Tape.

Trick or Treat Card

Registration Open: 9/9/25

Create a spooky trick or treat card to share with others.

Supplies Needed:

Ink or crayons, adhesive, and strips of paper.

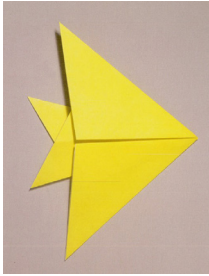


Self-Guided Courses Continued. Call 385-468-3299 to register.

Origami Fish

Registration Open: 9/11/25

This relaxing and beginner-friendly craft is a great way to have fun while improving fine motor skills.

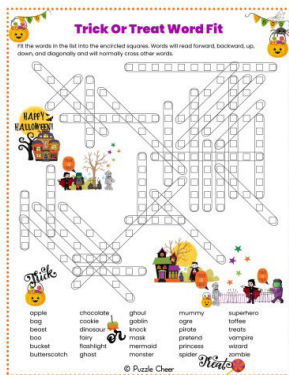


Education

Halloween Word Puzzles

Registration Open: 9/2/25

Start the spooky season right with four halloween-themed word puzzles.



Mediterranean Recipe

Registration Open: 9/2/25

Receive a recipe for a healthy and delicious walnut pesto pasta salad with roasted vegetables.



Supplies Needed:

Recipe ingredients.

Diabetes & Heart Healthy Recipes

Registration Open: 9/4/25

Receive a new diabetes-friendly recipe each month. The September recipe is for a peach and berry crisp.

Supplies Needed:

Recipe ingredients.



Baseball Tidbits

Registration Open: 9/9/25

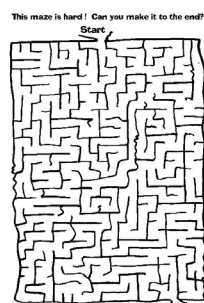
Receive a variety of facts to celebrate baseball history and the dramatic finale before postseason.



The Hard Maze

Registration Open: 9/9/25

Enjoy a mental challenge with this difficult maze that can be a rewarding, brain-boosting adventure.



Cooking for One or Two

Registration Open: 9/11/25

This month you will receive recipes for delicious chicken parmigiana, garlic cheese bread, and a sweet baked-apple desert.

Supplies Needed:

Recipe ingredients.



Health & Wellness

Exercises for Osteoarthritis

Registration Open: 9/2/25

Receive an article that provides exercise tips for arthritis and learn why physical activity is the best non-drug treatment for improving pain and function.



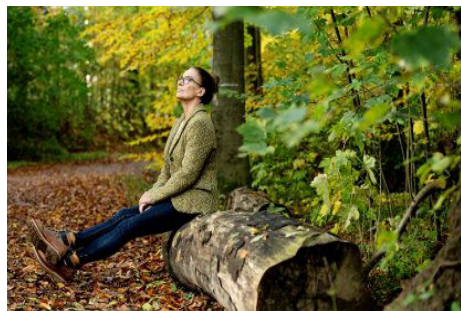
Self-Guided Courses Continued. Call 385-468-3299 to register.

Wellness Cont.

The Nature Prescription

Registration Open: 9/2/25

Receive an article about the mental health benefits of being in nature.



Healthy Living: How to Prevent Hearing Loss

Registration Open: 9/11/25

Receive an informative article that provides ways that you can lower your risk of hearing loss.



We're on YouTube!

Enjoy a variety of classes, including arts, dance, exercise, technology tips, educational presentations, and more. Check out our channel and please remember to subscribe.

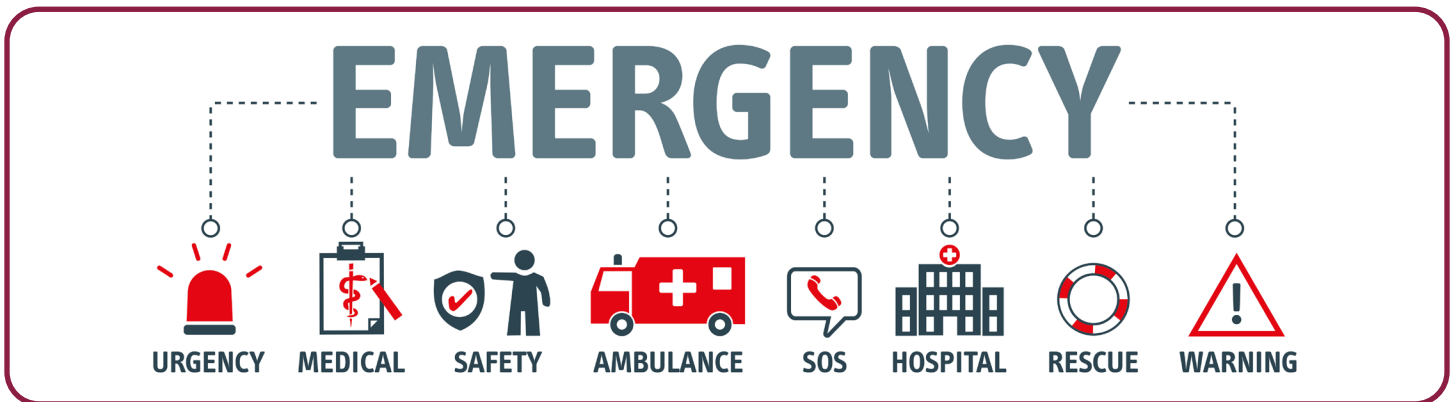
Visit us here:

[www.youtube.com/
@SLCOAging
AdultServices](https://www.youtube.com/@SLCOAgingAdultServices)



Salt Lake County Senior Centers

Draper Senior Center	1148 East Pioneer Road Draper, UT 84020	385-468-3330
Eddie P. Mayne Kearns Senior Center	4851 West 4715 South Kearns, UT 84118	385-468-3100
Liberty Senior Center	251 East 700 South Salt Lake City, UT 84111	385-468-3170
Magna Kennecott Senior Center	9228 West 2700 South Magna, UT 84044	385-468-3000
Midvale Senior Center	7550 South Main Street Midvale, UT 84047	385-468-3350
Millcreek Senior Center	2266 East Evergreen Avenue Millcreek, UT 84109	385-468-3305
Mt Olympus Senior Center	1635 East Murray-Holladay Rd. Holladay, UT 84117	385-468-3130
River's Bend Senior Center	1300 West 300 North Salt Lake City, UT 84116	385-468-3015
Riverton Senior Center	12914 South Redwood Road Riverton, UT 84065	385-468-3040
Sandy Senior Center	9310 South 1300 East Sandy, UT 84094	385-468-3410
South Salt Lake Senior Center	2531 South 400 East South Salt Lake, UT 84115	385-468-3340
Taylorsville Senior Center	4743 Plymouth View Drive Taylorsville, UT 84123	385-468-3370
Tenth East Senior Center	237 South 1000 East Salt Lake City, UT 84102	385-468-3140
Virtual Senior Center	Salt Lake County Aging & Adult Services, UT	385-468-3299
West Jordan Senior Center	8025 South 2200 West West Jordan, UT 84088	385-468-3401



Preparing for Life's Surprises

Emergencies are unpredictable. They happen quickly and with force. Some are small, like splitting your lip open from an unexpected fall. Other challenges are a lot more painful, such as losing a spouse and half your social security income or recovering from a fire or flood. Emergencies will come. How prepared are we physically, emotionally, and intellectually to deal with them?

September is Emergency Preparedness Month, an annual reminder that getting ready for life's surprises includes more than a 72-hour kit. It takes mental and emotional preparation, developing individual resilience, and cautiously reviewing the needs and abilities of those we care for.

What cognitive and physical adaptations need to be considered to minimize stress during an event?

1. Consider possible emergencies. How do you and your family's medical conditions complicate the stress and planning of an emergency. What extra steps need to be arranged?
2. Practice a calm response. Practice driving to the nearest hospital. Consider how to create a calm space in a shelter, as well as what simple activities you could do to relax.
3. Pack for the scenarios you identified. Simple preparations like keeping a phone charger, a three-day supply of medication, a soft blanket, and nuts or hard candy in your vehicle can make all the difference wherever and whenever you face the shock of an emergency.
4. Practice a tone of voice and the type of words you might use to help your care receiver respond to an emergency more calmly. Example, instead of yelling "the garage is on fire," say something like "There is an emergency. We need to go outside. Take my hand and we'll go together."
5. Consider what happens after an event. How can you get back to daily routines quickly? Review what worked and what needs to be updated after each event.



For more information, visit:

- beready.utah.gov
- ready.gov/people-disabilities
- saltlakecounty.gov/caregiver (publications) – download free Emergency Planning for Dementia Caregivers form

2025 Caregiver Calendar

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."

- Helen Keller



Support Groups for Caregivers (In Person/Virtual). We offer multiple support groups with a wide variety of care-related topics. Each group is tailored to the attending participants.

Sept Discussion: Legal Resources and Questions

- Midvale Senior Center – Sep 2 (Tues) at 9:00 AM.
- Veterans Caring for Non-Veterans – Sep 4 (Thurs) at 10:30 AM (Virtual)
- Riverton Senior Center – Sep 18 (Thurs) at 9:00 AM.
- Millcreek Senior Center – Sep 23 (Tues) at 10:30 AM.



The Joy Club (In Person). An activity support group designed for caregivers and those they care for, when appropriate. Enjoy creative time away from home. Participants receive a Creating Joy booklet and materials at no cost.

Sept Activity: Paper Plate Art

- West Jordan Senior Center – Sep 16 (Tues) at 1:30 PM.



Caregiver Talking Points (Virtual). A variety of up to one-hour skill development discussions for those caring for others. The discussions help caregivers solve issues and minimize stress.

Sept Topic: Arranging Care at Home

- Virtual Class – Sep 24 (Wed) at 12:00 PM.



Dealing with Dementia (In Person). A four-hour learning option for caregivers assisting those with any form of Dementia. Participants receive a free manual with coping tools and resources.

- River's Bend Senior Center on Sep 9 and 11 at 9:30 AM. The class is for two hours each day. Attendees need to attend both sessions.

Steps to Register

1. Go to saltlakecounty.gov/caregiver
2. Click **"Calendar"**
3. Select the event
4. Enter your information

If you need help with registration, call
Kathy at 385-468-3281.

There is no cost to participate in
caregiver classes, groups, and activities.

Fun Fall Recipe - Chicken Taco Soup for Two

Ingredients

- 2 teaspoons olive oil
- ¼ cup chopped onion
- 3 tablespoons taco seasoning, divided
- ½ (14 ounce) can fire-roasted diced tomatoes with juice
- 1 cup chicken broth
- ½ cup frozen corn
- 1 (5 ounce) boneless, skinless chicken breast, thinly sliced on the diagonal

Toppings

- ½ cup tortilla chips
- ½ avocado, sliced
- ¼ cup shredded Oaxaca cheese, or to taste
- 2 tablespoons sour cream, or to taste

Directions

Heat oil in a heavy saucepan over medium-high heat until shimmering. Add onion and 1 1/2 tablespoons taco seasoning. Cook until onions are soft and translucent, 3 to 4 minutes. Stir in tomatoes with juice, chicken broth, and corn.

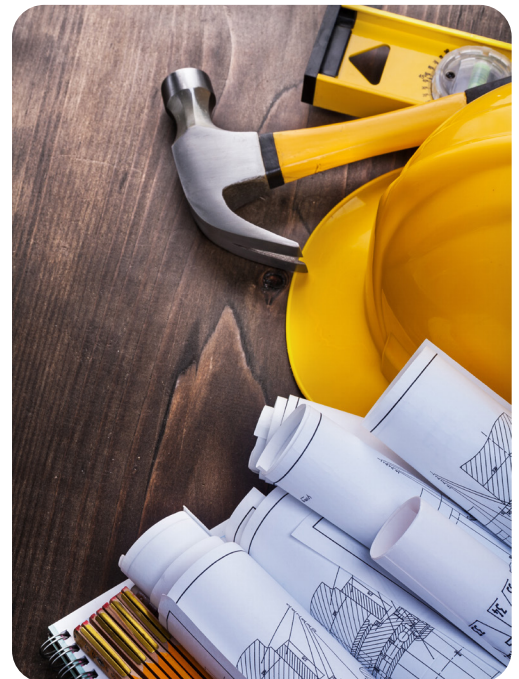
Sprinkle remaining taco seasoning over chicken pieces and add to soup. Stir to combine, cover, and cook until chicken is cooked through, about 5 minutes. Serve with tortilla chips, avocado slices, Oaxaca cheese, and sour cream. Source: allrecipes.com



Tenth East to Close for Remodeling

The long-anticipated remodel of Tenth East Senior Center begins this month. Our last open day will be Friday, Sept. 5. The project is expected to take about 18 months and will transform the center with a new café-style kitchen and lunchroom, a dedicated exercise room and larger fitness area, a new main entry, and upgraded grounds and parking lot. During the closure, Tenth East participants are encouraged to visit other Salt Lake County Senior Centers, especially South Salt Lake, where many Tenth East classes and programs will be held. Aging & Adult Services will provide transportation to South Salt Lake Senior Center for Tenth East patrons. For questions or to sign up for transportation, please stop by the Tenth East front desk or call the center at (385) 468-3140.

Thank you for your patience as we make these exciting improvements. We can't wait to welcome you back to a beautiful new Tenth East!



Senior Focus - Diana Fakatou



My name is Diana Fakatou and I was born in Lehi, Utah in 1944.

I first heard of Western Line dance from neighbors and friends in Holladay, Utah. They gathered to form an exercise class with a focus on western music and line dance. I LOVED IT!

I learned some ballroom and Polynesian dance at BYU when I was 18. My new friends were older, and they danced at Senior Centers. (Line dance is for all ages).

I rediscovered dance at Mount Olympus Senior Center in 2000. The current instructor at that time retired in 2005, he asked me if I would teach the class. In 2005 I started teaching the beginner class, 1 1/2 hours every Monday.

Since 2010 I've been teaching Tuesdays & Thursdays Line Dancing.

I was lucky to belong to "Young at Heart" line dancers who entertain at social events.

Twenty years of teaching classes and going to workshops have given me memories of joy, happiness and exercise with friends I love.

Volunteering Builds Community

Volunteering for Meals on Wheels is more than delivering food, it's laying the groundwork for a stronger, more connected community. Each knock on the door is like placing another brick in the foundation of trust, care, and compassion. Volunteers help cement relationships between neighbors, ensuring older adults know they are valued and supported. Just as a sturdy building needs both structure and heart, a healthy community needs people willing to show up and lend their time and energy.

Every route a volunteer drives adds another piece to the community blueprint. With each meal delivered, they help construct bonds that bridge generations and circumstances.

Volunteer with Meals on Wheels

*Build your community
one brick at a time.*

Just one hour
a week helps
lay the
foundation
for lasting
change.



For More Information, call 385-468-3283

Health Promotion - Upcoming Classes

Stepping Up Your Nutrition

A program emphasizing balanced nutrition for fall prevention and addressing factors contributing to malnutrition.

W Sept 3 9:30 - 11:30 AM
Millcreek Senior Center

M Sept 22 12:30 - 2:30 PM
Mount Olympus Senior Center

Walk with Ease

A 6-week class developed by the Arthritis Foundation focusing on the benefits of walking for pain relief and overall health improvement.

MWF Oct 6 - Nov 14 10:00 - 11:00 AM
Riverton Senior Center

Mind Over Matter: Healthy Bowels, Healthy Bladder

A three-week program for women focusing on managing bladder and bowel leakage through exercises and dietary changes.

T Sept 2, Sept 16, Sept 30 1:00 - 3:00 PM
Riverton Senior Center

W Oct 1, Oct 15, Oct 29 1:30 - 3:30 PM
Millcreek Senior Center

Aging Mastery Program

A 10-week class covering various aspects of healthy aging, including sleep, exercise, nutrition, relationships, finances, falls prevention, medication management, and community engagement.

TH Sept 18 - Nov 20 10:00 - 11:30 PM
South Salt Lake Senior Center

Living Well with Chronic Pain

Learn self-management techniques and skills needed in the day-to-day management of any type of chronic pain condition in this 6-week class.

W Sept 17 - Oct 22 9:30 AM - 12:00 PM
Millcreek Senior Center

M Sept 22 - Oct 27 10:00 AM - 12:30 PM
Kearns Senior Center

TH Oct 2 - Nov 6 3:30 - 5:30 PM
Virtual Senior Center

Stronger Memory

Improve brain health through simple exercises that stimulate the memory retrieval part of the brain. *The first class is for one hour; the following classes are 30-45 minutes.

W Sept 3 - Nov 5 10:30 - 11:30 AM
Midvale Senior Center

Mindfulness Based Stress Reduction

An 8-week course to learn mindfulness principles to help you deal with stress, anxiety, depression and pain. Improve memory, mood, and pain management at the same time.

W Sept 10 - Oct 29 10:00 AM - 12:00 PM
Millcreek Senior Center

Tai Chi for Arthritis and Fall Prevention

An evidence-based class proven to help improve balance and decrease pain. Learn this moving meditation to reduce stress and increase strength.

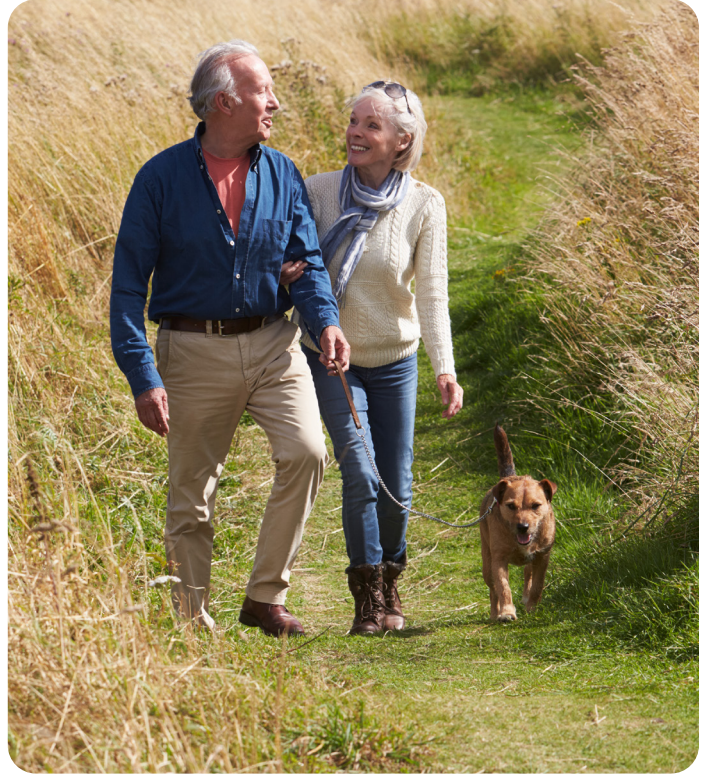
MW Sept 8 - Nov 12 11:45 AM - 12:45 PM
Millcreek Senior Center

Health Promotion - Falls Prevention Awareness Month

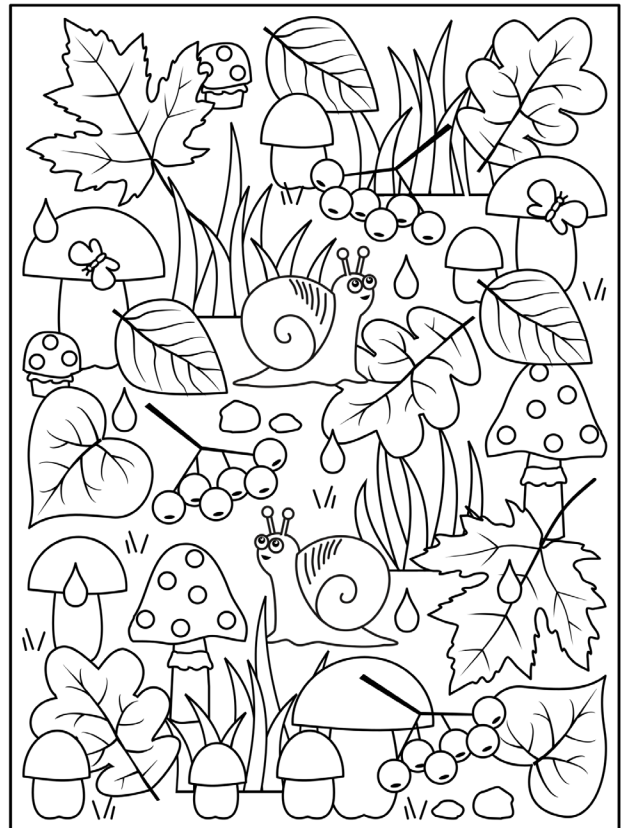
September is Falls Prevention Awareness Month - a perfect time to remember that falls are not a normal part of aging, and many can be prevented with the right knowledge and habits.

Join us for **Strong and Steady**, a free falls prevention event on **September 23 from 9:00 AM – 1:00 PM** at **Wheeler Farm Outdoor Education Center**.

Enjoy screenings, balance and exercise activities, Tai Chi and fitness class demos, and talks on nutrition and home safety—plus a free lunch for the first 100 attendees. Our Health Promotion team will also be on site leading some of the live demonstrations, giving you practical tips you can start using right away. Together, we can help you stay steady on your feet and confident in your daily activities.



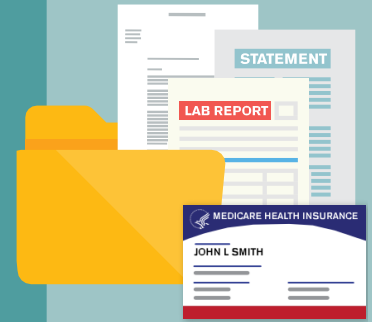
Brain Games - Spot the 10 Differences



Is that Medicare Call Real?

Prevent Medicare Fraud

The Senior Medicare Patrol (SMP) program empowers and assists Medicare Beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones. Call Aging and Adult Services at 1-385-468-3200 if you need assistance.



Medicare robocall scams aren't always random. Many specifically target older adults whose Medicare eligibility make them prime targets for health insurance fraud. Scammers may "spoof" the number that appears on your caller ID so it looks like it is coming from someone local.

When you answer, a scam caller usually starts chatting you up to engage you, asking you conversational questions to put you at ease. Whatever scam scenario follows, the caller is trying to get your personal information, such as your Medicare card number, your Social Security Number, or other health insurance identification.

Tips to Prevent, Detect, and Report:

- Only share your Medicare or Social Security Number with those you trust.
- Only carry your Medicare card when you need it.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- Call your healthcare provider, Medicare, or your local SMP if you see something suspicious.

What to Watch for:

- Don't answer calls from unknown numbers.
- Hang up if the caller isn't who you expected.
- Never give out personal information to an unexpected caller, even if they have some of your information.
- Use caution if you are being pressured for information immediately.
- If a caller claims to represent a health insurance provider or a government agency, simply hang up. You can call back using a phone number on an account statement, or an official website to verify.



Prevent. Detect. Report.

