

The Senior Scoop

Promoting independence through advocacy, engagement, and access to resources



Highlighted Classes

NYE Confetti Poppers

Craft a simple and fun confetti popper to ring in the new year.

Creative Writing

Learn the art of crafting stories, creative journaling, and memoir writing.

Healthy Living: Gratitude

Receive an article on gratitude. Learn how it improves your health and how to implement it into your daily routine.

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

Survive & Thrive This Holiday Season

The holiday season can be joyful, but it can also bring stress or the winter blues. You're not alone if you feel a little low this time of year. The good news? A few simple steps can help lift your mood and keep you healthy all winter long.

Stay Connected. Reach out to friends, family, or join a group activity. Even a short chat or shared meal can brighten your day.

Keep Moving. Physical activity boosts both mood and energy. Try an exercise or health education class at your local senior center – options like yoga, tai chi, pickle ball, or fitness classes make it easy to stay active and social.

Take Care of Yourself. Get enough rest, eat well, and soak up some sunshine when you can.

Give Back. Helping others can lift your spirits. Try volunteering, helping a friend or neighbor, or donating to a local charity – you'll likely feel a boost of gratitude and joy.

Your neighborhood senior center is here to help you stay active, connected, and engaged all season long. **Please note:** Senior Centers will be closed on Dec. 25 for Christmas.

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 fourteenth 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 (listed 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

NYE Confetti Poppers

Registration Open: 12/2/25

Craft a simple and fun confetti popper to ring in the new year.

Supplies Needed:

Tape and scissors.



Diamond Art Card Kit

Registration Open: 12/2/25

Have fun creating a seasonal card with a cute diamond art sticker.



Holiday Ornament

Registration Open: 12/2/25

Enjoy making a music-themed wood ornament.

Supplies Needed:

Scissors, pencil, and glue.



Mandala Animal Design Bag

Registration Open: 12/2/25

Use your artistry while coloring a reusable tiny tote.



Customized Plate

Registration Open: 12/2/25

Create a custom holiday plate that you can enjoy for years to come.

Supplies Needed:

Sharpie markers.



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

Art Continued

Gingerbread House

Registration Open: 12/4/25

Build a paper gingerbread house, complete with windows that open to reveal a cheerful celebration inside.



Holiday-Surprise Ball

Registration Open: 12/4/25

A fun and festive craft where you'll create a holiday ornament that hides a sweet secret inside.



The Helpful Elf

Registration Open: 12/4/25

A sweet paper craft where you'll make a little elf that can hold a treat inside.



Sequin Ornament

Registration Open: 12/4/25

Create this charming ornament by decorating foam balls with sequins.



Light-up Paper Snowflakes

Registration Open: 12/9/25

Make a beautiful light-up snowflake to adorn your wall during the winter season.

Supplies Needed:

Glue gun and glue.



Beaded Bracelet

Registration Open: 12/9/25

Make a bracelet to wear or give as a gift. The beads and colors may vary.



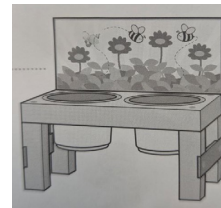
Herb Starter Kit for Winter Gardening

Registration Open: 12/9/25

Grab your tools and make your own seed starter box. Plant the provided herbs, care for them, and watch them grow. Two sets of herb seeds provided.

Supplies Needed:

Hammer, wood, glue, and water.



Origami Penguin

Registration Open: 12/11/25

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



Education

Mediterranean Baked Fish Recipe

Registration Open: 12/2/25

Make a healthy and delicious meal.

Supplies Needed:

Recipe ingredients.



Self-Guided & Online Courses: Call 385-468-3299 to register.

Education Cont.

December Word Puzzles

Registration Open: 12/2/25

Challenge your brain with four December-themed word puzzles.



Diabetes and Heart Healthy Recipes

Registration Open: 12/4/25

Receive a new diabetes-friendly recipe each month. The December recipe is for a tropical lemon gelatin.

Supplies Needed:

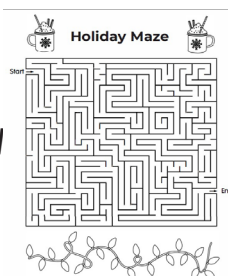
Recipe ingredients.



Fun Holiday Maze

Registration Open: 12/9/25

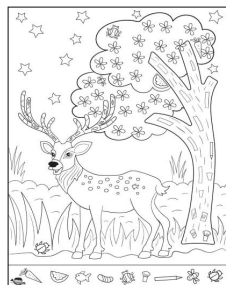
Receive a festive maze that is fun and great for the mind.



Holiday Hidden Picture

Registration Open: 12/9/25

Receive a cute game and see if you can find the objects hidden in plain sight.



Cooking for One or Two

Registration Open: 12/11/25

Receive recipes for easy chicken pot pie and peppermint hot chocolate pudding.

Supplies Needed:

Recipe ingredients.



Health & Wellness

Healthy Living: Gratitude

Registration Open: 12/11/25

Receive an article on gratitude. Learn how it improves your health and how to implement it into your daily routine.



Online Courses

Education

Creative Writing

Registration Open: 12/2/25

Instructor: Lisa Donaldsen

Class Date: 12/8/25-12/22/25

M 10:00 - 11:00 AM

In this workshop offered by the Community Writing Center, you will learn the art of crafting stories, creative journaling, and memoir writing.

Supplies Needed: Computer, internet, pen, and paper.



USU Class: Living Well with Chronic Pain

Registration Open: 12/11/25

Instructor: Gabriela Murza

Class Date: 1/27/26-3/3/26

T 10:00 AM - 12:00 PM

This evidence-based workshop is designed for those dealing with chronic pain.

Supplies Needed: Computer with camera, email, internet, and access to Zoom.



Online Courses: Call 385-468-3299 to register.

Fitness

Morning Stretch

Registration Open: 12/2/25
Instructor: Senior Planet

Class Date: 1/2/2026
F 8:00 - 8:30 AM

Try this daily online class (via zoom or phone) for 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm.

Required: Email and internet.



Social

Pride Discussion Group

Registration Open: 12/2/25
Instructor: Senior Planet

Class Date: 12/29/2025
M 2:00 - 3:00 PM

Join a weekly LGBTQ+ social hour of discussion and fun where you can connect with other older adults in the community. Try this online group through Zoom.

Required: Email and internet.

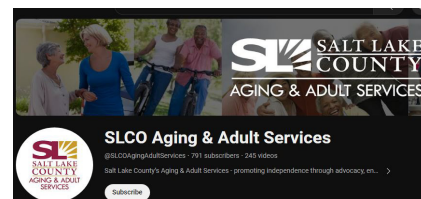


We're on YouTube!

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
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

Caregiver Support



Adjusting Celebrations

Our calendars are filled with a variety of celebrations, such as weddings, graduations, holidays, birthday parties, and more. Most celebrations include larger groups, higher noise levels, brighter lights, and less-familiar places and situations. This can be challenging for both the caregiver and the person being cared for. It is a constant bombardment of over-stimulation.

Review a few essential questions:

- What celebrations and parties do I enjoy? Why?
- Do I find myself declining requests? Why?
- How do I overcome the barriers I'm facing so I can attend more events?
- Who can help me overcome those barriers?

Explore ways to adjust planning to make attending easier:

- **Simplify the environment.** When possible, plan smaller events. If hosting larger gatherings, make sure a smaller room is available for your spouse and his dementia to watch TV, build a puzzle, or just sit quietly for a nap. A few individuals at a time can go in to visit him to minimize anxiety and sensory overload.
- **Simplify gift giving.** Aging individuals often focus on simplification. Most prefer connection gifts over products. Examples include a new family portrait, a booklet with coupons for a monthly homemade meal or takeout, and other gifts of time and/or fun visits.

Meal Coupon

Thank you for providing me with an evening meal.

- McDonald's Happy Meal (any kind)
- Little Ceasars Cheese Pizza
- Wendy's Chicken Nuggets
- Other: _____

Please circle the item you will be providing. Write your name and the date you will deliver the meal on the back of this ticket. Keep the other

Meal Reminder

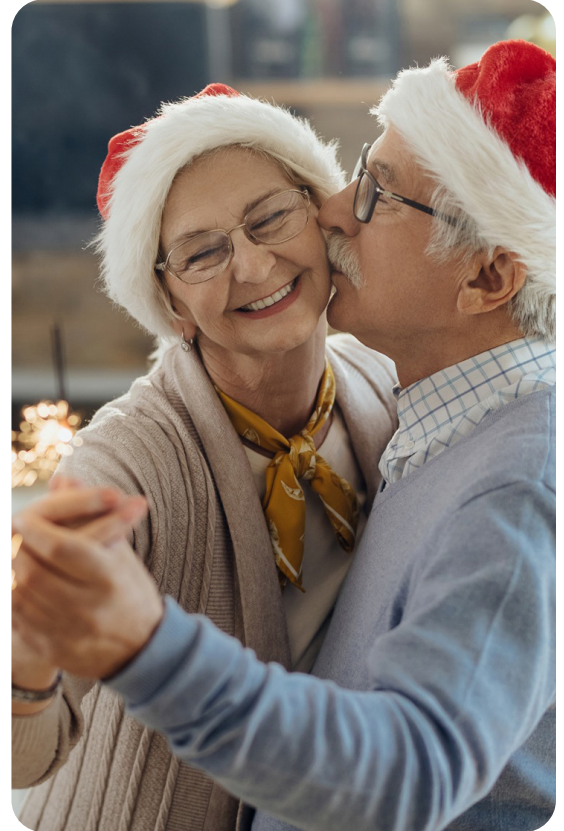
I will deliver a

to _____

on (date):

Caregiver Support

- **Simplify the event.** Decorations, bright colors, fireworks, and noise can overstimulate individuals with chronic illness, pain, or cognitive impairments. Consider an event with a simple cake, snacks, or minimal decorations, with less noise and lights; let the attendees be the main attraction.
- **Simplify the schedule.** Choose your events based on time, location, and size. It is not important to accept every invitation or stay as long as everyone else. Do not hesitate to show up fashionably late to shorten your time at an event. You can also show up early, get settled before the crowd arrives, then leave early to preserve your strength and energy levels.
- **Simplify expectations.** It is okay to ask less of yourself, to enjoy the mood, the moment, and the people around you. Drive through your neighborhood to see the lights or visit your son with the perfect Christmas tree, candle display, or buffet. It's okay to keep your home focused on fun meals and simple decorations.



Caregiver Calendar

We have completed our training schedule for 2025. Please watch the calendar and the Senior Scoop for upcoming programs starting January 2026.

If you are currently attending a support group, please remember that there are no groups in December. We will be emailing you with the option to continue starting again in January 2026.

Publications that can assist you with care skills and ideas during the holiday break are found at saltlakecounty.gov/aging-adult-services/support/caregiver-support/caregiver-publications/ including:

- The Managing Care Guide – worksheets to assist with managing care
- The Creating Joy Booklet – activities to give the stress of the day a break

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.

New! Senior Art Exhibits Coming to the Agency Lobby

Inspired by the success of our annual Senior Art Shows, Salt Lake County Aging & Adult Services is excited to launch a new quarterly art exhibit series in the agency lobby at the Salt Lake County Government Center.

We are proud to feature Shu Yamamoto, winner of the People's Choice Award from the 3rd Annual Senior Art Show, as our first exhibiting artist. His work will be on display beginning January 2026.

If you are a Salt Lake County artist age 60 or older and would like to be considered for a future exhibit, please contact Monika de St. Germain at (385) 468-3217 or mdestgermain@saltlakecounty.gov for more information.

See the exhibit by visiting us at:
Aging & Adult Services Office
2001 S. State Street
South Building, Suite SI-600
Salt Lake City



December Holiday Meals

Meals Schedule

Please note that times will vary by center and number of seatings. Menus may vary. Please contact your Senior Center for details.

Tuesday, Dec 16

Magna
Millcreek
Taylorsville
West Jordan

Wednesday, Dec 17

Liberty
Draper
Mt. Olympus
River's Bend
Sandy
South Jordan

Thursday, Dec 18

Kearns

Friday, Dec 19

South Salt Lake
Midvale
Riverton
Harman Home

Menu

Roast Beef, Mashed Potatoes & Gravy, Green Bean Casserole, Glazed Carrots, Dinner Roll, and Black Forrest Cake.



Senior Focus - Barbara Franz



I was born in the beautiful state of Colorado and knew by age seven that I wanted to be a nurse. I earned both my AD and BSN, RN, and was fortunate to work in a profession I truly loved for more than 35 years. I worked in hospitals and clinics, but my most rewarding experience was as a hospice nurse, which far outweighed every other position I held. My nursing career took me many places, including St. Thomas, where I battled a severe lung infection, and Vietnam, where I joined a month-long pediatric humanitarian mission, administering medical care to sick children. I also volunteered with the American Red Cross for two years and spent eight years as an adjunct professor at Westminster University, teaching End of Life Issues to junior nursing students.

Nursing was my dream career, but when retirement came, I wanted to stay useful and engaged. I accepted the role of thrift store coordinator at the Sandy Senior Center, even though I had no idea how to run one. Through years of trials and errors, and with the help of amazing volunteers, our little shop has grown into a major benefit for the center and its members. Thank you, Sandy Senior Center, for your belief in me, your support, and 14 wonderful years of fun!

4-Wheelers Wanted!

Do you have a 4-wheel drive vehicle?
You can make a big difference for older adults in our community!

Meals on Wheels is looking for backup drivers who can help deliver when snow or ice keeps others off the roads. With your capable vehicle, you can reach homes that might otherwise go without, making sure no one goes hungry, even when driveways are still being dug out. Your time and wheels can bring warmth, meals, and a friendly visit to someone who needs it.

Contact us to volunteer!
385-468-3283
ag-mowvolunteers@saltlakecounty.gov



Health Promotion - Upcoming Classes

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.

M Dec 1, Dec 15, Dec 29 3:00 – 5:00 PM
Virtual Senior Center

W Jan 14, Jan 28, Feb 11 9:30 – 11:30 AM
South Salt Lake Senior Center

F Jan 16, Jan 30, Feb 13 1:00 – 3:00 PM
Murray Senior Center

Get Empowered:

Embrace Your Mental Well-Being

A three-session program for older adults focused on mental health: reducing stigma, learning self-care strategies, and connecting with community resources to support mental well-being and quality of life.

TH Dec 4 – Dec 18 12:30 – 2:00 PM
Mt. Olympus Senior Center

For more information and to register:

Contact Lauren Glover at 385-468-3078 or lglover@saltlakecounty.gov.

Stepping Up Your Nutrition

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

T Dec 9 10:00 AM – 12:00 PM
Magna Senior Center

Tai Chi for Arthritis and Fall Prevention

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

TH Nov 20 – Mar 12 12:00 – 1:00 PM
Draper Senior Center

TH Dec 4 – Mar 26 2:00 – 3:00 PM
Riverton Senior Center

Arthritis Foundation Exercise Program

An overall body exercise class with joint check, range of motion, stretching, strengthening, cardiovascular endurance, and cool down. Developed for people with arthritis.

MW December 1 – Ongoing 1:30 – 2:30 PM
South Salt Lake Senior Center

Winter Wellness and Safety

As December begins, it's a great time to focus on health and safety. A few simple habits can help everyone enjoy a safer, healthier winter.

Handwashing: December 1–7 is National Handwashing Awareness Week. Wash with soap and warm water for at least 20 seconds to help prevent illness.

Prevent falls: Wear shoes with good traction, use handrails, and walk carefully on snowy or icy surfaces. Keep entryways dry and well-lit.

Stay warm and connected: Dress in layers, heat your home safely, and check in on neighbors or friends who may need support.

Independent Aging - Winter Tips for Meals & Rides

As we move into colder weather, we want to ensure everyone stays safe, warm, and informed. Please take a moment to review these important reminders.

Meals on Wheels Clients

- **Keep paths clear:** Please make sure sidewalks, porches, and driveways are free from snow and ice so our drivers can safely deliver your meals.
- **Be prepared:** In case of severe weather, deliveries may be delayed or canceled. Our team will notify you if routes are impacted.
- **Hold delivery:** If you know you won't be home or are going out of town, please call 385-468-3220 to update your delivery schedule.

Rides for Wellness Clients

- **Weather delays:** Snow and icy roads may cause longer travel times – please plan accordingly.
- **Safety first:** Drivers will assist clients from door to door but may not be able to navigate unsafe walkways. Please keep your entryway salted and cleared.
- **Stay connected:** If you need to cancel or reschedule a ride due to weather or illness, call 385-468-3400 as early as possible.

Your safety is our top priority. Thank you for helping our Meals on Wheels and Rides for Wellness drivers and Volunteers serve you safely this winter season!

Winter Riddles

1. What do mountains wear to keep them warm?
2. What do you call it when a snowman throws a tantrum?
3. The bane of the mariner, a tooth in the sea, more of me is hidden than seen. What am I?



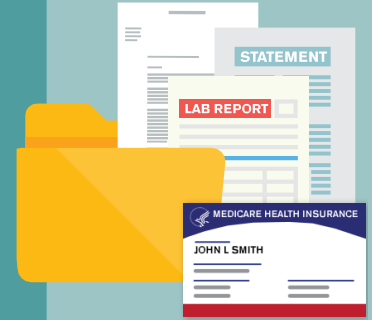
Answer Key
1. Snowcaps
2. A Meltdown
3. An Iceberg



Look Closely at Your Medicare Statements

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.



What is a Medicare Summary Notice (MSN)? An MSN is sent in the mail every 3 months, and shows all services and supplies billed to Medicare during the 3-month period. It also shows what Medicare paid and the maximum amount you may owe the provider.

Beneficiaries enrolled in Medicare Advantage plans or Part D Prescription Drug Plans receive Explanation of Benefits (EOBs). EOBs are mailed monthly if services are received.

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.

Common Medicare Scams:

- Review your Medicare statements as soon as they arrive to make sure all the services listed were actually received. Reviewing your MSN or EOB is one of the best ways that you can help detect problems.
- Keep a record of medical visits, tests, receipts for services, and equipment you have received.
- Compare your MSN or EOB to your receipts and records. If you notice any mistakes, or have questions, call your provider or plan with your questions. If you still have questions or need further help, contact your local SMP.



Prevent. Detect. Report.

