

The Senior Scoop

Promoting independence through advocacy, engagement, and access to resources



Highlighted Classes

Paper Fish Mobile

Create a whimsical fish mobile out of paper strips, tape, and a ribbon.

Peach & Watermelon Salad

Make a delicious and nutritious summer fruit salad.

Nature Therapy

Receive an article that describes how exposure to nature may boost cognitive health.

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

Changes Coming to Sunday Anderson

We want to share some exciting news with you. Starting in August, the Sunday Anderson Senior Center will close in anticipation of a future opportunity at the site. While the building may be closing, the community we've built together is moving, not going away. All of the programs, activities, and friendly faces you enjoy will continue at River's Bend Senior Center, just a short distance away.

To make this transition easy, transportation from home to the center will be provided to those who need it, and our staff are here to answer questions and help ensure a smooth transition. Whether you attend Sunday Anderson for the meals, the billiards room, the exercise, or the friendships, that experience will continue at River's Bend. We're excited for what's ahead and look forward to you joining us as we begin a new chapter filled with opportunity for our West Side senior community.

While we don't yet know exactly what will happen with the Sunday Anderson site, Salt Lake County leadership is exploring how the location and surrounding services can continue to serve the neighborhood, including meeting the needs of older adults. The County's goal is to make sure the site remains a valuable community asset. As plans take shape, we'll keep you informed and welcome you to be part of the conversation.

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

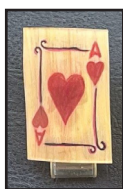
Playing-Card Pin

Registration Open: 7/1/25

Draw your playing card and create an original pin using Shrinky-Dink paper.

Supplies Needed:

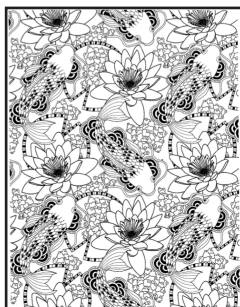
Colored pencils.



Koi Fish Coloring Pages

Registration Open: 7/1/25

Get creative and relax with these beautiful pages.



Supplies Needed:

Coloring utensils.

Paper Fish Mobile

Registration Open: 7/1/25

Create a whimsical fish mobile out of paper strips, tape, and a ribbon.

Supplies Needed:

Tape, scissors, ruler, and a pencil.



Mushroom Keychain

Registration Open: 7/1/25

Design, paint, and assemble a unique funky-fungi keychain.



Plastic Spoon Bugs

Registration Open: 7/3/25

Have fun creating adorable little bugs with plastic spoons.

Supplies Needed:

Paintbrush, scissors, hot glue, and glue gun.



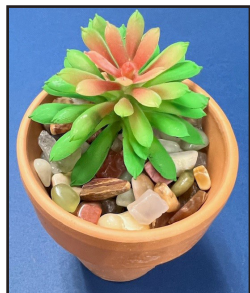
Self-Guided Courses Continued. Call 385-468-3299 to register.

Art Continued

Faux Summer Succulent

Registration Open: 7/3/25

Assemble a decorative artificial potted plant.



Piggy Bank

Registration Open: 7/3/25

Save your pretty pennies with this delightful paper mâché piggy bank.



Paper Mache Vase

Registration Open: 7/3/25

Craft a decorative vase that is lightweight and safe to handle.



Origami Fish

Registration Open: 7/3/25

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



Clay Marble Snails

Registration Open: 7/8/25

Craft two adorable clay and marble snails.

Supplies Needed:

Tweezers and wire cutters.



Flowers' Whisper Card

Registration Open: 7/10/25

Have fun creating a whimsical floral card.

Supplies Needed:

Adhesive is needed.

Shading ink is optional.



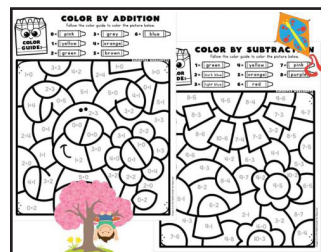
Color by Number

Registration Open: 7/10/25

Have some fun while coloring an autumn-inspired image. Pages will vary.

Supplies Needed:

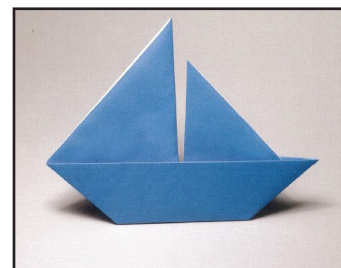
Coloring utensils.



Origami Sailboat

Registration Open: 7/10/25

Try this beginner friendly Sailboat. Origami helps improve fine motor skills and calms the mind.



Patriotic Rag Flag

Registration Open: 7/10/25

Craft a joyful flag with colored fabric and a twig.



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

Education

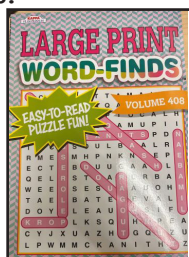
Word-Find Book

Registration Open: 7/1/25

Improve your memory and focus while having fun searching for words.

Supplies Needed:

Writing utensil.



Mediterranean Recipe

Registration Open: 7/1/25

Receive a recipe for a healthy and delicious Mediterranean chickpea skillet meal.

Supplies Needed:

Recipe ingredients.



Diabetes and Heart Healthy Recipes

Registration Open: 7/3/25

Receive a new diabetes-friendly recipe each month. July recipe: farmers' market veggie salad.

Supplies Needed:

Recipe ingredients.



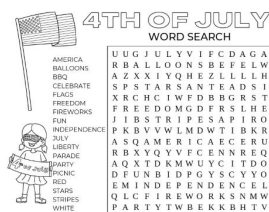
July Fourth Word Search

Registration Open: 7/8/25

Show off your skills with this festive puzzle.

Supplies Needed:

Writing utensil.



Fourth of July Ice-Cream Sandwiches

Registration Open: 7/8/25

Receive a fun and easy recipe to celebrate the holiday.

Supplies Needed:

Recipe ingredients.



Peach and Watermelon Salad

Registration Open: 7/8/25

Make a delicious and nutritious summer fruit salad.

Supplies Needed:

Recipe ingredients



Cooking for One or Two

Registration Open: 7/10/25

This month you will receive recipes for a Mediterranean pesto pizza and a mango dessert mousse.

Supplies Needed:

Recipe ingredients.



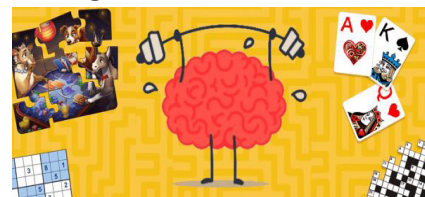
Brain Games

Registration Open: 7/10/25

Exercise your brain with a variety of games.

Supplies Needed:

Writing utensil.



Health & Wellness

Nature Therapy

Registration Open: 7/1/25

Receive an article that describes how exposure to nature may boost cognitive health.



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

Wellness Continued

The Brain and Dreams

Registration Open: 7/1/25

Receive an article that explains what goes on in the brain when we dream.



Healthy Living: Importance of Strength Training

Registration Open: 7/10/25

Receive an article about ninety-somethings who revolutionized how we think about strength training.



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

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



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
Sunday Anderson Senior Center	868 West 900 South Salt Lake City, UT 84104	385-468-3155
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

Caregiver Support



GRANDfamilies and Kinship Care

More than 21,000 children in the state of Utah are being raised by relatives other than biological parents. While some of these children enter the formal child welfare system, many more are raised by grandparents, aunts, uncles, cousins, or adult siblings.

Are you or someone you know raising a grandchild or a young relative? If you are, you may wish to explore the GRANDfamilies and Kindercare Utah program.

GRANDfamilies is a program that offers advocacy, educational and crisis intervention programs designed to support kinship families. These families need help so safety and permanency for the children can be met.

The program provides free services to all kinship families, regardless of their involvement with child welfare. An application or intake is required. Free services include:

- Case management. This service includes crisis intervention, application assistance, resource referrals, 1-on-1 educational support, and supplies as available.
- Psycho-educational classes for caregivers, adolescents, and children. A 10-week curriculum specifically tailored to the needs of kinship caregivers.
- Friend 2 Friend events. Kinship families who complete the psycho-educational course are added to a special mailing list for GRANDfamilies Friend 2 Friend events. These monthly gatherings are designed to bring families together for fun, connection, and support.
- Clinical service. Families who qualify for our GRANDfamilies services may be entitled to no-cost counseling services.

Visit cssutah.org or call 801-377-7444 to learn more about the GRANDfamilies and Kindercare Program.

If you suspect child abuse or neglect, please contact the Division of Child and Family Services (DCFS) at 1-855-323-3237. Visit dcfs.utah.gov for more information.

2025 Caregiver Calendar

Fun places to take your grandchildren or Kindercare family!

- The Independence Day Drone Show, Jordan Park, 1060 South 900 West, Salt Lake City. Show runs Saturday, Jul 5 from 8:00 to 10:30 PM. Free event.
- Take a journey through Utah's history at This is the Place Heritage Park. Visit historic homes, ride a train, learn about Utah. Open from 9:00 AM to 5:00 PM. Closed Sundays.



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.

- Midvale Senior Center – July 1 (Tues) at 9:00 AM.
- Veterans Caring for Non-Veterans – July 3 (Thurs) at 10:30 AM (Virtual).
- Riverton Senior Center – July 17 (Thurs) at 9:00 AM.
- Millcreek Senior Center – July 22 (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.

July Activity: Indoor Games and Fun

- West Jordan Senior Center – July 15 (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.

July Topic: Calming Behaviors

- Virtual Class - July 23 (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.

- The next available class is at South Salt Lake Senior Center on Aug 13 and 14 at 1:00 PM. 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.

Kaleidoscope: Utah's First Creative Aging Festival



Mark your calendars for Utah's first statewide Creative Aging Festival! Kaleidoscope will bring arts-based experiences to older adults across the state, transforming venues throughout Utah into lively hubs of creativity, connection, and lifelong learning.

KALEIDOSCOPE KICK-OFF

Saturday, August 30, 2025

10:00 AM – 3:00 PM

Mid-Valley Performing Arts Center

2525 Taylorsville Blvd, Taylorsville, UT

Enjoy inspiring performances, engaging exhibits, and hands-on creative classes designed to both showcase and engage older adult artists and learners. The Kaleidoscope Kick-Off is free

and open to the public. Classes, however, are specifically provided for adults 55+.

STATEWIDE EVENTS

From August 30 – September 13, 2025, locations throughout Utah are hosting Kaleidoscope events, all free for older adults and open to the public! Visit ucoa.utah.edu to learn more.

Happy Fourth of July & Pioneer Day



As we celebrate both Independence Day on July 4 and Utah's own Pioneer Day on July 24, we honor the spirit of freedom, resilience, and community that defines these meaningful holidays.

These are times to reflect on the courage of those who came before us and to celebrate the values that continue to shape our lives today. Whether you're enjoying fireworks, parades, or time with loved ones, we hope your July is filled with joy and connection.

Please note: All Salt Lake County Senior Centers will be closed on July 4 and July 24 in observance of these holidays.

Senior Focus - Ken Singleton



Kent Singleton is a 77-year-old Vietnam Era veteran who attends Midvale Senior Center. He enjoys people and hanging out with his friends, and everyone is Kent's friend. He has a way of making everyone feel comfortable and a part of the center. When we started the Just for Men Group, Kent was one of several men who helped the group get up and going.

He is originally from the Ogden area, worked for Thiokol for 13 years as the first government/Thiokol property administrator dealing with the rocket motors. He has also been a realtor for 45 years.

A fun fact about Kent: as a single father, he asked his 7-year-old son Brent what he'd enjoy doing. Brent said racing—so together they bought, restored, and raced an award-winning

electric hybrid car built by Weber State students. In 2001, Brent drove it six times at the Bonneville Salt Flats—twice each in hybrid, zero-emissions, and gas modes. Their environmentally friendly efforts were recognized by President George W. Bush, Mayor Rocky Anderson, and Car and Driver magazine. They're still working to "Save the Salt Flats," built the first electric junior dragster (www.nedra.com), and successfully lobbied NHRA to create alternative fuel categories.

Currently, Kent is preparing to celebrate 50 years since the end of the Vietnam War, riding in parades this summer. He's also active in the Utah WISE initiative, sharing his insights for a brighter future for Utah's seniors.

Patriotism in Action: Volunteering

Volunteering is a deeply patriotic act because it strengthens the very foundation of our nation – our communities. By giving their time and talents, volunteers help address local needs and improve the quality of life for everyone around them. This spirit of service reflects core American values like compassion, self-reliance, and civic responsibility. Whether it's visiting nursing homes, delivering meals, or assisting at a senior center, each act of volunteerism contributes to a more resilient, connected society.

Patriotism isn't just about honoring our country with words or symbols, it's about showing up for each other. When we volunteer, we take an active role in shaping a better future, reminding us that everyone has a part to play in our nation's success. In this way, volunteering becomes a quiet but powerful expression of national pride: it builds bridges between neighbors, promotes unity, and embodies the American ideal of working together for the common good.



Health Promotion - Upcoming Classes

Living Well with Diabetes

A 6-week class specifically designed to teach self-management techniques for individuals with diabetes, covering meal planning, physical activity, emotional management, and action planning.

TH Aug 7 - Sep 11 12:00 - 2:30 PM
South Jordan Senior Center

Stepping On

A fall prevention program that targets older individuals who are at risk of falling, have a fear of falling, or have fallen one or more times in a year. This program helps build confidence in the ability to reduce falls.

T Jul 1 - Aug 12 12:30 - 2:30 PM
Sandy Senior Center

W Jul 16 - Aug 27 9:30 - 11:30 AM
Millcreek Senior Center

M Jul 28 - Sept 15 12:30 - 2:30 PM
Mt. Olympus Senior Center

Stepping Up Your Nutrition

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

W Jul 16 9:30 - 11:30 AM
Taylorsville Senior Center

M Jul 28 10:00 - 11:30 AM
Liberty 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 Jul 7 - Aug 15 11:00 AM - 12:00 PM
Mt. Olympus 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.

W Jul 30, Aug 13 & Aug 27 9:30 - 11:30 AM
South Salt Lake 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.

TH Jul 10 - Sept 18 1:00 - 2:00 PM
Mt. Olympus 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.

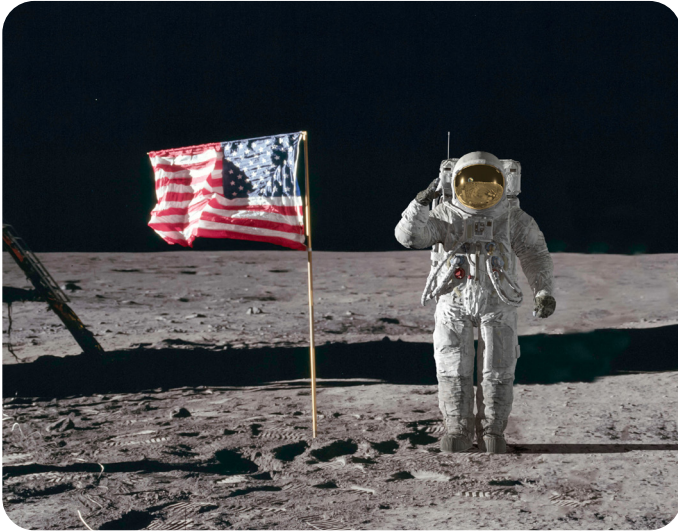
T Aug 5 - Oct 7 10:00 - 11:30 PM
Draper Senior Center

July is UV Safety Month! Protecting your skin from the sun is one of the simplest ways to stay healthy year-round. UV rays can cause premature aging, sunburn, and increase your risk of skin cancer, especially for older adults. **Wellness Tip:** Make wearing sunscreen a daily habit, even on cloudy days. Choose a broad-spectrum SPF 30 or higher and reapply every two hours when outside. Don't forget to wear sunglasses and wear a wide-brimmed hat during outdoor activities!



Independent Aging - This Month in History

July is a historically significant month in the United States! We all know about the signing of the Declaration of Independence on July 4, 1776. Here are some other notable things that happened in July.



July 1, 1863 - Beginning of the Battle of Gettysburg during the American Civil War.

July 2, 1964 - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination on the basis of race in public accommodations, publicly owned or operated facilities, employment, and voter registration.

July 4, 1826 - Song writer Stephen Foster was born in Lawrenceville, Pennsylvania. Among his nearly 200 songs were Oh! Susanna, Camptown Races, Swanee River, and Beautiful Dreamer.

July 7, 1898 - President William McKinley signed a resolution annexing Hawaii. In 1900, Congress made Hawaii a territory of the U.S., which it remained until becoming a state in 1959.

July 9, 1868 - The 14th Amendment to the U.S. Constitution was ratified. The Amendment defined U.S. citizenship and prohibited individual States from abridging the rights of any American citizen without due process and equal protection under the law.

July 12, 1817 - American philosopher Henry David Thoreau (1817-1862) was born in Concord, Massachusetts

July 16, 1969 - The Apollo 11 Lunar landing mission began with a liftoff from Kennedy Space Center at 9:37 AM.

July 19-20, 1848 - A women's rights convention was held at Seneca Falls, New York. The convention marked the beginning of an organized women's rights movement in the U.S.

July 24, 1898 - American pilot Amelia Earhart was born in Atchison, Kansas. She became the first woman to fly solo across the Atlantic and to fly solo from Hawaii to California.

July 27, 1953 - The Korean War ended with the signing of an armistice by U.S. and North Korea. The war had lasted just over three years.

July 30, 1863 - Automotive pioneer Henry Ford was born in Dearborn Township, Michigan.



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.

Use Your MSN or EOB to Detect Fraud, Errors, or Abuse

- 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.



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.

Prevent. Detect. Report.

