SALT LAKE COUNTY
AGING & ADULT SERVICES

November 2026

The Senior Scoop

Promoting independence through advocacy, engagement, and access to resources



Highlighted Classes

Proofing Your Home

A webinar covering common hazards, and easy modifications that can help prevent falls.

Virtual Bingo

Make new friends with folks from Centers across the country.

Tai Chi for Health and Wellness

Receive a Senior Planet video link to a specialized workout class.

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**

November - A Season of Gratitude

As we prepare to gather with loved ones to celebrate Thanksgiving, let's take a moment together to reflect on all that we're grateful for in this season of life. We're filled with gratitude for the staff, volunteers, and participants of Aging and Adult Services who give their time to enrich the lives of others.

November is also National Family Caregiver month, and we're so incredibly thankful for the legions of dedicated resilient caregivers who give essential support to family, friends, and neighbors. See pages 6 and 7 for some personal thank you's from our staff. On November 11, we also celebrate Veterans Day, a time to honor the courage and strength of those who have served in the United States Armed Forces. See page 8 for an article about this important holiday.

This November we also invite you to practice gratitude by giving back if you're able, with our Giving Tree. Visit the Giving Tree at the Salt Lake County Government Center and take a tag to give a gift to an older adult in need in our community. See page 11 for more information.

Please note: Our Senior Centers will be closed in observance of Veterans Day on November 11, and Thanksgiving on November 26 and 27.

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 open dates, they are first-come, first-serve, and supplies are limited. A Senior Center member may call and register themself 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 senior participant.

Self-Guided Courses

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/@SLCOAgingAdultServices

YouTube

Art/Culture/Music

Holiday Magnets
Registration Open: 11/3/26

Make two cute holiday magnets. Designs will vary.

Supplies Needed: *Glue and scissors.*



Gingerbread House Ornament
Registration Open: 11/3/26

Making this seasonal craft will be fun and relaxing.



Self-Guided Courses: Call 385-468-3299 to Register

Art/Culture/Music Cont.

Poinsettia Pen
Registration Open: 11/3/26

Make a decorative holiday pen.



Thanksgiving-Coloring Placemats
Registration Open: 11/3/26

Color four Thanksgiving placemats.

Supplies Needed:
Coloring utensils.



Painted Parrot
Registration Open: 11/5/26

Find joy with this cheerful craft activity as you create colorful and expressive parrots.



Peace Dove Wreath
Registration Open: 11/5/26

In this activity, paint large dove-shaped templates using a roller brush, creating an accessible and enjoyable craft.



Festive Holiday Gift Tags
Registration Open: 11/5/26

Enjoy gift giving with this festive holiday gift tag that you create.

Supplies Needed: *Glue.*



Happy Harvest Craft Kit
Registration Open: 11/10/26

Get excited about the change of season by creating this themed craft.



Turkey Plant Stake
Registration Open: 11/10/26

Create a decorative turkey to place in your indoor planters.

Supplies Needed:
Glue and marker.



Education

Holiday Word Scramble
Registration Open: 11/10/26

Try your hand at this holiday word scramble and welcome the challenge.



Thanksgiving Puzzles
Registration Open: 11/3/2026

Receive four Thanksgiving word puzzles.



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

Self-Guided Cont.

Education

Cranberry Cream Cheese Dip Recipe
Registration Open: 11/10/26

Make a delicious dip that is perfect for the holiday season.

Supplies Needed: *Ingredients.*



Healthy Living: Cataracts
Registration Open: 11/12/26

Receive an article that provides ways to help save your vision.



Online Courses

Art/Culture/Music

Art Journaling (pt.1): Neurographic Art
Registration Open: 11/5/26

Receive a link to art videos and discover new ways to express your creativity.

Supplies Needed: *Device with email and internet.*



Online Courses Cont.

Education

Medicare GUIDE Presentation
Registration Open: 11/3/26
Instructor: Kelly Angam

Class Date: 11/20/26
F 10:00 - 10:30 AM

Learn about GUIDE (Guiding an Improved Dementia Experience). Guide is available to people with Medicare and diagnosed with dementia.

Supplies Needed: *Device with email and internet.*



Social Security 101: Maximize Your Benefits
Registration Open: 11/3/26

Class Date: 11/10/26
T 7:00 - 8:00 PM

Learn how Social Security works and how choices today can impact your income.

Supplies Needed: *Device with email and internet.*

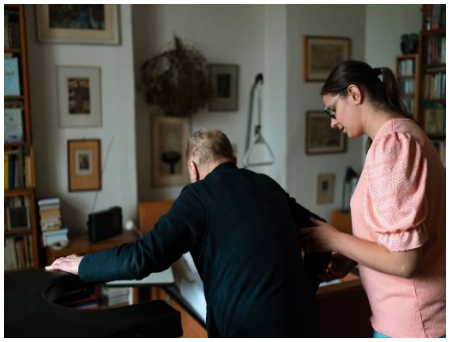


Proofing Your Home
Registration Open: 11/9/26

Class Date: 11/13/26
F 1:00 - 2:00 PM

This presentation covers common household hazards, easy modifications, and everyday habits that can help prevent falls and support independent living.

Supplies Needed: *Device with email and internet.*



Ghost Towns
Registration Open: 11/12/26

Learn the history of these western ghost towns: Piedmont, Wyoming; Bluff Fort, Utah; Bannack, Montana; and Chesterfield, Idaho.

Supplies Needed: *Device with email and internet.*



Online Courses: Call 385-468-3299 to Register

Education Cont.

Cooking Class: Healthier Sweet Potato Casserole for Thanksgiving
Registration Open: 11/12/26
Instructor: USU, Better Health Ambassadors

Class Date: 11/19/26
TH 1:00 - 2:00 PM

Learn how to make a healthy and delicious recipe in this live, online cooking class.

Supplies Needed: *Device with email and internet.*

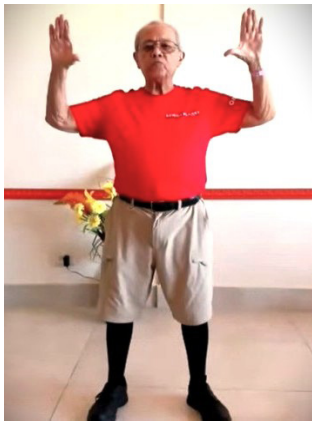


Health/Wellness

Tai Chi for Health and Wellness
Registration Open: 11/3/2026

Receive a Senior Planet video link and try this specialized senior class from the comfort of your own home.

Supplies Needed: *Device with email and internet.*



Social/Recreation

Virtual Bingo
Registration Open: 11/5/26

Class Date: 11/24/26
T 1:00 - 2:00 PM

Have fun and make new friends while playing Bingo with folks from senior centers across the county.

Supplies Needed: *Device with email and internet.*



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



National Family Caregiver Month

National Family Caregivers Month is a time to:

- Raise awareness of the important role family caregivers play in our healthcare system.
- Educate communities about the challenges caregivers face and the support they need.
- Connect caregivers with trusted resources that make their journey a little easier.
- Honor caregivers for their commitment, resilience, and love.

The Salt Lake County Caregiver Support Program wishes to thank our many caregivers and care partners for the incredible care they offer their families, communities, and friends.



"Caregivers: powered by love…and probably lots of Diet Coke. Thanks for being an amazing caregiver! May a well-deserved nap or two be in your near future." ~ Tanya, Section Manager

"Thank you for your resilience and determined care. It is not easy to get up each night, remember all the appointments, and manage the support needed. Some of you are alone, others are managing intense family dynamics. I appreciate how hard you work. You are amazing." ~ Kathy, Training Specialist

"Thank you for spending all your time caring for your mom 24/7 with no family support." ~ Janna, Case Manager

"Thank you for caring for your loved ones. The love and compassion that you show them every day, even when it's a difficult day, is so amazing. I know it takes a lot of humor and patience every day to continue the caregiving journey. Thank you for setting such good examples for me in my caregiving journey." ~ Tussy, Case Manager

Thank You, Caregivers



"A huge thank you to our caregivers! We see the support, creativeness, understanding, and love you put into your role as a caregiver day in and day out. The stories you share are only a small window into how you are changing the lives of those you care for. I hope you know how special you are and how grateful we are at Aging & Adult Services to serve you. Happy Caregiving Month!"
~ Cydney, Program Manager

"Thank you for the love, patience, and compassion you are continually giving. The care you provide often goes unseen, but it changes lives in ways that words cannot express. Your dedication brings comfort, dignity, and hope, and that is an extraordinary gift. You demonstrate the value of empathy, selflessness, and human connection. You are not only making a profound difference in the life of the person you care for, but you are also helping build a more compassionate society for us all."
~ Jamie, Case Manager

Visit saltlakecounty.gov/caregiver or caregiver.va.gov for more information about local caregiver support.

Caregiver Support Calendar

Share time with other caregivers by attending support groups and care discussions. Schedule regular respite/relaxation moments, whether in home or out. Learn to breathe again. Find peer support that makes providing care easier.



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.

November Discussion Topic: Setting Boundaries

- Midvale Senior Center – Nov 3 (Tues) at 9:00 AM
- Evening Caregiver Group – Nov 10 (Tues) at 6:30 PM (Virtual)
- Riverton Senior Center – Nov 19 (Thurs) at 9:00 AM
- Millcreek Senior Center – Nov 24 (Tues) at 10:30 AM

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 September registration, call **Kathy at 385-468-3281.**

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

Veterans Day



As Veterans Day approaches, we take time to pause, reflect, and pay our deepest respect and gratutide to those who have served in the United States Armed Forces. We would not be the country we are without your strength, courage, resilience, dedication, and sacrifice to protect our freedoms.

Our profound thanks go out to those who have of the Army, Navy, Air Force, Marines, Coast Guard, and Space Force for all you have done in the line of service, and after your service has ended. Our veterans understand better than anyone the true meaning of selflessness, service in our communities, and protecting those in need.

We are so grateful for your continued service in our Centers and programs, and the example you set for all citizens, whether it's volunteering or comraderie around the lunch table.

Thanksgiving Holiday Meals

We're so excited to host you for our Thanksgiving meals this season!

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

Tuesday, November 17
Meals on Wheels
Magna
Millcreek
Taylorsville
West Jordan

Friday, November 20
Riverton
South Salt Lake
Harman Home
Midvale

Wednesday, November 18
Mt. Olympus
River's Bend
South Jordan
Draper

Thursday, November 19
Liberty
Sandy
Kearns



Senior Focus - Scott Stites



Scott first came to River's Bend Senior Center in 2019 to learn conversational Spanish in the class that was offered here at the center. After COVID he joined the Advisory Committee and was soon helping with Bingo. The skills he learned as the student body president at Ben Lomond High School helped him as her served as both the treasure and the President of the Advisory Committee here at the center.

He hoped to provide more opportunities for the seniors at the center and started organizing field trips to diverse places such as Red Butte Garden, Tracey Aviary, Hill Air Force Base, Mrs. Cavanaugh's Chocolate Factory, and many others. Scott also organizes monthly dine outs for the seniors that support local businesses. His favorite activities are the many food events here at the center. With the help of the amazing volunteers here at the center, Diane, Paulette, and Corinne, Scott spearheads breakfasts every other month, a yearly summer BBQ, a Mother's Day Tea Party, Father's Day Banana Splits, and his personal favorite…the Spaghetti Fest sponsored by the Fair Park Community Council and catered by the Old Spaghetti Factory. Scott also helps host several parties throughout the year at the center as well.

When Scott isn't helping at the center, he enjoys spending time with friends and family, traveling, and both cooking and eating food! He feels very lucky to travel back to Switzerland every year where he was a foreign exchange student almost 50 years ago.

We are very luck to have Scott here at River's Bend Senior Center and enjoy all that he provides!

Volunteer Spotlight - Ed Connell



Ed Connell, a Utah resident of over 45 years, retired and found himself with a lot of extra time on his hands and a desire to serve his community. He became a Meals on Wheels volunteer and now delivers meals to many homebound, isolated older adults not once, not twice, but sometimes three times per week!

Although Ed delivers Meals on Wheels to serve others, he jokingly said it's also "kind of selfish" because of how much he gets out of it, too. He said it is a reason to get up and going, people depend on what the volunteers do, and it feels nice to be there to help. He sometimes runs the routes with his grandkids, so it gives him time with family as well.

Ed said that something that really motivates him is that "there's always someone on the route who you get a smile from them and it makes you want to go back." It's his favorite part, that smile.

When asked if he had a message for all the clients we serve, he said "You tell the day what it's going to be like, don't let it tell you." And of course, "Keep smiling. Your smile is important!"

Health Promotion - Upcoming Classes

Walk with Ease

Reduce pain, improve health, and build a safe, sustainable walking routine.

MWF Nov 4-Dec 18 1:30 PM-2:30 PM

Millcreek Community Center

Get Empowered: Embrace Your Mental Well-Being

Learn practical ways to support your mental well-being through self-care and community resources.

T Nov 3-Nov 17 9:00 AM-10:30 AM

Riverton Senior Center

M Dec 7-Dec 21 9:00 AM-10:30 AM

Millcreek Community Center

Stepping Up Your Nutrition

Learn how nutrition supports healthy aging and fall prevention.

T Nov 17 10:00 AM-12:00 PM

Online via Webex

W Dec 2 12:00 PM-2:00 PM

Mt. Olympus Senior Center

Living Well with Diabetes

Build confidence managing diabetes through healthy eating, physical activity, and goal setting. This self-study class allows you to learn at your own pace with weekly check-ins for support.

M Nov 2-Dec 7 10:00 AM-11:00 AM

Taylorsville Senior Center

Living Well with Chronic Pain

Learn practical skills to manage chronic pain and improve daily life.

M Nov 30-Jan 4 9:00 AM-11:30 AM

Mt. Olympus Senior Center

Concerned About Brain Health?

Great news: every single class offered by Health Promotion is a win for your brain! Try something new in November!

In fact, protecting your mind can be as easy as stepping through the doors of your local senior center. Joining friends for a delicious, nutritionally balanced meal is one of the absolute best—and easiest—first steps you can take toward keeping your brain sharp and healthy.

For more information and to register:

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

Independent Aging - Winter Weather Reminder

Winter weather is on the way, and may delay, change, or cancel meal deliveries. We want to ensure everyone receives their meals safely. Thank you for helping us keep everyone safe this winter!

Watch for Robo Calls
If your delivery is affected, you will receive an automated Robo Call with updated information. Please listen to the entire message or check your voicemail.

Help Us Deliver Safely
Please keep the path to your door safe and accessible:

- Clear snow and treat icy areas.
- Keep pets safely contained.
- Let us know about access problems.

Please do not put yourself at risk clearing snow or ice.

Be Home for Delivery
Please be home, listen for your driver or volunteer, and keep your phone nearby. If you will not be home, please call to cancel your meal: 385-468-3220

Please keep your phone number and delivery information current. If you reach voicemail, leave only one message. Messages are checked regularly.

Giving Tree

We're excited to announce our 2026 Giving Tree, where you can pick a gift tag with gifts requested by older adults in our community who may need a little extra support this holiday season. If you're able to help, gift tags are available starting November 2 at:

Government Center, South Building Atrium
2001 S. State Street
Salt Lake City, UT 84190

Return your gift and tag to us at Suite SI-600 by **November 30**.



Art Contest



Interested in participating in an Art Contest? Head to your Center's front desk to pick up a template to for a contest inspired by 100 Items, the iconic public art installation by Tooza Design at Mid-Valley Performing Arts Center. You're invited to design your own fin (like the 25 steel ones in the sculpture pictured) that tells your unique story.

Submissions in all mediums accepted through **November 30** and will be on display in the theater lobby next year!

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.



Medicare scams are common and happen more often during Medicare Open Enrollment (October 15 - December 7), when you can change your Medicare health and drug plans. Never give your personal information to anyone unless you are sure of who they are. Guard your Medicare and Social Security information the same way you do your credit cards.

You may be denied medical services you need if scammers send fraudulent claims to Medicare. Some services have limits, and if a scammer has already billed for that service, Medicare will deny payment. Fraud can also cause higher out-of-pocket costs for beneficiaries.

Common Medicare Scams:

- Scammers will call to say that your card has expired or you need a new plastic card.
- Scammers will call telling you that you that you need to switch plans or you will lose your coverage.
- Scammers may call asking for your Medicare information so they can get you rebates, refunds, cheaper plans, or deals.
- Scammers will call or send notice that you are entitled to a refund. They just need to "verify" your Medicare information first.
- Someone calls to say there's been fraudulent activity on your account and they need your information to fix it.



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.

SMP Senior Medicare Patrol
Preventing Medicare Fraud

SHIP State Health Insurance Assistance Program
Navigating Medicare