



February 2012

Center Information

801-532-5079

(TTY call 711)

251 E. 700 S.

Salt Lake City, UT 84111

Centers Hours

Monday - Friday

8:00am - 4:30pm

Lunch

Monday - Friday

Served at 12:00pm

Suggested Donation for 60+

\$2.50

Please reserve lunch before **NOON**
the day before.

Transportation

Monday - Friday

Available upon request

Suggested donation: 50 cents

Free Continental Breakfast

8:00am - 10:00am

Staff

| | |
|---------------|----------------|
| Charles Otis | Supervisor |
| Al Hughes | Programs |
| Angela Palmer | Office |
| Mark Aldred | Custodial |
| Joie Smith | Meal Aide |
| Bob Don | Transportation |
| Sally Frantz | Kitchen |

www.libertyseniorcenter.com

Email: libertysc2000@yahoo.com

www.aging.slco.org

LIBERTY TODAY



Message from Angela:

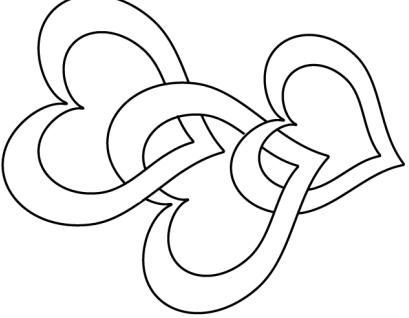
February reminds us that winter is still here! I don't know about you but I'm anxious for spring. Though we haven't seen much snow yet this season, we must not dismiss the fact that more winter storms may be on the way. I would like to offer you some tips on how to be prepared for inclement weather. My top concern this month is to help you minimize your risk of falling in rain, ice or snow. The first thing you can do is to look at the type of shoes you're wearing. Do your shoes have tread or are they smooth? The shoes you wear outside, especially during winter months, should have traction on the bottom. If you don't have shoes to wear like this, you may want to consider investing in a pair of good "moon boots". Secondly, it is highly recommended to have your sidewalks and driveway shoveled and cleared. Indeed, this chore is an arduous task, but getting it done will greatly decrease your risk of slipping or falling. Do your best to have your snow removed before it turns to ice. If you cannot shovel snow yourself, you may want to ask a family member to help you or you may be able to hire a neighbor. After your sidewalks and driveways are cleared, apply salt regularly to the ice to help it melt. Salt will also provide extra tracking under the soles of your shoes. Another tip, which may seem obvious, is to take your time. Many people who fall on the ice report that they were in a hurry. Rushing is hazardous at any time of year, so get in the habit of giving yourself a few extra minutes to get to where you're going. Last of all, carry your cellphone when you leave the house, and make sure it's turned on. If you live independently or do not have a cellphone, buying a medical alert device is also an option. In case of an emergency, you'll always have a way of contacting someone and you won't be stranded. I hope that these tips will be helpful to you when the snow begins to fall again. **Be safe out there, and have a wonderful Valentine's Day!**

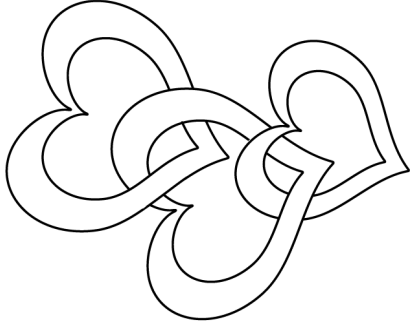
Vital Aging

Self Esteem: How do you view yourself? Discover or rediscover your personal sources for well-being. Our journey will be in the cultivation of self strengthening beliefs as well as how to create an optimistic view of self in meeting life events and challenges. Setting unique personal goals will be created as a part of the workshop. Join us for these interactive workshops held 11:00 am on Thursdays, and continuing through February 23rd, 2012.

February 2012

Mon Tue Wed Thu Fri

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| <p>6</p> <p>9:00 Oil Painting Open Studio 10:15 Lip Reading 10:30 BP & Glucose Testing 10:45 Yoga 11:00 Enhanced Fitness 12:45 Monday Movie- TBA 1:00 Watercolors Open Studio</p> |  | <p>1</p> <p>9:00 Pinochle 9:30 ESL- Citizenship 10:00 Craft Class, "Folded Book & Valentine" 11:00 Enhanced Fitness 11:00 ESL- Computer Lab 1:00 ESL- Intermediate 1:00 Bingo 1:00 Digital Camera Class 6:00 Neighborhood Council</p> | <p>2</p> <p>9:00 Art Open Studio 9:00 VMH Counseling 9:30 Mexican Train Dominoes 9:30 ESL- Basic 11:00 VMH: Vital Aging Class 12:45 Enhanced Fitness 12:45 Ladies Pool Class</p> | <p>3</p> <p>9:30 Bingo 10:00 Liberty Out Loud w/ Natasha, "Story Hour" 10:00 Chess 11:00 Enhanced Fitness 12:45 Word Circle</p> |
| <p>13</p> <p>8:30 Wendover Trip</p> | <p>7</p> <p>9:30 ESL Basic 10:00 Crochet/Knitting 10:00 Computers- Beg. 10:00 Diabetes Nutrition Class 10:45 U of U Exercise Class 12:45 Enhanced Fitness 1:00 Ceramics 1:00 Spanish - Beg. 1:00 Computers- Int.</p> | <p>8</p> <p>9:00 Pinochle 9:30 ESL- Citizenship 10:00 Drawing 10:00 Travelogue w/Kermit, "Bike Ride" 11:00 Enhanced Fitness 11:00 ESL- Computer Lab 1:00 ESL- Intermediate 1:00 Bingo 1:00 Digital Camera Class 5:00 Karaoke Dinner</p> | <p>9</p> <p>9:00 Art Open Studio 9:00 VMH Counseling 9:30 Mexican Train Dominoes 9:30 ESL- Basic 11:00 VMH: Vital Aging Class 12:45 Enhanced Fitness 12:45 Ladies Pool Class</p> | <p>10</p> <p>8:00 Fundraiser Breakfast \$3.00 9:30 Bingo 10:00 Liberty Out Loud w/ Natasha, "Story Hour" 10:00 Chess 11:00 Enhanced Fitness 12:45 Word Circle</p> |
| <p>14</p> <p>9:30 ESL- Basic</p> | <p>15</p> <p>9:00 Tax Prep by appt. only!</p> | <p>16</p> <p>9:00 Art Open Studio</p> | <p>17</p> <p>9:30 Bingo</p> | <p>17</p> <p>9:30 Bingo</p> |

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| <p>9:00 Oil Painting Open Studio</p> <p>10:15 Lip Reading</p> <p>10:45 Yoga</p> <p>11:00 Enhanced Fitness</p> <p>12:45 Monday Movie– TBA</p> <p>1:00 Watercolors Open Studio</p> | <p>10:00– Crochet/Knitting</p> <p>10:00– Computers– Beg.</p> <p>10:30 Don Boswell piano music, “Love Songs”</p> <p>10:45 U of U Exercise Class</p> <p>11:00 Podiatrist</p> <p>12:45 Enhanced Fitness</p> <p>1:00 Ceramics</p> <p>1:00 Spanish – Beg.</p> <p>1:00 Computers– Int.</p> | <p>9:00 Pinochle</p> <p>9:30 ESL– Citizenship</p> <p>10:00 Craft Class, “Beaded Watches”</p> <p>11:00 Enhanced Fitness</p> <p>11:00 ESL– Computer Lab</p> <p>1:00 ESL– Intermediate</p> <p>1:00 Bingo</p> <p>1:00 Digital Camera Class</p> | <p>9:00 VMH Counseling</p> <p>9:30 Mexican Train Dominoes</p> <p>9:30 ESL– Basic</p> <p>11:00 VMH: Vital Aging Class</p> <p>12:45 Enhanced Fitness</p> <p>12:45 Ladies Pool Class</p> | <p>10:00 Chess</p> <p>10:00 Liberty Out Loud w/ Natasha, “Story Hour”</p> <p>11:00 Enhanced Fitness</p> <p>12:45 Word Circle</p> |
| <p>20</p> <p>Center Closed!</p> <p>President’s Day</p> | <p>21</p> <p>9:30 ESL– Basic</p> <p>10:00 Advisory Council</p> <p>10:00 Crochet/Knitting</p> <p>10:00 Computers– Beg.</p> <p>10:30 Diabetes Support Group</p> <p>10:45 U of U Exercise Class</p> <p>12:45 Enhanced Fitness</p> <p>1:00 Spanish – Beg.</p> <p>1:00 Computers– Int.</p> <p>1:00 Ceramics</p> | <p>22</p> <p>9:00 Tax Prep by appt. only!</p> <p>9:00 Pinochle</p> <p>9:30 ESL– Citizenship</p> <p>10:00 Drawing</p> <p>10:00 Travelogue w/Kermit, “Mexico”</p> <p>11:00 Enhanced Fitness</p> <p>11:00 ESL– Computer Lab</p> <p>1:00 ESL– Intermediate</p> <p>1:00 Bingo</p> <p>1:00 Digital Camera Class</p> | <p>23</p> <p>9:00 Art Open Studio</p> <p>9:00 VMH Counseling</p> <p>9:30 Karaoke w/AI</p> <p>9:30 Mexican Train Dominoes</p> <p>9:30 ESL– Basic</p> <p>11:00 VMH: Vital Aging Class</p> <p>12:45 Enhanced Fitness</p> <p>12:45 Ladies Pool Class</p> | <p>24</p> <p>9:30 Bingo</p> <p>10:00 Chess</p> <p>10:00 Liberty Out Loud w/ Natasha, “Story Hour”</p> <p>11:00 Enhanced Fitness</p> <p>12:45 Word Circle</p> |
| <p>27</p> <p>9:00 Oil Painting Class</p> <p>10:15 Lip Reading</p> <p>10:30 BP & Glucose Testing</p> <p>10:45 Yoga</p> <p>11:00 Enhanced Fitness</p> <p>12:45 Monday Movie– TBA</p> <p>1:00 Watercolors Open Studio</p> | <p>28</p> <p>9:30 ESL– Basic</p> <p>10:00 Crochet/Knitting</p> <p>10:00 Computers– Beg.</p> <p>10:30 Diabetes Support Group</p> <p>10:30 Entertainment by “Silver Edition “</p> <p>10:45 U of U Exercise Class</p> <p>12:45 Enhanced Fitness</p> <p>1:00 Spanish – Beg.</p> <p>1:00 Computers– Int.</p> <p>1:00 Ceramics</p> | <p>29</p> <p>9:00 Tax Prep by appt. only!</p> <p>9:00 Pinochle</p> <p>9:30 ESL– Citizenship</p> <p>10:00 Drawing</p> <p>11:00 Enhanced Fitness</p> <p>11:00 ESL– Computer Lab</p> <p>1:00 ESL– Intermediate</p> <p>1:00 Bingo</p> |  | |



February Special Events



Feb 7th.— At 10:00 we're having a "**Diabetes and Nutrition**" class. If you have diabetes or know someone you may be able to help, you'll want to come to this class! You will learn some valuable tools to help you or a loved one battle this chronic disease.

Feb 8th.— At 10:00 join us for **Travelogue with Kermit, "The Bike Ride"**. We will travel along on this virtual tour. Come and find out what this trip was all about and how far this senior rode his bicycle!

Feb 8th.— **Karaoke & Dinner @ 5:00.** For only \$3.00, you can have a wonderful dinner: homemade beef stew, biscuits, salad, dessert and punch. Immediately after the meal, karaoke will start. Last month, the oven baked brisket dinner was so delicious! Don't miss out this time around! Sign up and pay at the front desk. For more information, call 801-532-5079.

Feb 10th.— From 8:00 to 10:00 A.M., we will have a **Fundraiser Breakfast**. The cost is \$3.00 per person. We will serve you a tasty breakfast with: pancakes, scrambled eggs, potatoes, breakfast meat and a drink (orange juice cocktail or coffee).

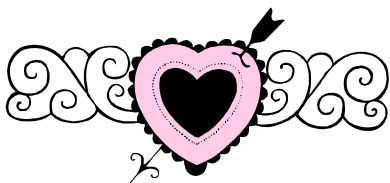
Feb 14th.— We are excited to welcome **Don Boswell** to the stage who will play beautiful piano music for our center. To celebrate Valentine's Day, we're willing to bet he'll play some "**love songs**" in his repertoire.

Feb 21st.— At 10:30 we will hold a **Diabetes Support Group**. This informative class is designed to support you and those you care about in their battle to control this disease.

Feb 22nd.— At 10:00 we will go along on this photographic, memory trip to "**Mexico**" in **Kermit's Travelogue**.

Feb 23rd.— From 9:30 to 12:00, we have **Karaoke with Al** scheduled in the morning! Come and sing with us or just relax and enjoy the entertainment. As anticipated, lunch will be served at noon.

Feb 28th.— We're back! The "**Silver Edition**" is once again entertaining for you at 10:30! This is the debut of our reformation. Enjoy your old favorites, as well as some new songs (originals you have never heard).



Have a Happy Valentine's Day!

