

# Taylorville Senior Center

## December 2015 Report

4743 South Plymouth  
View Drive  
Taylorville, Utah 84129

Monday & Wednesday

8a.m.-8p.m.

Tuesday, Thursday &  
Friday

8a.m.-5p.m.

### Center Staff

Pauline McBride  
Center Manager

April Torres  
Program Assistant

P.R. Banks  
Office Specialist

Mae Dumas  
Kitchen Helper

### Website:

[www.aging.slco.org](http://www.aging.slco.org)

*Aging and Adult Services' mission is to promote the independence of aging generations through advocacy, engagement, and access*



### **Senior Health Fair 2015**

The Senior Expo was not held this year, therefore each of the senior centers in Salt Lake County hosted their own Health Fair. We hosted this year's Health Fair in our new activity room. The day started with a Walk for Fall Prevention Month. Following the walk, we had different services and information booths set up for the seniors stroll through in the activity room. There were 20 different sponsors providing services and information tables for our seniors. Some of the great services that were provided this year included free cancer information and screenings, glasses care and repair, mood and memory screenings, and hearing screenings. Huntsman

Cancer Institute did a presentation on "Cancer", before lunch. Then companies within Taylorville City donated items for the lunch time drawing for those in attendance of the Health Fair. The day was a great success with serving 115+ individuals at our Health Fair.



# Taylorsville Senior Center Highlights

## Holiday Meals

Recently we held our November Holiday meal on November 17th. We were entertained by "Anke and Friends". They sang and performed some of our old time favorites. The meal was then to 149 members and guests. We had the great opportunity to have a local Taylorsville Stake provide volunteers to serve the meal to all of our seniors. The event was a great success. We appreciate all City and County members that were able to be in attendance that day.

The next holiday meal will be held on December 15th. Entertainment starting at 11:30. The meal will be served at 12:00.

## Seniors Giving Back

Holidays are here! We have partnered with Memorial Mortuaries and Cemeteries to provide Stockings for Soldiers. The seniors and community members have been very generous providing the items to stuff the stocking with. Those items include: hard candy, chewing gum, mints, multivitamins, lip balm, shampoo, eye drops, sunblock, playing cards CDs, and DVDs. The last week of November, seniors donate their time to putting all of the stockings together to be delivered to Memorial by December 1st. This is a wonderful holiday tradition that our seniors have been participating in for 3 years now, and look forward to continuing it for years to come.

## Community Partners

AARP Defensive Driving	Huntsman Cancer Institute	SereniCare
AARP Tax Aide	Independent Agent	Silverado Hospice
ADT	Job's Daughters International	Simply Seniors
Adult Protective Services	Jenkins Soffe Mortuary	Taylorsville City
Alpine foot & Ankle	Kennecott	Taylorsville City Library
Applebees	Kingsbury Hall	Taylorville Kearns Journal
Aspen Senior Care	Leatherby's	Taylorsville Recreation Center
Canyon Home Care & Hospice	Lebus	Teresa Peck
Chateau Brickyard	Legacy Village	Terriyaki Grill
Child Related Research	LensCrafters	Texas Road House
Chick-Fil-Lay	Majestic Meadows	University Of Utah
Chuck a Rama	McDougal Funeral Home	Utah State Bar
Columbus Shredding	Medsource	Valley Behavioral Health
Costco	Ming Garden	Valley View Memorial
Craig Lewis	Moran Eye Center	Wells Fargo
Crown Trophy	Plymouth View Housing	YMCA
Fresh Market	Pre Need Funeral Services	
Golden Living	Rite Aide	
Harmon's Grocery	Salt Lake Community College	
Harmony Home Health	Salt Lake County Community	
Heart & Soul	Resource and Development	
Humana	Senior Employment	

# Report 2015

## Staff

Pauline McBride– *Manager*  
April Torres– *CPA*  
P.R. Banks–*Office Specialist*  
Mae Dumas– *Kitchen*

*Special Instructors*  
Francis Rogers– *Yoga*  
Robin Smith– *Yoga*  
Bonnie Bown—*Line Dancing*  
Mike Dusserre– *Tia Chi*

## Advisory Committee

Kelly Sullivan– *President*  
Betty Hanneman—*Vice President*  
Gail Young - *Secretary*  
Anne Martin– *Treasurer*  
Bobbie Lambert– *Fundraising*  
Andrea Nelson– *Nutrition Rep*  
Dan Jones, Olin Hardman—*Facility*  
Valerie Leafy, Connie Rennemann- *Decorations*  
Gladys Ward– *Entertainment*  
Lillian Brito-*Trips*  
Betty Hanneman– *Trips*  
Sylvia Cunningham—*Greeter*  
Jean Mackay & Barb Duel - *Special Events*  
Y.T.D. Revenue- \$22,420.05  
Y.T.D. Expense- \$20,816.92

## Statistics for Jan 1—Oct 31 2015

Recreation Attendance-3,770 up 3.4% from 2014  
Recreation Units-43,101 up 14.9% From 2014  
Number of Rides-3,500  
Meals Ordered-12,761  
Meal Participants-2,039 up 12.7% from 2014  
Meal Served-13,447 up 7.6% from 2014  
Meals Wasted- (-285)  
Number of Active Volunteers-83  
Number of New Volunteers-8  
Total Volunteer Hours-10,529 up 34.9% from 2014

## **Activities & Events**

### **Presentations**

Health Promotions  
Educational  
Financial  
Fraud  
Nutrition

### **Health & Exercise Classes**

Tai-Chi  
Line Dancing  
Diabetic Support  
Lite and Tasty Cooking  
Yoga  
Wii Fitness  
Stepping On  
Valley Behavioral Health Class  
Chair Aerobics  
EnhanceFitness®  
Walk Group  
Move It Move It  
Sit and Dance  
Cardio Dance  
Resistance Training  
Open Fitness Room

### **Activities**

Bingo  
Billiards  
Pinochle  
Bunco  
Crocheting  
Card Games  
Wood Carving  
Table Tennis  
Pinochle  
Evening Parties  
Wii Bowling  
Mexica Train  
Movies  
Plastic Canvas  
Quilting

### **Special Events**

Birthday Parties  
Buffets  
Tournaments  
Boutiques  
Holiday Meals

### **Trips**

Monthly Wendover Trip  
Payson Fish Fry  
Walmart  
Dollar Tree  
Christmas Lights  
Magna Decathlon

### **Classes**

Computer Classes  
Crocheting  
Basic Spanish  
Ceramics  
Plastic Canvas

### **Clubs**

Choir  
Harmonica  
Red Hat Ladies  
Daughters of the Utah  
Pioneers

### **Services**

Health Screenings  
Hair Care  
Legal Services  
AARP Driving Class  
AARP Tax Aide  
Podiatrist  
Massages  
Foot Baths

## **Activities**

Our evening activities are growing. Our ESL class is still going strong and has split into two classes due to the increase of students. We have a beginning to intermediate class and an intermediate to advance class. The class not only serves those from Sudan and the Congo, we also teach individuals of Asian and Hispanic cultures.

We recently started a fitness class at 6:00pm on Mondays and Wednesday, hosted by two U of U Science Fitness Students. Monday classes they work on the cardio aspect of exercise. Then on Wednesdays they do resistance training, building muscle and improving stability and balance.

Living well with Chronic Conditions Class, a 6 week evidence based course, just finished up its classes that were held on Wednesday evenings. It was such a great success, there are plans for another evidence based class for the evenings.

We are working with Taylorsville Library to start a book group in the late afternoons. That is still in progress and we will let the community know when that is in place.