

★ Senior News ★

Columbus Senior Center • 2531 South 400 East • 801-412-3297

Blood Pressure Check with Total Knee and Hip Rehabilitation Home Health Agency – Thursday, July 15, 10 a.m.

Lunch is Barbecue Chicken – Thursday, July 15, noon.

Bingo – Thursday, July 15, 1:30 p.m. Sponsored by Harmony Home Health. The first card is free. Great prizes available.

Exercise Class with University of Utah Students – Thursday, July 15, 4:30 p.m.

Massages – Friday, July 16, from 9 a.m. to 3 p.m.; \$10 for 30 minutes. Sign up needed.

Barber Shop – Monday, July 19, 8:30 a.m.; \$5. Walk-ins welcome.

Caring and Sharing Group – Monday, July 19, 1 p.m.

Movie Matinee – Monday, July 19, 2:30 p.m.

Lunch is Mini Turkey Burger – Monday, July 19, noon. Sign up needed.

Exercise with Total Knee and Hip Rehabilitation Home Health Agency – Monday, July 19, 10:30 a.m.

Beauty Shop – Tuesday, July 20, 9 a.m.

Blood Pressure Check with Eclipse Home Health – Tuesday, July 20, 9:30 a.m.

Lunch is Barbecue Pork Riblet Sandwich – Tuesday, July 20, noon.

Exercise with University of Utah – Tuesday, July 20, 4:30 p.m.

Valley Mental Health Services – Wednesday, July 21, 9 a.m.

Lunch is Tuna Salad – Wednesday, July 21, noon.

Sewing Instruction – Wednesday, July 21, 1 p.m.

Blood Pressure Check with Total Knee and Hip Rehabilitation Home
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Friendly Neighborhood Senior Center • 1992 South 200 East • 801-468-2781

Events

Presentation Sponsored by the Utah Humanities Council – Monday, July 19, 10:45 a.m. Author Judy Busk presents, "The Sum of Her Past." For many, the term "pioneer Utah women" brings to mind a stereotype of a courageous, hard-working woman who willingly sacrificed for family and church. While there is truth in this image, this presentation explores the more complex picture and helps the audience find an emotional kinship by presenting pioneer women realistically. Busk illuminates the sorrows and joys, the disappointments and achievements of the pioneers.

Field Trip to the Pioneer Day Float Party – Tuesday, July 20, 10 a.m. Meet at the center and go to the Sandy Expo Center for the party.

Senior Talent Show – Monday, July 26, 10:45 a.m. Those who want to perform should call the center. Sign up is not needed to go and watch the show.

Harp Performance – Tuesday, July 27, 11:30 a.m. Come and enjoy the music by Jennifer Nackowski from Applegate Home Care and Hospice.

Free Pancake Breakfast – Friday,

July 30, 9 a.m.

Performance by Suzuki Violinist – Monday, Aug. 2, 10:45 a.m.

Free Blood Pressure and Blood Sugar Clinic – Monday, Aug. 2, 9:30 a.m.

Salt Lake Valley Senior Center Choir Performance – Tuesday, Aug. 3, 1:30 p.m. Enjoy the music of 10 senior center choirs from throughout the Salt Lake Valley. This event will be held in the Columbus Center Auditorium.

Red Hat Society – Wednesday, Aug. 4, 11 a.m.

"The Art of Personal Essay" – Tuesday, Aug. 10, from 10 a.m. to noon. Come to a writing workshop sponsored by the Community Writing Center at Salt Lake Community College. Sign up needed.

90 and Older Party – Thursday, Aug. 12, 11 a.m. All seniors are invited to a party to honor those who are 90 and older. Enjoy entertainment and a buffet lunch. Lunch reservations needed one week in advance.

Managing Arthritis Presentation – Monday, Aug. 16, 11 a.m. Dr. Gary Griffith, gerontologist from Salt Lake Regional Medical Center, will speak on managing arthritis and other age related problems.

"The Art of Personal Essay" – Tuesday, Aug. 17, from 10 a.m. to noon. Come to a writing workshop sponsored by the Community Writing center at Salt Lake Community College. Sign up needed.

Presentation on Italy by Spencer Greer – Monday, Aug. 23, 10:45 a.m.

Podiatry with Dr. Steven Shelton – Tuesday, Aug. 24, 11 a.m.

Free Pancake Breakfast – Friday, Aug. 27, 9 a.m.

Continued page 12 "Neighborhood"



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Limited to two businesses per heading

Professionals Serving Sugar House

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July 15, 10

<p style="text-align: center;">Accounting</p> <p style="text-align: center;">This Space Available (Other headings also available)</p>	<p style="text-align: center;">Bath & Kitchen</p> <p>Tubs and Tiles and Tops, llc GO GREEN- Refinish Existing: ●Tubs ●Showers ●Countertops Low VOC= Low fumes, fast cure Best quality products- tubs \$350 CALL Darlene, 801-608-6411</p>	<p style="text-align: center;">Carpet Cleaning</p> <p>Your customers are looking HERE too!</p> <p style="text-align: center;">This Space Available (Other headings also available)</p>	<p style="text-align: center;">Concrete</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>FOR RENT</p> <p>This space available</p> </div>	<p style="text-align: center;">Drafting & Design</p> <p>Basements, Additions, New Const. Permit Ready Drawings Free Estimates, Big & Small Jobs Over 10 yrs of Quality Experience Call Mike at 801-897-5249 www.MDWDesigns.com</p>
<p style="text-align: center;">Electrician</p> <p>EVEREST ELECTRIC, INC Remodels, Upgrades, & Repairs. We do it all!! Highest quality, best value Lic & Ins Free Estimates ****801-261-3898****</p>	<p style="text-align: center;">General Contractor</p> <p>Big Valley Construction New Construction Remodels & Additions Concrete Specialist Licensed & Bonded Call Ben 435-703-0054</p>	<p style="text-align: center;">Handyman</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>FOR RENT</p> <p>This space available</p> </div>	<p style="text-align: center;">Heating & A/C</p> <p>Titan Heating & Air Conditioning www.titanair.net 801-972-0905 Contact us today for you're a/c tune-up or install. Call now and get a \$150 Gift Card w/Purchase</p>	<p style="text-align: center;">House Cleaning</p> <p>Don't let Cleaning take away your free time! Call Maid Pro! Affordable Rates. Bond. & Ins. 1-time, bi-weekly, monthly 801-352-7070 www.maidpro.com *Mention ad & get \$10 off 1st cleaning.</p>
<p style="text-align: center;">Landscaping</p> <p>FREE Sprinkler Turn-on & Analysis ●Installs ●Redo's ●Repairs ●Timers COMPLETE LANDSCAPING "Dr. Green" 801-266-4489</p>	<p style="text-align: center;">Lawn Care</p> <p>"We love what we do. You will too!" Expert lawn & landscape Services Satisfaction Guranteed FREE estimates and Discounts Call 801-313-0660</p>	<p style="text-align: center;">Lawn Care</p> <p>Wasatch Area Ground Specialists Yard Care and Landscaping LARGE or small we do it all Residential & Commercial www.wagslandscape.com 801-631-9247</p>	<p style="text-align: center;">Mortgages</p> <p style="text-align: center;">This Space Available (Other headings also available)</p>	<p style="text-align: center;">Painting</p> <p>Detailed Interior Painting Dependable -Trustworthy Fast -Neat -Professional 15 yrs experience References Available Nancy 801-673-0449</p>
<p style="text-align: center;">Painting</p> <p>Bill Eresuma Custom Painting ●Interior ●Exterior ●Drywall Repairs Licensed and Insured FREE ESTIMATES Call Bill 801-486-3929</p>	<p style="text-align: center;">Plumbing</p> <p>Walton Plumbing Inc Repairs, Installation & Upgrades A Sugar House Business Check our website for specials GotPlumbingSLC.com Robert 801-266-7155</p>	<p style="text-align: center;">Plumbing</p> <p>B&E Rooter & Plumbing 24 hour services Mention this ad for \$10 off any roter or plumbing repair or 10% off any major repair Call 801-261-8893</p>	<p style="text-align: center;">Remodeling</p> <p>Carlson Kitchens Kitchen & Bath Remodeling 2261 E. 3300 S. SLC, UT 801-486-4651</p>	<p style="text-align: center;">Remodeling</p> <p>T. Fox Construction, LLC Framing - Drywall - Garages Finish Carpentry -Remodels -Additions Painting - Repairs No job too BIG or too small 801-280-0291</p>
<p style="text-align: center;">Roofing</p> <p>Sugarhouse Roofing Services Inc. All types of roof repairs & services Over 35 years experience All services 100% guaranteed For your FREE estimate Call Ben @ 801-428-9945</p>	<p style="text-align: center;">Siding</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>FOR RENT</p> <p>This space available</p> </div>	<p style="text-align: center;">Sprinklers</p> <p>Sonic Solutions, LLC ●Sprinkler Repair ●Startup ●New Installation ●Upgrade old systems to new 801-943-8775 Since 1991</p>	<p style="text-align: center;">Stucco</p> <p>Preferred Plastering & Stucco Larry Varney Specializing in Stucco & Stone Commercial & Residential Remodel, Stucco Repair & Stone 801-971-8150 or 801-942-7790</p>	<p style="text-align: center;">Tree Service</p> <p>AMERICA'S BEST TREE EXPERTS Property Maintenance & Hauling LICENSED • INSURED • FREE ESTIMATES BIG or small • WE DO IT ALL! "Also Specializing in FRUIT trees" Since 1986 • 801-466-5630</p>