

# ★ Senior News ★

## Friendly Neighborhood Senior Center • 1992 South 200 East • 801-468-2781

**Blood Pressure Check with Total Knee and Hip Rehabilitation Home Health Agency** – Thursday, June 17, 10 a.m.

**Exercise Class with University of Utah Students** – Thursday, June 17, 4:30 p.m.

**Father's Day Lunch** – June 18, noon. Father's eat free. Sign up 48 hours in advance.

**Power Wheelchair Races** – Friday, June 18, 2 p.m. Come and race your power wheelchair. Jared from Petersen Medical will be here to give prizes and show new chairs. Race held in the courtyard.

**Barber Shop** – Monday, June 7, 8:30 a.m.; \$5. Walk-ins welcome.

**Caring and Sharing Group** – Monday, June 21, 1 p.m.

**Movie Matinee** – Monday, June 21, 2:30 p.m. The movie is "The Blind Side."

**Beauty Shop** – Tuesday, June 22, 9 a.m.

**Blood Pressure Check with Eclipse Home Health** – Tuesday, June 22, 9:30 a.m.

**Exercise Class with University of Utah Students** – Tuesday, June 22, 4:30 p.m.

**Valley Mental Health Services** – Wednesday, June 23, 9 a.m.

**Skin Care Presentation** – Wednesday, June 23, 1 p.m. Learn about guidelines for skin integrity with At Home Health Care.

**Blood Pressure Check with Total Knee and Hip Rehabilitation Home Health Agency** – Thursday, June 24, 10 a.m.

**Bingo** – Thursday, June 24, 1:30 p.m. Sponsored by Legacy. The first card is free. Prizes including a gift card to Walmart.

**Exercise Class with University of Utah Students** – Thursday, June 24, 4:30 p.m.

**Massages** – Friday, June 25, from 9 a.m. to 3 p.m.; \$10 for 30 minutes. Sign up needed.

**Caring and Sharing Group** – Mon-

day, June 28, 1 p.m.

**Movie Matinee** – Monday, June 28, 2:30 p.m. The movie is "The Lovely Bones."

**Beauty Shop** – Tuesday, June 29, 9 a.m.

**Blood Pressure Check with Eclipse Home Health** – Tuesday, June 29, 9:30 a.m.

**Exercise Class with University of Utah Students** – Tuesday, June 29, 4:30 p.m.

**Valley Mental Health Services** – Wednesday, June 30, 9 a.m.

**Blood Pressure Check with Total Knee and Hip Rehabilitation Home Health Agency** – Thursday, July 1, 10 a.m.

**Lunch is Salisbury Beef** – Thursday, July 1, noon. Sign up needed.

**Exercise Class with University of Utah Students** – Thursday, July 1, 4:30 p.m.

**Massages** – Friday, July 2, from 9 a.m. to 3 p.m.; \$10 for 30 minutes. Sign up needed.

**Lunch is Chicken Caesar Salad** – Thursday, July 2, noon. Sign up needed

**Center closed for Independence Day** – Monday, July 5.

**Blood Pressure Check with Eclipse Home Health** – Tuesday, July 6, 9:30 a.m.

**Lunch is Veal** – Tuesday, July 6, noon. Sign up needed.

**Exercise Class with University of Utah Students** – Tuesday, July 6, 4:30 p.m.

**Valley Mental Health Services** – Wednesday, July 7, 9 a.m.

**Sack Lunch** – Wednesday, July 7, noon. Sign up needed.

**Blood Pressure Check with Total Knee and Hip Rehabilitation Home Health Agency** – Thursday, July 8, 10 a.m.

**Bingo** – Thursday, July 8, 1:30 p.m. Sponsored by Orbit Medical.

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

**Gentleman's Day Celebration** – Monday, June 21, 10:45 a.m. Entertainment by pianist and vocalist, Kevin Christensen.

**Podiatry** – Tuesday, June 22, 11 a.m.

**"Organize Yourself"** – Wednesday, June 23, 11 a.m. Gather ideas for organizing many aspects of your life such as financial, home and paperwork. Also learn helpful hints to make your life easier and less frantic. Presented by Berniece Neeley.

**Free Pancake Breakfast** – Friday, June 25, 9 a.m.

**"Living a Brain Healthy Lifestyle"** – Monday, June 28, 10:45 a.m. Presentation by David Larsen.

**Picnic at Fitt's Park** – Tuesday, June 29, 10:30 a.m. Entertainment by accordionist John Tibola. Buffet lunch at noon. Sign up by Monday, June 21.

**"Keep Your Cool"** – Thursday, July 1, 11:15 a.m. Come to a presentation on avoiding hypothermia this summer. Presented by Carol Avery from the Salt Lake County Health Department.

**Red Hat Society** – Wednesday, July 7, 11 a.m.

**Exercise Class with University of Utah Students** – Thursday, July 8, 4:30 p.m.

**Massages** – Friday, July 8, from 9 a.m. to 3 p.m.; \$10 for 30 minutes. Sign up needed.

**Birthday Celebration** – Monday, July 12, noon.

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**Trip to Wendover on a Trailways Bus** – Thursday, July 8, 7:40 a.m.; \$25. Meet at the center. Sign up needed.

**Learn about the Landfill** – Friday, July 9, 11 a.m. Learn how the landfill works and about recycling.

**Entertainment by the Winters' Family** – Monday, July 12, 10:45 a.m.

**July Birthday Celebration** – Monday, July 12, 10:45 a.m.

**Introduction to Health Qi Gong** – Wednesday, July 14, 11:30 a.m. Qi Gong classes will continue to be held on Tuesdays, at 11 a.m.

**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.

### Ongoing Activities

Lunch is served Monday through Friday at noon. Reservations must be made 24 hours in advance.

The center has two new billiard tables. Other daily activities include tai chi, line dance, bingo, Wii sports, harmonica, choir, art class, arts and crafts, cooking classes, exercise classes, weight training, meditation, pingpong, pinochle, writing personal histories and more.

Limited to two businesses per heading

# Professionals Serving Sugar House

This is a directory of quality companies you can trust to do the work right the first time. They have been chosen because they 1) are honest, 2) provide great value for your dollars, 3) are good at what they do and 4) guarantee their work 100 percent. Try them! You won't go wrong.

June 17, 10

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