



WEST JORDAN SENIOR CENTER

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Visit our Website – www.westjordanseniorcenter.com

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Director's Message

All that we are is the result of what we have thought. The mind is everything. What we think we become.

Buddha

Senior Day at the Legislature

If we think we are powerful the results will be we are powerful. As the 2010 legislative session begins we have a chance to see that power in action. Please plan to join your friends from the center, on the Thursday, February 11th trip to the State Capital for Senior Day at the Legislature. We will have transportation available. Please bring comfortable shoes, snacks, your representatives' names (we can find that information out for you if you have questions) plus your powerful thoughts on issues facing the senior community. Please sign up at the front desk and receive more information about this very important event.

Heath Tip

Now more than ever we are aware of what foods help people live a healthier lifestyle. One of the most important elements according to the American Heart Association is dietary fiber. They recommend 25 –30 grams each day.

Soluble fiber helps reduce blood cholesterol and the risk of diabetes plus colon and rectal cancer. Make sure to increase your fiber intake gradually so that your system can adjust, and drink six to eight cups of fluid a day. Here are a few tips on how to introduce the recommended amount of 14 grams of fiber per 1,000 calories you consume.

- * Include oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits and strawberries in your diet.
- * Eat more raw vegetables and fresh fruit and don't scrape or peel away the fiber-rich skins. This might include Brussels sprouts, turnips, cauliflower and beets.
- * Purge your cabinets of fiber-poor foods these include white bread, white rice, and chips.
- * Before buying packaged foods, make it a habit to check out the fiber content by reading the nutrition facts label. Soon you will be an expert at finding fiber rich foods.

Remember a little "roughage" a day will keep the doctor away.

Happy Valentine's Day



Special Events and Classes

AARP Free Tax Service: Tax appointments are available every Monday until April 12. Please sign up at the front desk for an appointment.

Chair Massage: Feeling stressed? Enjoy a free 10 minute neck and back massage by Ted Itami every Wednesday from 10:00 a.m. to 12:00 noon. Sign up for an appointment at the front desk.

Choosing a Healthy Diet: Learn how to choose a healthy diet through planning meals that are healthy, nutritious and delicious. Healthy eating can improve your sense of well-being and overall cognitive performance through attention to your unique nutritional needs. Learn more at the Choosing a Healthy Diet class beginning on Wednesday, February 5 through February 24 from 11:00—11:50 a.m.

Mahjong: Thursdays at 2:30 p.m. Learn to play this interesting game.

Diabetic Support Group: Thursday, February 4 at 10:30 a.m. Sponsored by Harmony Home Health.

Beginning Bridge Lessons: Join us on Friday mornings from 10:00 a.m. to 12:00 noon to learn to play Bridge.

Scrapbooking and Card making: Join us on Monday mornings from 10:00 a.m. to 12:00 noon. Create a unique hand-made card each week.

Project Linus: Tuesday, February 9 from 10:00 a.m. to 2:00 p.m. We could use more hands helping us tie quilts for this worthy charity project.

Jewelry Making: Wednesday, February 10 at 2:00 p.m. Stacy from Beck Leather and Crafts always has new great ideas to share. The project this month is three bracelets. Check them out in the display case. Please sign up at the front desk.

Valentine's Party: Thursday, February 11 at 11:00 a.m. Ula Kirkman will provide the entertainment on her accordion. Come in and enjoy a special holiday treat.

Remember to sign up for lunch by noon the day before.

Belgium Waffle Breakfast: Wednesday, February 17 from 8:30 a.m. to 10:00 a.m. Enjoy delicious waffles, fruit, sausage, milk juice and coffee. Sign up by Friday, February 12 before 5:00 p.m. \$1.00 per person.

Photography Club: Join our new Photography Club led by Sue Dickey. Tuesday, February 9 and 23 at 1:00 p.m.

Music Bingo: Friday, February 19 at 1:00 p.m. Join us for a fun game of Music Bingo sponsored by Olympus Ranch.

Dinner Theater: Wednesday, February 24 at 4:30 p.m. Check out our drama group's rendition of "*The Committee*." Out of respect for our actors seating during the performance will not be permitted. Dinner will be served immediately following the performance. Sign up at the front desk by Friday, February 19.

You Be the Judge: Friday, February 26 at 11:00 a.m. Join us for this fun game sponsored by Olympus Ranch.

New Beginning Spanish Classes: Begin Monday, March 1 at 10:00 a.m. Please sign up at the front desk. We need a minimum number of people to begin the class.

All Center Pool Tournament: Wednesday, March 3. Registration at 9:00 a.m. Tournament begins at 10:00 a.m. Food for all the teams and prizes for the skilled.

✂ Remember we are closed for Presidents' Day MONDAY February 15, 2010.