



Nancy Bell Reid, born in Tooele Valley Hospital and raised in the quiet town of Clover, Utah, has always been captivated by the enchanting world of fairy tales and the profound teachings of religion. Her current studies revolve around these interests, allowing her to delve deeper into stories and spirituality. Outside her academic pursuits, Nancy immerses herself in a variety of hobbies. She enjoys creating art, reading braille, and spending time outdoors camping. Her love for cats

is evident in her pet-sitting role for Jellybean, also known as Jellyroll.

Nancy's passion for storytelling extends beyond just reading; she enjoys crafting her own fairy tales, weaving magic and morality into her narratives. A food enthusiast, she savors lemon meringue pie and hearty vegetable stew. Dreaming of experiencing the vibrant culture of New York City, Nancy aspires to see a Broadway play someday. In addition, she is eager to improve her musical skills, particularly on the clarinet or accordion. Inspired by icons like Mary Martin and Walt Disney, Nancy lives by the motto, "Thou shalt love the Lord thy God with all thine heart, might, mind, and strength," embodying her devotion to serving the Lord. Her life is a testament to her passion for faith, storytelling, and the joy of simple pleasures.

# SEPT. - 2024

## Center Information

### Hours:

Monday - Friday  
**7:00 AM - 4:00 PM**

### Contact:

**(385)-468-3170**

**lcschofield@slco.org**

**Manager: Lisa Schofield**

**Programs: Arthur Matthews**

**Office: Tim Early**

**Driver: Carl Roose**

**Custodian: Mark Aldred**

**Kitchen: Monique Montano**

**Deputy: R. Curley**

**Housing: Kelly Roemer**

### Address:

251 East 700 South  
Salt Lake City, UT  
84111

### Website:

[slco.org/liberty-senior-center](http://slco.org/liberty-senior-center)



**SALT LAKE  
COUNTY**  
**AGING & ADULT  
SERVICES**

### Events in September & Upcoming Events:

- \* **Guitar Lessons 10:00 Tuesdays** Tom Middleden, a **Calm, Skilled** guitar tutor who nurtures guitar growth through patient instruction.
- \* **T-Shirt Dive:** Male or Female - only new t-shirts (ongoing)
- \* **Vital Aging counselling** with Jesse on Thursdays, 10AM - 11AM
- \* **ESL: Mon. & TH.** 10 - 11:30
- \* **Farmer's Market:** 11 AM Thursday, 09/06/2024; in room #9
- \* **Fall Prevention Presentation:** room #7 10AM - 11AM
- \* **9:00AM - 10AM Volunteer Appreciation in the cafeteria.** When Liberty gets to thank the volunteers for invaluable service - Thank you!
- \* **What is a 3D Pen?** A 3D pen is a handheld device that allows users to create three-dimensional objects by extruding melted plastic. It functions in a manner similar to a traditional pen, but instead of ink, it releases melted filament material, typically made of plastic like ABS or PLA. The melted filament quickly solidifies, enabling users to draw or create in the air, forming physical objects.
- \* **Book Club: "One Hundred Years of Solitude"** "By Gabriel Garcia Marquez: A magical realism masterpiece exploring family, love, and history." Discussion questions available: Call Arthur @385-468-3168
- \* **Karaoke:** 11AM - 12:30PM 09/17/2024 "**Song List**" is located at the front desk
- \* **Joke:** "Where do bad rainbows go? To prism? It's a light sentence, but it gives them time to reflect."

# September, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3.	4.	5.	6.
<b>Center Closed Labor Day</b>	9:00 Chair Yoga 10:00 <b>Guitar Lessons</b> 11:30 <b>Birthday Meal</b> 1:00 Movie 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio	8:00 Craft Table 9:00 Games 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging 11:30 <b>Calvin Law</b> 1:00 Open Art Studio 1:00 Movie	7:00 <b>T-Shirt Drive</b> 10:00 3D Pen 10:00 Oculus 11:00 <b>Farmer's Market</b> 12:30 Table Tennis 1:15 Friday Film: "Deliverance"
9.	10.	11.	12.	13.
10:00 ESL: All Levels 12:30 Computer Class 1:00 Book Club: <b>Questionnaire Available</b> 1:00 Movie	9:00 Games 10:00 <b>Guitar Lessons</b> 1:00 Movie 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 <b>Hair Cuts</b>	8:00 Craft Table 9:00 Games 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging 1:00 Open Art Studio 1:00 Movie	10:00 3D Pen 10:00 Oculus 11:30 <b>Live Piano</b> 12:30 Table Tennis 1:15 Friday Films: "F for Fake"
16.	17.	18.	19.	20.
9:00 Games 10:00 ESL: All Levels 12:30 Computer Class 1:00 Book Club 1:00 Movie	9:00 Games 10:00 <b>Guitar Lessons</b> 12:30 Table Tennis 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Table 9:00 Games 9:00 <b>Volunteer Appreciation</b> 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging 1:00 Open Art Studio 1:00 Movie	10:00 3D Pen 10:00 Oculus 11:00 Live Piano Music 12:30 Table Tennis 1:00 <b>Hair Cuts</b> 1:15 Friday Films: "The Sugarland Express"
23.	24.	25.	26.	27.
9:00 Games 10:00 ESL: All Levels 12:30 Computer Class 1:00 Book Club 1:00 Movie	9:00 Games 10:00 <b>Guitar Lessons</b> 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio	8:00 Craft Table : 9:00 Games 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging 1:00 Open Art Studio 1:00 Movie	10:00 3D Pen 10:00 Oculus 12:30 Table Tennis 1:15 Friday Films: "Jaws"
30.				
9:00 Games 10:00 ESL: All Levels 12:30 Computer Class 1:00 Book Club 1:00 Movie				

# Healthy Aging Month

## About Healthy Aging:

Healthy living is healthy aging. Developing and maintaining healthy aging practices throughout the lifespan contributes to greater resilience and opportunities to thrive as we age – from infancy through older adulthood.

At ODPHP (Office of Disease Prevention and Health Promotion), our Healthy Aging work is grounded in research that demonstrates:

- Healthy aging begins early in life
- Improving older adult health and well-being impacts all of society and individuals of all ages
- Health disparities that are experienced earlier in life are often made worse later in life

Older adults are essential members of society. They support their families and communities in formal roles – like becoming a volunteer or continuing in the workforce – and informal roles – like serving as a caregiver. However, outdated expectations and myths about aging can negatively impact older adults and communities. Opportunities for older adults in employment, education, and social engagement are often limited, leading to poorer overall health and wellness.

That's why across our initiatives, ODPHP works to ensure that everyone, regardless of age or ability, can participate and contribute to society in meaningful ways.

<https://health.gov/our-work/national-health-initiatives/healthy-aging/about-healthy-aging>

Healthy aging is a continuous process of optimizing opportunities to maintain and improve physical and mental health, independence, and quality of life throughout the life course.

- Pan American Health Organization