



## Riverton Senior Center

The Riverton Senior Center is an active aging recreational facility for independent adults 60 years and older. The center offers a comprehensive range of programs to enlighten, educate, and enrich the lives of active seniors encouraging independence and social engagement.

The Riverton Senior Center provides free exercise and health classes including: Yoga, Zumba Gold, line and tap dancing. Educational opportunities such as Computer Classes and Memoir Writing maintain brain health. Art & crafts including: Pottery, Painting and Ceramics classes maintain brain health, eye-hand coordination and small motor movement. The main item the senior center provides is the opportunity to socialize. Socialization prevents isolation and the development of depression, leading to a decline in personal physical and mental health. There is no fee to participate in most activities.

Nutritionally balanced meals are served five days a week for a suggested donation of \$3. Van transportation is available to the Riverton Senior Center for residents of Riverton, Herriman, and Bluffdale wanting to participate in activities.

Volunteering is the “life blood” of the center and there are opportunities to volunteer in various capacities. The senior center relies on the volunteer’s donation of time and talent to keep the center operating. Studies show individuals who volunteer report their life is happier, more meaningful and healthier than individuals who don’t. The center is always seeking volunteers who are good at a particular skill, craft or game and willing to teach their passion to other seniors. If you feel you are “too young” to attend the senior center please volunteer and be the answer to another person’s request to learn a new skill.



Riverton Senior Center has participants ranging in age from 60 to 98 years of age. Participants are involved at the level they want and physically can be. Don’t let your perception of what a senior center is stop you from checking out what today’s senior center is all about. Check out the Riverton Senior Center for yourself. 12914 S Redwood Rd. 385-468-3040.

### HAM Radio Class

Do you want to get your Amateur (HAM) radio license?  
You can do it and now is the time!  
Bluffdale Emergency Amateur Radio Service is offering  
four classes in preparation for taking the  
FCC Amateur Radio Technician test.

Classes are free and will be offered on the following dates at  
the fire station in the City Council room.  
14350 South 2200 West Bluffdale, Utah

Tuesday, October 18, 7 - 9 pm  
Tuesday, October 25, 7 - 9 pm  
Tuesday, November 1, 7 - 9 pm

Saturday, November 5<sup>th</sup>, 9 am – 12 pm, study and cram session  
The test will be offered Saturday, November 5<sup>th</sup> from 1 - 4 pm

Obtaining a study guide is recommended but not required.

Class attendance is not mandatory for taking the test.

There will be a \$15 fee to take the test.

If you want a study guide you can  
purchase one on Amazon  
The ARRL Ham Radio License Manual  
or use an app on your smart phone



### SAVE THE DATE FOR THE EARTHQUAKE (drill)

Date: Saturday, September 17<sup>th</sup>  
Time: 9:00 AM  
Place: Wherever you are at that time

We had an earthquake drill during the ShakeOut in April. The Bluffdale HAM radio club and section leaders would like more practice in communicating. Remember the Bluffdale Emergency Plan is simple.



- 1-Take Care of your family
- 2-Report to your group leader
- 3-Group leaders report to your section leader.
- 4-Section leader contacts the section HAM radio operator to report to the city Emergency Operations Center.

Please email [nhall@bluffdale.com](mailto:nhall@bluffdale.com) to find out what emergency section you belong to. Plan on reporting to your group leader 9/17/16 via text, phone call or at your group meeting location.



## National Preparedness Month



September is national preparedness month. Being prepared for a disaster or emergency is important!

In the month of September, find one thing to better prepare your family then write about it and email me at [nhall@bluffdale.com](mailto:nhall@bluffdale.com) to receive a prize!



## Crossing Guards Needed!

Hey do you want to do a great service to your community and get paid for it?

Do you look good in High Viz Yellow or Orange?

Would you like to get a cool vest and new winter coat from the city?



Have you always wanted the ability to stop traffic as you walk by?

The City is looking for Crossing Guards  
Contact:  
Stephanie at  
Bluffdale City  
801 254-2200.

## PARDNERS - WE ARE MUCH OBLIGED!!!



To all who contributed in any way to another great year "Old West" style, our hats are off to you!

Our SPONSORS are the best of the west! Your generous contributions make our event all that it is - thank you!

Very special thanks go out to our individual event chairmen, safety & medical volunteers, and the entire Old West Days committee. We have a great group of people, who work throughout the year to make the events we all enjoy better - Great JOB - ALL of YOU! We are so fortunate to have your generous dedication and volunteerism! On behalf of these amazing chairmen, Thank YOU to all who

helped them at their events in any way. You are the great volunteers that they know they can count on! We appreciate all you do to make the registrations, concessions, awards, tickets sales, prize redemption, parking, and all other functions, specific to the success of each event, work so well! You are greatly appreciated!

To our amazing group of Game Booth Marshals, Deputies, and staffers - Great Job! Your efforts are vital to the success of Old West Days and your time and dedication are greatly appreciated by young and old alike!

To our Game Builders - You did it yet again! Great variety and tons of fun to be had! Thank you!

To the Bluffdale Royalty - you worked extra hard this year and really made a difference!

Your assistance was constant, exemplary, and appreciated!

Eagle Scouts - AWESOME! - Your projects made a huge difference to our celebration! Thank you for all you did.

**Thank you ALL for being the backbone of our city celebration!**

Our heartfelt gratitude goes out to our fire and police departments, and all therein, for an amazing job! Your presence is always a HUGE benefit to our events! You are our heroes! Your support and assistance- as always - was above and beyond the call of duty!

We are so fortunate to live in a city with such a supportive staff and Mayor! The level of support and encouragement you continuously offer is wonderful! Thank you all.

And to the ones that work for weeks before- preparing all the amenities in the park, the tents, the markings, the hauling, the moving of every little thing, the electrical, the building, etc. etc. etc. Then work the whole week of events just to come back and take it all down - You did it again! AMAZING & WONDERFUL! For all the hours, the service, the sweat, and the lack of sleep to make it possible - Thank you!

We also want to thank each of YOU who came to enjoy the many events that were held. It is our goal to keep a VERY family friendly and VERY affordable celebration so that all may come to enjoy. Your attendance and enjoyment makes all the hours spent preparing VERY worth it!

All who are included and for any that may have inadvertently been missed, thanks for another great year!



# BLUFFDALE ARTS PRESENTS

# THE INTO THE WOODS

## OCTOBER 13-15, 2016

### City Hall Construction Update

The steel beams on the new City Hall are in place and the concrete floors on the 1st & 2nd floors have been poured. They have almost completed the exterior wall framing and have built most of the block walls for the holding cells. It's coming along!



Bluffdale has a YouTube channel where you can watch videos of the progress. For the most current video go to the link below.

<https://www.youtube.com/watch?v=x0GpyuqZXto>

Are you following us for all the latest information? Find us on:



### Healthy Bluffdale

September is here, school has started, and everyone is getting back into their routines... So let's talk snacks. When I was a kid, I would come home from school and eat a whole meal, then eat dinner with my family. I didn't need those extra calories, but somehow I was always starving after school and I should've made better choices when it came to snacking. You need good options no matter where or who you are! Whether you're a student, a mom or dad, grandma or grandpa, work a desk job, work in construction, work from home, etc., it's important to have healthy snacks readily available for when you get the munchies. Here are some of my favorites!

- Apples and Peanut Butter
- String Cheese
- Cottage Cheese with Crackers or Fruit
- Applesauce

- Granola Bars
- Greek Yogurt
- Fresh Veggies
- Trail Mix

As a parent, you're in control (for the most part) of what your children eat, so having healthy snacks that are easily accessible for your kids will promote good habits while they're young! (Maybe try keeping a drawer just for snacks in the fridge!) It'll also be better to snack throughout the day, rather than eat a few big meals because then you're less likely to eat junk food and overindulge at meal times. Snack responsibly, my friends.



Follow @missbluffdale2016 on Instagram or email [missbluffdale2016@gmail.com](mailto:missbluffdale2016@gmail.com). Let me know any questions or ideas you have that could keep Bluffdale healthy!