

# September 2019

Centerville News Update



## CENTERVILLE CARES



Supporting each other through life's challenges

**WE CARE** about sustaining a warm, welcoming and supportive community; creating an environment that promotes both physical and mental well-being.

**WE CARE** about helping each other through life's challenges and stresses, to eliminate isolation and encourage inclusiveness.

**WE CARE** about the risks of self-harm, addiction or abuse.

**WE CARE** about the health and wellness of everyone in our community, young to senior, regardless of challenges.

**WE CARE** about forging stronger support networks and interpersonal connections among those who call Centerville home.

## Centerville Cares Events

*Supporting each other through life's challenges*

**Nedley Depression Class**  
**September 4th—October 23rd**  
**Centerville City Hall**  
**6:30 p.m. — 8:30 p.m.**

This is an 8-week video course from Dr. Neil Nedley M.D. that focuses on brain health, with an emphasis on depression and anxiety recovery. Attendees will learn proven, evidence-based tools to increase mental and physical wellness and decrease depression, anxiety, and suicide through lifestyle change. No fee for registration. Workbooks are available for purchase. Register at [centervilleut.net](http://centervilleut.net).

**Powerful Brain Health Body**  
**October 30th—November 20th**  
**Centerville City Hall**

Come join us for a life changing experience presented by Centerville's own Brent Hale Ph.D. along with Sinead Urwin, a functional nutritionist with years of experience. Powerful Brain Healthy Body is a 4 week course based on the latest functional MRI research. You will learn the most efficient way to create new, enduring behavioral, nutritional, and lifestyle habits. Using this step-by-step approach you can permanently change your health related lifestyle and develop the confidence that comes from having more control over your life. There is a \$25.00 registration fee. Register at [centervilleut.net](http://centervilleut.net).

## Centerville Social Media

Follow Centerville City and Police Department social media accounts for updates, road closures, events, and items of general public interest.

**Twitter:** @CentervilleUT and @CPDUtah

**Facebook:** <https://www.facebook.com/Centerville-City-Utah>

**Instagram:** <https://www.instagram.com/centervilleutah>

## CodeRED

Receive notifications about evacuations, boil water notices, and missing child reports. Sign up at:

<https://public.coderedweb.com/CNE/en-US/BFB7CC4C5C0A>

[www.centervilleut.net](http://www.centervilleut.net)

**CENTERPOINT**  
Legacy Theatre

**Fairytale Festival**  
"Beyond Magic"

Family Fun with your favorite princesses and other characters!

**FREE**  
Admission  
&  
Many **FREE** Activities

Friday Sept 13th  
4:00PM to 8:00PM  
&  
Saturday Sept 14th  
11:00AM to 6:30PM

801-298-1302 or [CPTUtah.org](http://CPTUtah.org)  
525 N 400 W Centerville, UT



**Space Limited.  
Registration is required.  
To sign up call  
801.525.5050, Option 5**

# The Caregiver Academy



The Caregiver Academy is a free series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment. Each participant receives a free Managing Care Guide.

## The Six Workshops:

**University of Utah Farmington Clinic**

165 North University Avenue, Farmington

**Wednesdays at 11:00 am to 12:30 pm**

**Sep. 18:** Finding Caregiver Resources

**Sep. 25:** Building Caregiver Resilience

**Oct. 2:** Setting Good Care Boundaries

**Oct. 9:** Involving Family and Others

**Oct. 16:** Managing Difficult Behaviors

**Oct. 23:** Understanding Care Options

## THE WHITAKER

Centerville's Heritage Museum

**"Keeping Our Stories Alive"**

September—October 2019 Calendar

**A Girl's Life in Centerville—Circa 30's, 40's and 50's**

September 10 at 7:00 p.m.

Location: Centerville City Hall, 250 N. Main

**Historic Cemetery Tours—New Stories of Centerville's Permanent Residents**

October 8 at 7:00 p.m.

October 12 at 11:00 a.m.

Location: Centerville Cemetery



[www.centervilleut.net](http://www.centervilleut.net)



**CENTERPOINT**  
Legacy Theatre

**Barlow Main Stage 2020 Season**

 <p><b>Peter and the Starcatcher</b> JAN 17 - FEB 15</p>	 <p><b>MUSIC MAN</b> MAR 13 - APR 11</p>
 <p><b>NEWSIES</b> the musical JUN 12 - JUL 18</p>	 <p><b>Sister Act</b> AUG 7 - SEP 5</p>
 <p><b>THE SCARLET PIMPERNEL</b> SEP 25 - OCT 24</p>	 <p><b>A Christmas Story</b> NOV 18 - DEC 19</p>

**2020 Season Ticket Sales Start Sept 23rd!**  
801.298.1302 CPTUtah.org