



2024

465 E 1200 S Heber City, UT 84032 Phone: 435-654-4920

Spotlight Tom Tuite

I was born at Stanford Hospital in Palo Alto, California. I remember later my mom telling me that it was one of the hottest days of the year and the hospital did not have air conditioning. Both my parents were born in the United States shortly after their parents immigrated from Ireland. My mom was a “city girl”, raised in San Francisco, my dad grew up in Redwood City, in those days known as the “country”. I grew up in San Carlos, a small town that was quickly growing. Most people still knew each other. It was a great time to grow up. I had lots of friends, we did a lot together and spent a lot of time outside. My parents did not worry about where I was as long as I was home on time for dinner. It was a simpler time. I attended Serra High School in near by San Mateo. It was a rigorous school, but I enjoyed my four years there. I took Latin and French as well as the academic classes, ran cross country and track and played on the school’s basketball team.

I went to college at San Jose State University. I received a degree with a major in Political Science and a California teaching credential. I competed in cross country and track while there and many of my close friends are from those college days. While I was at San Jose State I met my wife, Lynne. we were married for 43 years and had one son, who now lives with his family in Midway.

Shortly after we were married Lynne and I moved to Portola Valley, about an hour south of San Francisco. In 2008 Lynne sadly passed away. I remained in Portola Valley until recent when I moved to Heber. I taught for 44 years at St. Francis High School in Mt. View, California. For the first 20 years I taught American Government and World History. For the last 24 years I was a guidance counselor. The job had three parts, college counseling, working with students with academic problems and helping students with personal issues. The personal counseling was the most challenging but the most rewarding. I also coached track during the time I was there.

With family in Midway I often visited the Heber Valley and became familiar with the area. About six years ago I had a small health issue and my daughter in law convinced me to come and stay with them for a while. It turned out that, other than weekends, they were at work and the kids at school. I was bored so I decided to check out the Senior Center. It was there that I met Dee Akerley. It was the best thing that happened to me in quite a while. Dee is warm, intelligent and caring. I began, with exception of the pandemic, to visit Heber more often. We get along well. Last July I sold my house in Portola Valley and moved to Spring Gardens in Heber.



CORA'S CORNER

To all our Seniors...just a little info from the kitchen. Here it is June, and we haven't had spring. What is going on? Mother Nature is doing what she wants, and not paying attention to what we want. Oh well, that's life.

We are celebrating Father's Day on the Thursday the 13th. Father's Day is an annual holiday honoring fathers and celebrating the fatherhood, paternal bonds and the influence of fathers in society. It was first proposed by Sonora Smart Dodd of Spokane, Washington, in 1909. It's currently celebrated in the United States annually on the third Sunday in June. Happy Father's Day!!!

Freedom finally came on June 19, 1865 when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 slaved black people in the state, were free by executive decree. This day came to be known as "Juneteenth", by the newly freed people in Texas. The U.S. government was slow to embrace the occasion-it was only in 2021, that President Joe Biden signed a bill passed by Congress to set aside Juneteenth, or June 19th, as a federal holiday. We will be closed Monday the 17th.

Come and help finish the giant puzzle so we can get it to the fair. It is amazing how much you have already done, but let's finish it. It will be fun to show off to the public what we can achieve here at the Center.

Please continue to drink your water. Hopefully the weather will get warmer, so you will enjoy your water more.

Until next time, take care...Cora Briggs



Rick Parker	2	Keith Fortie	12	Reint Smit	21
Kaye Bonner	4	Lynda Payne	13	Julie Bell	22
Susy Epperson	5	Bonnie Wilson	13	Marilyn Bethers	22
Nancy Jarvis	5	David Todd	14	Kathleen Franke	23
Scott Parker	5	Anna Hilton	16	Ginny Sanatar	23
Carmela Ricogoyal	5	Debra Proctor	17	Lois Mahoney	24
Judith Maedel	8	Bill Brown	19	Karen Bassett	25
Allison Salisbury	8	Denise Darling	19	Shawna Jeffs	25
Donna Ludvigsun	9	Shelly Hokanson	19	June Muir	25
Sandy Noonan	10	Jim Ritchie	19	Debbie Sweat	25
Sue Urban	11	Geraldine Hughes	20	Viola Nelson	27

JUNE

Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, June 5th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, June 5th	Limited Tickets Available	BYU Living Legends Provo	4:30 P.M.	\$20 Dinner On Your Own
Friday, June 7th	Limited Space	Flower Acrylic Paint Class @ Senior Center	10:00 A.M.	\$3
Monday, June 10th	Limited Space	Whoopee Pie Class USU Extension, Heber	10:00 or 2:00	\$5
Wednesday, June 12th	June 10th	Harvest Grove Campfire & Cowboy Poet — Midway	5:30 P.M.	\$5 Bring Your Own Chair
Friday, June 14th	Limited Space	Leather Bracelet Class @ Senior Center	10:30 A.M.	\$5 Per Bracelet
Saturday, June 15th	June 10th	"Our Town" Play Midway Town Hall	2:00 P.M	\$16
Tuesday, June 18th	June 13th	Beaded Necklace Class @ Senior Center	11:00 A.M.	\$8 Per Necklace
Wednesday, June 19th	CLOSED	Rescheduled Trip: Erickson Museum	10:00 A.M.	\$10
Wednesday, June 19th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Friday, June 21st	Limited Space	Basic iPhone Class @ Senior Center	9:30 A.M.	\$5
Monday, June 24th	June 20th	Orem Cinemark "Summer Camp"	TBD	\$7
Wednesday, June 26th	June 24th	Lunch @ Back 40 Heber	11:00	Lunch On Your Own
Friday, June 28th	Limited Space	Governor's Mansion SLC	10:00	\$3 Lunch On Your Own

Remember!

For more information stop by or call the Senior Center. Payments must be made at the time of sign up. Trips are non-refundable unless you find someone to take your place.

LIVING LEGENDS @ BYU

When: Wednesday, June 5th

Time: 4:30 P.M.

Cost: \$20

Sign Up By: Limited Tickets Available.

Dinner: Brick Oven Pizza

In a celebration of the cultural heritage of North and South America and the South Pacific, Living Legends presents a vibrant display of energy, music, costume, and dance. Talented performers of native descent capture the rhythms of Polynesia, portray the fascinating legends of Native American people, and dazzle the senses with the energy of Latin America. Their lavish attire and intricate choreography are both authentic representations of the showcase cultures. Living Legends prioritizes tours in their native lands, a practice that encourages excellence and inspires a love for native culture in both the performers and their audiences.



Flower Acrylic Paint Class

When: Friday, June 7th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$3

Sign Up By: June 3rd



Kathy Carr will be teaching this adorable 8x10 acrylic flower paint class. Everything you need for this class will be provided, but you may want to bring an apron. Class will take approximately 1.5 hours.

Whoopee Pie

Date: Monday, June 10th

Time: 10:00 A.M. or 2:00 P.M.

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make delicious whoopee pie. Class will be taught by Tricia at the USU campus extension. Everything will be provided for the class. Space is limited.

55 S. 500 E. Heber

(Located in the same build as the Health Department)

CAMPFIRE AT HARVEST GROVE

When: Wednesday, June 12th

Time: 5:30 P.M. (Buses To Leave Center)

Cost: \$5

Sign Up By: Limited Space

Dinner: Includes Hot Dog Dinner & Entertainment

Join us around the campfire for a hot dog dinner and great entertainment at Harvest Grove Campground! Cowboy poet, Jeff Carson will be there to recite his amazing poetry. **BRING YOUR OWN CHAIR AND WEAR GOOD SHOES.** We will be taking both buses, but there is also room for several cars at the campsite.



LEATHER BRACELET CLASS

Date: Friday, June 14th

Time: 10:30 A.M.

Cost: \$5 Per Bracelet

Sign Up By: Limited Space

Join us in making these leather braided bracelets!

The class will be held at the Senior Center.

Supplies will be provided.

This is also an item you can enter into the Fair Days Exhibit!



"OUR TOWN"

AT THE MIDWAY TOWN HALL

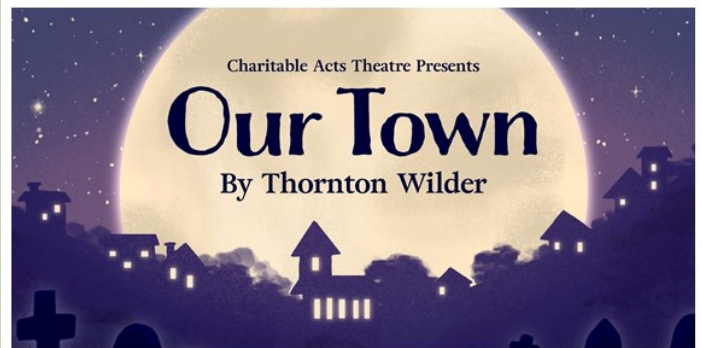
When: Saturday, June 15th

Time: 2:00 P.M.

Cost: \$16

Sign Up By: June 13th

This play will be held at the Midway Town Hall and all proceeds will be donated to The Wasatch Community Foundation. This will be a self drive activity.



BEADED NECKLACE CLASS

Date: Tuesday, June 18th

Time: 11:00 A.M.

Cost: \$8 Per Necklace

Sign Up By: June 13th



Join us in making these beautiful beaded necklaces! Mary Johnson will be teaching the class at the Senior Center. Supplies will be provided.

This is also an item you can enter into the Fair Days Exhibit!

Cell Phone Class for iPhone

When: Friday, June 21st

Time: 9:30 A.M.

Where: Senior Center

Cost: \$5

Sign Up By: Limited Space

Do you want to learn how to use your iPhone?? Here is your chance!!

Aaron Cheatwood from Ace Computers will be here teaching you the basics of how to use your iPhone!

Space is limited to 10 participants.



Cinemark Movie—Orem

Date: Monday, June 24th

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Summer Camp

Sign Up Deadline: June 21st



Summer Camp tells the story of Nora (Keaton), Ginny (Bates), and Mary (Woodard), who have been best friends since being inseparable at summer camp. As the years have passed, they've seen each other less and less, so when the chance to reunite for a summer camp reunion arises, they all take it, some begrudgingly and others excitedly. Each of their lives might not be where they'd imagined, but one thing is for sure — Nora, Ginny, and Mary need each other, and summer camp reminds them why.

LOOKING AHEAD—

FAIR DAYS 2024!

WANTED: Do you do canning, baking, photography, quilting, crocheting, jewelry, gardening, flower arrangements, wood or leather work or some other amazing talent you can share? Well, we want you to display it in this year's Fair Days Exhibit!!! It is easy peasy. just bring it in to me at the Center and I will take care of the rest for you!

WORLD'S LARGEST PUZZLE: We will be entering this masterpiece into the Fair Day's Exhibit! Come be a part of this amazing project that everyone will be talking about. We need to have it finished by mid July to make this happen.

You guys are amazing! Let me know if I can help of you have any questions.. 435-654-4920



LUNCH AT BACK 40

Date: Wednesday, June 26th

Time: 11:00 A.M. (Meet At Senior Center)

Sign Up By: June 25th

Cost: Pay For Your Own Meal

Join us for some good food and company!
We will meet at the Senior Center and take a bus to the Back 40 restraint.



GOVERNOR'S MANSION

Date: Friday, June 28th

Time: 10:00 (Bus To Leave Center)

Cost: \$3

Lunch: Ruby River (On Your Own)

Sign Up By: Limited Space



We will be visiting the Governor's mansion in Salt Lake for a private tour . Bring some money for lunch prior to the visit at Ruby River. This trip does require a good amount of walking, please wear good shoes.





Breakfast Favorites

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- | | | |
|---------------|----------------|----------------|
| BACON | CROISSANT | MAPLE SYRUP |
| BAGEL | DANISH | OATMEAL |
| BISCUITS | DONUTS | OMELET |
| BREAD | EGGS BENEDICT | ORANGE JUICE |
| BUTTER | ENGLISH MUFFIN | PANCAKES |
| CEREAL | FRUIT | SAUSAGE |
| CINNAMON ROLL | GRANOLA | SCRAMBLED EGGS |
| COCOA | GRITS | SMOOTHIE |
| COFFEE | HASH BROWNS | TEA |
| COLD PIZZA | HONEY | TOAST |
| CREPES | JAM | WAFFLES |

CAN YOU TALK THE LATEST TALK?

Slang has likely existed as long as language itself. But it comes with a generation gap. Each generation has had it's words and we are here to share with you some of the latest from Gen Z ! Who is Gen Z? They span from the years 1997 to 2012.



Gen Z Word Of The Month:

Bet— Are you ready to learn the next slang word? “Bet” is a term of affirmation, agreement, or approval along the lines of “Cool!” or “I’m down!” It can also be used to express doubt or disbelief. So, if you ask a question or request and get the response “bet” they are agreeing you with!

HOOKED ON BOOKS

We are currently reading :

The Night Circus

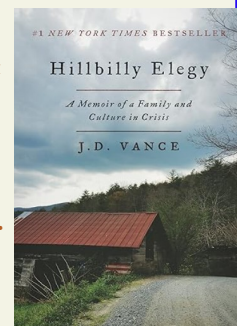
By: Erin Morgenstern

Next month Book : Hillbilly Elegy

By: J.D. Vance

Please join us every third Thursday of the month @ 10:30 for Hooked on books.

If you like to read and talk about a great book this is the place to be. Come visit, chat and make some new friends while reading the best books.



In Loving Memory...

Gene W. Cox
Born: September 20, 1935
Died : April 23, 2024
Married: Liesa Thielke Cox

William “Bill” Schmittel
Born: November 1, 1935
Died: May 2, 2024
Married: Fran Stella Giles

Margaret “Ann” Clarke
Born: December 4, 1941
Died: May 10th, 2024
Married: Wayne Sabey Clarke



Resource Phone Numbers:

Driver License Division: 801-965-4437
Health Department: 435-654-2700
Heber Hospital: 435-654-2500
High Valley Transit: 435-246-1538
MAG: 801-229-3800
Meals On Wheels: 435-654-4920
Poison Control: 800-222-1222
Sherriff’s Office: 435-654-1411

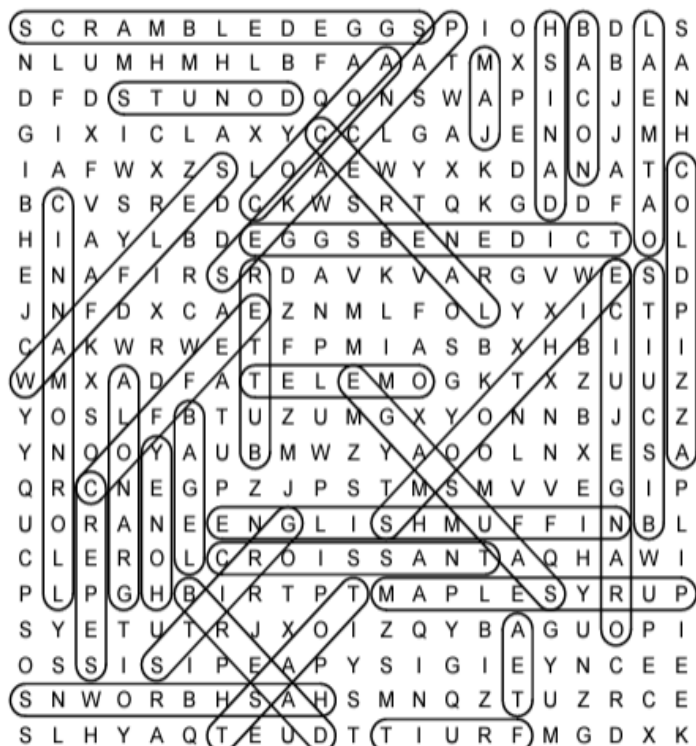
SENIOR CENTER TEAM

- **Center Director: Mike Winward**
 - **Food Service Manager: Cora Briggs**
 - **Administrative Secretary: Luara Mair**
 - **Activities Coordinator: Candie Bonner**
 - **Meals On Wheels Driver: Tom Greer**
 - **Food Service: Brent Briggs, Karin Jentzsch, Jeneal Wingelaar**
- Karin Jentzsch, Jeneal Wingelaar**

Breakfast Favorites

Word Search

SOLUTION



FREE piano lessons every Thursday following lunch at 1:00

If you are interested, contact **Margaret 435-654-2876**



Are you interested in playing Canasta and other card games? We will be playing every Monday at 1:00 P.M. at the Center! We would love to have you.

MIKE'S BLURB

Today I am grateful for my own problems. It is so easy to complain and feel like God is picking on me. However, there is always someone who is having struggles worse than mine. There are many examples of people such as Job in the Bible, who are going through very severe troubles and seem to be doing it with a lot more grace, faith and cheerfulness than I can imagine. Every day I talk to people here at The Center that are happy and smiling when it would seem they should be complaining and whining about everything. Despite sore bones and muscles they are deeply grateful for all of the blessings found surrounding them and ignore the obvious reasons to complain. We have quite a few members who are over 90 years old that always have a smile and something funny to say. I admire people like that and I am going to try and be a little more like that. Maybe that is the secret to longevity. Gratitude and cheerfulness.

Come join us for some great entertainment, great food and good friends.

Mike

Turn in completed puzzle to the senior center by May 28th to be entered into a drawing for a \$20 gift card!

Name: _____ Phone: _____

HOW MANY WORDS CAN YOU MAKE FROM

FATHER'S DAY

Using each letter only once, see how many different words you can make out of "FATHER'S DAY." Write down as many words as you can on the lines below.

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

It's that time.... Membership Dues

Please update and return your membership information and yearly dues of \$12 by July. Thank you for being a part and supporting the Wasatch County Senior Center!



Cut Here

Membership Information

Name _____

Phone _____

Address _____

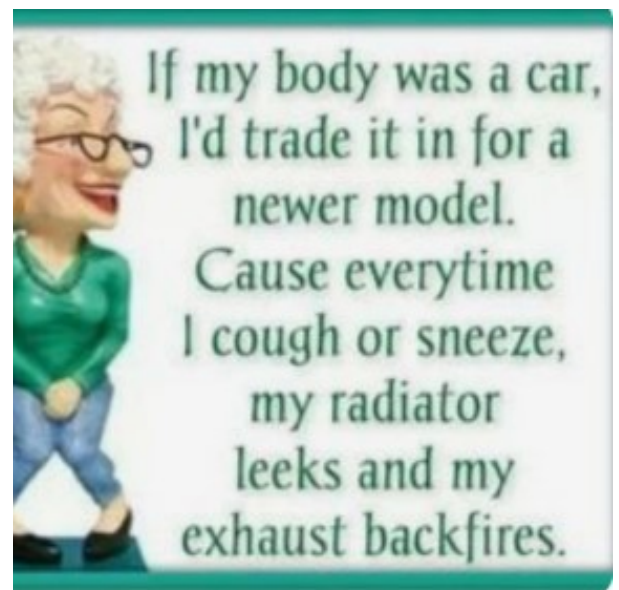
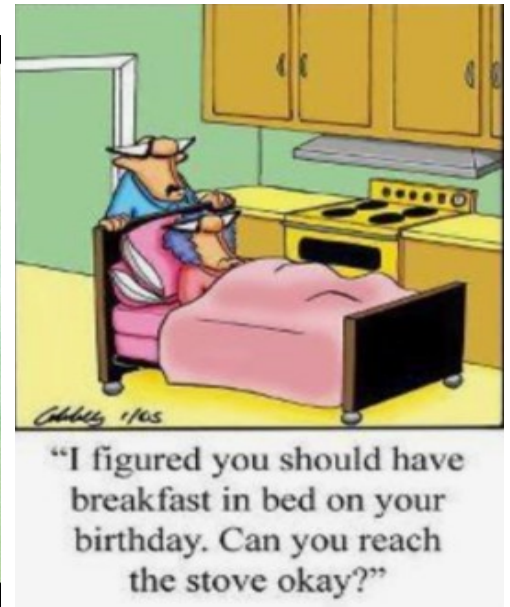
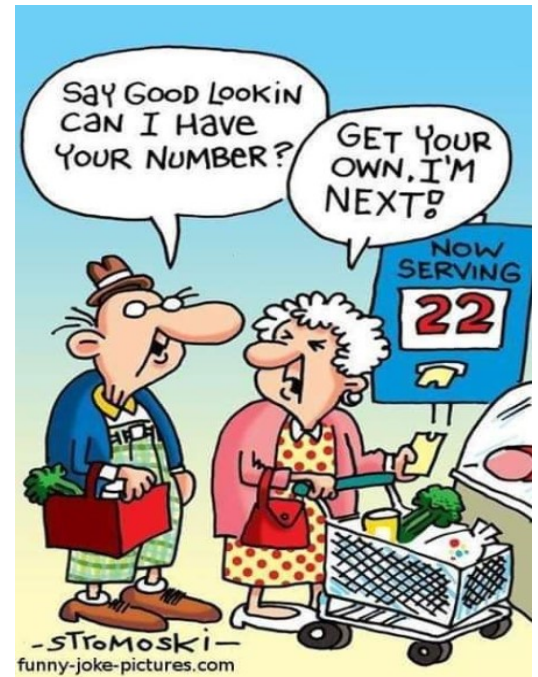
DOB _____

Email _____

Hobbies/Interest: _____

Emergency Contact (optional) _____

I would like my newsletter (check one) _____ Mailed _____ Emailed



RECIPE OF THE MONTH

Mediterranean Lunch Box For Two



Ingredients:

- 1 cup whole grain couscous
- 1/2 medium cucumber roughly chopped
- Bell peppers, 1 red and 1 yellow
- 1/4 cup red onion
- 1/c cup cherry tomatoes
- 1/4 cup fresh parsley
- 1/2 can chickpeas
- 1/2 cup hummus
- 1/2 cup Kalamata olives

Dressing:

- 1 TBS olive oil
- 1/2 lemon juiced
- 2 TBS red or white wine vinegar
- 1/2 tsp dried oregano
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1/2 tsp smoked paprika

Instructions:

1. Prepare the couscous as package instructions. Be sure to add a pinch of salt to the water.
2. While couscous is cooking and resting, chop cucumbers, peppers, onion and halve the cherry tomatoes. Finley chop the parsley.
3. Prepare the dressing by mixing ingredients in a jar and give a good shake.
4. Drain and rinse chickpeas, add to a bowl and mix with 1 TBS of dressing.
5. In another bowl mix the peppers and onion with 2 TBS dressing, mix in parsley.
6. Divide the couscous between two containers. Then add all the chopped veggies, olives, chickpeas and a good scoop of hummus.
7. Divide the remaining dressing between the bowls and mix well.



Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gatherings will be held at 2:00 the first and third Wednesday of the month. .

Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gathering for June will be Wednesday the 9th & 15th at 2:00 P.M.

CareGiver Support Group

We meet at the Center for the caregiver support group on the second Tuesday of every month @ 2:00.






Please join us for our next meeting on Tuesday

June 11th at 2:00



JUNE

Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p>ALL DAY – EVERY WEEKDAY</p> <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Games 	 <p>Piano Lessons Please Contact Margaret Schloss 435-654-2876</p>			
<p>3</p> <p>1:00 Cards—Canasta</p>	<p>4</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language</p>	<p>5</p>  <p>11:30 Lunch & Bowling at Holiday Lanes 2:00 Grief Support Group 4:30 Living Legends</p> 	<p>6</p> <p>Treasure Table</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>7</p> <p>10:00 Paint Class</p>  <p>12:00 Cards—Bridge</p>
<p>10</p> <p>10:00 & 2:00 Whoopee Pie Class</p>  <p>1:00 Cards—Canasta</p>	<p>11</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language 2:00 Caregiver Sup- port Group </p>	<p>12</p> <p>5:30 Harvest Grove Campfire</p> 	<p>13</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p> <p>Father's Day Lunch</p>	<p>14</p> <p>10:30 Leather Bracelet Class 12:00 Cards—Bridge</p> <hr/> <p>2:00 Saturday 5/15 "Our Town" Play Midway Town Hall</p>
<p>17</p> <p>CLOSED</p> <p>1:00 Cards—Canasta</p>	<p>18</p> <p>10:00 Breakfast 10:30 Chair Exercise 11:00 Beaded Necklace Class</p>	<p>19</p> <p>10:00 Rescheduled Erickson Museum Trip</p>  <p>11:30 Lunch & Bowling At Holiday Lanes 2:00 Grief Support Group</p>	<p>20</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>21</p> <p>9:30 iPhone Class</p>  <p>12:00 Cards—Bridge</p>
<p>24</p> <p>Orem Cinemark Summer Camp Time TBD</p>  <p>1:00 Cards—Canasta</p>	<p>25</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language</p>	<p>26</p> <p>11:00 Lunch at Back 40</p> 	<p>27</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>28</p> <p>10:00 Governor Mansion</p>  <p>12:00 Cards—Bridge</p>



Meals on Wheels

****Luncheon Menu (served every Tuesday and Thursday)****

*****PLEASE CALL THE CENTER THE DAY BEFORE TO RESERVE YOUR SPOT**

*****(435)654-4920*****

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ RIBBLET, mac & cheese, pork n beans, applesauce, cookie & roll	4 CHICKEN MALIBU, potatoes & gravy, peas, tropical fruit & roll COUNTRY FRIED STEAK, potatoes & gravy, peas, peaches & roll	5 MACARONI & BEEF, corn, cottage cheese, pears, & roll	6 CHICKEN STRIPS, potatoes & gravy, green beans, orange wedge & roll PULLED PORK SANDWICH, cole-slaw, watermelon & chips	7 STUFFED PEPPERS, potatoes & gravy, peas and carrots, peaches, & roll
10 FISH, potatoes & gravy, green beans, tartar sauce, pears & roll	11 BEEF & RICE MED-LEY, corn, cottage cheese, mandarin oranges & roll CHICKEN ENCHILADA, beans, chips & salsa	12 BEANS & FRANKS, tater tots, mac and cheese, tropical fruit & roll	13 SEASONED BAKED CHICKEN, potatoes & gravy, carrots, fruit cocktail & roll FATHER'S DAY ROASTBEEF, potatoes & gravy, peas and carrots & apple pie	14 TURKEY SANDWICH, pasta salad, peaches & chips
17 CLOSED	18 SALISBURY STEAK, potato, carrots, applesauce & roll CHICKEN MALIBU, potatoes & gravy, mixed vegetables, tropical fruit & roll	19 CHICKEN DRUM-METTS, mixed vegetables, potato salad, tropical fruit & roll	20 MEAT LOAF, potatoes & gravy, green beans, mandarin oranges & roll POTATO BAR W/ TRIMMINGS	21 CHICKEN CORDON BLEU, potatoes & gravy, peas and carrots, peaches & roll
24 CREAMY CHICKEN PASTA, green beans, tropical fruit & roll	25 PORK CHOP, potatoes & gravy, mixed vegetables, applesauce & roll BREAKFAST, hash browns, eggs, ham, French toast, fruit, juice/milk	26 LASAGNA, corn, cottage cheese, pears & rolls	27 CHICKEN FRIED STEAK, potatoes & gravy, carrots, peaches & roll FISH, red potatoes, green beans, mandarin oranges & roll	28 MANDARIN ORANGE CHICKEN OVER RICE, ham fried rice, vegetables, orange wedge & roll

Please remember to call ahead for your meals. Also please remember to call if you have reserved a meal and you can not make it that day for the meal.

Wasatch County Senior Citizens

(435) 654-4920

465 East 1200 South

Heber City, Utah 84032

Return Service Requested

Non-Profit Organization

US POSTAGE

PAID

Heber City, Utah

Permit No. 2