



2024

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

Meet our newest Member of the Senior Center

Anna Hilton

My name is Anna Hilton. I am married to Neil Hilton Jr. I was born in Bountiful Utah in 1968. I was raised by my mother Elaine Giles Smith in Roosevelt, until I was twelve years old, it was then that we moved closer to family in the Heber Valley. I have four children who are all grown. Amber Bowman, Bruce Steak Jr., Jacqueline Daly, and Nicolette Benton. I am blessed to have lived in Mt View Wyoming. I have 7 siblings, one of which also lives in Heber, Mary Endner. I have 9 grandchildren whom I love very much. Brentanna Bowman (18), Harley Bowman (16), Benton (12), Alexis (Ali-Gator) Benton (10), and Mason Benton (8). My hobbies include scenic cooking and my grandkids. For employment, I am a sub for the Wasatch County School District. I have been lucky enough to live in twelve cities in Utah and Wyoming, through my travels I have made many friends and acquaintances. My favorite holiday is Christmas, every year I host an annual Christmas party that I started planning in the summer. This party brings the whole family together and sometimes my children's in-laws. It is an event the whole family looks forward to all year long! My favorite flower is a lilac because the smell reminds me of my grandma Mary Chipman. I am living a blessed life full of family and I wouldn't have it any other way.



CORAS CORNER

To all our Seniors...just a little info from the kitchen. It is April and time is flying. Christmas will be here before we know it. But first, lets have SUMMER please.

We had Easter the last day of last month. This month there aren't any special celebrations. So, we will celebrate every day. Let's have fun!!!

Our Pie in the Face was a huge success. We used this event as a fund raiser and it went great. A big THANKS to all who participated in any way. Candie Bonner who started it and Mike Winward for finding someone to make our boards for throwing the pies at. The rest of the gang for decorating, making pies and clean-up. Also, all the people who got pies in their face and those who bought the pies to throw. Such a blast was had by all. We plan on doing this again.

Remember to cancel your meal if you are not able to attend. It allows other to sign up. Also, try to call as early as possible. Thank you.

Please remember to drink your water. It is trying to get a little warmer.

Until next time, take care...Cora Briggs



I'm thankful for next breaths
And tomorrow sunrises.
Grateful for second chances
And unexpected happiness.

-John Mark Green

Brent Montgomery	2	Gordon Peterson	18
Joe Rail	2	Lavon Provost	18
Cleta Miller	3	Pat Young	19
Fran Baxter	5	Christina Beeman	20
Lisa Djorsing	6	Cynthia Gurule	21
Linda Mecham	6	Marce Provost	22
Evva Lee Young	6	Jessie Shirk	22
Peggy Duke	8	Yvonne Thompson	22
Paula Tregaskis	9	Glenna Azlin	23
Ruth Cummings	10	Merrill Hall	23
Sharon Jenkins	11	Fran Johnson	23
John Lemon	11	Judy Nelson	24
Violet Smith	13	Connie Shipman	24
Allan Bell	14	Wilma Cowley	26
Betty Georgio	14	Clark Riley	27
Ray Fillmore	15	Karen Cook	28



APRIL

Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, April 3rd	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Monday, April 8th	April 5th	Park City Museum & Lunch	9:30	\$12 Lunch On Your Own
Friday, April 12th	April 11th	Midway Ride & Lunch at Blue Boar Inn	11:00	\$1 Lunch On Your Own
Monday, April 15th	April 12th	Heber City Police Department Tour	10:30	\$1
Wednesday, April 17th	Limited Space	Lemon Bars Class USU Extension, Heber	10:00 or 2:00	\$5
Wednesday, April 17th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Friday, April 19th	—	Puzzles & Pie @ Center	10:00-3:00	1 Hour Labor
Wednesday, April 24th	Until Full Limited Space	Orem Hale Theatre— Hello Girls	5:00 P.M.	\$30 Dinner On Your Own
Monday, April 29th	Until Full Limited Space	Movie- Orem Cinemark "Ghostbusters"	TBD	\$7 Snacks On Your Own
Wednesday, May 1st	Limited Space	Bear River Bird Refuge Lunch @ Maddox	8:30 A.M.	\$5 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.

“My mother used to always say, “The older you get, the better you get.
Unless you’re a banana.” ~ Betty White



PARK CITY MUSEUM & LUNCH

Date: Monday, April 8th

Time: 9:30 A.M.

Sign Up By: April 5th

Cost: \$12

Lunch: No Name Saloon (On Your Own)

Let's check out Historic Park City Museum and see what it's all about! We will meet at the senior center and take the bus to the facility. Afterwards, we will go to No Name Saloon for lunch. Please note this trip will require a moderate amount of walking. Please wear good shoes.



MIDWAY RIDE & LUNCH AT BLUE BOAR INN

Date: Friday, April 12th

Time: 11:00 A.M.

Sign Up By: April 11th

Cost: \$1 Lunch On Your Own

Let's take a scenic ride around Midway and stop at the Blue Boar Inn for a nice lunch! See attached menu.



HEBER CITY POLICE DEPARTMENT TOUR

Date: Monday, April 15th

Time: 10:30 A.M. (Meet At Center)

Sign Up By: April 12th

Cost: \$1

Officer Travis Price is going to give us a inside tour of the Heber City Police Department. This trip will have some walking, please wear closed toe good shoes.



Puzzles & Pie!

When: Friday, April 19th

Time: 10:00—3:00

Where: The Senior Center

Cost: A hour worth of puzzle labor

Join us for an afternoon of pie and puzzles! We want your help putting together the world's largest puzzle! **We ask you work on the puzzle for at least a hour to receive a free slice of pie.** You don't need to be here the whole time, come and go as you wish.



Lemon Bars

Date: Wednesday, April 17th

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

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make gooey yummy lemon bars! Class will be taught by Tricia at the USU campus extension.

Everything will be provided for the class.

55 S. 500 E. Heber

(Located in the same build as the Health Department)

OREM HALE THEATRE

THE HELLO GIRLS

Date: Wednesday, April 24th

Time: 5:00 (Bus To Leave Center)

Cost: \$30

Dinner: Golden Corral (On Your Own)

Sign Up By: Until Tickets Are Sold Out



From New York to Paris, from ragtime to jazz: THE HELLO GIRLS chronicles the story of America's first women soldiers in this new musical inspired by history. Serving as bilingual telephone operators on the front lines of World War I, these courageous women helped turn the tide of war and shape the course of human history.

Cinemark Movie—Orem

Date: Monday, April 29th

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Ghostbusters

Sign Up Deadline: April 26th



Ghostbusters: Frozen Empire, the Spengler family returns to where it all started – the iconic New York City firehouse – to team up with the original Ghostbusters, who've developed a top-secret research lab to take busting ghosts to the next level. But when the discovery of an ancient artifact unleashes an army of ghosts that casts a death chill upon the city, Ghostbusters new and old must join forces to protect their home and save the world from a second Ice Age.

Bear River Migratory Bird Refuge

Date: Wednesday, May 1st

Time: 8:30 a.m. (Bus To Leave Center)

Lunch: Maddox (On Your Own)

Cost: \$5

Sign Up By: Limited Space

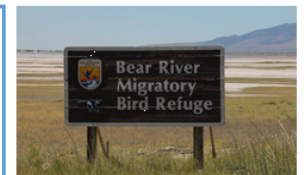


We will be traveling to the Bear River Migratory Bird Refuge in Brigham City to do an auto tour through the 12 mile loop in the heart of the Refuge.

After the tour, we will have lunch at Maddox!

Itinerary

- 8:30 Leave Senior Center
- 10:00 Arrive At Bird Refuge
- 11:45 Leave Bird Refuge
- 12:00 Arrive At Maddox
- 1:00 Leave Maddox
- 2:30 Arrive At Senior Center

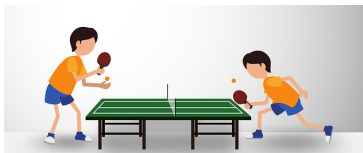




PI DAY!



Do you love Ping Pong?? Come check out the new ping pong table that was donated by Shayna Sheilds and family. It is set up and ready to use. Located in the game room.



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. .

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
- Wasatch Senior Center: 435-654-4920

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 Jentsch, Jeneal Wingelaar

A Letter from the Board

A LETTER TO THE SENIORS

I would like to share a quote from Mick Jagger of the Rolling Stones. This is from one of his songs: "You can't always get what you want, you can't always get what you want, you can't always get what you want, but if you try sometimes, well, you just might find you get what you need." (okay those of you who know this song, you just sang along with the words didn't you)

If you want fun, friendship, good food, entertainment, a variety of classes and some great trips, then you just might find you will get what you need at the senior center.

Open your mind and sweep out the cobwebs, the sadness and depression and just for a few hours join us for a smile and a laugh.

You can't always get what you want, but if you try sometime, you just might find, you get what you need. See you soon.

**~Sandy Hansen
Wasatch County Senior Advisory Board**

SPRING

WORD SCRAMBLE

OLBMO _____

YMA _____

RGEDNA _____

TEUFYRLTB _____

EFOLRW _____

ARNI _____

LMUEBRAL _____

SISNHNEU _____

RMHCA _____

IBDR _____

LIARP _____

UPLDDE _____

SRASG _____

OSMLSOB _____

NTSE _____

Chevron Lemon | www.chevronlemon.com | For personal use only

Turn in completed puzzle to the senior center by April 24th to be entered into a drawing for a \$20 gift card!

Name: _____ Phone: _____

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:

Rizz— 'rizz' is slang for charisma. Meaning charm, style and attractiveness. If you are told you have "rizz" it is a complement! Blush, smile and know you still got it.

HOOKED ON BOOKS

We are currently reading : ARIADNE

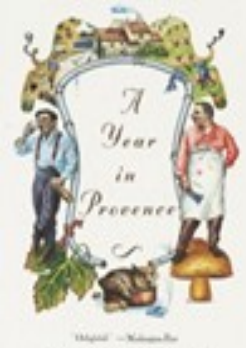
By: Jennifer Saint

Next month Book : A Year in Provence

By: Peter Mayle

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.



PETER MAYLE

In Loving Memory...

Kathryn Tingey

Born: March 16, 1948

Died: February 11, 2024

Larae Jeffs

Born: September 17, 1934

Died: March 17, 2024

Married: William Hall Jeffs

Ronald Reed Crittenden

Born: April 27th, 1949

Died: February 20, 2024

Married: Sandy Crittenden

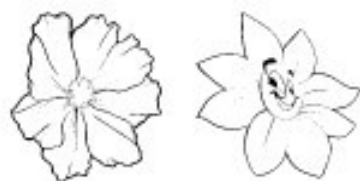
Roy Daniels

Born: September 5, 1930

Died: February 28, 2024

Married: Bonnie Daniels





Spring



W H M Z A L K R S G U B E C H T Q I
F T U L Y I J B E P Q N O P A S D X
S J N I B O R H L V M C S U T L E K
P E D W G X E K J O A Z R M C Q F B
R C Y Q U S A V N T S I E K H R O L
O L A M B F D T E U P S W G X T J E
U N P H Y G Z R L K D H O V C E N R
T B E J D W P Q I S G X L M F P A U
V M Z C A I K D H B N U F S E B R T
D K Y T L X G O R F P E J Q B W O A
E P G L E B S U A M O C H I C K S N
B N A R F Y O J T H Z M T D L I P G
G R K E N R T S N A I L Q W U S R V
A D O N P H E M B J S T C E S N I F
K W U F I N L T Q E R M E A Y O N D
I B S E C K F X T D V J R H P A G Z
N E D R A G M W K U L G S O R C L E
H Z M T U L I P V E B A D Y W F X J



BIRDS
BLOSSOM
BUGS
BUNNY
BUTTERFLY

CALF
CATERPILLAR
CHICKS
FLOWERS
FROG

GARDEN
GRASS
HATCH
INSECTS
LADYBUG

LAMB
NATURE
NEST
RABBIT
ROBIN

SNAIL
SPRING
SPROUT
TULIP
WORM



RECIPE OF THE MONTH

RASPBERRY VINAIGRETTE

An easy way to make use of the summer's best produce, homemade raspberry vinaigrette dressing is oh so easy to make. With just three base ingredients, this raspberry vinaigrette recipe is gluten-free, vegan and has no added sugar – just plenty of goodness.



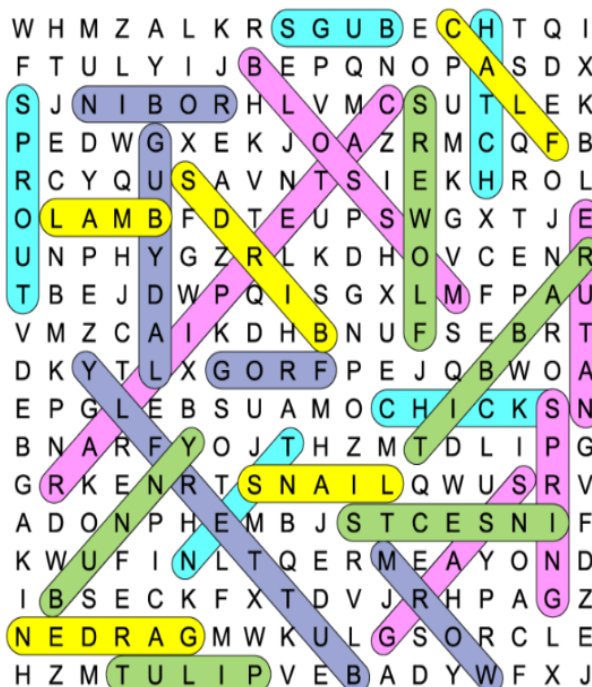
Ingredients:

- 2 cups raspberries
- 1/4 cup wine vinegar (red or white)
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Sweetener—optional (honey, agave, maple syrup)

Instructions:

1. Rinse the raspberries and place them in a small saucepan. Roughly mash the raspberries with a potato masher or fork. *If you think that the raspberries are not sweet enough, you can then add 1-2 tsp of sweetener.*
2. Heat them on low heat for about 5 minutes. This will help intensify the flavors. Stir mixture occasionally.
3. Once reduced, sieve the mixture with a fine mesh strainer. This helps to get rid of the raspberry seeds and excess thick fruity pulp. *If you don't mind your dressing with a bit of "body", feel free to skip this step.*
4. Allow the raspberry mixture to cool before mixing with the remainder of the vinaigrette ingredients – olive oil, vinegar, salt, and pepper. Whisk well. Taste the dressing and adjust the sweetness/acid, as needed.

I like to allow the dressing an hour or two to infuse. However, it is ready to use immediately.



BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM

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 April 9th @ 2:00





FREE CLASS!

Intro to Sign Language

Learning basic American Sign Language (ASL) signs

Tuesday Afternoon
April 9, 16, 23, 30 2024
2:00 PM - 3:00 PM
 Class limit to 10 people



An all new sign class designed for the hard of hearing, late-deafened, their family and friends. Learn new signs every week and review sign learned the previous weeks. Use signs learned in conversation in an easy, supportive atmosphere. Build a working vocabulary.

Come and learn some signs to help communicate better when it becomes difficult at times

For more info contact Kelly Boehmer kboehmer@utah.gov



Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-536-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.



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.

SHOUT OUT... POLLY JEFFS



We want to give Polly a shout out for all the hard work and elbow grease she put into cleaning up the craft room, it looks amazing! She also assists with pouring, cleaning and firing of the molds. She helps teach and is a team player. Thanks Polly!

FREE piano lessons every Thursday following lunch at 1:00
 If you are interested, contact **Margaret 435-654-2876**



APRIL Activity Calendar

Mon	Tue	Wed	Thu	Fri
1  1:00 Cards—Canasta	2 Treasure Table 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	3  11:30 Lunch & Bowling at Holiday Lanes 2:00 Grief Support Group	4 Treasure Table 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	5 12:00 Cards—Bridge
8 9:30 Park City Museum & Lunch  1:00 Cards—Canasta 7:00 Fireside M & M Band	9 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language 2:00 Caregiver Support Group 	10 	11 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	12 11:00 Ride & Lunch @ Blue Boar  12:00 Cards—Bridge
15 10:30 Heber City Police Department Tour  1:00 Cards—Canasta	16  10:00 Breakfast 10:30 Chair Exercise 2:00 Sign Language	17  11:30 Lunch & Bowling At Holiday Lanes 2:00 Grief Support Group Lemon Bar Class 10:00 & 2:00 	18 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	19 10:00—3:00 Puzzles and Pie  12:00 Cards—Bridge
22  1:00 Cards—Canasta	23 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language	24 5:00 Orem Hale—Hello Girls 	25 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	26  12:00 Cards—Bridge
29 Orem Cinemark—Ghost Busters Time TBD  1:00 Cards—Canasta	30 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language		ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Games • Ceramics 	 Piano Lessons Please Contact Margaret Schloss 435-654-2876




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
<p>1</p> <p>CHICKEN STRIPS, potatoes gravy, peas, tropical fruit & roll</p>	<p>2</p> <p>MEATLOAF, potatoes & gravy, green beans, applesauce & roll</p>  <p>NATIONAL PEANUT BUTTER & JELLY SANDWICH DAY w/trimmings</p>	<p>3</p> <p>MACARONI & BEEF, corn, cottage cheese, pears & roll</p>	<p>4</p> <p><u>NATIONAL CORDON BLEU DAY!!</u></p> <p>CHICKEN CORDON BLEU, w/potatoes & gravy, carrots, peaches & roll</p>	<p>5</p> <p>MANDARIN ORANGE CHICKEN over RICE, egg roll. Veggies mandarin oranges & roll</p>
<p>8</p> <p>BBQ RIBLET, mac & cheese, pork-n-beans, applesauce, cookie & roll</p>	<p>9</p> <p>LASAGNA, corn, cottage cheese, pear & roll</p> <p>SALISBURY STEAK, potatoes & gravy, green beans & peaches</p>	<p>10</p> <p>PICANTE CHICKEN, red potatoes, green beans, peaches & roll</p>	<p>11</p> <p>TACO BAKE, tri-patty potato, mixed vegetables, orange wedge & chips</p> <p>CRUNCH TOP HAM & POTATO CASSEROLE, mixed vegetables</p>	<p>12</p> <p>FISH, au gratin potatoes, carrots, tartar sauce, tropical fruit & roll</p>
<p>15</p> <p>CHICKEN CUT-LET, potatoes & gravy, peas, pears & roll</p>	<p>16</p> <p>BEEF STEW, tri-patty potato, green beans, pudding, peaches & roll</p> <p>BREAKFAST, hashbrown, eggs, bacon, pastries, fruit, juice/milk</p>	<p>17</p> <p>CRUNCH TOP HAM & POTATO CASSEROLE. Mixed vegetables, tropical fruit & roll</p>	<p>18</p> <p>TURKEY w/ DRESSING, potatoes & gravy, peas & carrots, pumpkin pie & roll</p> <p>BEEF NOODLE SOUP, grilled cheese & apple</p>	<p>19</p> <p>SALISBURY STEAK, potato, carrots, applesauce & roll</p>
<p>22</p> <p>STUFFED GREEN PEPPERS, potatoes & gravy, mixed vegetables, peaches & roll</p>	<p>23</p> <p>CHICKEN PARMESAN, red potatoes, tropical fruit & roll</p> <p>HOT TURKEY SANDWICH, potatoes & gravy, pumpkin pie</p>	<p>24</p> <p>BEEF STROGANOFF over NOODLES, green beans, pears, cookie & roll</p>	<p>25</p> <p>HAM, potatoes & gravy, carrots, pineapple chunks & roll</p> <p>TACO SALAD w/ ranch, orange wedge & salsa</p>	<p>26</p> <p>CHEFS SALAD w/ ranch, mandarin orange & crackers</p>
<p>29</p> <p>BEANS & FRANKS, tater tots, mac & cheese, fruit cocktail & roll</p>	<p>30</p> <p>PORK CHOP, potatoes & gravy, green beans, applesauce & roll</p> <p>FISH, au gratin potatoes, carrots & peaches</p>			

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