



2024

[465 E 1200 S Heber City, UT 84032](#) Phone: [435-654-4920](#)

~Spotlight~

Constance (Connie) Coleman Shipman

I am a Native of Midway, my parents were Lowell Coleman and Betty Olpin Coleman. I am the youngest of 5 children, I have 4 older brothers. My mother, Betty died when I was 18 months old, she was 33. My father didn't remarry, he raised us on his own. I had a wonderful childhood; we played night games with the neighbor kids and swam at the homestead all summer long. I attended Midway Elementary School and graduated from Wasatch High School, I was on the volleyball and tennis team.

I married Roy Shipman and have 2 lovely daughters, I later divorced. I worked for the Utah Department of Natural Resources for 35 years. I loved my job, I retired in January 2024. I LOVE retirement.

I love spending time with my 2 daughters, son in law and 3 grandchildren. My family is my world and the joy of my life. We love traveling together and making memories. Our most recent trip was to Oahu, Hawaii this past April. It was the best vacation ever!!



*Be sure to sign up and join us for our
Holiday lunches this Month!*



Tuesday July 2nd will be our Fourth of July Celebration

Tuesday July 23rd will be our Pioneer Day Celebration!

Cora's Corner

To all our Seniors...just a little info from the kitchen. July is here and it still doesn't seem like summer. We've had just a handful of hot days.

The Fourth of July-also known as Independence Day-has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2,1776, the Continental Congress voted in favor of independence and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American Independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Center will be closed. We will not be serving meals on the 4th or the 5th. Tuesday the 2nd, we will be serving our July 4th meal.

Pioneer Day is a holiday with deep historical significance, primarily observed in Utah. The day holds a special place in the hearts of the Mormon community, as it commemorates the arrival of the first group of Mormon pioneers into the Salt Lake Valley on July 24, 1847. We will sb serving our pioneer lunch on Tuesday 23rd. Make sure and call ahead for meals. We won't be taking reservations the day of.

Please remember to keep drinking your water. Until next time, take care...Cora

Lesa Coleman	2	Shanna Horner	11	Saundra Hall	23
Brent North	2	Butch Hoffman	14	Judy Milliner	23
Shanna Arnold	3	Joe Re	14	Jacqueline Allen	24
Joan Scanlon	3	John Scanlon	14	Toni Wood	24
Audrey Lemings	4	Susan Buehler	16	Donna Wetsel	25
Elaine Madson	4	Bea Burnette	19	Maureen Bradley	26
Richard White	4	Beverley Kimbro	19	Lamont Dorrity	26
Keith Horner	5	Pamela Rutenber	19	Kathy Davis	27
Nancy Geilser	7	Linda Stoutner	19	Murry Becker	28
Donna Mork	7	Glen Hicken	20	Anne Loertscher	28
Peg Sabey	7	Fran McGrath	20	Carolyn Webb	28
Tracy Terry	7	Kandy Adams	21	Sandra Marshall	31
Marian Boscia	9	Mary Applegate	21		
Glade Tregaskis	10	Dennis Allen	22		
Diana Rae Lewis	12	Bill Rice	22		



JULY

Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Tuesday, July 2nd	July 1st	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, July 3rd	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Monday, July 8th	Just Show Up	Fireside At Senior Center: Annalee Rosendahl	7:00 P.M.	No Charge
Wednesday, July 10th	Limited Space	Space Center & Light Show — Pleasant Grove	4:30	\$7 Dinner On Your Own
Friday, July 12th	—	Puzzle Potluck Party!!	10:00—3:00 Food at Noon	Bring A Dish To Share
Monday, July 15th	Limited Space	Salsa Canning Class USU Extension, Heber	10:00 or 2:00	\$10
Wednesday, July 17th	Limited Space	3rd Annual Shooting W/ Sheriff Big Hollow Shooting Range	Your Scheduled Time Slot	No Charge Bring Your Own Firearm & Ammo
Wednesday, July 17th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Friday, July 19th	Limited Space	Brunch At Day "N" Nite Cafe	10:30 A.M.	Pay For Your Own Meal
Monday, July 22nd	July 19th	Orem Cinemark "Twisters"	TBD	\$7 Snacks On Your Own
Friday, July 26th	Limited Tickets	Wasatch County Derby!	7:00 P.M.	\$10
Monday, August 12th	Limited Tickets	Orem Hale Theater: Arsenic & Lace	5:00 P.M.	\$30 Dinner 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.

LINE DANCING CLASS

Date: Tuesday, July 2nd

Time: 7:00—8:00 P.M.

Cost: \$5

Where: Senior Center

Sam Burt is going to teach us how to line dance! So, come mingle and kick up your boots (or shoes) to your favorite country songs. Class will be held in the senior center auditorium



CHRISTA MCAULIFFE SPACE CENTER

Date: Wednesday, July 10th

Time: 4:30

Cost: \$7 (Includes Light Show)

Dinner: Magley's

Sign Up By: July 8th—Limited Space

We will be going to Pleasant Grove and visiting the space center and watching the "Beginner's Guide To The Galaxy" Bring money to have dinner at Magley's before visiting the space center.



Final Puzzle Potluck Party!!!

When: Friday, July 12th

Time: 10:00 to 3:00 (Potluck At Noon)

Where: The Senior Center

Lunch: Bring Your Favorite Dish To Share!

Join us for the final puzzle party! We want your help finishing the world's largest puzzle! We will be displaying it in the our county fair!

Potluck will be at noon.

The Senior Center will provide fried chicken, just bring your favorite dish to share. You don't need to be here the whole time, come and go as you wish.



Salsa Canning Class

Date: Monday, July 15th

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

Cost: \$10

Limited Space.....Sign Up Soon!

We will learn to make and preserve salsa! 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)



3RD ANNUAL SHOOTING WITH THE SHERRIFF



Date: Wednesday, July 17th
 Time: Scheduled Time Slot
 Place: Big Hollow Shooting Range
****Bring Your Own Firearm & Ammo**

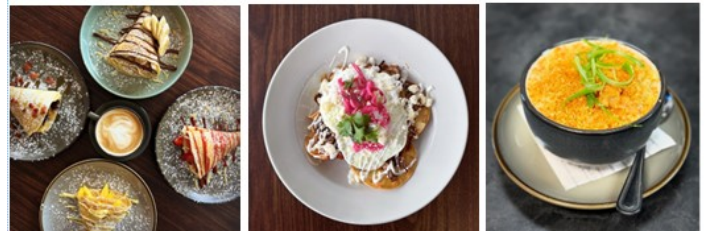
Wasatch County Sherriff's will be assisting in a day of shooting at the Big Hollow Shooting Range! It doesn't matter if you are just starting out or experienced, come and join us! Upon arrival, during your scheduled time slot, a Sherriff will check you firearm for safety and assist you with everything you need to know about shooting!



BRUNCH AT DAY 'N' NITE CAFE

Date: Friday, July 19th
 Time: 10:30 (Meet At Café)
 Sign Up By: July 18th
 Cost: Pay For Your Own Meal

Join us for some good food and company!
 We will meet at the new Day 'N' Nite Café and see what it is all about!
454 N. Main Street, Heber



Cinemark Movie—Orem

Date: Monday, July 22nd
 Time: TBD (Afternoon Matinee)
 Cost: \$7 Snacks On Your Own
 Movie: Twisters
 Sign Up Deadline: July 19th



Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central Oklahoma.

OREM HALE THEATRE ARSENIC & LACE

Date: Monday, August 12th
 Time: 5:00 (Bus To Leave Center)
 Cost: \$30
 Dinner: Mo' Bettahs Hawaiian Style Food
 Sign Up By: Until Tickets Are Sold Out



In the hilarious comedy, Arsenic and Old Lace, Mortimer Brewster's engagement takes a dark turn when he discovers a corpse in his aunts' home. Unbeknownst to him, the sweet old ladies have a dark secret, and chaos ensues with poison, a delusional brother, and a race to save Mortimer's wedding from madness.





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:

Bruh— The term "bruh" is a slang term that originated from "bro," which is a colloquial term for "brother" or "friend." "Bruh" is often used in informal contexts as a way to address someone, express disbelief, or convey a range of emotions such as surprise, disappointment, or amusement. The meaning and tone of "bruh" can vary depending on the context in which it is used.

In Loving Memory...

Bruce Newell Jensen
Married: Karen Jensen
Born: June 27, 1942
Died: May 27, 2024

Shirley Mahoney Lythgoe
Married: Hartley Lythgoe
Born: June 28, 1935
Died: May 27, 2024

Rosalee Hertell Ivers
Married: LeLand Ivers
Born: February 29, 1936
Died: June 4, 2024



HOOKED ON BOOKS

We are currently reading :

Hillbilly Elegy

By: J.D. Vance

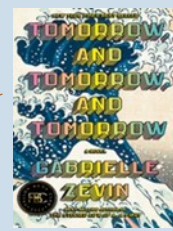
Next month book :

Tomorrow and Tomorrow and Tomorrow

By: Gabrielle Zevin

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.



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 Jentsch, Jeneal Wingelaar**



4TH OF JULY PICNIC



WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

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

BEANS
 BROWNIES
 CAKE
 CHICKEN
 CHIPS
 COBBLER
 COLESLAW

COOKIES
 CORN
 CUPCAKES
 FRENCH FRIES
 FRUIT
 HAMBURGERS
 HOT DOGS

ICE CREAM
 ICE TEA
 LEMONADE
 PASTA
 PIE
 POPSICLES
 PUNCH

RIBS
 SALAD
 STEAK
 VEGETABLES
 WATERMELON
 WINGS



RIDDLES



1- The more you take, the more you leave behind. What am I?

Answer: _____

2- David's father has three sons: Snap, Crackle, and _____?

Answer: _____

3- What is more useful when it is broken?

Answer: _____

4- I am easy to lift, but hard to throw. What am I?

Answer: _____

5- Which fish costs the most?

Answer: _____

6- What goes up, but never comes down?

Answer: _____

7- What has a neck but no head?

Answer: _____

8- What has hands but cannot clap?

Answer: _____

9- How many months have 28 days?

Answer: _____

10- What can go through glass without breaking it?

Answer: _____

Turn in completed puzzle to the senior center by July 23rd to be entered into a drawing for a \$20 gift card!

Name: _____ Phone: _____



4TH OF JULY PICNIC



WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

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

- BEANS
- BROWNIES
- CAKE
- CHICKEN
- CHIPS
- COBBLER
- COLESLAW
- COOKIES
- CORN
- CUPCAKES
- FRENCH FRIES
- FRUIT
- HAMBURGERS
- HOT DOGS
- ICE CREAM
- ICE TEA
- LEMONADE
- PASTA
- PIE
- POPSICLES
- PUNCH
- RIBS
- SALAD
- STEAK
- VEGETABLES
- WATERMELON
- WINGS

FREE piano lessons every Thursday following lunch at 1:00

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



American Mahjong

Are you interested in playing American Mahjong?? We will be playing every Friday at 1:00 P.M starting Friday August 9th at the Center! We would love to have you.



DON'T MESS WITH OLD PEOPLE
THE OLDER WE GET THE LESS "LIFE IN PRISON" IS A DETERRENT

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 in your items (as below) to Candie, at the Senior Center, and she will take care of the rest for you.

- **Craft and canning items starting JULY 8th—JULY 25th**
- **Baked Goods: July 30th between 1-4 PM**
- **Flowers & Veggies: July 30th between 2-4 PM**

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

Candie



Shout Out....

Theresa & Steve Santoro



Thank you for all of your help getting the garden started, making sure the garden is watered and keeping those plants happy! We look forward watching those yummy fresh veggies grow.

We are teaming up with Wasatch County Health Department and bringing you a senior farmer's market. There are some qualifications to receive the vouchers for the fresh vegetables . Fill out an application with the health department and plan on fresh vegetables coming soon.



**You must be in the 185% poverty level and over 60 to apply.

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

Introducing the 2024 Wasatch County Fair Days

GRAND MARSHALLS

Brent and Cora Briggs



Brent and Cora Briggs have been lifelong residents of Heber Valley. You probably got to know them when they owned and operated The Hub and then The Wagon Wheel Café. Since 2006 they have been serving the Seniors of Wasatch

County, making the best meals of any Senior Center in the state. Five days a week they prepare meals for 60+ Meals on Wheels recipients and as many as 100 people who come to the Senior Center to enjoy their hospitality and talent as well as the friendship of other seniors in the valley. Brent and Cora love all of the Senior Citizens of the Heber Valley and make everyone feel welcome.

Those of us who have the privilege of working with Cora and Brent every day would like to offer them our gratitude for the joy and fun they bring to us as well as the patrons who join us for meals and activities. Congratulations!!

Recipe Of The Month

Red, White and Blueberry Cheesecake Cupcakes



Ingredients:

- 12 reduced-fat vanilla wafers
- 8 ounces cream cheese
- 1/4 cup sugar
- 1 tsp vanilla
- 6 ounces vanilla Greek yogurt
- 2 large egg whites
- 1 tbsp flour
- 8 oz strawberries, hulled and sliced thin
- 8 oz blueberries

Instructions:

1. Heat oven to 350F.
2. Line a 12 cup cupcake tin with liners. Place a vanilla wafer at the bottom of each liner.
3. In a large bowl, gently beat cream cheese, sugar and vanilla until smooth using an electric mixer.
4. Gradually beat in yogurt, egg whites, and flour. Do not over beat.
5. Pour into cupcake liners filling half way.
6. Bake 20-25 minutes or until center is almost set.
7. Cool to room temperature then chill at least 1 hour in the refrigerator.
8. Before serving, top with fresh strawberries and blueberries.



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 July will be Wednesday the 3rd & 17th 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

July 9th at 2:00





Activity Calendar

Mon	Tue	Wed	Thu	Fri
1	2 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 4th Of July Lunch 7:00 Line Dancing 	3 11:00 Cards—Bridge  11:00 Lunch & Bowling at Holiday Lanes 2:00 Grief Support Group	4 CLOSED 	5 
8 1:00 Cards—Canasta 7:00 Fireside Annalee Rosendahl	9 Treasure Table 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Caregiver Support Group 	10 4:30 Christa McAuliffe Space Center  11:00 Cards—Bridge	11 Treasure Table 9:00 Yoga 10:45 Tai Chi 11:00 Computer Class 12:00 Lunch 1:00 Bingo 1:00 Piano	12 10:00-3:00 Puzzle Potluck Party! 
15 10:00 & 2:00 Salsa Canning Class  1:00 Cards—Canasta	16 10:00 Breakfast 10:30 Chair Exercise	17  Shooting W/ Sheriff 11:00 Cards—Bridge  11:00 Lunch & Bowling At Holiday Lanes 2:00 Grief Support Group	18 9:00 Yoga 10:45 Tai Chi 11:00 Computer Class 12:00 Lunch 1:00 Bingo 1:00 Piano	19 10:30 Brunch At Day "N" Nite Cafe 
22 Orem Cinemark Time TBD "Twisters"  1:00 Cards—Canasta	23 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco Pioneer Day Lunch 	24 CLOSED  Pioneer Day	25 9:00 Yoga 10:45 Tai Chi 11:00 Computer Class 12:00 Lunch 1:00 Bingo 1:00 Piano	26  7:00 Demolition Derby
29  1:00 Cards—Canasta	30 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	31 11:00 Cards—Bridge	 Piano Lessons Please Contact Margaret Schloss 435-654-2876	ALL DAY – EVERY WEEKDAY • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Games

JULY

2024

Meals on Wheels
****Luncheon Menu****

(served every Tuesday and Thursday)

Please call ahead to serve your spot for meals

on Tuesday and Thursday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CHICKEN STRIPS, potatoes & gravy, peas, tropical fruit & roll</p>	<p>2</p> <p>FISH, au gratin potatoes, green beans, tartar sauce, peaches & roll</p> <p>SLOPPY JOES w/ TRIMMINGS</p>	<p>3</p> <p>CHEF SALAD, w/ ranch, mandarin oranges & crackers</p>	<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>NO MEAL Delivery</p>
<p>8</p> <p>BBQ RIBLET, mac & cheese, pork-n-beans, peaches & roll</p>	<p>9</p> <p>CHICKEN CUTLET, potatoes & gravy, peas, tropical fruit & roll</p> <p>LASAGNA, corn, salad w/ ranch & watermelon</p>	<p>10</p> <p>SPAGETTI w/ MEAT SAUCE, green beans, cottage cheese , pears & roll</p>	<p>11</p> <p>TURKEY w/ DRESSING, potatoes & gravy, peas & carrots, pumpkin pie & rolls</p> <p>HAM, potatoes & gravy, green beans & pineapple</p>	<p>12</p> <p>TACO BAKE, corn, cantaloupe, chips & salsa</p>
<p>15</p> <p>TUNA CASSEROLE, peas & carrots, orange wedge, cookie & roll</p>	<p>16</p> <p>CHICKEN NUGGETS, potatoes & gravy, peas, tropical fruit & roll</p> <p>BREAKFAST, hash-browns, eggs, sausage, biscuits & gravy, fruit, juice & milk</p>	<p>17</p> <p>BEEF STROGANOFF, green beans, pears, cookie & roll</p>	<p>18</p> <p>CHICKEN PARMESAN, red potatoes, mixed vegetables, mandarin oranges & roll</p> <p>SALAD BAR w/ TRIMMINGS </p>	<p>19</p> <p>PORK CHOP, potatoes & gravy, carrots, applesauce & roll</p>
<p>22</p> <p>SALISBURY STEAK, potatoes, green beans, peaches & roll</p>	<p>23</p> <p>HOT DOG, pork & beans, corn, watermelon, bun & chip</p> <p>BOY SCOUT DINNER & PIE</p>	<p>24</p> <p>CLOSED</p> <p>HAPPY PIONEER DAY</p> 	<p>25</p> <p>BAKED CHICKEN , potatoes & gravy, peas & carrots, mandarin oranges & roll</p> <p>ROAST PORK, potatoes & gravy, carrots & applesauce</p>	<p>26</p> <p>HAM SANDWICH, potato salad, pineapple chunks & chips</p>
<p>29</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, tropical fruit & roll</p>	<p>30</p> <p>BEEF STEW, tator tots, green beans, peaches & roll</p> <p>FISH, potatoes, mixed vegetables & peaches</p>	<p>31</p> <p>CHICKEN CHOW MEIN, ham fried rice, veggies, orange wedge & roll</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