



February



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



Spotlight

BARBARA ROSE

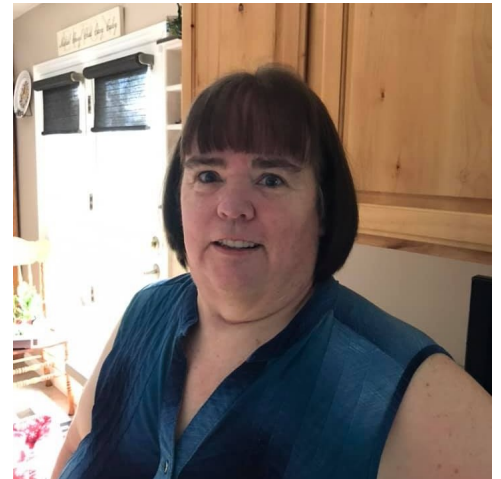
(Before Barbara's passing we had already had her as a spotlight. In loving memory)

Hi, I'm Barbara Rose— a homegrown native Heberite. I was born July 28, 1961, the fourth child of six children. I graduated from Wasatch High School in 1980. Later I worked for the Wasatch School District and really enjoyed that job. I met so many wonderful people there. I also liked working at the Wagon Wheel Restaurant (wish it was still here).

I left the valley and lived in Springville and then Salt Lake City for a total of 10 years, before my roots pulled me back home to Heber.

I became a widow when my husband of only 6 years died unexpectedly in 2008. My hobbies include crocheting hot pads, ceramics, playing bingo and doing puzzles. Western County music is my kind of music. I enjoy most every kind of food, except SHRIMP. My favorite dessert is any cream pie.

I'm basically a homebody but still appreciate the friends and activities I've found at the Senior Center.



Join us Tuesday, February 13th for our Valentines Lunch.

Dust off those dancing shoes, Rocking Dave will be here to entertain us for our Valentines day lunch.

Please call the center by Monday, February 12th to



reserve your spot.





Cora's Corner

To all our Seniors...just a little info from the kitchen. Here comes February. It's bringing us (hopefully) sunshine and happiness.

We will be celebrating Valentine's Day on Tuesday the 13th, come and have some fun with us. We will be having entertainment also.

Presidents' Day is Monday, February 19th. Although the holiday is most often called "Presidents' Day" the observed federal holiday is officially called "Washington's Birthday". Neither Congress nor the President has ever stipulated that the name of the holiday observed as Washington's Birthday be changed to Presidents' Day. Additionally, Congress has never declared a national holiday binding in all states; each state has the freedom to determine its legal holidays. This is why there are some calendar discrepancies when it comes to this holiday date. Calling the holiday Presidents' Day helps us reflect on not just the first president but also our nation's founding, its values and what Washington calls in his Farewell Address the "beloved Constitution and union, as received from the Founders". Also, Abraham Lincoln's birthday is in February (on the 12th), so by calling the holiday "Presidents' Day", we can include another remarkable president in our celebrations. George Washington's birthday is the 22nd.

Remember to deep drinking your water, especially with this dry air we are having. Until next time, take care...

~Cora Briggs



Kim Loertscher	3	Rolf Sandberg	20
Shelley Brown	6	Wendi Cole	21
Joan Kohler	7	Nancy Davis	21
Barbara Murdock	7	Debra Anderson	22
Diana Witt	7	Mary Parcell	23
Shirley Hendricks	8	Dave Wallentine	23
Steve Santoro	11	Inez Wilde	24
Dolores Alfaaro	14	Valerie Sweat	26
Betty Smedley	16	Harry Pedro	26
Paul Fitez	17	Elaine McDonald	29

February

Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, February 7th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Saturday, February 10th	Limited Tickets	Sandy Hale Theatre Fiddler On The Roof	11:00 A.M.	\$75
Monday, February 12th	Until Full Limited Space	Meatball & Sauces Class USU Extension, Heber	10:00 A.M. Or 2:00 P.M.	\$5
Friday, February 16th	February 15th	Brunch @ Jade's Café — Heber	10:30 A.M.	Brunch On Your Own
Wednesday, February 21st	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Thursday, February 22nd	Until Full Limited Space	BYU Living Legends — Provo	4:30 P.M.	\$20 Dinner On Your Own
Monday, February 26th	Limited Space	Orem Cinemark —	TBD	\$7 Snacks On Your Own
Wednesday, February 28th	Until Full Limited Space	Orem Hale Theatre How To Succeed In Business Without Really Trying	4:30 P.M.	\$30 Dinner On Your Own
Wednesday, March 6th	Until Full Limited Space	Wind Symphony — UVU Noorda, Orem	4:30 P.M.	\$12 Dinner On Your Own
Wednesday, March 20th	February 19th	Sandy Hale Theater Clue	4:30 P.M.	\$53 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.

“Growing old is mandatory, but growing up is optional”

— Walt Disney

Sandy Hale Theatre Fiddler On The Roof

Date: Saturday, February 10th

Time: 11:00 a.m.

Cost: \$75

5 Tickets Available

Please note: Be sure to eat something prior to leaving, we will NOT be dining out this activity.

Winner of 11 Tony Awards... one of the most beloved Broadway musicals of all time graces HCT's Centre Stage! It's 1905 Tevye and Golde lovingly shepherd their 5 daughters through education, romance and marriage in the face of powerful persecution. Jewish tradition and unbreakable faith is their guide. This tender, joyful and heartrending theatrical gem all about family sings with extraordinary music ... *Sunrise, Sunset ... If I Were a Rich Man ... Tradition!* and sings anew with HALE's world-class staging! By Stein, Bock and Har-



Meatballs & Sauces

Date: Monday, February 12th

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

Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make delicious basic homemade meatballs and sauce them up into Swedish, bbq, sweet & sour and such! 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)

Valentine Mailbox Contest!

Be creative and make a Valentine mailbox! Mailboxes will be on display at the Senior Center for everyone to view.

- Decorate any type of container.
- Must have an opening big enough for a Valentine to fit inside.
- Bring your box in by Feb. 13th for display and judging.

All participants will receive a Valentine treat and prize from the staff or anyone else who wants to put a Valentine in your box.

\$25 gift card awarded to most creative mailbox



LIVING LEGENDS @ BYU

When: Thursday, February 22nd

Time: 4:30 P.M.

Cost: \$20

Sign Up By: Limited Tickets Available.

Dinner: Zupas Cafe

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.



The World's Largest Puzzle!!

We want your help putting together the world's largest puzzle! This beauty is 60,000 pieces, 29 feet long and 8 feet wide. Be a part of this fun project and put a few (or a lot) pieces together. It will be located in the front lobby of the Senior Center.



OREM HALE THEATRE

HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING

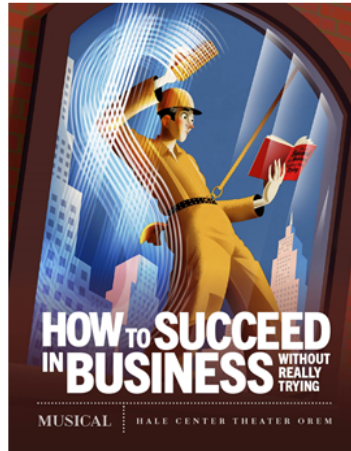
Date: Wednesday, February 22nd

Time: 4:30 p.m. (Bus To Leave Center)

Cost: \$30

Dinner: Black Bear Diner

Sign Up By: Until Tickets Are Sold Out



When a restless window washer named J. Pierrepont Finch happens upon a book entitled 'How to Succeed in Business Without Really Trying', he begins his rise up the corporate ladder. As hijinks ensue, he must eventually rely on his wits and heart to save the day. A Pulitzer prize and Tony award winning hit!

UVU Noorda—Orem Wind Symphony

Date: Wednesday, March 6th

Time: 4:30 P.M.

Cost: \$12

Dinner: Applebee's

Deadline: Limited Tickets Available

A wind symphony provides all voices from a traditional orchestra using only wind and percussion instruments. That is, there are no string sections: violins, violas, and cellos. This is done by adding many more brass and woodwind players and percussionists playing both pitched and rhythm instruments. The sound of a wind symphony is unique. Some feel it has the characteristic sound of a large and powerful pipe organ. Yet the music is an artistically combined sound. Individual musicians intone their own separate "pipes" and percussionists create sounds striking a wide variety of instruments.



Sandy Hale Theatre Clue

Date: Wednesday, March 20th

Time: 4:30

Cost: \$53

Sign Up By: February 19th

Dinner: Sizzler

By special invitation YOU are invited...into Boddy Manor for a highly uncommon dinner party where each guest is cloaked in mystery. The host is...in a word...dead. So whodunnit? And in what room? The butler renders a cadre of weapons to a gathering of perplexing iconics known as Scarlet, Plum, White, Green, Peacock and Mustard. Each races to save their own skin before the body count stacks up. Based on the clever board game conjured in England in 1949 and propelled by the cult classic film, Clue's madcap comedy will have you in a twist until the end. Based on the screenplay by Jonathan Lynn. Written by Rustin, Foster and Price. Come on in... we know you're dying to find out...







Mike's Blurb

You are not alone

This week I would like to make sure everyone knows about our grief support and caregiver groups. We are privileged to have some amazing people guiding these groups. We have all had more that our share struggles this last few years. These groups are designed to help us learn skills that will make these kinds of life changing events in our lives a little easier.

Of course you all know that I have PhD. from Harvard, but even with my advanced education and immense talent and intellect, I don't know how to deal with these types of trials. I called my mom this morning to ask her to share some thoughts. She and my dad took care of my grandma for several years and then shortly after she passed away my dad was diagnosed with a rare genetic disease which slowly took his life. When I talked to my mom this morning she said that the biggest help to her was realizing that she did not know how to handle it. She found a group and that saved her. She was literally having physical pain. After she asked for help she was overwhelmed by the number of people who had been through it already and were so willing to guide her. She told me to let everyone know that "you are not alone" She offered to talk to anyone who could benefit from her experience over the last 20 years as a caregiver and as someone who lost two people she loved dearly.

Please come join us and we can all work through the tough times together.

~Mike



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

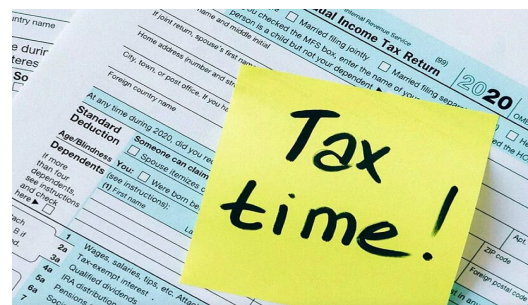
Sherriff's Office: 435-654-1411

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, Monica Kelly, Karin Jentzsch, Jeneal Wingelaar

IT'S TAX TIME!!

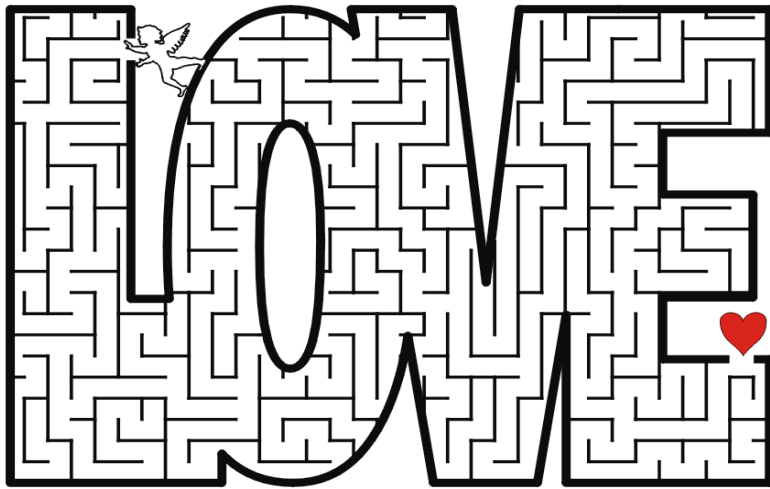
AARP WILL BE DOING TAX APPOINTMENTS STARTING EVERY WEDNESDAY IN FEBRUARY. CALL OR STOP BY THE SENIOR CENTER TO SCHEDULE YOUR TIME.



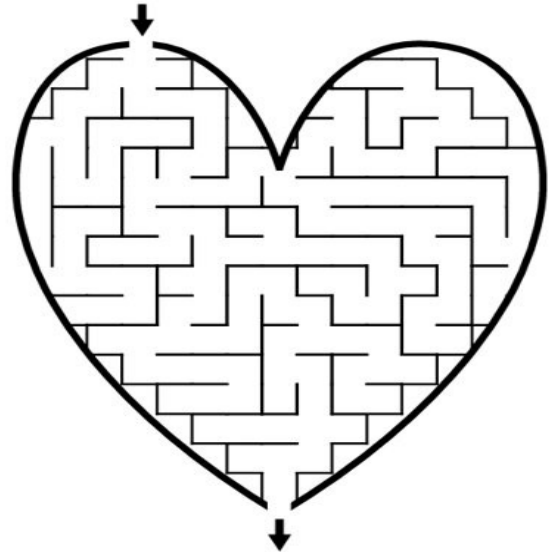
VALENTINE MAZE

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

Name: _____ Phone: _____

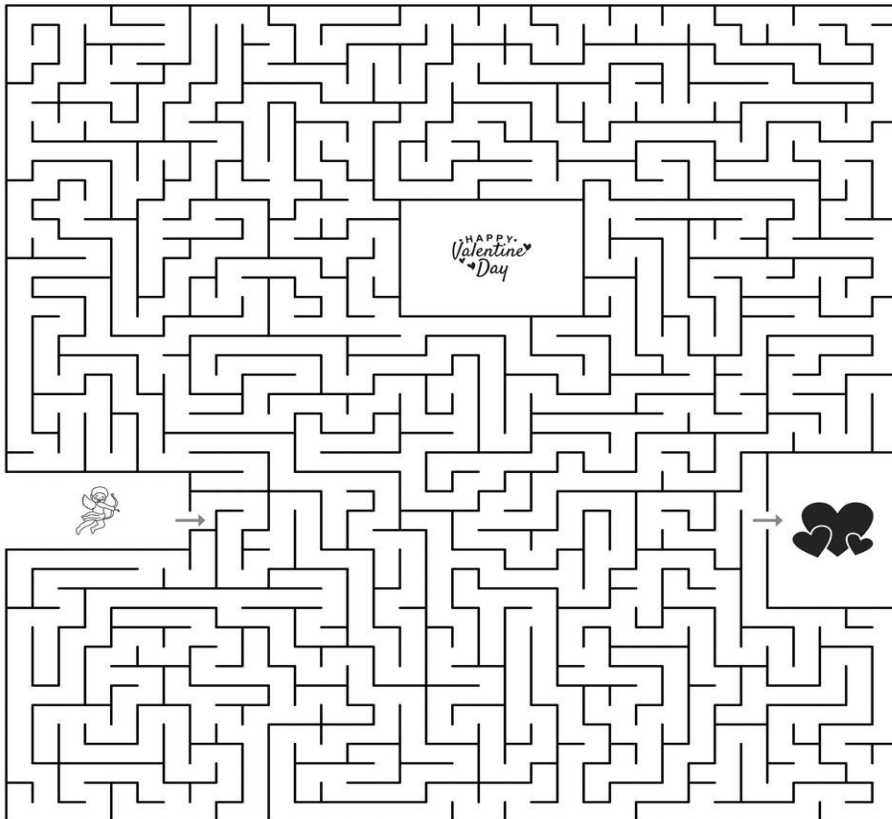


Heart Maze



VALENTINE'S DAY MAZE

CAN YOU SOLVE THE MAZE?



Find your way to the heart in the center.



HOOKED ON BOOKS

We are currently reading : Erotic Stories for Punjabi Widows

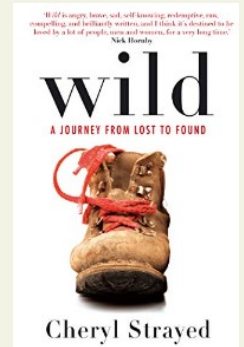
By: Balli Kaur Jaswal

Next month Book : Wild: From Lost to Found on the Pacific tTail

By: Cheryl Strayed

***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 read-
ing the best books.***



In Loving Memory...

Pauline Peterson
Born: June 22, 1936
Died: December 24, 2023
Married: John Arland Peterson

Barbara Broadhead Bown
Born: September 28, 1954
Died: January 13, 2024

Barbara Rose
Born: July 28, 1961
Died: January 6, 2024

William Garry Mecham
Born: February 12, 1949
Died: January 10, 2024
Married: Kristine Vincent Mecham



Look Up!

Find and circle all of the items that you might see when you look upward.
The remaining 24 letters spell an additional item you might see.

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

AIRPLANE
BIG DIPPER
BIRDS
BLIMP
BLUE SKY
CHIMNEY SMOKE
CLOUDS
COMET
DRONE
FIREWORKS

GALAXY
HAZE
HELICOPTER
HOT AIR BALLOON
JET EXHAUST
JUPITER
KITE
LIGHTNING
MARS
MERCURY

METEOR SHOWER
MOON
PLANETS
POWER LINES
RAINBOW
SATELLITE
SATURN
SKYDIVER
SKYSCRAPER
SKYWRITING

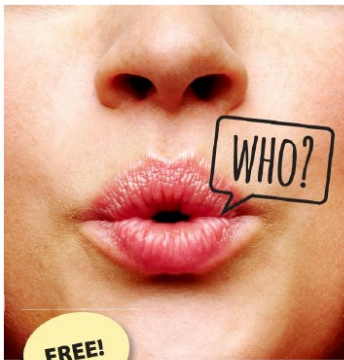
SMOG
SOLAR ECLIPSE
STARS
STREET LIGHT
THE SUN
TREETOP
UNIVERSE
VENUS

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**

February 13th @ 2:00



Beginning **SPEECHREADING CLASSES**

Are you finding it difficult to
communicate with those around you?

Join our weekly

Beginning Speechreading Class
to learn how to better understand
others through lipreading.

Tuesday afternoons, February 6,13 and 20 , 2024

2:00 PM - 3:00 PM

IN PERSON at Wasatch Senior Center

Limit 10 people per class.

This free course develops a foundation
for the following skills:

- Non-verbal communication
- Speech cues
- Phonetics and homophones
- Lipreading techniques
- Non-vocal drills

This course is for those who are
hard of hearing or late deafened
who want to better communicate
with family, friends, and co-workers.

For more info contact Kelly Boehmer kboehmer@utah.gov



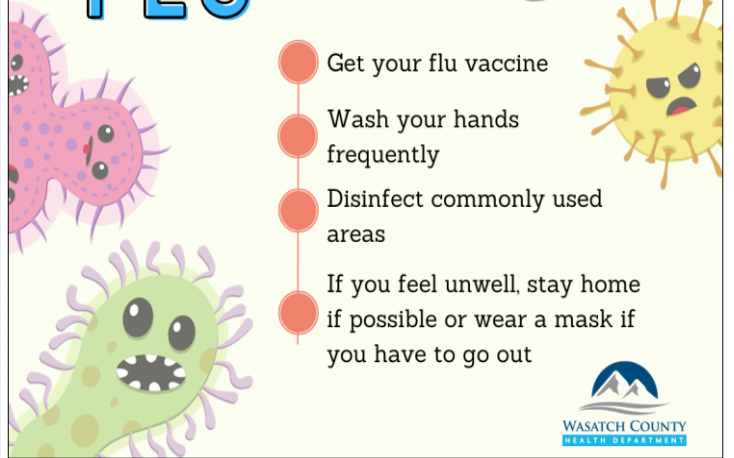
Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services
are available upon request to individuals with disabilities by calling:
800-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments
may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.




FIGHT THE FLU



- Get your flu vaccine
- Wash your hands frequently
- Disinfect commonly used areas
- If you feel unwell, stay home if possible or wear a mask if you have to go out



Volunteer Opportunity

We are looking for volunteer drivers to pick up and take home individuals for lunches on Tuesday & Thursdays. We are also looking for volunteer drivers for occasional activities. If you are interested, please reach out to the front office. 



Would you be interested in playing Euchre? We would like to get a group going on Wednesdays at 1:00. If you are interested in playing, contact the Senior Center 435-654-4920 or Pat 231-360-0445

RECIPE OF THE MONTH

CHOCOLATE CHIP COOKIE DOUGH OVERNIGHT OATS



Ingredients:

- 1 cup old fashion oats
- 2 tablespoons pure maple syrup
- 1/3 cup vanilla Greek yogurt
- 2 tablespoons peanut butter
- 3 tablespoons chocolate chips
- 1 cup milk of your choice

Instructions:

1. Place all of the ingredients into a mixing bowl, and whisk to combine well.
2. Fill a jar or airtight container (I like mason jars) with the oat mixture and allow to chill overnight in the refrigerator.

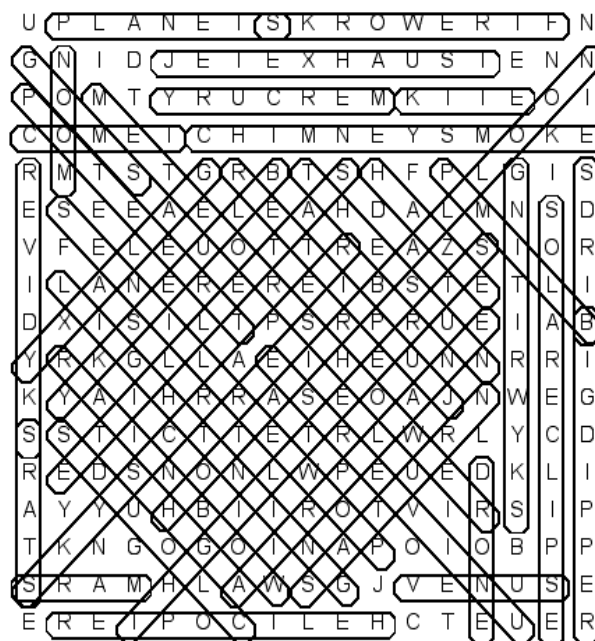
Optional Variations:

- **Add different types of chocolate.** Try using dark chocolate chips, white chocolate chips, or a combination of both.
- **Mix in some nuts.** Chopped almonds, pecans, or walnuts would all be delicious in this recipe.
- **Mix In some chia seeds.** Chia seeds will offer a thicker texture and are full of fiber.
- **Try using different types of oats.** You can use rolled oats, steel cut oats, or even oat bran in this recipe.
- **Add some dried fruit.** Diced dried apricots, cranberries, or raisins would all be tasty additions to the overnight oats.
- **Experiment with different sweeteners.** Instead of using maple syrup, try using honey or agave nectar for a different flavor.

Add some spices. A pinch of cinnamon or nutmeg would add an extra depth of flavor to the overnight oats.

Look Up!

This is the solution to the puzzle located [here](#).



AIRPLANE	GALAXY	METEOR SHOWER	SMOG
BIG DIPPER	HAZE	MOON	SOLAR ECLIPSE
BIRDS	HELICOPTER	PLANETS	STARS
BLIMP	HOT AIR BALLOON	POWER LINES	STREET LIGHT
BLUE SKY	JET EXHAUST	RAINBOW	THE SUN
CHIMNEY SMOKE	JUPITER	SATELLITE	TREETOP
CLOUDS	KITE	SATURN	UNIVERSE
COMET	LIGHTNING	SKYDIVER	VENUS
DRONE	MARS	SKYSCRAPER	
FIREWORKS	MERCURY	SKYWRITING	

The hidden message is: UNIDENTIFIED FLYING OBJECT



Shout out...

Gwen Arcadia



Gwen is one of our amazing volunteers for Meals on Wheels. She has been delivering for almost a year now. She always has a smile on her face and always willing to help take an extra route whenever needed.

Thanks for all you do!!

February Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p>ALL DAY – EVERY WEEKDAY</p> <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano/Organ • Checkers • Puzzles • Games • Ceramics 			<p>1</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo</p>	<p>2</p> <p>12:00 Bridge Group</p>
<p>5</p> 	<p>6</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Lip Reading</p>	<p>7</p>  <p>11:30 Lunch & Bowling at Holiday Lanes 2:00 Grief Support Group</p>	<p>8</p> <p>Treasure Table</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo</p>	<p>9</p>  <p>Saturday Feb. 10th 11:00 Sandy Hale Fiddler On The Roof</p>  <p>12:00 Bridge Group</p>
<p>12</p> <p>10:00 & 2:00 Meatball & Sauces Cooking Class @ USU Extension</p> 	<p>13</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Lip Reading 2:00 Caregiver Support Group</p> <p>Valentine Lunch</p>	<p>14</p> <p>♥ HAPPY <i>Valentine's</i> DAY ♥</p>	<p>15</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo</p>	<p>16</p> <p>10:30 Jade's Cafe</p>  <p>12:00 Bridge Group</p>
<p>19</p>  <p>Closed</p>	<p>20</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Lip Reading</p>	<p>21</p>  <p>11:30 Lunch & Bowling At Holiday Lanes 2:00 Grief Support Group</p>	<p>22</p> <p>9:00 Yoga 12:00 Lunch 1:00 Bingo</p> <p>4:30 BYU Living Legends</p> 	<p>23</p> <p>12:00 Bridge Group</p>
<p>26</p> <p>Orem Cinemark Movie & Time TBD</p> 	<p>27</p>  <p>10:00 Breakfast 10:30 Chair Exercise</p>	<p>28</p>  <p>4:30 Orem Hale Theater How To Succeed In Business Without Really Trying</p>	<p>29</p>  <p>9:00 Yoga 10:45: Tai Chi 12:00 Lunch 1:00 Bingo</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
			1 FISH , au gratin potatoes, carrots, tropical fruit & roll HOT BEEF SANDWICH , potatoes & gravy, salad w ranch & apple pie	2 ROAST BEEF , potatoes & gravy, green beans, mixed fruit & roll
5 BBQ RIBLET , mac & chees, pork-n-beans,	6 CHICKEN PARMESAN , red potatoes, green beans, tropical fruit & roll MEATLOAF , potatoes & gravy, green beans & applesauce	7 LASAGNA , corn, salad w/ranch, mandarin oranges & roll	8 CHICKEN CUTLET , potatoes & gravy, peas, pears & roll TURKEY SANDWICH , macaroni salad, chips & fruit	9 STUFFED GREEN PEPPERS , potatoes & gravy, mixed vegetables, peaches & roll
12 SALISBURY STEAK , potato, peas, peaches & roll	13 SWEET & SOUR PORK over RICE, egg roll, veggies, orange wedge & roll GRILLED CHICKEN , rice pilaf, mixed vegetables w/ valentines trimmings	14 SEASONED BAKED CHICKEN , rice pilaf, carrots, fruit & roll 	15 BEEF STROGANOFF over NOODLES, green beans, pears, cookie & roll VEGETABLE BEEF SOUP , grilled cheese & peaches	16 CHEF SALAD , w/ ranch, mandarin oranges & crackers
19 	20 CHICKEN STRIPS , potatoes & gravy, mixed vegetables, peats & roll LASAGNA , corn, salad w/ ranch & peach pie	21 BEEF CHOW MEIN over NOODLES, egg roll, veggies, orange wedge & roll	22 SHEPHARDS PIE , green beans, peaches, tapioca pudding & roll FISH , potato, broccoli w/cheese sauce & pear	23 HAM , potatoes & gravy, carrots, pineapple & roll
26 CHICKEN CORDON BLEU , potatoes & gravy, peas & carrots, tropical fruit & roll 	27 BEEF STEW , tator tots, green beans, peaches, pudding & roll BREAKFAST , hash browns, eggs, ham, french toast, fruit, juice & milk	28 TUNA CASSE-ROLE , peas, mixed fruit, cookie & roll	29 PORK CHOP , potatoes & gravy, carrots, applesauce & roll POTATO BAR , w/ trimmings	

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