



# MARCH



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

**2024**

## Spotlight ~ Suzette Thompson

**I was born in Spokane, Washington on Nov. 16, 1948. My sister was born a little over a year later. My mother passed away the same day my sister was born. Around 8 ½ years later my dad re-married and we all moved to Southern California where another sister and brother were added. My stepmother is from Guatemala.**

**I attended Westminster High school in Westminster, California for 2 years. My sister and I moved back to Washington State in order to help my grandmother. I graduated from Moses Lake High School in Moses Lake, Washington. After high school, I attended Spokane Falls Community College for a year, majoring in business classes. Later I received a "Certificate in Genealogy" from Brigham Young University with an interest in North American research.**

**While living in California I meant my future husband. He was one of the missionaries that gave me the lessons prior to my baptism in the Church of Jesus Christ of Latter-day Saints. We wrote to each other for 3 years. We then decided to get married. Which we decided to do in the Idaho Falls Temple in Idaho Falls, Idaho.**

**As he was in the Navy at the time, we first moved to Seattle, Washington. He had been on Shore Patrol, and we had to stay for him to be a witness at a sailor's trial. Fortunately, he didn't have to testify. We then moved to Newport, Rhode Island where he was stationed. We were there about a month before his ship finally arrived. It was a Destroyer Tender and had about 1000 men on it. I got to go on both a Destroyer and a Destroyer Tender. A Destroyer is quite small and was built to go under a battleship's guns. The Tender had a 50-bed hospital on it and 2 dentist chairs.**

**Newport was an interesting place to live. It has the oldest synagogue in the United States. Also, there is a 2 ½ Cliff Walk that we hiked with the Atlantic Ocean on one side and a several mansions on the other. It also has at least 3 or 4 different festivals every year and it's full of history.**

**He was made a 2-class petty officer by the time he got out of the Navy in January 1970. We drove home to Wallsburg. Fortunately, there were no snowstorms coming across the Plains.**

**We lived for a couple of months in Heber before moving to Wallsburg permanently, where his great-grandparents homesteaded here in 1873. We have 4 children, 2 boys and 2 girls. The oldest boy and oldest girl both live in Chandler, Arizona with their families. Our youngest girl lives in Heber and the youngest boy lives in Wallsburg. We have 7 grandchildren.**

**I worked for the United States Census in 1990. That job led to my working for the Post Office in Wallsburg for about 23 years, which I enjoyed. My husband and I did a Service Mission for our Church for about 9 months at the Lindon Cannery in Lindon, Utah. I was in the office and he as working on the floor. He passed away in August 2022. I am now serving a Service Mission in the Family History Department. I'm working on the 1950 census and also Numident, which is Social Security applications of people who have passed away. I really enjoy working in Family History. "it's kind of like being a detective" and getting proof of vital information so people can document their families.**

**I also enjoy coming to the Senior Center twice for a week for lunches, friendships and of course, the entertainment. Thank you to all the staff and all the volunteer staff, too, at the Center for all your hard work and making things happen for the Seniors in our county.**



# CORAS CORNER

To all our Seniors...just a little info from the kitchen. March is here already. Time is speeding right by me. Oh well, I must be having fun.

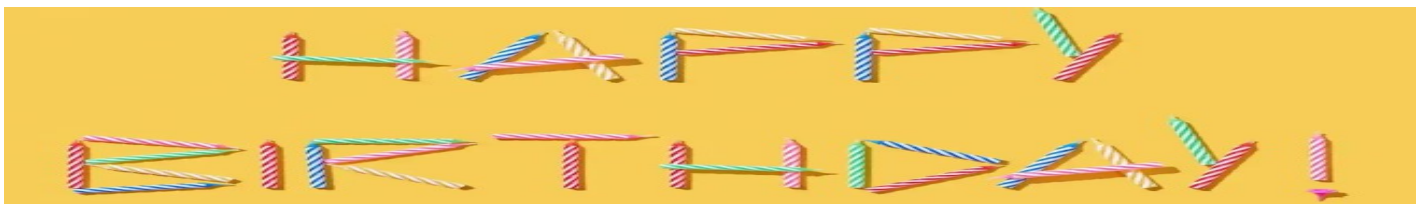
First of all I want to let you know that one of our kitchen helpers is moving forward in her life. Monica Kelly has been working with us in the kitchen for the last 10 years. She also loves to decorate and has done a fabulous job. We wish her good luck in her new adventure. We are going to miss her.

We will be celebrating St. Patrick's Day on the 14<sup>th</sup>. It is going to be a blast. I want to thank Candie, our activity coordinator, who has come up with this. It's pi day on 3-14, and what other way to celebrate than to have a pie throwing day? I'm sure there will be a face you would like to throw a pie at. We will be charging a small fee so bring your money. All proceeds will go towards our Meals on Wheels program.

Easter dinner will be served on the 28<sup>th</sup>. Come and see what we will have going on that day. Happy Easter to all.

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

May you always have Love to Share  
Health to Spare  
And Friends that Care...



<b>Dee Akerly</b>	<b>2</b>	<b>Doug Thacker</b>	<b>10</b>	<b>David Rimington</b>	<b>25</b>
<b>Gail Allen Lopez</b>	<b>2</b>	<b>Carolyn Ritchie</b>	<b>14</b>	<b>Val Davis</b>	<b>25</b>
<b>Myrna Kowallis</b>	<b>2</b>	<b>Kathryn Tingey</b>	<b>16</b>	<b>Carol Tesch</b>	<b>26</b>
<b>Catherine Moore</b>	<b>3</b>	<b>Josephine Gibson</b>	<b>18</b>	<b>David Aikens</b>	<b>28</b>
<b>Jenalyn Morden</b>	<b>3</b>	<b>Louise Curley</b>	<b>19</b>	<b>Phyllis Hronek</b>	<b>28</b>
<b>Diane Miller</b>	<b>4</b>	<b>Jim Harger</b>	<b>20</b>		
<b>Trina Boothe</b>	<b>7</b>	<b>Jerry Duke</b>	<b>21</b>		
<b>Liesa Cox</b>	<b>8</b>	<b>Patricia Smith</b>	<b>22</b>		
<b>Jolene Cox</b>	<b>8</b>	<b>Connie Kummer</b>	<b>23</b>		
<b>Nancy Fitez</b>	<b>8</b>	<b>Susan Angle</b>	<b>23</b>		





# Activities & Trips



DATE	Registration Deadline	EVENT	TIME	COST
Monday, March 4th	—	Pizza & Puzzles @ Center	10:00-3:00 Pizza at Noon	1 Hour Labor
Wednesday, March 6th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, March 6th	Limited Tickets	Wind Symphony @ UVU Orem	4:00	\$12 Dinner On Your Own
Friday, March 8th	March 6th Limited Space	Easter Décor Craft—Senior Center	11:00 A.M.	\$17
Monday, March 11th	Until Full Limited Space	Movie- Orem Cinemark "Cabrini"	TBD	\$7 Snacks On Your Own
Friday, March 15th	March 14th	Gnome Paint Class @ Center	10:00 A.M.	\$2
Monday, March 18th	March 5th	Pyrex Dish Glass Etching @ Center	1:00	\$5 Bring Your Own Glass Dish
Wednesday, March 20th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, March 20th	Until Full Limited Space	Sandy Hale Theatre— Clue	4:30 P.M.	\$53 Dinner On Your Own
Monday, March 25th	Limited Space	Zuppa Toscana Soup Class USU Extension, Heber	10:00 or 2:00	\$5

### Remember!

For more information stop by or call the Senior Center.  
Payments must be made at the time of sign up.

*"The greatest thing in life is to keep your mind young."*

— Henry Ford





## Pizza & Puzzles!

When: Monday, March 4th

Time: 10:00—3:00 (Pizza served at noon)

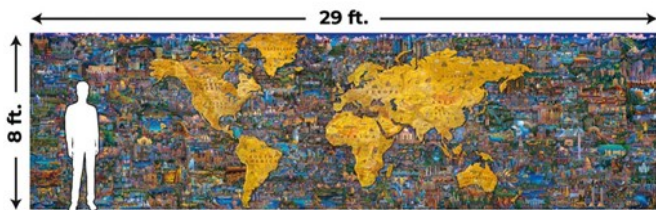
Where: The Senior Center

Cost: A hour worth of labor!

Join us for an afternoon of pizza 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 or two of pizza.** Pizza will be served at noon. You don't

need to be here the whole time, come and go as you wish.



## 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.

## Easter Décor Craft

When: Friday, March 8th

Time: 11:00

Where: Senior Center

Cost: \$17

Sign Up By: March 6th (limited space)



Cynthia will be doing these cute double sided Easter stand. Can be used indoor or outdoor. Everything will be provided for your craft. Each one will be different and unique ( bunny, eggs, flowers, pot ) Class will be held in the craft room at the senior center. Limited space is available.

## "Lucky You" Acrylic Paint Class

When: Friday, March 15th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$2

Sign Up By: March 13th



Kathy Carr will be teaching this acrylic paint class. We will be painting this adorable 8x10 holiday gnome. Everything you need for this class will be provided. Class will take approximately 1.5 hours.



## Cinemark Movie—Orem

Date: Monday, March 11th  
Time: TBD (Afternoon Matinee)  
Cost: \$7 Snacks On Your Own  
Movie: Cabrini  
Sign Up Deadline: March 8th



Based on a true story, one woman fights for the equality, health, and happiness of immigrant orphans. From award-winning director Alejandro Monteverde comes the powerful, inspiring, true-life epic of an audacious young Italian woman who came to New York with nothing – and went on to become one the greatest entrepreneurs America has ever produced. Cabrini charts the rise of a hero for our time – a woman whose determination, business skill and unswerving faith helped her overcome profound sexism and anti-immigrant bigotry – all to found an empire of hope that transformed the lives of millions worldwide.

## Pyrex Baking Dish Etching Class

When: Monday, March 18th  
Time: 1:00 p.m.  
Cost: \$5 Per Stencil  
Where: Senior Center  
Sign Up By: March 5th

Mary Johnson will be teaching a glass etching class! Design and style is personalized.

**Supply your own pyrex baking dish**



## 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...



## Zuppa Toscana Soup

Date: Monday, March 25th  
Time: 10:00 A.M. or 2:00 P.M.  
Cost: \$5

**Limited Space.....Sign Up Soon!**



We will learn to make delicious zuppa Toscana soup! 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)











## Mike's Blurbs

### We are the best Senior Center in the state!

It has become a very common experience that people from other Centers call us or stop in to see what it is we do to make this place ROCK! I would like to take this opportunity to point out a few of many reasons that make us stand apart. It starts at the top of the county administration. Dustin Grabau is our County Manager, Tom Bonner is Director of Parks & Rec. and Heath Coleman is Assistant Director. They have all told me repeatedly that if there is anything the seniors need or want to go ahead and get it. What I have heard from other Center Directors is that they have to fight to get every little dollar they need.

Last Tuesday the Director of the Summit County Center came and spent lunch with us and then we took her on a tour of our building, kitchen and answered a bunch of questions. She was amazed at our whole operation and how generous the county is to us.

Next we have the absolute best staff. In my whole life I have never worked with people who care so much about the people they serve. Cora and Brent, Janeal, Karin and Monica make the best meals served at any Center in the state. Luara makes sure everything runs beautifully in and out of the office. Candie comes up with and plans amazing trips, experiences and classes. Tom Greer delivers Meals on Wheels to dozens of people every day. But it really isn't about "The Job". It is about how much everyone cares about all of you. From the County Manager all the way down the line every person on our teams cares deeply. We are honored to be part of your lives.

Thank you so much!

### 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, Monica Kelly, Karin Jentsch, Jeneal Wingelaar**

## IT'S TAX TIME!!

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

**435-654-4920**



HOW MANY WORDS CAN YOU MAKE FROM

# SHAMROCK



Using each letter only once, see how many different words can you make out of "SHAMROCK." Write 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. _____ |

Turn in completed puzzle ( just as many words as you can, you don't need all 30) to the senior center by March 22nd to be entered into a drawing for a \$20 gift card!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



**Thursday, March 14th @ Lunch**

We will be having our St. Patrick's Day lunch and also celebrating Pi Day! What better way to celebrate Pi Day than having a pie throwing booth! This is your chance to throw a pie at some senior center staff and a county council member or two. Bring some cash ( whip cream pies are \$2 or 3 for \$5) Money raised is for the Meals On Wheels program.



## 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, March 5, 12, 19 and 26 , 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
- Lip reading 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](mailto:kboehmer@utah.gov)



Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. 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.



## In Loving Memory...

**Christine "Christy" Ackerson**  
Born: August 1, 1947  
Died: January 23, 2024  
Married: Chuck Ackerson

**Annette Young**  
Born: December 22, 1934  
Died: February 13, 2024  
Married: James Young



## HOOKED ON BOOKS

**We are currently reading : Wild: From Lost to Found on the Pacific Trail**

**By: Cheryl Strayed**

**Next month Book : ARIADNE**

**By: Jennifer Saint**

**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.**







# MARCH

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

```

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

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

Aries	Fertile	Plant
Basketball	Grass	Rainbow
Birds	Growing	Shamrock
Bloom	Irish	Spring
Clouds	Leprechaun	Sun
Daffodil	March	Weather
Daylight	Patrick	Wind

# RECIPE OF THE MONTH

## CABBAGE ROLLS

### Ingredients:

- 1 head of green cabbage
- 1 cup uncooked rice
- 1 lb. ground pork
- 1/2 lb. ground beef
- 2 small onion diced
- 3 cloves garlic minced
- 1/2 tsp. dill weed
- 3 tbs. parsley chopped
- 1 can diced tomatoes 14 oz. with juices
- 1 egg
- 1 1/2 cups + 1/3 cup tomato sauce divided
- 1 can tomato soup 10.5 oz.



### Instructions:

1. Boil cabbage leaves until soft, about 2 minutes and let cool.
2. Preheat oven to 350 degrees.
3. Cook rice according to package directions, but reduce cooking time by 5 minutes so rice is slightly underdone, set aside.
4. Cook pork, beef, onions, garlic and seasonings until to pink remains. Drain fat. Add in rice, diced tomatoes and 1/3 cup tomato sauce. Stir in egg.
5. Mix in remaining tomato sauce and tomato soup in a bowl. Spread a small amount of the mixture in a 9x13 pan.
6. Remove or thin any thick stems on cabbage leaves. Lay leaves flat on surface and add 1/3 cup filling to center of leaf. Fold the sides and roll the cabbage up. Place seam side down in pan. Repeat with remaining cabbage leaves.
7. Pour sauce of cabbage and cover tightly with foil. Bake for 75-90 minutes. Let cool 15 minutes before serving.

NOTE: Cabbage rolls can be frozen before or after baking.

# MARCH

HIDDEN QUOTATION  
BY  
*Ralph Waldo Emerson*



## 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

**March 12th @ 2:00**





## 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](mailto: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.



# Easter Lunch

**Hey Peeps,...**  
**Sign up early**  
**and join us for a**  
**egg-cellent time**  
**on March 28th!**



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...

### MARINA VERDEN

What can we say about Marina? She is always willing to jump in and help wherever is needed. She is always lending a helping hand. She helps us keep the pantry nice and stocked and it just wouldn't be BINGO with out Marina there. Thanks for all you do!!!



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







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. .



**Sunday  
March 10th**

DAYLIGHT  
SAVING  
TIME

*Spring*  
FORWARD



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

## Celebrate St. Patrick's Day

with

### Wasatch Back Irish Dance

NOW ON 2  
DAYS IN  
MARCH!!

March 11 & 12 from 6:30-7:30 PM

Wasatch County Library and Senior Center:

465 E 1200 S in Heber

Come celebrate St. Patrick's Day with an energy filled Irish Dance Performance and simple dance instruction to learn an Irish Jig!





# Happy Trails Monica! Thanks For Everything..





# MARCH

# Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p><b>ALL DAY – EVERY WEEKDAY</b></p> <ul style="list-style-type: none"> <li>• Exercising</li> <li>• Reading</li> <li>• Computers</li> <li>• Billiards</li> <li>• Piano/Organ</li> <li>• Checkers</li> <li>• Puzzles</li> <li>• Games</li> <li>• Ceramics</li> </ul>	 <p><b>Piano Lessons</b> Please Contact Margaret Schloss 435-654-2876</p>			<p><b>1</b></p> <p>12:00 Cards—Bridge</p>
<p><b>4</b></p> <p>10:00-3:00 Pizza &amp; Puzzles</p>  <p>1:00 Cards—Canasta</p>	<p><b>5</b></p> <p><b>Treasure Table</b></p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Lip Reading</p>	<p><b>6</b></p>  <p>11:30 Lunch &amp; Bowling at Holiday Lanes 2:00 Grief Support Group 4:00 UVU Orem Wind Symphony</p> 	<p><b>7</b></p> <p><b>Treasure Table</b></p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p><b>8</b></p> <p>11:00 Easter Craft @ Center</p>  <p>12:00 Cards—Bridge</p>
<p><b>11</b></p> <p>1:00 Cards—Canasta Orem Cinemark Movie &amp; Time TBD 6:30 Irish Dancers @Senior Center</p>	<p><b>12</b></p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Lip Reading 2:00 Caregiver Sup- port Group</p> 	<p><b>13</b></p> 	<p><b>14</b></p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano St. Patrick's Day Lunch Happy Pi Day!! <math>\pi</math></p> 	<p><b>15</b></p>  <p>10:00 Paint Class @ Center 12:00 Cards—Bridge</p>
<p><b>18</b></p>  <p>1:00 Glass Etching Class @ Center 1:00 Cards—Canasta</p>	<p><b>19</b></p>  <p>10:00 Breakfast 10:30 Chair Exercise</p>	<p><b>20</b></p>  <p>11:30 Lunch &amp; Bowling At Holiday Lanes 2:00 Grief Support Group 4:30 Sandy Hale Theatre— Clue</p> 	<p><b>21</b></p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p><b>22</b></p>  <p>12:00 Cards—Bridge</p>
<p><b>25</b></p>  <p>10:00 &amp; 2:00 Zuppa Toscana Soup Cooking Class @ USU Extension 1:00 Cards—Canasta</p>	<p><b>26</b></p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Lip Reading</p>	<p><b>27</b></p> 	<p><b>28</b></p> <p>9:00 Yoga 10:45: Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano <b>Easter Lunch</b></p> 	<p><b>29</b></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
				1 <b>CHICKEN CUTLET, potatoes &amp; gravy, peas, orange wedge &amp; roll</b>
4 <b>STUFFED GREEN PEPPER, potatoes &amp; gravy, green beans, tropical fruit &amp; roll</b>	5 <b>BEEF &amp; BEAN BURRITO, tri patty potato, mixed vegetables, orange wedge, chips &amp; salsa</b>  <b>CHICKEN FRIED STEAK, potatoes &amp; gravy, peas &amp; carrots &amp; pear</b>	6 <b>SPAGETTI w/ MEAT SAUCE, corn, cottage cheese, pears &amp; roll</b>	7 <b>CHICKEN FRIED STEAK, potatoes &amp; gravy, carrots, peaches &amp; roll</b>  <b>PULLED PORK SANDWICH, coleslaw, chips &amp; tropical fruit</b>	8 <b>CHICKEN WINGS, mac &amp; cheese, pork-n-beans, applesauce &amp; roll</b>  
11 <b>CHICKEN CORDON BLEU, potatoes &amp; gravy, peas &amp; carrots, pears &amp; roll</b>	12 <b>BBQ RIBLET, mac &amp; cheese, pork-n-beans, applesauce, cookie &amp; roll</b>  <b>CHICKEN STRIPS, fries, corn &amp; fruit salad</b>	13 <b>CREAM OF POTATO SOUP, chicken nuggets, peas, orange wedge &amp; roll</b>	14 <b>FISH, au gratin potatoes, carrots, tropical fruit &amp; roll</b>  <b>ST. PADDY'S</b>  <b>HAM, red potatoes, cabbage, carrots w/ trimmings</b>	15 <b>TURKEY SANDWICH, potato salad, peaches &amp; chips</b>
18 <b>SALISBURY STEAK, potato, corn, pears &amp; roll</b>	19 <b>BEEF STEW, potato, green beans, peaches, pudding &amp; roll</b>  <b>BREAKFAST, hash-browns, eggs, sausage, biscuits &amp; gravy, fruit, Juice &amp; milk</b>	20 <b>BAKED CHICKEN, potatoes &amp; gravy, peas, tropical fruit &amp; roll</b>	21 <b>ROAST PORK, potatoes &amp; gravy, carrots applesauce &amp; roll</b>   <b>CHEF SALAD, w/ ranch, mandarin oranges</b>	22 <b>CHICKEN CROSS-INTANTS, pasta salad &amp; mandarin oranges</b>
25 <b>CHICKEN DRUM-METTS, mac &amp; cheese, mixed vegetables, tropical fruit &amp; roll</b>	26 <b>PORK CHOP, potatoes &amp; gravy, green beans, applesauce &amp; roll</b>  <b>FISH, au gratin potatoes, green beans &amp; peaches</b>	27 <b>CHICKEN CHOW MEIN, egg roll, veggies, orange wedge &amp; roll</b>	28 <b>ROAST BEEF, potatoes &amp; gravy, carrots, peaches &amp; roll</b>   <b>EASTER</b> <b>TURKEY DINNER w/ trimmings</b>	29 <b>HAM SANDWICH, potato salad, pineapple &amp; chips</b>  

**Wasatch County Senior Citizens**  
(435) 654-4920  
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Heber City, Utah 84032  
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