

# JANUARY

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

## 2024

### Spotlight Lorraine Brownlee

Lorraine was the middle child in a family of fifteen children – ten girls and five boys. She was born on October 13, 1940 in Park River, ND. Her family moved to Bemidji, MN when she was around ten years old where she lived until she was 19 years old. When Lorraine was 18, her older sister Lucine married Chuck Brownlee whose older brother Clifford took a shine to Lorraine. Cliff and Lorraine were subsequently married on December 15, 1959. When Cliff was hired by Erie Mining Company, they purchased a home in Hoyt Lakes, MN where they were active members of Trinity United Methodist Church.

Cliff and Lorraine raised three children in the house in Hoyt Lakes, Calvin, David, and Karen. Lorraine has ten grandchildren and ten great grandchildren. Lorraine always made her children and their friends welcome in their home and never hesitated to make waffles and bacon the morning after a sleepover. She is still “Mom” to many kids that she didn’t give birth to. If anyone left the house hungry, it was their own fault! Lorraine was known for her cookies, pies, jellies, and pickles. We have fond memories of one of her daughter’s friends coming in the house, getting a bowl and fork, and helping herself to the gallon jug of refrigerator pickles. Lorraine touched the heart of a family friend a few months back by bringing a gift of jelly to his mother’s funeral. She didn’t know going in that our friend would speak during the funeral of how his own mother would make jelly and he was so happy to accept Lorraine’s jelly in remembrance of his mother. We joke that food is love in our family and Lorraine is where that comes from!



Cliff and Lorraine took advantage of their daughter’s airline flight benefits and traveled to many places around the U.S. – sometimes visiting family and sometimes going places just for the fun of it. Lorraine has stories from Idaho to Arizona and California to Maine. After Cliff died in 2008, Lorraine sold the family home and moved to Hibbing, MN to be closer to her sons and their families. In addition to her sizable family in MN, Lorraine made good friends at Wesley United Methodist Church in Hibbing. The ladies would fund raise by making pastries, took turns hosting the gathering after church service, and serve luncheons for events at the church.

Last summer, Lorraine decided it was time to sell her house and move to Utah to be closer to her daughter, son in law, and granddaughter. Moving across the country at 82 years old has come with some challenges but the friends Lorraine has made at the Senior Center have been a wonderful addition. She has learned how to paint ceramics, participates in trips, and the cooking classes hosted at the Utah State Extension.

# Cora's Corner

To all our Seniors...just a little info from the kitchen. We are beginning a new year with love, kindness and lots of fun. I would like to say a "BIG" Thank You to everyone who helps us seniors in any way. It is greatly appreciated.

We are closed for New Year's Day on Monday the 1<sup>st</sup>. On this day, we watch bowl games, play games and eat, eat, eat.

On Monday 15<sup>th</sup>, we will be closed for Martin Luther King Jr. Day. He was an American Baptist minister, activist and political philosopher who was one of the most prominent leaders in the civil rights movements. He is known for his quote "I Have a Dream". He was born January 15, 1929, Atlanta, GA and assassinated April 4, 1968, Memphis, TN.

Come and join us at the Center for good food, good times and laughter. Plus we have great entertainment

Please remember to keep drinking your water...

Until next time, take care...Cora Briggs



|                    |    |                    |    |
|--------------------|----|--------------------|----|
| Connie Chapman     | 1  | Raneva Lemon       | 16 |
| Mark Berg          | 3  | Jodi Sadleir       | 16 |
| Donna Smith        | 3  | Lloyd Gonzales     | 21 |
| Barbara Guzy       | 6  | Lois Bearbower     | 25 |
| Sue Oquendo        | 6  | Jackie Lockington  | 25 |
| Spencer VanLeeuwen | 6  | Flo Caldwell       | 26 |
| Roger Hughes       | 7  | Moroni Besendorfer | 27 |
| Bob Kowallis       | 7  | Jacque Thacker     | 27 |
| Tonya Melton       | 7  | Nola Mae Bell      | 30 |
| Joan Binggeli      | 8  | John Besendorfer   | 30 |
| Lynn Fautin        | 8  | Kelly Jarvis       | 30 |
| Kristen Piex       | 14 | Ken Nichols        | 30 |
| Marie Fish         | 15 | Kelly Jarvis       | 31 |
| Sue McConnell      | 15 |                    |    |





# Activities & Trips

| DATE                    | Registration Deadline       | EVENT   | TIME                          | COST                        |
|-------------------------|-----------------------------|---|-------------------------------|-----------------------------|
| Wednesday, January 3rd  | —                           | Lunch & Bowling—Holiday Lanes, Heber                  | 11:30 A.M.                    | Lunch & Bowling On Your Own |
| Wednesday, January 3rd  | Until Full Limited Space    | Orem Hale Theatre<br>The Foreigner                    | 5:00 P.M.                     | \$30<br>Dinner On Your Own  |
| Monday, January 8th     | January 5th                 | Orem Cinemark—<br>The Boys In The Boat                | TBD                           | \$7<br>Snacks On Your Own   |
| Wednesday, January 10th | —                           | Breakfast at The Hub                                  | 10 A.M.                       | Breakfast On Your Own       |
| Wednesday, January 17th | —                           | Lunch & Bowling—Holiday Lanes, Heber                  | 11:30 A.M.                    | Lunch & Bowling On Your Own |
| Friday, January 19th    | January 4th Limited Tickets | Toast-A Tribute To The Band<br>"Bread" — Heber        | 5:30 P.M.                     | \$25                        |
| Wednesday, January 24th | Until Full Limited Space    | Baguettes & Bruschetta Class<br>USU Extension, Heber  | 10:00 A.M.<br>Or<br>2:00 P.M. | \$5                         |
| Monday, January 29th    | January 26th Limited Space  | Redmond Real Salt Tour & Lunch at<br>Kneaders - Heber | 10:30 A.M.                    | \$2                         |
| Saturday, February 10th | January 9th Limited Tickets | Sandy Hale Theatre<br>Fiddler On The Roof             | 11:00 A.M.                    | \$75                        |

## Remember!

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

It's a new year! If you have ideas or suggestions for 2024, come talk to me.

A new year means new adventures...

*Candie*

# OREM HALE THEATRE

## THE FOREIGNER

**Date: Wednesday, January 3rd**

**Time: 5:00 p.m. (Bus To Leave Center)**

**Cost: \$30**

**Dinner: Pizza Pie Café (On Your Own)**

**Sign Up By: Until Tickets Are Sold Out**



In a rural Georgia fishing lodge, "Froggy" brings his shy friend Charlie, who pretends to be a non-English speaker. Overhearing sinister plots, scandalous secrets, and hilarious misunderstandings, Charlie becomes the unexpected hero, leading to uproarious chaos and a triumphant resolution in this side-splitting comedy.

## Cinemark Movie—Orem

**Date: Monday, January 8th**

**Time: TBD (Afternoon Matinee)**

**Cost: \$7 Snacks On Your Own**

**Movie: The Boys In The Boat**

**Sign Up Deadline: January 5th**



The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction book written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. The inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world.



**Let's Go Bowling**  
**First & Third Wednesday**  
**Of Every Month**  
**Meet At Bowling Alley.**

**Lunch: 11:30 a.m.**  
**Bowling: 12:00 p.m.**



## BREAKFAST AT THE HUB CAFE

**Date: Wednesday, January 10th**

**Time: 10:00 A.M. (Meet At The Hub)**

**Sign Up By: January 9th**

**Cost: Pay For Your Own Meal**

Let's go check out the new Hub Café and see what it's all about! We will meet there at 10:00 A.M., be sure to sign up so I can get you a accurate count for the reservation.





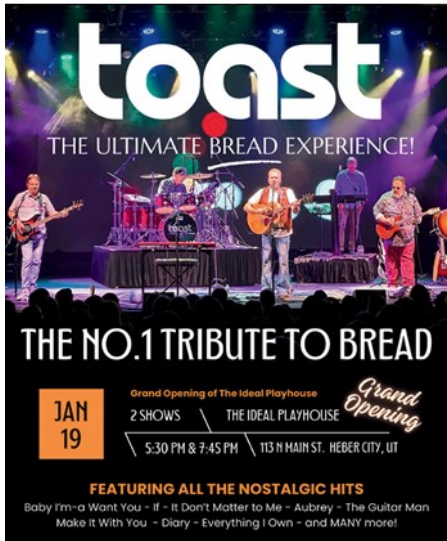
## THE IDEAL PLAYHOUSE — HEBER TOAST — TRIBUTE TO BREAD!

When: Friday, January 19th

Time: 5:30 P.M.

Cost: \$25

Sign Up By: January 4th—Limited Tickets



This concert will be held at our own Heber "The Ideal Playhouse" the former Ideal Movie Theater, located at 113 N. Main Street, Heber. This will be a self drive activity.

## Baguettes & Bruschetta

Date: Wednesday, January 24th

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

Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make delicious homemade baguettes and fresh savory bruschetta! 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)

## REDMOND TOUR & KNEADERS CAFE

Date: Monday, January 29th

Time: 10:30 A.M.

Sign Up By: January 26th

Cost: \$2

Lunch: Kneaders (On Your Own)

Let's check out Redmond Real Salt 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 Kneaders for lunch or treats. Please wear closed toe shoes for this tour.



## Sandy Hale Theatre Fiddler On The Roof

Date: Saturday, February 10th

Time: 11:00 a.m.

Cost: \$75

Sign Up By: January 9th

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

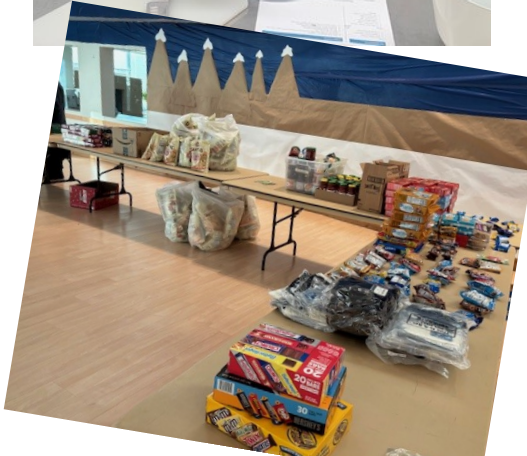
Winner of 11 Tony Awards... one of the most beloved Broadway musicals of all time graces HCT's Centre Stage! It's 1905 .... Tevye and Golde lovingly shepherd their 5 daughters through education, romance and marriage in the face of powerful persecution. Jewish tradition and unbreakable faith is their 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-

Fiddler on the Roof

JAN 26 - MAR 30













## Mike Blurb

I have a couple of movies on my mind today that seem appropriate. "Christmas Vacation" with Chevy Chase and "Forest Gump" with Tom Hanks.

This morning my granddaughter performed the theme song from the "Christmas Vacation" with her second-grade class. I think the moral of that movie is, no matter how well you plan out your life it will not work out the way you think. There is always some crazy cousin who will show up at your house and mess up all your plans.

In "Forest Gump" he says "Mama said life is like a box of chocolates. You never know what you're gonna get" It so true! You just have to roll with life. It will always throw you a curve. We have to laugh at ourselves and at life. If we don't laugh, we will be stuck.

I pray 2024 will be better than 2023 but I am certain there will be a million crazy things happen that we never could have imagined.

Enjoy the rollercoaster ride. ~ MIKE



"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"

## 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

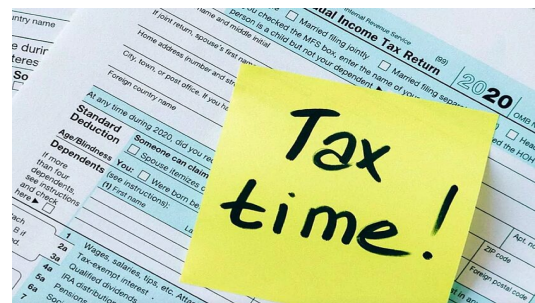
Sherriff's Office: 435-654-1411

## 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.

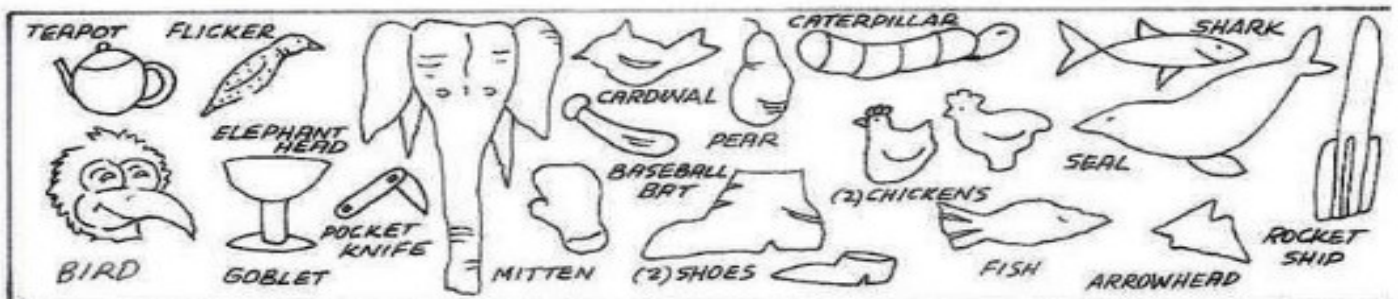




# Hidden Pictures!

Turn in completed puzzle to the senior center by January 24th to be entered into a drawing for a prize.

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



# HOOKED ON BOOKS

***We are currently reading : Code Girls***

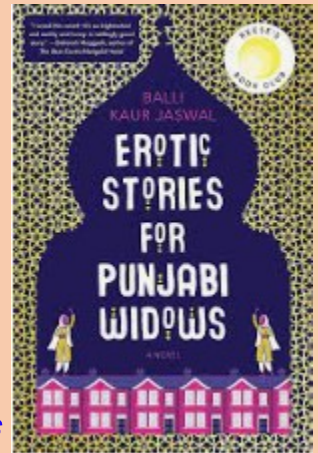
***By: Liza Mundy***

***Next month Book : Erotic Stories for Punjabi Widows***

***By: Balli Kaur Jaswal***

***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...*

Wanda Galer

Born: October 26, 1936

Died: November 28, 2023

Married: Robert Galer

Betty Jones

Born: February 11, 1928

Died: December 20, 2023

Married: James "Dick" Jones

Lois Carlile

Born: February 13, 1931

Died: November 27, 2023

Married: John Carlile

Daniel Rider

Born: August 2, 1956

Died: December 3, 2023



**Just a note...**

**Please remember  
to call or cancel  
your meals the  
day before.**

*Thank  
You*



# Happy New Year

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

|            |                  |               |                |
|------------|------------------|---------------|----------------|
| APPETIZERS | DECORATIONS      | HATS          | PARADES        |
| BABIES     | END OF DECEMBER  | HOLIDAY       | PARTY          |
| BALLOONS   | EVENTS           | HORNS         | PUNCH          |
| BANNERS    | FAMILY           | KISS          | RESOLUTIONS    |
| BUFFET     | FATHER TIME      | MIDNIGHT      | SINGING        |
| CELEBRATE  | FEAST            | MUSIC         | STREAMERS      |
| CHAMPAGNE  | FESTIVITIES      | NEW YEARS DAY | THIRTY FIRST   |
| CONFETTI   | FIREWORKS        | NEW YEARS EVE | TIARAS         |
| DANCE      | FIRST OF JANUARY | NOISEMAKERS   | WINE           |
| DAY ONE    | FRIENDS          | OCCASION      | YEAR IN REVIEW |

# RECIPE OF THE MONTH

## 5-INGREDIENT WHITE CHICKEN CHILI



### Ingredients:

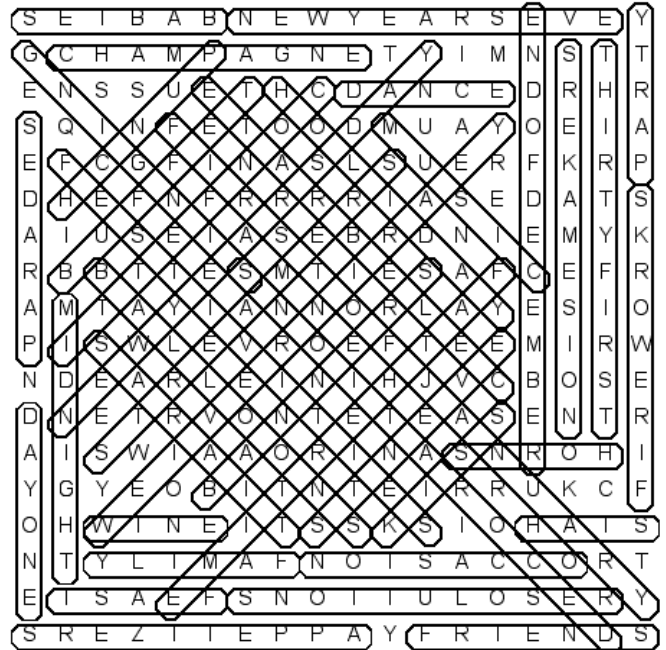
- 3 cups chicken stock
- 2 cups cooked shredded chicken
- 1 (15-ounce) can of white beans of your choice, rinsed and drained
- 1 cups (16 ounces) salsa verde
- 1 teaspoons ground cumin
- optional toppings: diced avocado, chopped fresh cilantro, shredded cheese, chopped red or green onions, sour cream, crumbled tortilla chips, fresh jalapeño slices

### Instructions:

1. **Combine ingredients.** Stir together chicken stock, shredded chicken, beans, salsa and cumin in large stockpot.
2. **Bring to a simmer.** Cook on high heat until the soup reaches a simmer. Reduce heat to medium-low and continue simmering for 5 minutes.
3. **Serve.** Serve immediately, garnished with lots of your favorite toppings.

## Happy New Year

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



|            |                  |               |                |
|------------|------------------|---------------|----------------|
| APPETIZERS | DECORATIONS      | HATS          | PARADES        |
| BABIES     | END OF DECEMBER  | HOLIDAY       | PARTY          |
| BALLOONS   | EVENTS           | HORNS         | PUNCH          |
| BANNERS    | FAMILY           | KISS          | RESOLUTIONS    |
| BUFFET     | FATHER TIME      | MIDNIGHT      | SINGING        |
| CELEBRATE  | FEAST            | MUSIC         | STREAMERS      |
| CHAMPAGNE  | FESTIVITIES      | NEW YEARS DAY | THIRTY FIRST   |
| CONFETTI   | FIREWORKS        | NEW YEARS EVE | TIARAS         |
| DANCE      | FIRST OF JANUARY | NOISEMAKERS   | WINE           |
| DAY ONE    | FRIENDS          | OCCASION      | YEAR IN REVIEW |

The hidden message is: TIMES SQUARE IN NEW YORK CITY

## Shout out...

### Connie Kummer

Thank you for all of your help with lunches and jumping in whenever we need an extra hand (and for not stabbing Ruth when you flipped around for a picture)





# 2023 Senior Center Fun Facts:



- We went on 123 activities/trips.
- Participation is at an all time high!
- We served approximately 19,600 meals.



- All senior center staff are now CPR/First Aid certified.

- Caregiver and grief support groups are back.



- We made our first senior center garden boxes.



- We had an amazing Senior Expo this fall.



- We went on 3 day trip to St. George/Tuachan.

- We have new senior center board members.

- Senior fair days exhibit entries were largest ever and several purple and blue ribbon winners.



- We have a new weekly tai chi class.



- We have a new treadmill and elliptical machine in the exercise room.



- The buses had ZERO tire blowouts.



- We made ZERO 911 calls.



- Approximately 11,000 employee hours and 745 volunteer hours to keep this place going.









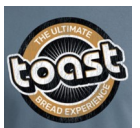




- Had our first “crazy hat” party.



**Looking forward to a memorable 2024!!!!**



# Activity Calendar

| Mon  | Tue  | Wed  | Thu   | Fri   |
|--|--|--|---|---|
| <b>1</b><br><br><b>Closed</b>   | <b>2</b><br><b>Treasure Table</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco  | <b>3</b><br>11:30 Lunch & Bowling<br>at Holiday Lanes<br><b>2:00 Greif Support Group</b><br><b>5:00 Orem Hale Theater</b><br> | <b>4</b><br><b>Treasure Table</b><br>9:00 Yoga<br>10-11:30 Piano Lessons<br>10:45 Tai Chi<br><b>12:00 Lunch</b><br>1:00 Bingo                         | <b>5</b><br><br>12:00 Bridge Card   |
| <b>8</b><br><b>Orem Cinemark</b><br><b>The Boys In The Boat - Time TBD</b><br> | <b>9</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>2:00 Lip Reading<br><b>2:00 Caregiver Support Group</b>  | <b>10</b><br><b>10:00 The Hub For Breakfast</b><br>  | <b>11</b><br>9:00 Yoga<br>10-11:30 Piano Lessons<br>10:45 Tai Chi<br><b>12:00 Lunch</b><br>1:00 Bingo   | <b>12</b><br><br>12:00 Bridge Card  |
| <b>15</b><br><br><b>MARTIN LUTHER KING DAY</b><br><b>Closed</b>               | <b>16</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>2:00 Lip Reading  | <b>17</b><br>11:30 Lunch & Bowling<br>At Holiday Lanes<br><b>2:00 Greif Support Group</b>  | <b>18</b><br>9:00 Yoga<br>10-11:30 Piano Lessons<br>10:45 Tai Chi<br><b>12:00 Lunch</b><br>1:00 Bingo   | <b>19</b><br>12:00 Bridge Card<br><b>5:30 Toast Concert Tribute To Bread</b><br>   |
| <b>22</b><br>   | <b>23</b><br><br><b>10:00 Breakfast</b><br>10:30 Chair Exercise<br>2:00 Lip Reading | <b>24</b><br><b>10:00 &amp; 2:00 Baguettes &amp; Bruschetta Class</b><br><b>USU Extension</b><br>                           | <b>25</b><br>9:00 Yoga<br>10-11:30 Piano Lessons<br>10:45 Tai Chi<br><b>12:00 Lunch</b><br>1:00 Bingo   | <b>26</b><br><br>12:00 Bridge Card  |
| <b>29</b><br><b>10:00 Redmond Real Salt Tour &amp; Lunch at Kneaders</b><br>  | <b>30</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>2:00 Lip Reading  | <b>31</b><br><b>2:00 Greif Support Group</b>   | <br>For Piano lessons<br>Contact Christy Ackerson<br>801-864-6403 | <b>ALL DAY – EVERY WEEKDAY</b> <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> </ul> |





**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><b>1</b></p>  <p><b>CLOSED</b></p>    | <p><b>2</b></p> <p><b>BEEF RAVOLI</b>, mixed vegetables, cottage cheese, pineapple &amp; roll</p> <p><b>CHEESE ENCHILADA</b>, tator tots, corn, orange wedge, chips &amp; salsa</p>         | <p><b>3</b></p> <p><b>BAKED CHICKEN</b>, potatoes &amp; gravy, peas, peaches &amp; roll</p>                                  | <p><b>4</b></p> <p><b>BURRITO</b>, chili, corn, orange wedge, chips &amp; salsa</p>  <p><b>NATIONAL SPAGETTI DAY</b>, corn, salad w/ranch &amp; jello w/ fruit</p> | <p><b>5</b></p> <p><b>FISH</b>, red potatoes, carrots, tater sauce, mixed fruit &amp; roll</p>                   |
| <p><b>8</b></p> <p><b>STUFFED CABBAGE</b>, potatoes &amp; gravy, green beans, peaches &amp; roll</p>                      | <p><b>9</b></p> <p><b>CHICKEN NUGGETS</b>, potatoes &amp; gravy, peas &amp; carrots, orange wedge &amp; roll</p> <p><b>SLOPPY JOES</b> w/ trimmings</p>                                     | <p><b>10</b></p> <p><b>SPAGETTI</b> w/ MEAT SAUCE, corn, cottage cheese, pears &amp; roll</p>                                | <p><b>11</b></p> <p><b>CHEES ENCHILADA</b>, tator tots, corn, tropical fruit, chips &amp; salsa</p> <p><b>MANDARIN ORANGE CHICKEN</b> over RICE, egg roll &amp; pear</p>  | <p><b>12</b></p> <p><b>HAM SANDWICH</b>, potato salad, mixed frit &amp; chips</p>                                |
| <p><b>15</b></p>  <p><b>CLOSED</b></p> | <p><b>16</b></p> <p><b>CHICKEN STRIPS</b>, potatoes &amp; gravy, peas, peaches &amp; roll</p> <p><b>SALISBURY STEAK</b>, potatoes &amp; gravy &amp; peas</p>                                | <p><b>17</b></p> <p><b>TACO BAKE</b>, tator tots, corn, mixed fruit, chips &amp; salsa</p>                                   | <p><b>18</b></p> <p><b>PORK CHOPS</b>, potatoes &amp; gravy, green beans, applesauce &amp; roll</p> <p><b>MACARONI &amp; BEEF SOUP</b>, pigs in a blanket &amp; mixed fruit</p>   | <p><b>19</b></p> <p><b>SALSBUY STEAK</b>, potatoes, carrots, tropical fruit &amp; roll</p>                       |
| <p><b>22</b></p> <p><b>BEANS &amp; FRANKS</b>, tator tots, mac&amp; cheese, mixed fruit &amp; roll</p>                    | <p><b>23</b></p> <p><b>CHICKEN FRIED STEAK</b>, potatoes &amp; gravy, green beans, pears &amp; roll</p> <p><b>BREAKFAST</b>, hash browns, eggs, bacon, pancakes, fruit Juice &amp; milk</p> | <p><b>24</b></p> <p><b>MANDARIN ORANGE CHICKEN</b> over RICE, stir fry vegetables, egg roll, mandarin orange, &amp; roll</p> | <p><b>25</b></p> <p><b>MEATLOAF</b>, potatoes &amp; gravy, carrots, applesauce &amp; roll</p>  <p><b>SALAD BAR</b> w/ trimmings</p>                              | <p><b>26</b></p> <p><b>CHICKEN CORDON BLEU</b>, potatoes &amp; gravy, peas &amp; carrots, peaches &amp; roll</p> |
| <p><b>29</b></p> <p><b>CHICKEN CUTLET</b>, potatoes &amp; gravy, peas, peaches &amp; roll</p>                             | <p><b>30</b></p> <p><b>HAM WRAP</b>, potato salad, pineapple &amp; chips</p> <p><b>FISH</b>, baked potato, carrots &amp; peaches</p>  | <p><b>31</b></p> <p><b>MARARONI &amp; BEEF</b>, corn, cottage cheese, pears &amp; roll</p>                                   |    |  |

**Wasatch County Senior Citizens**  
(435) 654-4920  
465 East 1200 South  
Heber City, Utah 84032  
*Return Service Requested*

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