

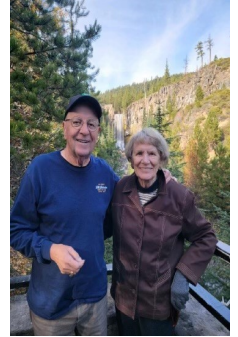


Wasatch County Senior Center

465 E 1200 S Heber City, UT 84032

Phone: 435-654-4920

Spotlight Rick Parker



In the beginning, I was born to a middle-class family in SLC Utah. My father worked for the Western Pacific railroad as a freight conductor and my mother was a stay-at-home part-time working mother with four boys to raise. My older brother Jerry, myself and two younger brothers Danny and Randy. In my church, there was a man by the name of Cal Robinson who had a pharmacy and a medical supply business. Me and my buddies would ride downtown on Saturdays to go to the movies and go over to Cal stores and help with stocking medications and vials and bottle. That is how I got interested in pharmacy in the medical supply business. We had to deliver tanks of oxygen, which at that time were as big as I was and probably weighed more.

About that same time the war in Vietnam was starting to heat up, I did not want to go overseas, and so I joined the Utah National Guard, which made me eligible for the GI Bill and continuing my education. Upon graduating from the University of Utah in 1967 I continued my work with the Robinson pharmacy and medical supply and graduated to be a delivery boy. About the same time Jerry and a friend of his Ron Hiatt, whose father owned The Palace drug in Heber City was forming a partnership and included me. So I move my young family including my wife Donna my oldest daughter Cindy and my son Jason to Heber City where we enjoyed the amenities that Heber had to offer at that time. It seemed that Ron Hiatt did not want to continue the partnership and since he owned 51% of the partnership he dissolved, the partnership and Jerry moved to St George. He bought an existing pharmacy and I got the opportunity to be employed by Parke Davis. My responsibility as a representative for Parke Davis was to call on all of the retail stores in my area from Boise to Burley Idaho conduct seminars and organize the seminars to have experts in our drug advantage pharmaceutical company and moved to Twin Falls Idaho.



Now remember that I had started this saga as a delivery boy and now I was able to continue my delivering experience delivering to the people of Heber through Meals on Wheels. I was able to provide my friends with nutrition and the neighborhood news in my visits through meals on Wheels. I love my career as a pharmacist except for that 1% that we all have.

Thank you Heber, I love you!

Cora's Corner

Just a little info from the kitchen.

MERRY CHRISTMAS and HAPPY NEW YEAR

To All of You

From,

All of Us here at the Center



MIKES BLURB

We have the greatest people right here in Wasatch County. Candie Bonner, our Activities Director had the idea to do "The 12 Days of Christmas" gift bags for our Meals on Wheels people and our seniors. So she posted the idea on "Ask Heber" and "Ask Midway". The response was overwhelming! Within one hour we had everything we had asked for the gift bags and lots of extra stuff we didn't ask for. We also had a lot of people, including the high school basketball team, volunteer to assemble and deliver the bags.

In the middle of the complete chaos in the world right now, I have found myself feeling like there is no hope, no humanity and no love of your fellow man. The amazing kindness and generosity of all of you in this valley has restored my faith that there is still goodness and light in the world. At least in our little pocket of it there is still a lot of "goodwill toward men".

To all of you who helped, I thank you. Not for the things you donated or the time you volunteered but for helping me see that, at least here, there are good people with good souls who love their neighbors. I really hope that never changes. I hope this will bring a little ray of peace to your heart.

See y'all soon ~Mike Winward

Mike Dorsey	1	Nancy Duncan	13	Scott Johnson	29
Ken Jordan	1	Roy Kendall	14	Sharon Spencer	29
Laural North	1	Jane Kinsel	15	Teresa Covas	30
Laura Ribinsky	1	Ann Clarkson	16		
Ann Clarke	4	Charles Jenkins	16		
Carol Davis	6	Jim Smedley	17		
Richard Ammons	7	Toni Doilney	20		
Marica Young	10	Betty Bradner	22		
Robert Pelton	12	Annette Young	22		
Marina Verden	12	Vida Applegate	24		
Katherine Young	12	Carol Harvey	29		



DECEMBER Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, December 6th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, December 6th	Until Full Limited Space	Sandy Hale Theatre— Elf	4:30 P.M.	\$55 Dinner On Your Own
Friday, December 8th	December 5th	Holiday Cookie Jars—Senior Center	Reserve Your Time Slot	\$5 Per Jar
Monday, December 11th	Until Full Limited Space	Caramel Class— USU Extension	10 A.M. or 2 P.M.	\$5
Wednesday, December 13th	December 1st	Orem Hale Theater— A Christmas Carol	4:00 P.M.	\$45 Dinner On Your Own
Friday, December 15th	Dec. 12th	Holiday Sugar Scrubs— Senior Center	10 A.M.	\$5 Per Jar
Monday, December 18th	December 15th	Orem Cinemark- The Marvels	TBD	\$7 Snacks On Your Own
Wednesday, December 20th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, December 20th	Until Full Limited Space	Dinner & Local Christmas Lights Drive	5:00 P.M.	\$1 Dinner On Your Own
Wednesday, January 3rd	Until Full Limited Space	Orem Hale Theater— The Foreigner	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.



The 2023 finish line is almost here! I hope you all know how much I love and adore you and the time we spend together. As many of you know, this year has been a difficult one for me personally, and what a blessing this Senior Center has been. You have been my rainbow when my skies were grey. Thank you for letting me plan your activities, being my friend and hanging out with me! I am truly humbled.

May your Holidays be Merry & Bright and full of LOVE and LIGHT.

♥ Candie

Sandy Hale Theatre

Elf— The Musical

Date: Wednesday, December 6th

Time: 4:30 p.m.

Cost: \$55

Dinner: Sizzler (On Your Own)

Sign Up By: November 3rd

A modern-day classic from the beloved movie! Buddy, a baby, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. He grows up thinking he is an elf until he is forced to face the truth. His new life of discovery upends his father and his father's business. How he yearns to 'fit in' is an unlikely journey of tender moments, laughter and love. Filled with dazzling song and dance, holiday fun and romance, this Broadway darling will fill your season with joy! Happy Holidays!



Cookie Jar "Neighbor Gifts"

When: Wednesday, December 8th

Time: 1:00 P.M.

Where: Senior Center

Cost: \$5 Per Jar

Sign Up By: December 5th



We will be making the cute cookie in a jar. All supplies will be provided. These make adorable gifts for the Holidays. Cost is per jar.



Holiday Caramels

Date: Monday, December 11th

Time: 10:00 and 2:00 classes

Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make delicious caramels just in time for the Holidays! 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)

OREM HALE THEATRE

A CHRISTMAS CAROL

Date: Wednesday, December 13th

Time: 4:00 p.m. (Bus To Leave Center)

Cost: \$45

Dinner: Golden Corral (after show)

Sign Up By: Until Tickets Are Sold Out



The Dickensian tale of the curmudgeonly old Ebenezer Scrooge and his night of ghostly visitors continues to enthrall audiences 180 years after it was first published. Enjoy a cup of hot wassail, and ring in the holidays right with the whole family for our annual production of "A Christmas Carol"!

Holiday DIY Sugar Scrubs

Date: Friday, December 15th

Time: 10:00 A.M.

Cost: \$5 per jar

Where: Senior Center

Sign Up By: Tuesday, December 12th



These make cute Holiday gifts! We will make jars of sugar scrubs with beneficial essential oils. All supplies will be provided for the class. Price is per jar.



DINNER & LOCAL CHRISTMAS LIGHTS DRIVE

Date: Wednesday, December 20th

Time: 4:30

Cost: \$1

Dinner: Don Pedro's (on your own)

Limited Space!

We will meet at the Senior Center, load the buses, and head over to Don Pedro's for dinner! Afterwards, we will drive around our valley and enjoy the wonderful Christmas lights. Maybe even sing some Christmas songs.



Cinemark Movie—Orem

Date: Monday, December 18th

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: The Marvels

Sign Up By: December 15th



Carol Danvers aka Captain Marvel has reclaimed her identity from the tyrannical Kree and taken revenge on the Supreme Intelligence. But unintended consequences see Carol shouldering the burden of a destabilized universe.

When her duties send her to an anomalous wormhole linked to a Kree revolutionary, her powers become entangled with that of Jersey City superfan, Kamala Khan aka Ms. Marvel, and Carol's estranged niece, now S.A.B.E.R. astronaut Captain Monica Rambeau. Together, this unlikely trio must team-up and learn to work in concert to save the universe as "The Marvels."

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.







HOOKED ON BOOKS

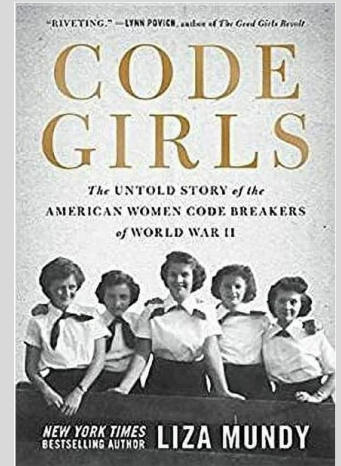
Formerly Senior Book Club

We are currently reading : One day in December

By Josie Silver

Next month Book : Code Girls

By: Liza Mundy



***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...*

No obituaries to report.



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

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

There's only
one thing
more precious
than our time
and that's who
we spend it on.
-Leo Christopher

DECEMBER TRIVIA!

Fill in the missing lyric to these Christmas Songs! Turn this paper into the Senior Center by December 21st for your chance to win a \$25 gift card!



"All I Want For Christmas Is You" by Mariah Carey (1994)

I don't care about the presents, underneath the _____

"White Christmas" by Bing Crosby (1942)

With every Christmas card I write. May your day be _____
and bright

"A Holly Jolly Christmas" by Burl Ives (1965)

Have a holly, jolly Christmas, it's the best time of the _____

"The Christmas Song (Chestnuts Roasting On An Open Fire)" by Nat King Cole (1946)

They know that Santa's on his way. He's loaded lots of toys and
_____ on his sleigh

"It's The Most Wonderful Time Of The Year" by Andy Williams (1963)

With those holiday greetings and gay happy meetings when
_____ come to call

"Rockin' Around the Christmas Tree" by Brenda Lee (1958)

You will get a _____ feeling when you hear



Christmas Gift Ideas

Find and circle all of the words that are hidden in the grid.
The remaining 13 letters spell an additional Christmas gift idea.

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

BAKING

BELT

BOOK

BRACELET

CANDLES

CANDY

CHOCOLATES

CLOTHES

COFFEE MAKER

COFFEE MUG

COLOGNE

COOKIES

DOLL

EARRINGS

ELECTRONICS

FLOWERS

GAME

GIFT BASKET

GIFT CARD

HERBAL TEAS

JEWELRY

MONEY

MOVIE

MUSIC

NECKLACE

NECKTIE

PANTS

PENDANT

PERFUME

PLANT

SCARF

SHIRT

SLIPPERS

SNEAKERS

SOCKS

STUFFED ANIMAL

SWEATER

TELEVISION

TOOL SET

TOY

TREE ORNAMENT

WATCH

WINE

RECIPE OF THE MONTH

Peppermint Egnog



Ingredients:

- 4 large egg yolks
- 1/2 tsp. kosher salt
- 1 c. granulated sugar, divided
- 2 c. whole milk
- 2 c. heavy cream
- 1 tsp. pure vanilla extract
- 1 tsp. peppermint extract

Directions:

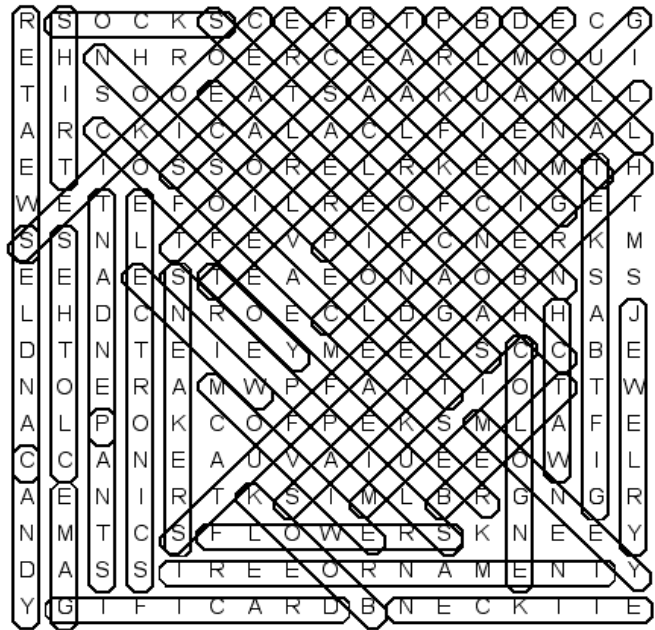
1. Whisk together egg yolks, salt, and 1/2 cup sugar in a bowl. Whisk together milk and remaining 1/2 cup sugar in a medium saucepan. Bring to a simmer over medium-high heat. Slowly whisk hot milk mixture into egg yolk mixture. Return everything to the pot and cook over medium-low heat, stirring constantly, until mixture reaches 175°F on an instant-read thermometer (mixture should be foamy and slightly thickened but will not fully coat the back of a spoon), 3 to 5 minutes. Strain through a fine-mesh strainer into a medium bowl. Cool to room temperature; cover and chill until cold, at least 3 hours and up to overnight.

2. When ready to serve, whisk cream with an electric mixer on medium speed until soft peaks form, about 1 minute. Whisk vanilla extract, peppermint extract, and 1/4 of whipped cream into egg yolk mixture. Fold in remaining whipped cream in 2 additions.

3. Place peppermints on a shallow plate. Lightly moisten the rims of mugs or glasses, then dip in crushed peppermint. Pour eggnog into glasses. Serve with peppermint sticks.

Christmas Gift Ideas

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



- | | | | |
|--------------|-------------|----------|----------------|
| BAKING | COOKIES | MOVIE | SNEAKERS |
| BELT | DOLL | MUSIC | SOCKS |
| BOOK | EARRINGS | NECKLACE | STUFFED ANIMAL |
| BRACELET | ELECTRONICS | NECKTIE | SWEATER |
| CANDLES | FLOWERS | PANTS | TELEVISION |
| CANDY | GAME | PENDANT | TOOL SET |
| CHOCOLATES | GIFT BASKET | PERFUME | TOY |
| CLOTHES | GIFT CARD | PLANT | TREE ORNAMENT |
| COFFEE MAKER | HERBAL TEAS | SCARF | WATCH |
| COFFEE MUG | JEWELRY | SHIRT | WINE |
| COLOGNE | MONEY | SLIPPERS | |

The hidden message is: CHRISTMAS CAKE

SHOUT OUT TO....

SIDNEY ELLINGFORD



Shout out to Sidney for being a long time Meals On Wheels volunteer. She works hard coordinating the delivery volunteer schedule while doing a route of her own. Her smile is contagious and her kindness is sincere. Thank you for being a part of our Center and everything you do!!



Caregiver SUPPORT GROUP

Every 2nd Tuesday
at 2 p.m.

Wasatch Co. Senior Center
465 E 1200 S, Heber City

Call 801-229-3852 or
cthompson@magutah.org.

Come gather and have meaningful discussions with other caregivers facing common issues and concerns.

Light refreshments served.

Learn more at
magutah.org/caregiver



MAG

AGING & FAMILY SERVICES

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>For Piano lessons Contact Christy Ackerson 801-864-6403</p>			<p>1</p> <p>12:00 Bridge Card Group</p>
<p>4</p> 	<p>5</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step on class 2:00 Lip Reading</p>	<p>6</p> <p>11:30 Lunch & Bowling at Holiday Lanes</p> <p>2:00 Grief Support Group @ Center</p> <p>4:30 Elf @ Sandy Hale Theatre</p> 	<p>7</p> <p>Treasure Table</p> <p>9:00 Yoga 10-11:30 Piano Lessons 10:45 Tai Chi 12:00 Lunch 1:00 Bingo</p>	<p>8</p> <p>10:00 Holiday Cookie Jars</p>  <p>12:00 Bridge Card Group</p>
<p>11</p> <p>10:00 & 2:00 Caramel Class at USU Extension</p>  <p>7:00 Fireside Theide Family</p>	<p>12</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Lip Reading</p> <p>2:00 Caregiver Sup- port Group @ Center</p>	<p>13</p> <p>4:00 Orem Hale A Christmas Carol</p> 	<p>14</p> <p>9:00 Yoga 10-11:30 Piano Lessons 12:00 Lunch 1:00 Bingo</p>	<p>15</p> <p>10:00 Holiday Sugar Scrub Class</p>  <p>12:00 Bridge Card Group</p>
<p>18</p> <p>Orem Cinemark "The Marvels" Time TBD</p>  <p>7:00 Fireside Magalei Family</p>	<p>19</p>  <p>10:00 Breakfast 10:30 Chair Exercise 2:00 Lip Reading</p>	<p>20</p> <p>11:30 Lunch & Bowling At Holiday Lanes</p>  <p>5:00 Dinner and Christmas Lights Drive</p>	<p>21</p> <p>9:00 Yoga 10-11:30 Piano Lessons 12:00 Lunch 1:00 Bingo</p> <p>Christmas Lunch</p>	<p>22</p> <p>CLOSED</p>
<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>12:00 Lunch</p>	<p>27</p> 	<p>28</p> <p>9:00 Yoga 10-11:30 Piano Lessons 10:45 Tai Chi 5:00 Dinner</p> <p>New Years Dinner</p>	<p>29</p> <p>12:00 Bridge Card Group</p>

DECEMBER



Meals on Wheels

****Luncheon Menu (served every Tuesday and Thursday)****

*****PLEASE CALL THE CENTER THE DAY BEFORE TO RESERVE YOUR SPOT (435)654-4920*****

2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 SALISBURY STEAK, potato, mixed vegetables & applesauce
4 BBQ RIBLET, mac & cheese, pork-n-beans, applesauce, cookie & roll	5 CHICKEN STRIPS, potatoes & gravy, peas & carrots, peaches & roll. CRUNCH TOP HAM & POTATO CASSE-ROLE, mixed vegetables & tropical	6 LASAGNA, corn, cottage cheese, pears & roll	7 CHICKEN FRITTER, potatoes & gravy, corn, fruit cocktail & roll CHICKEN STRIPS w/ fries, salad with ranch and mandarin orange	8 FISH, au gratin potato, green beans, pineapple & roll
11 CHICKEN CUTLET, potatoes & gravy, peas & carrots, peaches & roll	12 BBQ RIBLET, mac & cheese, pork-n-beans, applesauce, cookie & roll SALISBURY STEAK, potatoes, peas & pears	13 CREAM OF POTATO SOUP, chicken nuggetts , peas, orange wedge & roll	14 BEEF & RICE MEDLEY, carrots, cottage cheese, pineapple & roll PORK CHOP, potatoes & gravy, green beans & applesauce	15 CHICKEN SALAD SANDICH, potato salad, pears & chips
18 STUFFED GREEN PEPPER, potatoes & gravy, mixed vegetables, peaches & roll	19 BEEF STEW, tator tots, green beans, mixed fruit, cookie & roll 10:00 BREAKFAST, hash browns, eggs, bacon, pastries, fruit, juice & milk	20 CHICKEN CHOW MEIN over NOODLES, egg roll, stir fry vegetables, orange wedge & roll	21 HAM, potatoes & gravy, carrots, pineapple & roll  CHRISTMAS DINNER HAM w/trimmings	22 CLOSED 
25 CLOSED 	26 CHICKEN CORDON BLEU, potatoes & gravy, peas & carrots, peaches & roll FISH, au gratin potatoes, carrots, tartar sauce & peaches	27 PORK CHOP, potatoes & gravy, carrots, applesauce & roll	28 BEEF STROGANOFF over NOODLES, green beans, tropical fruit, cookie & roll 5:00 NEW YEAR'S EVE PARTY CHICKEN CORDON BLEU, w/ trimmings	29 CRUNCH TOP HAM & POTATO CASSE-ROLE, mixed vegetables, orange wedge, cookie & roll

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