

# WASATCH COUNTY SENIOR CENTER 465 EAST 1200 SOUTH HEBER, UT MONDAY-FRIDAY 8:00—4:00 435-654-4920

2023

### SPOTLIGHT ANNA LUE NUTTALL WILLIAMS

My name is Anna Lue Nuttall Williams.



I was born in S.L.C. When I was 15 months old my father was killed in a train/automobile accident. My mother, a 24 year old widow with 3 children, moved us to Smithfield to live with my grandparents. She went to work for J.C. Penney to support us. We moved to Logan when I was 7.

I have 2 brothers: Frank Q. Nuttall. M.D. renown for his research in diabetes, and Norman D. Nuttall founder of Nuttall Sewing center. (Are you tired of the commercials?) I have 4 children (Kim, Bruce, Cathie and Pam) 12 Grands and 20 Greats.

I met my husband, Jim Williams, at USU. We were married in 1953. In '56 we moved to Pullman, Washington. While he worked on his degree I worked in the accounting office at WSU to keep us fed and sheltered. He graduated with a DVM in 1958 and we moved to Heber, where we started our practice (Arcadia Veterinary Clinic). Not being raised with animals I had quite an education. I learned that cute animals, big or small, can cause you physical damage. Even dogs and cats have a little of the devil in them.

When we moved to Heber we joined the Jr. Chamber of Commerce where we met a lot of fun and interesting people who became lifelong friends.

We enjoyed entertaining and traveling. I have visited all continents, a lot of islands and most of the USA. Favorite land trip was So. Africa. Favorite cruise was the Amazon.

In my younger years (before 80) I liked to boat, ski (water and snow), bike (motorcycle & peddle), jeep, camp, etc. - Most outdoor activities. As a volunteer I was a Cub Scout leader, 4H

leader, Pres. Wasatch P.T.A, Pres. U.V.M.A. Auxiliary, and a Hospital Pink Ladies volunteer for many years.

Now in my "Golden Years" I try to keep busy playing in the dirt (yard work), reading, counted cross stitch, puzzles, visiting with family and friends and Senior Citizen activities.

I appreciate all the Staff and Workers for making our senior center one of the best in the state . Thank you .

~Happy Trails ~





## **CORAS CORNER**



29

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To all our Seniors...just a little info from the kitchen. Hot August Days are here. Enjoy them cuz before long the cold front will arrive.

The Center will be closing for half day on the 4<sup>th</sup> for the Wasatch County Fair. It gives everyone a chance to go during the day. See you there.

We will be having our annual Hamburger Cook-Out on the 17<sup>th</sup>. It will be here at the Center. We will serve at 5:00 pm. There will be entertainment. Come out, have a burger and kick up your heels. Just remember to reserve your meal at least on day in advance and also please remember to cancel if you are unable to attend. This is just a friendly reminder for all meals.

Swiss Miss will be entertaining us on the 24<sup>th</sup> for lunch. They are a talented group of young girls. We will be serving a box lunch that day. Come and support our local group.

School starts the middle of this month. Be aware of all the students coming and going. It can be hectic during our lunches on Tuesdays and Wednesdays. Just stay safe.

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

Ingrid Nowland	1	Eileen Hughes	21
Dan Rider	2	Norma Richardson	21
Mike Mair	3	Gloria Smart	21
Tom Melville	5	Joe Tesch	21
Kathleen Kendall	7	Sheila Shaw	22
Vicky Larsen	7	Sylvia White	22
Margaret Chisholm	8	Margaret Schloss	23
Larry Finnegan	8	Lisa Arnold	24
Julie Hardman	10	Tara Fell	24
Linda Rimington	10	Margaret Gooch	24
Laurel Rail	11	Joyce Lee	24
Craig Schade	11	Kris Glasgow	25
Jim Kohler	12	Mill Hincy	25
Mary LeBlanc	13	Tom Fowler	26
<b>Evan Stott</b>	13	Lillian Maziarz	27
Gay Motley	14	Inez Horner	28
Michelle Gregor	15	Renee Horrocks	28
Mary Patterson	17	Joyce Inman	28
Laraine Zenger-Jones	18	Kenneth Stratton	28
Kathy Adams	20	Ashley Fish	28



Jean Kitzinger

Walter Ludlow

**Jill Ford** 

Allan Heins

DATE	Registration Details	EVENT	TIME	cost
Wednesday, August 2nd	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Thursday, August 3rd	SOLD OUT	Mountain Valley Stampede Rodeo	7:00 P.M.	Lunch On Your Own
Friday, August 4th	SOLD OUT	Payson Salmon Supper	2:30 P.M.	\$27
Friday, August 11th	Until Full	2nd Annual Shooting W/ The Sheriff Heber Valley Gun Range	Call For Time Slot	No Charge
Monday, August 14th	SOLD OUT	Orem Hale Theater- Clue	5:00 P.M.	\$25 Dinner On Your Own
Wednesday, August 16th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Friday, August 18th	Limited Space	Lunch at Midway Mercantile	11:30 A.M.	Lunch On Your Own
Monday, August 21st	Until Full	Orem Cinemark: Mission Impossible	TBD Afternoon Matinee	\$7 Snacks On Your Own
Wednesday, August 23rd		Wasatch County Senior Expo © Senior Center	11:00-2:00	No Charge
Wednesday, August 30th	Until Full	Cooking Class- Rice Bowls USU Extension	10:00	<b>\$</b> 5
Wednesday, September 20th	August 18th	Sandy Hale Theatre Around The World In 80 Days	4:30	\$63

#### Remember!

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

#### Did you know.....

We now have a Senior Cell Phone! You can call or text this phone when we are out and about! This is NOT our primary phone, but just a way for us to be able to communicate when on activities. 435-293-0306



#### Shooting With The Sherriff



Date: Friday, August 11th

Time: Scheduled Time Slot

Cost: No Charge | BYOG

Place: Big Hollow Shooting Range

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







### **Let's Go Bowling**

First & Third Wednesday
Of Every Month

Meet At Bowling Alley.

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



### Out To Lunch



When: Friday, August 18th

Time: 11:30 A.M.

Cost: (Lunch On Your Own)

Sign Up By: August 16th

We will meet at the historic Midway Mercantile for lunch. If you need a ride, please meet at the Senior Center at 11 A.M. to take the bus. Price range for this restaurant is \$13-\$25





### Cinemark Movie—Orem

Date: Monday, August 21st

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Mission Impossible

Sign Up By: 10 A.M. August 21st



In Mission: Impossible – Dead Reckoning Part One, Ethan Hunt (Tom Cruise) and his IMF team embark on their most dangerous mission yet: To track down a terrifying new weapon that threatens all of humanity before it falls into the wrong hands. With control of the future and the fate of the world at stake, and dark forces from Ethan's past closing in, a deadly race around the globe begins. Confronted by a mysterious. all-powerful enemy, Ethan is forced to consider that nothing can matter more than his mission - not even the lives of those he cares about most.

### Wasatch County Senior Expo2023



### Are you 55 or older?

Get Helpful Information and Connect with Resources at The Wasatch County Senior Expo!

For More Information Call 435-654-4920

Wednesday August 23rd

11:00-2:00

Wasatch Senior Center

465 E. 1200 S. Heber, UT

### **VENDORS**

**Spring Gardens** AARP Senior Companion **Health Department Glucose Checks Blood Pressure** Checks Fire Department **Enhabit Hospice Probst Funeral Home** MAG **HEAT Program** Park & Recreation Library **Rocky Mountain Care HV** Assisted Living Meals On Wheels **Sheriff Office** Willis Clyde P.T. **Diabetes Information** Dietician And More.....

Free Admission
Giveaways
Door Prizes
Vendors
Resources



### **Flowers**

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

The remaining letters spell a secret message - a quotation from Romeo and Juliet.

Р	L	Α	٧	Е	Ν	D	Ε	R	Α	С	R	0	Α	R	А	0	S	А
Υ	I	А	I	Ν	U	Τ	Е	Ρ	Е	D	Α	Ν	Е	Е	Е	R	D	R
S	U	L	0		D	Α	L	G	0	G	Τ	L	S	W	G	С	L	Е
1	С	В	U	Υ	Α	Ν	Т	R	Υ	Н	Ν	Κ	I	0	Ν	Н	0	В
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D	R	Е	Н	Т	Α	Е	Н	R	Ν	0	0	Α	G	F	R	D		Ε
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0	S	Τ	W	L	I	U	Е	Υ	Т	S	М	1	Ρ	R	Υ	Е	А	А
Х	Α	А	0	0	М	R	L	L	Т	Ν	S	Т	Н	0	Н	L	М	М
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V E C I	H E M U M	U C H S I A	E O L R L H	H U E S T	E M D U G A	E H M E	N T R S R R	N U T A B	F O S L N S	C P L E I Y	I A A L U B	C N R R M A	A E I N A B	W Y S U A D	R	L O W E R A	A F F O D	Y L L S S

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION
CHRYSANTHEMUM
CLEMATIS

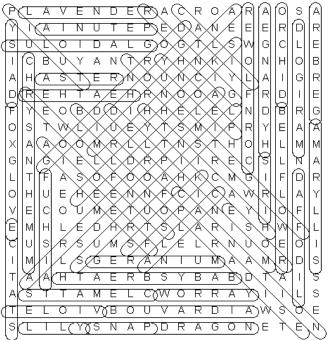
CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA
GERANIUM
GERBERA
GINGER
GLADIOLUS

GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRIS
LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID

PANSY
PEONY
PETUNIA
ROSE
SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW

#### **Flowers**

This is the solution to the puzzle located here.



CORNFLOWER

ALSTROEMERIA AMARYLLIS ANTHURIUM ASTER BABY'S BREATH BELL FLOWER BIRD OF PARADISE BOUVARDIA CALLA CARNATION CHRYSANTHEMUM CLEMATIS

DAFFODIL DATSY DELPHINIUM FORGET-ME-NOT **FOXGLOVE FREESTA FUCHSIA** GERANIUM GERBERA GINGER GLADIOLUS

GOLDEN ROD HEATHER HOLLYHOCKS HYACINTH HYDRANGEA IRIS LAVENDER LILAC LILY LISIANTHUS MARIGOLD ORCHID

PANSY PEONY PETUNIA ROSE SNAPDRAGON STATICE STOCK SUNFLOWER TULIP VIOLET YARROW

### SCHOOL CROSSING GUARD **HEROS WANTED!**

DON'T TELL ME

THE MILK CARTON YOUR TEETH ARE

Apply online at: www.heberut.gov Contact HR Cherie Ashe: 435-657-7902



\$50 per day with morning & afternoon shifts (about 1 hour per day)

> **ELEMENTARY & MIDDLE** SCHOOLS IN HEBER CITY

### **Shout out**

### TO OUR **BINGO CALLERS!!**

We really appreciate all of you that call Bingo every Thursday! The game must go on and you all make that happen.



### Heber Valley Trivia (Okay, Wasatch County Trivia)

Complete the Heber Valley Trivia questions on this page. Turn it in to the front desk by August 28th!

Correct entries will be entered into a \$25 gift card drawing on Tuesday, August 29th during lunch. You do NOT need to be present to win, but it will be more fun if you are!

1- What is Chief Tabby's sons name that is buried in the Heber Cemetery?
2– What was the first hot pot bathhouse called?
3– What festival is celebrated annually in September in downtown Midway?
4– Where is the historic Tate Barn located?
5– What is at the top of Memorial Hill?
6– Where is Charleston's first Post Office building located now?
Name:
Phone Number:

### SENIOR BOOK CLUB

Join us every third Thursday of the month @ 10:30 for Senior Book Club.

If you like to read and talk about a great book this is the place to be. Come visit, chat and make new friends while reading the best books.

### **We are currently reading:**

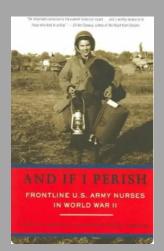
A Lady's life in the Rocky Mountains

By: Lisabella L. Bird

**Next Month Book:** 

**And If I Perish** 

<u>By: Evelyn M Monahan</u>



### 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 Jentzsch** 

### 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 August 8th @ 2:00



### **Mike's Blurb**

#### Barbie

There is a new Barbie movie that just came out. This has been giving me flash backs to when my daughters were little and I would get in the shower in the morning and approximately 1,000 naked Barbie dolls would be in the tub. I was cranky for a couple reasons, I had to get a snow shovel to scoop enough of the dolls out to make room to stand up and because I had spent a billion dollars buying Barbie clothes for my girls. Why did they want all those clothes for their dolls when obviously Barbie was a very devout nudist? It made no sense. Perhaps a better question is "Why did I buy them all those clothes?" After years of therapy I have been able to get in the shower without the fear of getting a broken doll arm jammed in the bottom of my foot. Now once again Barbie commercials are everywhere and I have this fear that I am going to open the bathroom door in the morning and a flood of naked Barbie dolls are going crash out and suffocate me.

How is this related to the Senior Center? It's NOT! I just wanted to rant to all of you about how much I loathe Barbie. Thanks for being my therapist.

Don't send me a bill please

### **Tuscan Chicken Breast**

3 Medium sized chicken Breast8 OZ Spinach Artichoke Dip1 C Grated Mozzarella

Trim chicken and make sure breasts are not more than 3/4" thick. Pound out if necessary. Place in a sprayed 8x8 casserole pan and salt and pepper to taste. Cover with dip. Sprinkle cheese on top.

Bake at 275 degrees for 35 minutes or until it reaches internal temp of 165 degrees. Enjoy!



### In loving memoty...

Ann Montgomery Baum Born: November 20, 1933 Died: June 26 2023

> Married: Jerold Gay Baum Walter B Percell



William Chad Adams Born: August 12, 1957 Died: July 2, 2023 Married: Kandy Lynette Adams

Ben Paul Young Born: January 8, 1937 Died: July 19, 2023 Married: Evva Lee Edwards Young



Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gatherings will be held at 2:00 every other Wednesday at the Senior Center and is free of charge.



Mon	Tue	Wed	Thu	Fri
ALL DAY - EVERY WEEKDAY  Exercising Reading Computers Billiards Piano/Organ Checkers Puzzles Wii Video Games Ceramics	Treasure Table  10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	2 11:30 Lunch & Bowling at Holiday Lanes 2:00 Grief Support Group @ Center	Treasure Table  10:00 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo  7:00 Mountain Valley Stampede Rodeo	Center Closes @ 12:00 for Wasatch County Fair Days 2:30 Salmon Supper
7	8  10:30 Chair Exercise 12:00 Lunch 1:00 Bunco  2:00 Caregiver Support Group	9	10 10:00 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo	Shooting With The Sheriff  12:00 Bridge Card Group
5:00 Orem Hale Theater Clue	10:00 Breakfast 10:30 Chair Exercise	11:30 Lunch & Bowling at Holiday Lanes  2:00 Grief Support Group & Center	10:00 Piano Lessons 10:30 Tia Chi 5:00 Lunch 1:00 Bingo	11:30 Out To Lunch  Midway Mercantile  MERCANTILE  12:00 Bridge Card Group
Orem Cinemark Time TBD  7:00 Fireside Rigby Family	22 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	Wasatch County Senior Expo 11-2 @ Senior Center	10:00 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo	25  12:00 Bridge Card Group
7:00 Fireside Rob Sorenson & Family	10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	10:00 Rice Bowls Cooking Class  2:00 Grief Support Group @ Center	31 10:30 Tia Chi 12:00 Lunch 1:00 Bingo	**For Piano lessons Contact Christy Ackerson 801-864-6403



#### \*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
	BEEF RAVIOLI, corn, cottage cheese, pears & roll  HOT BEEF SAND- WICH, potatoes & gravy, salad w/ ranch & mixed	CREAMY CHICK- EN PASTA, green beans, orange wedge, cookie & roll	FISH, au gratin potatoes, carrots, tater sauce, applesauce & roll SEASONED BAKED CHICKEN, rice pilaf, carrots, mandarin oranges	CLOSED for Fair Days
7	8	9	10	11
CHICKEN STRIPS, potatoes & gravy, peas, banana, & roll	HAM WRAP, pota- to salad, apple slices & chips	BEEF STROGA- NOFF, green beans, tropical fruit & roll	CHICKEN PARME- SAN, red pota- toes, corn, peaches & roll	MEATLOAF, pota- toes & gravy, car- rots, pears & roll
	ROAST PORK, po- tatoes & gravy, mixed vegeta- bles, applesauce & roll		HAM WRAP, pota- to salad, apple slices & chips	
14	15	16	17	18
CHICKEN CUTLET, potatoes & gravy, peas, mixed fruit & roll	BEEF STEW, tater tots, green beans, peaches & roll  BREAKFAST, hash	ROAST BEEF, po- tatoes & gravy, carrots, ap- plesauce & roll	MANDARIN OR- ANGE CHICKEN over RICE, stir fry vegetables, egg roll, pineapple chunks & roll	TURKEY SAND- WICH, potato sal- ad, mandarin or- ange & chips
	browns, eggs, bacon, pastries, fruit, juice/milk		HAMBURGER COOK OUT w/ trimmings, baked beans & watermelon	
21	22	23	24	25
SALISBURY STEAK, potato, carrots, peaches & roll	CHICKEN SALAD w/ranch, grapes & crackers	BEEF & RICE MEDLEY, green beans, cottage cheese, pears & roll	CHEESE ENCHILA- DA, tater tots, beans, orange wedge, salsa & chips	CHICKEN CORDON BLEU, potatoes & gravy, peas & car- rots, mixed fruit & roll
	NAVAJO TACO w/ CHILI, cheese, lettuce, Denver mix, tomatoes & cantaloupe		BOX LUNCH, CHICKEN CROSS- IANT, potato sal- ad & fruit	
28	29	30	31	
BBO RIBLET, mac & chees, pork-n- beans, ap- plesauce, cookie & roll	COUNTRY FRIED STEAK, potatoes & gravy, green beans, pears & roll	CRUNCH TOP HAM & POTATO CASSEROLE, mixed vegeta- ble, tropical fruit & roll	SEASONED BAKED CHICKEN, rice pilaf, carrots, peaches & roll LASAGNA, corn, green salad w/ ranch, mandarin	
	FISH, potatoes & gravy, mixed vegetables & pears		oranges, garlic toast	

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

Non-Profit Organization
US POSTAGE
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Heber City, Utah
Permit No. 2