



WASATCH COUNTY SENIOR CENTER~465 EAST 1200 SOUTH HEBER, UT ~435-654-4920

## **Karen Bassett**

I was born in Fargo, North Dakota and raised in St. Paul Minnesota from the age of 4. I am the oldest of 3 children. I went to a catholic grade school and all girls' high school, we were taught by nuns (not the case anymore). I graduated High School in 1957 and worked for the Minnesota Highway Patrol doing paperwork in the office but did some dispatching also. I did not want to go to college because I did not have an interest in any special field. I just "wanted to go into the world and learn something". In 1959, I answered an ad in the newspaper to be a flight attendant with TWA. I had never been to an airport or on an airplane when I left for training in Kansas City Missouri. When I finished 5 weeks of training, they had me sign a contract that said I would retire by the age of 35 because that was considered "over the hill". I was based in Kansas City, Chicago and San Francisco. In 1961, I met a pilot Dick Bassett, who flew with Flying Tigers Airline. We married in 1964. Before I married I did a lot of traveling, even took 3 months off each year. They allowed that in the winter only because flights were not as full. With discounted tickets, I did not want to miss my chance to see the world; I was able to see Asia, Europe and Mexico to name a few. What a "GRAND EXPERIENCE"!

I married Dick Basset in August of 1964 we were married for 45 years. He died at September 2009 from Alzheimer, which he had for 18 years, and I cared for him. For our honeymoon, we put our motorcycle on a FTC cargo plane and flew to Seattle and spent time in Vancouver and Victoria it rained almost every day. Dick and I lived at Tahoe City, CA and we spent 3 years in Japan. I later retired in 1966 and adopted our son in 1967 and our daughter in 1968. Dicks sister Martha and her husband owned the homestead for 25 years and we used to come and visit them. They asked us to look at some property in midway and went home to think about it and later bought some acreage in Heber City. We later moved to Heber City in 1971. When we moved to Heber, we started to raise beefalo. Both of us had been raised in the city so being in the county and ranching was another new experience. I learned how to ride a horse because we inseminated the buffalo and had to cut the ones out that were in heat. Dick had to retire in 1981 because of age and he commuted all that time because his base was San Francisco. Dick and I have 2 children together. They both live in Heber and have given me 4 grandchildren and 2 great grandchildren.

I later met Jim at a tennis tournament in Palm Desert California were he was a volunteer there. Jim was a retired Criminal Court judge in Indiana. Jim and I later married in 2013 until April of 2021 when he passed away. I love being outside when I can be in the gardens and yard and continue to have as many adventures as I can.





# CORA'S CORNER



To all our Seniors...just a little info from the kitchen. November is here, which means Christmas is almost here. But, hey, let's enjoy Thanksgiving first.

First, though, Daylight savings starts on Sunday the 5<sup>th</sup>. We fall back one hour. That means we get an extra hour of sleep.

Since the holiday is on a Saturday, Veterans Day will be observed on Friday, November 10. The Center will be closed on this day. Both Veterans Day and Memorial Day honor and celebrate the men and women who have served in the U.S. military. But they are different. Memorial Day, is a day to remember and honor the men and women who have been killed in U.S. wars throughout history. While Veterans Day honors all American Veterans of all wars. Let's be thankful for their sacrifices they have made for us and our freedom.

We celebrate Thanksgiving on November 23<sup>rd</sup> this year. It always falls on the fourth Thursday of the month, a rule set by President Franklin Roosevelt in 1941. It is a time to gather with family and friends, be thankful for all of the good things and enjoy Thanksgiving. We will be serving our Thanksgiving dinner here at the Center on the 16<sup>th</sup>. Please remember to reserve your place early. The Center will be closed on November 23<sup>rd</sup> and 24<sup>th</sup>.

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



<b>Francis Jr Harrison</b>	<b>1</b>	<b>Ruth Parrish</b>	<b>18</b>
<b>Gay McPhie</b>	<b>2</b>	<b>Lee Ammons</b>	<b>19</b>
<b>LaRee Pedro</b>	<b>3</b>	<b>Liz Stevens</b>	<b>19</b>
<b>Latifa Rainbow</b>	<b>3</b>	<b>Anita Allen</b>	<b>20</b>
<b>Ann Klonizos</b>	<b>5</b>	<b>Kristine Mecham</b>	<b>20</b>
<b>Vickie Todd</b>	<b>5</b>	<b>Roberta Skelton</b>	<b>20</b>
<b>Pam Ramult</b>	<b>7</b>	<b>Joyce Clark</b>	<b>24</b>
<b>Sharleen Williams</b>	<b>8</b>	<b>Lisa Muntz</b>	<b>24</b>
<b>Laurie Reed</b>	<b>10</b>	<b>Joseph Young</b>	<b>24</b>
<b>Cheryl Long</b>	<b>12</b>	<b>David Fell</b>	<b>26</b>
<b>Andrea Hallows</b>	<b>13</b>	<b>Francis Harrison</b>	<b>26</b>
<b>Arlene Horrocks</b>	<b>16</b>	<b>Phil Lyons</b>	<b>29</b>
<b>Suzette Thompson</b>	<b>16</b>	<b>Sandra Stone</b>	<b>30</b>

**HAPPY BIRTHDAY!**



# November Activities & Trips



DATE	Registration Details	EVENT	TIME	COST
Wednesday, November 1st	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, November 1st	Limited Space Sign Up Soon	UVU Noorda, Orem Jazz Orchestra & Deep Green: Bass Clef Fest	5:00 P.M.	\$12 Dinner On Your Own
Friday, November 3rd	Sign Up By Nov. 1st	Event Center, Heber PRCA Rodeo	7:30 P.M.	\$15
Monday, November 6th	Limited Space Sign Up Soon	Wood Sign Craft @ Senior Center	10:30 A.M.	\$20
Wednesday, November 8th	Limited Space Sign Up Soon	Lunch @ Oakley Diner	10:30 A.M.	\$2 Lunch On Your Own
Wednesday, November 15th	Limited Space Sign Up Soon	Cooking Class: Pecan Tarts USU Extension	10:00 A.M. OR 2:00 P.M.	\$5
Wednesday, November 15th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Monday, November 20th	Sign Up By November 17th	Orem Cinemark Movie: TBD	TBD	\$7 Snacks On Your Own
Tuesday, November 28th	Limited Space Sign Up Soon	Mountain Strings & Folk Music  BYU Provo	5:00 P.M.	\$10 Dinner On Your Own
Wednesday, December 6th	Limited Space Sign Up Soon	Sandy Hale Theatre Elf	4:30 P.M.	\$55 Dinner On Your Own
Wednesday, December 13th	Limited Space Sign Up Soon	Orem Hale Theater A Christmas Carol	4:00 P.M.	\$45 Dinner On Your Own

## Remember!

For more information stop by or call the Senior Center **435-654-4920**

Payments must be made at the time of sign up.

Senior Center activity phone number: 435-293-0306



## UVU Noorda—Orem Jazz Orchestra and Deep Green: Bass Clef Fest

**Date: Wednesday, November 1st**

**Time: 5:00 P.M.**

**Cost: \$12**

**Dinner: Applebee's (on your own)**

**Deadline: Wednesday, October 26th**

Join us for an unforgettable musical extravaganza, "Bass Clef Fest," featuring the UVU Jazz Orchestra and the dynamic vocal ensemble, Deep Green. Experience the fusion of jazz and choral excellence as they harmonize in perfect sync, delivering an electrifying performance that will have you tapping your feet and singing along. Don't miss this sensational celebration of music's deepest tones.



## PRCA Rodeo In Heber

**Date: Friday, November 3rd**

**Time: 7:30 P.M.**

**Cost: \$15**

**Deadline: Wednesday, October 13th**



Wasatch Park & Recreation is offering Wasatch County Senior Center discounted tickets for our this event. Limited number of tickets are available

Tickets are for Friday night only.



## Interchangeable Wood Sign Workshop

**When: Monday, November 6th**

**Time: 10:30 A.M.**

**Cost: \$5 For Base | \$15 Per Set**

**Sign Up By: November 3rd**

This workshop we will be making these signs you can use all year. The base board is \$5 and each set ( front and back so choose two designs) is \$15. You can make them all or just a few, it's up to you! All supplies will be provided. Workshop will be hosted by Cynthia Gurule



## SCENIC DRIVE & LUNCH OAKLEY DINER

**Date: Wednesday, November 8th**

**Time: 10:30 a.m. (Bus Leaves Center)**

**Cost: (\$2 Transportation Fee)**

**\*Lunch On One's Own\***

We will take a beautiful ride to Oakley and enjoy lunch at the Oakley Diner. Average prices for the restaurant are \$10-\$15 and has a variety of sandwiches, wraps, nachos, soup, fish & chips



## Pecan Tart Class

**Date: Wednesday, November 15th**

**Time: 10:00 A.M. & 2:00 P.M. Classes**

**Cost: \$5**

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

We will learn to make pecan tarts! 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)

## BYU — Mountain Strings & Folk Music

**When: Tuesday, November 28th**

**Time: 5:00 P.M.**

**Cost: \$10**

**Dinner: Brick Oven Pizza ( On Your Own)**

**\*\*Limited Tickets\*\***

Mark Geslison, artistic director. Celebrate American folk music with Mountain Strings, BYU's traditional American music ensemble, featuring seven student musicians who play fiddle, banjo, guitar, mandolin, bass, and voice. The concert will include traditional American music styles such as bluegrass, Appalachian, ragtime, and Texas swing.



## 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!



## 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)**

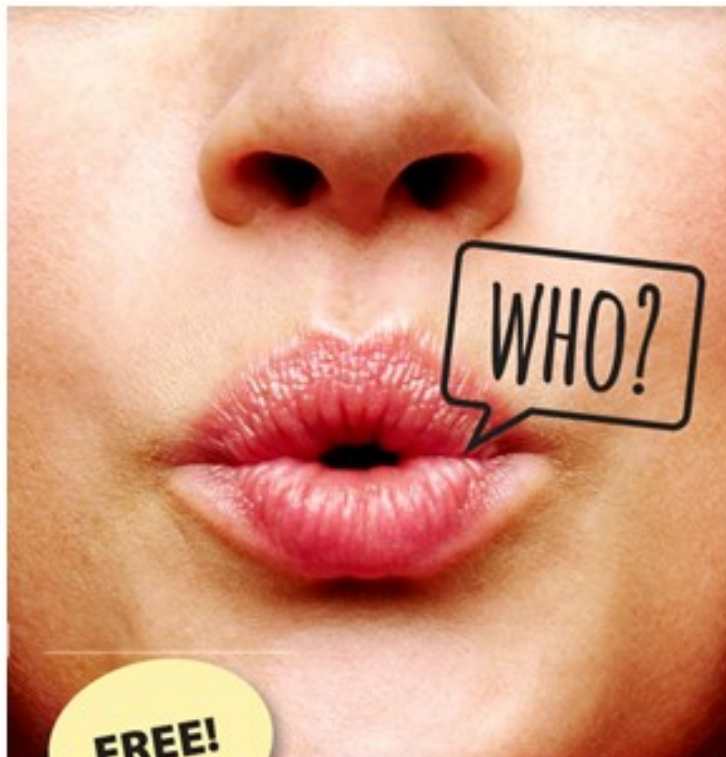
**Sign Up By: Until Tickets Are Sold Out**



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"!







**FREE!**

## 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, November 7 – December 19, 2023**

**2:00 PM - 3:00 PM**



**In Person**

**Wasatch County Senior Center  
465 E 1200 S Heber City, UT**

**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 information contact Kelly Boehmer**

**385-414-3841 ph/text or 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.






# Thankful For...

Find and circle all of the people and things to be thankful for.  
The remaining letters spell a secret message.

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


ACTS OF KINDNESS  
A PLACE TO LIVE  
BEACHES  
BEAUTIFUL NATURE  
BLESSINGS  
BOOKS  
BROTHERS  
CARE GIVERS  
CHILDREN  
CHRISTMAS  
CLEAN WATER  
CLOTHING  
COMPUTERS

ELECTRICITY  
EYEGASSES  
EYESIGHT  
FAITH  
FAMILY  
FLOWERS  
FOOD  
FREEDOM  
FRESH AIR  
FRIENDS  
FUN  
GOOD HEALTH  
GRANDMA

GRANDPA  
HAPPY MEMORIES  
HEARING  
HOLIDAYS  
HUMOR  
INTERNET  
LAUGHTER  
LIFE  
LOVE   
MUSIC  
NURSES  
PARENTS  
PEACE

PETS  
RAINBOWS  
SCHOOL  
SINGING  
SISTERS  
SMART PHONES  
SMILES  
SUNSHINE  
TEACHERS  
TELEVISION  
VOLUNTEERS  
WARM SHOWERS

# NOVEMBER TRIVIA

How many turkeys  can you find in the newsletter? Return this top portion and your count to the Senior Center by November 19th to be put in the drawing for a \$25 gift card.

*Winner will be announced at the Thanksgiving lunch!*

# Of Turkeys found \_\_\_\_\_

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



## *In Loving Memory...*

Beverly Jean Sakaye  
Born: February 26, 1943  
Died: October 6, 2023  
Married: Joe Sakaye

William Russell and Nancy Jean Cummings  
Russell –Born: June 28, 1935  
Died: October 11, 2023  
Nancy—Born: August 22, 1940  
Died: October 14, 2023

David Urban  
Born: December 5, 1955  
Died: October 7, 2023  
Married: Sue Urban

Grant Darwin Casper  
Born: October 11, 1925  
Died: October 8, 2023  
Married: Eleanora Davis Casper

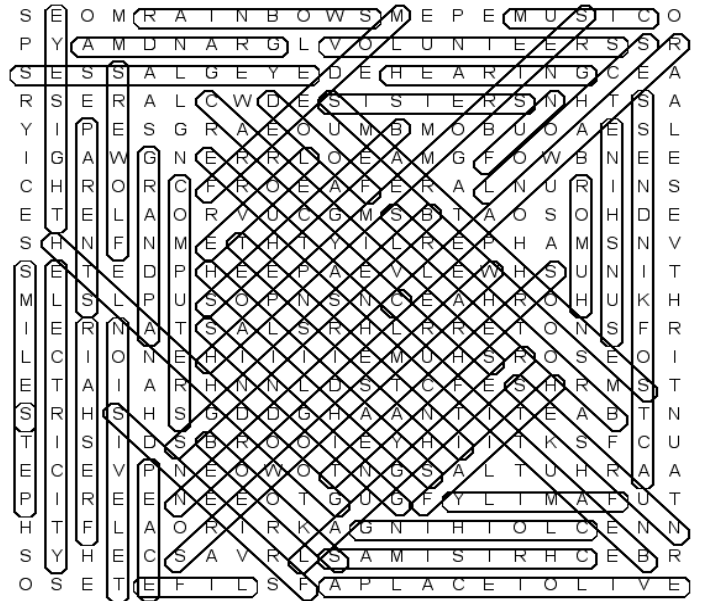




Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gatherings will be held at 2:00 every other Wednesday at the Senior Center and is free of charge.

### Thankful For...

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



- |                  |             |                |              |
|------------------|-------------|----------------|--------------|
| ACTS OF KINDNESS | ELECTRICITY | GRANDPA        | PETS         |
| A PLACE TO LIVE  | EYEGLASSES  | HAPPY MEMORIES | RAINBOWS     |
| BEACHES          | EYESIGHT    | HEARING        | SCHOOL       |
| BEAUTIFUL NATURE | FAITH       | HOLIDAYS       | SINGING      |
| BLESSINGS        | FAMILY      | HUMOR          | SISTERS      |
| BOOKS            | FLOWERS     | INTERNET       | SMART PHONES |
| BROTHERS         | FOOD        | LAUGHTER       | SMILES       |
| CARE GIVERS      | FREEDOM     | LIFE           | SUNSHINE     |
| CHILDREN         | FRESH AIR   | LOVE           | TEACHERS     |
| CHRISTMAS        | FRIENDS     | MUSIC          | TELEVISION   |
| CLEAN WATER      | FUN         | NURSES         | VOLUNTEERS   |
| CLOTHING         | GOOD HEALTH | PARENTS        | WARM SHOWERS |
| COMPUTERS        | GRANDMA     | PEACE          |              |



Affirmation-- I am open to change and can find the good in new situations.





## 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 :**

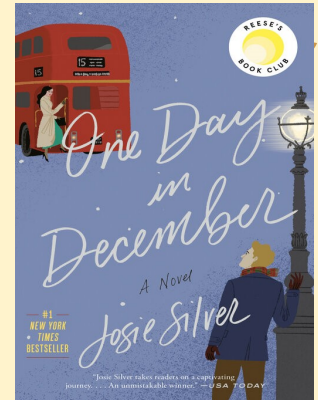
**Delicious!**

**By Ruth Reichl**

**Next Month Book:**

**One Day in December**

**By Josie Silver**



## 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, Karen Jentsch, 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

## 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 November 14th.**



## Mike's Blurb

### PLEASE DO NOT GET SCAMMED!



The scams people use to separate us from our money are getting very sophisticated in recent years. Sadly my mother-in-law fell for one of these awful things a couple of months ago. She lost \$10,000 before her children were able to convince her she was being ripped off. This scheme actually went right for her heart. She became convinced that there was a famous man who was interested in her romantically. It went so far that she ended up with an engagement ring. Somehow this person convinced her that despite being a wealthy TV star he was temporarily broke and needed her help. He promised to pay her back after they were married. Obviously that was never going to happen.

That old adage, "If it's too good to be true, it probably is" That is still applicable today.

Have a great month and come hang out with us soon.

*~Mike*

## Homemade Biscuits

- 2 c. flour plus a little more for shaping
- 1 tbsp. sugar
- 1 tbsp. baking powder
- 1 tsp. sea salt
- 1/2 c. cold butter cut into tablespoons
- 3/4 c. plus 2 tbsp. cold buttermilk



### Directions:

- 1- Preheat oven to 450 degrees.
  - 2- Place the flour, sugar, baking powder and salt in a medium size bowl. Then, add the butter sliced
  - 3- Using pastry cutter, cut the butter into the dry mixture until the pieces of butter are about pea size.
  - 4- Add 3/4 cup cold buttermilk to the mixture. Just fold until the flour is absorbed. If the mixture is too dry, add a little more buttermilk.
  - 5- Dump the mixture out onto a clean, floured surface.
  - 8- The mixture will probably still be a bit dry and crumbly. Take the dough and pat as best as you can into a small square or circle, about 1 inch thick.
  - 9- Fold the mixture over onto itself once.
  - 10- Repeat and fold together again. Each time you fold the dough onto itself, it will start to come together and become less crumbly.
  - 11- Fold mixture again, for total of three times folding together.
  - 12- Pat gently into a circle or rectangle about 6 inches wide or use a 2-3 inch biscuit cutter.
  - 13- Place biscuits onto baking sheet. Bake for 15 minutes or until golden.
- Serve with butter, jam, or sausage gravy! Enjoy.



## SHOUT OUT !!



### DANIEL RIDER

**A BIG Shout out to Dan Rider for always being a big part of the Senior Center. If you need anything Dan is always there to help. Dan's willingness to help does not go unnoticed. Dan helps us with BINGO calling and so many other things.**

**We are so lucky to have Dan as a part of our Senior Center.**

# November Activity Calendar

Mon	Tue	Wed 	Thu	Fri
<p>For Piano Lessons Contact Christy Ackerson 801-864-6403</p> 		<p><b>1</b> </p> <p>11:30 Lunch &amp; Bowling at Holiday Lanes</p> <p><b>5:00 Jazz Orchestra @ UVU Noorda</b></p> 	<p><b>2</b></p> <p>9:00 Yoga 10:45 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo</p> <p>7:00 Quilters Group</p>	<p><b>3</b></p> <p>12:00 Bridge Card Group</p> <p><b>7:30 PRCA Rodeo</b></p> 
<p><b>6</b></p> <p><b>10:30 Wood Sign Craft</b></p> 	<p><b>7</b></p> <p><b>Treasure Table</b></p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco 1:00 Step On Class 2:00 Lip Reading</p>	<p><b>8</b></p> <p><b>10:30 Lunch @ Oakley Diner</b></p>  <p><b>2:00 Grief Support Group @ Center</b></p> 	<p><b>9</b></p> <p><b>Treasure Table</b></p> <p>9:00 Yoga 10:45 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo</p>	<p><b>10</b></p> <p><b>Closed</b></p> 
<p><b>13</b></p> 	<p><b>14</b></p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco 1:00 Step On Class 2:00 Lip Reading</p> <p><b>2:00 Caregiver Support Group</b></p> 	<p><b>15</b> </p> <p>11:30 Lunch &amp; Bowling at Holiday Lanes</p> <p><b>10:00 &amp; 2:00 Pecan Tart</b></p> 	<p><b>16</b></p> <p>9:00 Yoga 10:30 Piano Lessons 10:45 Book Club 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo</p>	<p><b>17</b></p> <p>12:00 Bridge Card Group</p>
<p><b>20</b></p>  <p><b>Orem Cinemark Movie TBD</b></p>	<p><b>21</b></p>  <p><b>10:00 Breakfast</b> 10:30 Chair Exercise 2:00 Lip Reading</p>	<p><b>22</b></p> <p><b>2:00 Grief Support Group @ Center</b></p> 	<p><b>23</b></p> <p><b>Closed</b></p> 	<p><b>24</b></p> <p><b>Closed</b></p> 
<p><b>27</b></p>	<p><b>28</b></p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco 1:00 Step On Class 2:00 Lip Reading</p> <p><b>5:00 BYU Moun- tain Strings &amp; Folk Music</b></p> 	<p><b>29</b></p> 	<p><b>30</b></p> <p>9:00 Yoga 10:00 Piano Lessons 10:45 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo</p> 	<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>• Wii Video</li> <li>• Games</li> <li>• Ceramics</li> </ul>



**MEALS ON WHEELS**

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

**PLEASE CALL THE CENTER THE DAY BEFORE TO RESERVE YOUR SPOT**

**2023**

**\*\*\*(435) 654-4920\*\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>CHICKEN PARMESAN</b> , red potatoes, green beans, mixed fruit & roll	<b>2</b> <b>PORK CHOP</b> , potatoes & gravy, carrots, applesauce & roll  <b>MEATLOAF</b> , potatoes & gravy, green beans & applesauce	<b>3</b> <b>HAM SANDWICH</b> , potato salad, pineapple chunks & chips
<b>6</b> <b>CHICKEN GORDON BLEU</b> , potatoes & gravy, peas & carrots, peaches & roll	<b>7</b> <b>TUNA CASSE-ROLE</b> , peas, mixed fruit, pudding & roll  <b>CHEESE ENCHILADA</b> , beans, cantaloupe, chips & salsa	<b>8</b> <b>HAM &amp; BEAN SOUP</b> , tater tots, green beans, pears & crackers	<b>9</b> <b>BAKED CHICKEN</b> , potatoes & gravy, green beans, orange wedge, cookie & roll  <b>CREAM OF POTATO SOUP</b> , chicken croissant, chips & peaches	<b>10</b> <b>CLOSED for VETERANS DAY</b>  
<b>13</b> <b>BBQ RIBLET</b> , mac & cheese, pork-n-beans, applesauce, cookie & roll	<b>14</b> <b>BEEF STEW</b> , tri-patty potato, green beans, peaches, pudding & roll  <b>PULLED PORK SANDWICH</b> , coleslaw, orange wedge, chips & root beer	<b>15</b> <b>SPAGETTI w/ MEAT SAUCE</b> , corn, cottage cheese, pears & roll	<b>16</b> <b>ROAST BEEF</b> , potatoes & gravy, green beans, orange wedge & roll  <b>TURKEY DINNER w/ TRIMMINGS</b> 	<b>17</b> <b>CHICKEN CUTLET</b> , potatoes & gravy, carrots, mixed fruit & roll
<b>20</b> <b>SALISBURY STEAK</b> , potatoes, peaches & roll	<b>21</b> <b>TURKEY w/ DRESSING</b> , potatoes & gravy, peas & carrots, fruit salad, pumpkin pie & roll  <b>10:00 BREAK-FAST</b> , hash browns, eggs, sausage, biscuits & gravy, fruit	<b>22</b> <b>CHEF SALAD w/ RANCH</b> , orange wedge & crackers	<b>23</b> <b>CLOSED</b>  	<b>24</b> <b>CLOSED</b>
<b>27</b> <b>CHICKEN STRIPS</b> , potatoes & gravy, carrots, pears & roll	<b>28</b> <b>HAM</b> , potatoes & gravy, green beans, pineapple & roll  <b>FISH au gratin</b> , potatoes, carrots, tarter sauce, & tropical fruit	<b>29</b> <b>HAMBURGER</b> , potato, pork-n-beans, fruit & bun	<b>30</b> <b>CHICKEN MALIBU</b> , potatoes & gravy, peas, peaches & roll  <b>CHICKEN PARMESAN</b> , red potatoes, Mixed vegetables & pear	

**Wasatch County Senior Citizens**

(435) 654-4920

465 East 1200 South

Heber City, Utah 84032

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