



WASATCH COUNTY SENIOR CENTER

465 EAST 1200 SOUTH HEBER, UT

MONDAY-FRIDAY 8:00—4:00

435-654-4920

2023

**SPOTLIGHT**  
**THOMAS “TOM” GREER**

**Hello all, my name is Thomas Greer. I was born and raised right here in little Heber Utah, when it was little Heber. I loved growing up here, being able to run and play outside with my neighborhood friends. I did learn the skill of hard work at an early age with the family’s business. I knew I didn’t want to work fixing cars, but learned that police work was where my heart was.**

**I had to wait until the age of 21 to be able to join the Utah Highway Patrol, so I filled my time with maintenance work in Park City, did some reserve police work with the city. I also was dating, this is when I met my wife Burlene. We dated a short 6 months, got engaged and was married 3 months later. We have now been married for 37 years.**

**I did, at the age of 22 I join the UHP family and started in the Port of Entry, POE, as many did in those days. In 1991 legislation changed the POE to be administered under UDOT. I had moved my family to St. George prior to the change and decided to stay with UDOT. I enjoyed the work and hoped for an opportunity to be promoted. That happened fall of 1997. That is when I moved my family of 3 girls back to my hometown of Heber. Just after our move girl #4 came and completed our family.**

**Our children are grown all but one is married. I have four grandsons now that I love with all my heart. My time is split between baseball games and playing trains and construction vehicles. My wife says I’m the favorite.**

**I just love spending time with them!**

**I retired from the state in 2015, and have done various jobs driving shuttles and maintenance to fill my time until I can fully retire with my wife. I have enjoyed my time with Wasatch county Meals on Wheels program. I appreciate all the people I get to work with and interact with.**



# CORAS CORNER



To all our Seniors...just a little info from the kitchen. We're over the hump and sliding down the other side of this year. July should bring us warmer weather, but we'll see.

We usually celebrate our holidays the Thursday before, but I didn't turn the page of the calendar so we are celebrating the 4<sup>th</sup> of July on the 6<sup>th</sup>. The Thursday after. Come and have some fun with us. Remember to sign up for lunch at least the day before.

Pioneer Day will be celebrated on the 20<sup>th</sup> here at the center. Pioneer Day, 24<sup>th</sup> of July, commemorates the arrival of Brigham Young and the first Mormon settlers to Salt Lake Valley where they settled. There are many celebrations happening around the valley.

Fair Days begins with Demolition Derby on July the 28<sup>th</sup> and 29<sup>th</sup>. Monday, July 31<sup>st</sup>, starts our Fair Day events thru the week. Don't forget the rodeos. There is something going on for everyone. Come and have a ball.



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

Wayne White	1	Joe Re	14	Kathy Davis	27
Brent North	2	Elda Rae North	16	Johanna Huijensendveid	27
Joyce Probst	2	Bea Burnett	19	Aubrey Reese	27
Paul Bennett	3	Christine Howard	19	Murry Becker	28
Steven Everett	3	Linda Stroutner	19	Randy Crist	28
Robert Stoutner	3	Glen Hicken	20	Anne Loertscher	28
Richard White	4	Fran McGrath	20	Barbara Rose	28
Keith Horner	5	Kandy Adams	21	Carolyn Webb	28
Russ Smith	6	Mary Applegate	21	Norma Banks	29
Connie Fish	7	Margaret Garcia-Nau	21	Douglas Nielson	30
Nancy Geisler	7	Dennis Allen	22	Julie Chatwin	31
Donna Mork	7	Bill Rice	22	Hannah Horner	31
Peg Sabey	7	Suandra Hall	23	Sandra Marshall	31
Marian Boscia	9	Judy Milliner	23	Heather Mickleson	31
Nancy Chesley	9	Jaime Jensen	24	Melodie Wofe	31
Carl Jones	10	Toni Wood	24		
Glad Tregaskis	10	Chris Cooper	25		
Diana Rae Lewis	12	Donna Wetsel	25		
Sue Loertscher	13	Maureen Bradley	26		
Butch Hoffman	14	Brent Briggs	26		





# Activities & Trips

DATE	Registration Details	EVENT	TIME	COST
Wednesday, July 5th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Friday, July 7th	Limited Space	Lunch at Midway Mercantile	11:30 A.M.	Lunch On Your Own
Monday, July 10th	Limited Space	AARP Driving Class	10-3 Working	\$3 Lunch \$20-\$25
Monday, July 10th	10:00 A.M. July 10th	Orem Cinemark Movie: Indiana Jones	TBD	\$7 Snacks On Your Own
Wednesday, July 12th	Closed	Sandy Hale Theater: Newsies	4:30 P.M.	\$63 Dinner On Your Own
Friday, July 14th	July 7th	Glass Pendant Jewelry Class	1:00 P.M.	\$5 Per Pendant \$1 Per Cord
Monday, July 17th	Limited Space	Canning- Berry Jam USU Extension	2:00 P.M.	\$10
Tuesday, July 18th	July 6th	Bees Game — SLC	5:00 P.M.	\$25 Concessions On Your Own
Wednesday, July 19th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, July 26th	July 21st	Citrus Essential Oil Sugar Scrub Class	10:00 A.M.	\$5 Per Jar
Friday, July 28th	Closed	Wasatch County Demolition Derby	7:00 P.M.	\$10
Monday, August 14th	July 31st	Orem Hale Theater: Clue	5:00 P.M.	\$25 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.

**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



# Out To Lunch



**When: Friday, July 7th**

**Time: 11:30 A.M.**

**Cost: (Lunch On Your Own)**

**Sign Up By: July 6th**

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



## Let's Go Bowling

**First & Third Wednesday  
Of Every Month**

**Meet At Bowling Alley.**

**Lunch: 11:30 a.m.**

**Bowling: 12:00 p.m.**



# AARP Driver Safety Class

**Date: Monday, July 10th**

**Time: 10:00—2:30**

**WORKING LUNCH: \$3.00 working lunch option**

**COST: \$20 for AARP Members and \$25 for AARP guests.**

**Sign Up By: Monday, July 3rd**



### It Pays to Refresh Your Driving Skills!

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

## Cinemark Movie—Orem

**Date: Monday, July 10th**

**Time: TBD (Afternoon Matinee)**

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

**Movie: Indiana Jones and the Dial of Destiny**

**Sign Up By: 10 A.M. July 10th**



Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA.



# GLASS PENDANT CLASS

Date: Friday, July 14th

Time: 1:00 P.M.

Cost: \$5 per pendant, \$1 per cord

Sign Up By: July 7th

Join us in making these beautiful glass pendants! Mary Johnson will be teaching the class at the Senior Center. Supplies will be provided. This is also an item you can enter into the Fair Days Exhibit!



## Berry Jam — Canning

Date: Monday, July 17th

Time: 2:00 P.M.

Cost: \$10

Limited Space.....Sign Up Soon!



We will learn to make and preserve berry jam! Class will be taught by Tricia at the USU campus extension. Everything will be provided for the class. Space is limited. You can also use this jam as a Fair Day's exhibit submission.

55 S. 500 E. Heber

( Located in the same build as the Health Department)

## Bees Game

Date: Tuesday, July 18th

Time: 5:00 P.M. (Leave Center)

Cost: \$25

Dinner: At the Stadium On Your Own

Pay & Sign Up By: Thursday, July 6th

We will meet at the Senior Center and travel to Salt Lake for the Bees baseball game! Bring extra money for concessions if you like.



## Citrus Essential Oil DIY Sugar Scrubs

Date: Wednesday, July 26th

Time: 10:00 A.M.

Cost: \$5 per jar

Where: Senior Center

Sign Up By: July 21st



We will learn about the benefits of citrus essential oils from Theresa Santaro while making amazing sugar scrubs. Everything needed for the class will be supplied.



# St. George | Tuachan Trip







Mark your calendars for our first annual Wasatch County Senior Expo

We will be hosting our first annual Expo. We will have a Variety of different vendors here to help with many different resources that we have here in the valley

Wednesday August 23rd  
10:00-2:00







# Gardening

Find and circle all of the words that are hidden in the grid.  
The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS  
BEANS  
BEETS  
BIENNIAL  
BROCCOLI  
CARROTS  
COMPOST  
CULTIVATE  
DAISIES  
DIGGING  
FERTILIZER  
FLOWERS  
FUCHSIA

GARDEN  
GERANIUMS  
GLOVES  
GNOME  
GREENHOUSE  
GROW  
HOES  
HORTICULTURE  
HOSE  
HYDRANGEA  
LILACS  
LILIES  
MARIGOLDS

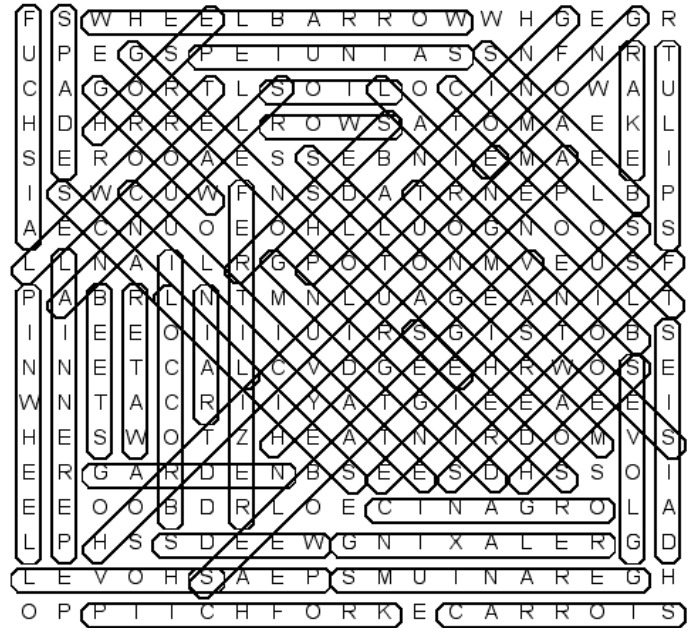
ORGANIC  
PEAS  
PERENNIAL  
PETUNIAS  
PINWHEEL  
PITCH FORK  
PLANTING  
RAIN  
RAKE  
RELAXING  
ROSES  
ROWS

SEEDS  
SHOVEL  
SOIL  
SPADE  
SUNSHINE  
TOMATOES  
TROWEL  
TULIPS  
VEGETABLES  
WATER  
WEEDS  
WHEELBARROW



## Gardening

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



- |            |              |            |             |
|------------|--------------|------------|-------------|
| ANNUALS    | GARDEN       | ORGANIC    | SEEDS       |
| BEANS      | GERANIUMS    | PEAS       | SHOVEL      |
| BEETS      | GLOVES       | PERENNIAL  | SOIL        |
| BIENNIAL   | GNOME        | PETUNIAS   | SPADE       |
| BROCCOLI   | GREENHOUSE   | PINWHEEL   | SUNSHINE    |
| CARROTS    | GROW         | PITCH FORK | TOMATOES    |
| COMPOST    | HOES         | PLANTING   | TROWEL      |
| CULTIVATE  | HORTICULTURE | RAIN       | TULIPS      |
| DAISIES    | HOSE         | RAKE       | VEGETABLES  |
| DIGGING    | HYDRANGEA    | RELAXING   | WATER       |
| FERTILIZER | LILACS       | ROSES      | WEEDS       |
| FLOWERS    | LILIES       | ROWS       | WHEELBARROW |
| FUCHSIA    | MARIGOLDS    |            |             |

## SHOUT OUT !!

### ANN SPACKMAN

Ann Spackman is the chaplain leading our grief support group. She is one of those rare people that you meet for the first time and you know there is something special about her. She grew up in Salt Lake City and got a degree in Communication and began working for a bank. She always had an urge to serve others and had several experiences that seemed to draw her to hospice. When her mother died at a young age the family benefited greatly from the service of the Chaplain. She realized then that she was being called to that. She enrolled in a seminary and after two years was ordained a minister. Her first job was 10 years ago with Encompass Hospice (now Enhabit Hospice). She loves serving the people she works with. She feels blessed to lead the group here at the Center.



If you are struggling with any sort of grief please join her on July 5th @ 2:00 here.



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.



## 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 :

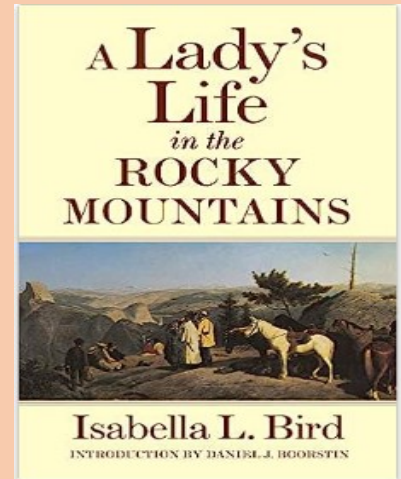
Lake House

By: Kate Morton

Next month's book:

A Lady's life in the Rocky Mountains

By: Lisabella L. Bird



### 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 July 11th @ 2:00**








## 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, JaNeal Wingelaar



# Activity Calendar

Mon	Tue	Wed	Thu	Fri
<b>3</b>  	<b>4</b> <b>CLOSED</b> 	<b>5</b>  11:30 Lunch & Bowling at Holiday Lanes  2:00 Grief Support Group @ Center	<b>6</b> 10-11:30 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo	<b>7</b>  <b>11:30 Lunch @ Midway Mercantile</b>  12:00 Bridge Card Group
<b>10</b>  Driver Safety  <b>10:00 AARP Driving Class</b>  <b>Orem Cinemark: Indiana Jones Time TBD</b>	<b>11</b> <b>Treasure Table</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco  <b>2:00 Caregiver Support Group</b> 	<b>12</b>  <b>4:30 Sandy Hale Theatre: Newsies</b>	<b>13</b> <b>Treasure Table</b> 10:30 Tia Chi <b>12:00 Lunch</b> 1:00 Bingo	<b>14</b> 12:00 Bridge Card Group  <b>1:00 Glass Pendant Necklace</b>
<b>17</b>  <b>2:00 Canning Berry Jam</b>	<b>18</b>  <b>10:00 Breakfast</b> <b>10:30 Chair Exercise</b>  <b>5:00 SLC Bees Game</b>	<b>19</b>  11:30 Lunch & Bowling at Holiday Lanes  2:00 Grief Support Group @ Center <b>5:00: "Oliver" Orem Hale Rescheduled Show</b>	<b>20</b> 10:30 Tia Chi 11:30 Piano Lessons <b>12:00 Lunch</b> 1:00 Bingo	<b>21</b>  12:00 Bridge Card Group
<b>24</b> <b>Closed</b> <b>HAPPY PIONEER DAY</b> 	<b>25</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco	<b>26</b>  <b>10:00 Essential Oil Sugar Scrub Class</b>	<b>27</b> 10:30 Tia Chi <b>12:00 Lunch</b> 1:00 Bingo	<b>28</b> 12:00 Bridge Card Group  <b>7:00 Wasatch County Derby</b>
<b>31</b>			<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>• Wii Video</li> <li>• Games</li> <li>• Ceramics</li> </ul>	  <b>**For Piano lessons Contact Christy Ackerson 801-864-6403</b>



**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
<b>3</b> <b>FISH, potato, carrots, tater sauce, peaches &amp; roll</b>	<b>4</b> <b>CLOSED</b>  <b>INDEPENDENCE DAY</b>	<b>5</b> <b>CHICKEN CORDON BLEU, potatoes &amp; gravy, peas, pears &amp; roll</b>	<b>6</b> <b>TACO BAKE, tator tots, corn, mixed fruit, chips &amp; salsa</b>  <b>SLOPPY JOES, potato salad, red, white &amp; blue fruit salad</b> 	<b>7</b> <b>PORK CHOP, Potatoes &amp; gravy, mixed vegetables, applesauce &amp; roll</b>
<b>10</b> <b>BBQ RIBLET, mac &amp; cheese, pork &amp; beans, applesauce, cookie &amp; rolls</b>	<b>11</b> <b>BAKED CHICKEN, potatoes &amp; gravy, green beans, peaches and roll</b>  <b>STUFFED GREEN PEPPER, potatoes &amp; gravy, green beans &amp; pears</b>	<b>12</b> <b>SPAGETTI w/MEAT SAUCE, corn, pears, cottage cheese &amp; roll</b>	<b>13</b> <b>BEFF CHOW MEIN, rice egg roll, orange wedge &amp; roll</b>  <b>TURKEY w/ DRESSING, potatoes &amp; gravy, green beans &amp; pumpkin pie</b>	<b>14</b> <b>TURKEY w/DRESSING, potatoes &amp; gravy, peas &amp; carrots, pumpkin pie &amp; roll</b>
<b>17</b> <b>CHICKEN CUTLET, potatoes &amp; gravy, peas, peaches &amp; roll</b>	<b>18</b> <b>BEEF STEW, tator tots, green beans, mixed fruit &amp; roll</b>  <b>BREAKFAST, hash browns, eggs, sausage, biscuit &amp; gravy, fruit, juice &amp; milk</b>	<b>19</b> <b>ROAST PORK, potatoes &amp; gravy, carrots, applesauce &amp; roll</b>	<b>20</b> <b>VEGETABLE LASAGNA, corn, cottage cheese, pear &amp; roll</b>  <b>BOY SCOUT DINNER, apple pie</b> 	<b>21</b> <b>CHEF SALAD w/ranch &amp; mandarin orange.</b>
<b>24</b> <b>CLOSED</b>  <b>HAPPY PIONEER DAY</b>	<b>25</b> <b>SALISBURY STEAK, potatoes, carrots, peaches &amp; roll</b>  <b>FISH, au gratin potatoes, carrots &amp; peaches</b>	<b>26</b> <b>BBQ CHICKEN WINGS, potatoes, corn, peaches, tapioca pudding &amp; roll</b>	<b>27</b> <b>HAM, potatoes &amp; gravy, green beans, pineapple &amp; roll</b>  <b>PORK CHOP, potatoes &amp; gravy, mixed vegetables &amp; applesauce</b>	<b>28</b> <b>HOT DOG, pork-n-beans, tator tots, watermelon &amp; bun</b>
<b>31</b> <b>STUFFED GREEN PEPPER, potatoes &amp; gravy, green beans, peaches &amp; roll</b>				



## Red White and Blue Cheesecake Salad

### Ingredients

- 1 box (3.4 oz. cheesecake pudding mix)
- 12 oz whipped topping
- 18 oz strawberry yogurt
- 1 teaspoon vanilla extract
- 1 lb strawberries (sliced)
- 2 cups blueberries
- 2 cups miniature marshmallows

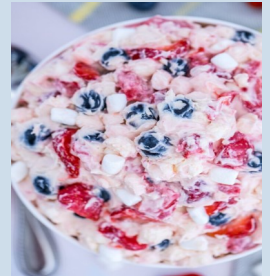
### Instructions

Place the whipped topping, pudding mix, vanilla extract, and yogurt into a large bowl. Whisk together until fully combined and smooth. Cover the mixture and refrigerate until for about one hour or until ready to serve.

Wash and drain the blueberries. Wash, pat dry and slice the strawberries.

Remove cream mixture from the refrigerator and gently fold in strawberries, blueberries, and mini marshmallows, stir gently to combine.

Serve immediately.



## *In loving memory...*

**Nelda Jean Casper Duke**

**Born: January 29, 1931**

**Died: June 20, 2023**

**Married: Neil Hal Duke**

**Brent L Kummer**

**Born: April 20, 1956**

**Died: June 22, 2023**

**Married: Connie Jean Kummer**



## Mike's Blurb

Looks like summer is finally here. Although I have a feeling it will start snowing September first. Until that happens we have some amazing activities planned to get everyone out in sun.

Thursday, July 6<sup>th</sup> we are celebrating Independence Day at lunch. Monica is decking out the auditorium in red, white and blue and we have entertainment coming to entertain. On the 18<sup>th</sup> we are going to the SLC Bee's game. I'll be your transportation and your personal announcer. It will be a fun night of baseball, overpriced hot dogs, popcorn and drinks. Last year we made it onto the jumbo-Tron with the team mascot. We will try to get up there again.

We are celebrating Utah's Days of '47 on the 26<sup>th</sup>. Entertainment will be Martin's favorite local cowboy, Lannie Scopes band "In Cahoot's". Lots more fun coming up check the calendar and sign up for some fun.

# ANNUAL MEMBERSHIP RENEWAL

This is our first Annual Membership Renew. Our Annual Membership is \$12. Everyone should be renewing this month. If you have any questions check with Luara she is happy to look up your Membership. Also we would like to update all of our records just in case anyone has moved, added an email address or changed your birthday. We want to make sure we have all of the correct information. If you could please fill out this form and bring it in with you to pay your membership that will be great.

We LOVE each and everyone of you!!

## MEMBERSHIP INFORMATION

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DOB (because we love birthdays): \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT (optional): \_\_\_\_\_



**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