

October 2023

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



Tom and Teresa Covas



~ Our Adventures ~

Tom and Teresa moved to Heber in 2018. We attend Mass and services at St Lawrence Mission Church. Teresa was born and raised in Chicago, Illinois. Tom was born and raised in Oak Lawn, Illinois. Tom served in the army during the Vietnam Conflict.

We met in 1976 when Teresa began working in Information Technology at Health Service Cooperation in downtown Chicago. In 1982, we moved to Colorado where our adventures began. We were married in 1984 on our property in the foothills after completing our house. We have 2 daughters, 2 granddaughters and 2 great granddaughters in Tennessee and Arizona.

We bought 35 acres in the foothills bordering the Roosevelt National Forest between Loveland and Estes Park. We built a home together. Tom had a good deal of experience building homes as a youth and had been an electrician in a previous career. Teresa was a seamstress. We made a good team. Tom and Teresa were able to read blueprints. Our only disagreements came when we were squaring up the house. Teresa said we were 1/16 of an inch off. Tom said no big deal. It is a pretty big deal when you are sewing clothes or a quilt. We acquired some horses, cows, milk goats, and pigs while continuing to work in IT about 80 miles from home. We led an idyllic life, milking goats, hiking the foothills, riding our horses in the beautiful foothills with our dogs.

We went to Greece for our honeymoon after stopping in Chicago for a celebration with family and friends. After that, we enjoyed many ski trips in Colorado, across the country, and in Canada and Europe. We even went heli-skiing in Canada. We Traveled to France on bicycle riding tours in Provence and in Burgundy. We also took another trip to France to visit Normandy. Each time we stayed in Paris for a few days. We love Paris. We enjoyed trips to Alaska, Austria, Spain and Italy. We visited Teresa's family in Poland.

We moved back to Illinois with our dogs, cats, and horses in 1988. We bought a 20 -acre piece of property in southwest Aurora, IL. The property had a creek running through it, a big barn for the horses plus the 10 horses were boarded, and a 100-year-old farmhouse that was badly in need of repair. Tom, Teresa, family, and friends took the house apart and put it back together piece by piece.

After about 15 years, Tom's skeleton started showing a lot of wear and tear we decided to sell the property and move into a condo. We lived in condos for about 17 years. We also had a condo in Park City so we could come out to Park City and ski. Since we came out several times a year, we also became familiar with Heber and Midway. When we decided it was time to leave Illinois, we knew we could come back to the mountains and bought our house in Heber. We love Heber Valley and hope we can stay as long as our health permits.



CORAS CORNER



To all our Seniors...just a little info from the kitchen. October is my favorite color. If it would only last a little longer.

We will be closed October 9th for Columbus Day. Columbus Day is a national holiday in many countries of the Americas and elsewhere and a federal holiday in the United States, which officially celebrates the anniversary of Christopher Columbus's arrival in the Americas. Columbus went ashore at Guanahani, an island in the Bahamas, on October 12, 1492. Columbus Day is observed on the second Monday in October.

Come have fun on the train with us on the 12th. We will be serving pizza and trimmings before the ride. Make your reservations early so you will have a seat on the train and call to be put on the meal list. We will be serving at 5:30 PM. No lunch at 12:00.

October 31st bring us HALLOWEEN!!! It's one of my faves. Dress up in your favorite costume and come join us. We will have a parade, with judges, to honor the best or scariest with a prize.

A reminder of our program here at the senior center. The purpose of the meal program is to provide a nutritious meal to senior participants and provide them with an opportunity to become socially engaged by participating at the center. We are not in the "take-out" business. Official take-out meals are limited for the specific purposes listed.

Take-out meals are for individuals 60 years of age or older or the spouse of someone 60 years of age or older who are homebound, or temporarily ill. These meals are for eligible individuals who are attending the center.

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



Chuck Dews	2	Ruth Nyman	19
Belva Ford	3	Roger Shaw	19
Marjorie Reid	3	Dixie Baker	20
Linda Sweat	3	Randie Higgs	20
Lee Murdock	4	Frank Mork	20
Betty MacNaughtan	7	Gary Otteson	20
Dale Jones	7	Sandy Hyspenstall	22
Janet Winward	8	AnnaLue Williams	24
Mary Nichols	10	Ginny Otteson	25
Gordon Spencer	11	Sydney Theide	25
Debbie VanLeeuwen	11	John Bell	28
Loas Wood	11	Beckie Fortie	28
Kent Swain	12	Lynn King	30
Lorraine Brownlee	13	Linda Hoffman	31
Jean North	13		
Kaye Canterbury	14		
Paula Travis	15		
Gary Coe	16		
Steve Stokes	16		
LaRose Hiatt	18		





Activities & Trips

DATE	Registration Details	EVENT	TIME	COST
Wednesday, October 4th	Sign Up By October 2nd	Halloween Broom Craft @ Senior Center	10:30	\$25
Wednesday, October 4th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Friday, October 6th	Limited Space	Out To Lunch: Daniels Summit	10:30 A.M.	\$2 Lunch On Your Own
Wednesday, October 11th	Sign Up By Oct. 6th	Timpanogos Theatre- Heber Barefoot In The Park	7:00 P.M.	\$8
Thursday, October 12th	Limited Space	Halloween Train— HVRR	6:30 P.M.	\$10
Monday, October 16th	Sign Up By October 13th	Orem Cinemark Movie: "Killers Of The Flower Moon"	TBD	\$7 Snacks On Your Own
Wednesday, October 18th	Limited Space	Wendover Baby!!!!	8:30 A.M.	\$25 Meals On Your Own
Wednesday, October 18th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, October 25th	Limited Space	Cooking Class: Freezer Meals USU Extension	10:00 A.M. 2:00 P.M.	\$15
Friday, October 27th	Limited Space	AARP Driving Course	10:00-3:00	\$20 Members \$25 Guests \$5 Lunch
Wednesday, November 1st	Limited Space	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 Oct. 13th	Event Center, Heber PRCA Rodeo	7:30 P.M.	\$15

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



Halloween Broom Craft

When: Wednesday, October 4th

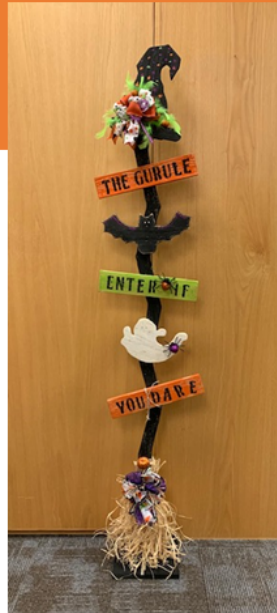
Time: 10:30

Where: Senior Center

Cost: \$25

Sign Up By: October 2nd

We will be making these adorable witch brooms taught by Cynthia Gurule. All supplies will be provided to make your own unique personalized broom, if you have a pair of good scissors and a glue gun, bring those with you.



SCENIC DRIVE & LUNCH LODGEPOLE GRILL (DANIEL SUMMIT)

Date: Friday, October 6th

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

Cost: (\$2 Transportation Fee)

Lunch On One's Own

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



Timpanogos Valley Theatre

Barefoot In The Park

When: Wednesday, October 11th

Time: 7:00 P.M.

Cost: \$8

Sign Up By: October 5th

This play will be held at our own Heber "Timpanogos Valley Theatre" located at 90 North 100 West, Heber. You will drive to the play yourselves.

Paul Bratter is a young lawyer who marries Corrie and is far more concerned with practical matters than she is. Their passionate relationship blossoms into (humorous) discord as their eccentric neighbor becomes entangled with Corrie's mother.



Halloween Train

When: Thursday, October 12th

Time: 6:30

Cost: \$10

Sign Up By: Limited Tickets

Join us on the Halloween Express Train! This magical 90-minute round trip ride departs at 7pm and includes Halloween songs, entertainment, and not-very scary fun for the whole family. Our ride will take us to the spooky Heber Creeper Village as we search for Ghost of the Heber Creeper. You'll be laughing and singing - and maybe get a little scared now and again. Our cast includes wizards, baby dragons, zombies, monsters, ghosts and more! Family friendly. Includes a Suss pumpkin cookie board.



WE WILL HAVE PIZZA AT THE SENIOR CENTER PRIOR TO TRAIN RIDE. YOU NEED TO SIGN UP FOR PIZZA DINNER AS IT WILL BE THE CONGRATE MEAL THAT DAY AND THAT IS NOT INCLUDED IN THE \$10 TRAIN TICKET COST.

Cinemark Movie—Orem

Date: Monday, October 16th

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Killers Of The Flower Moon

Sign Up Deadline: October 13th



Based On A True Story.....

David Grann's broadly lauded best-selling book, "Killers of the Flower Moon" is set in 1920s Oklahoma and depicts the serial murder of members of the oil-wealthy Osage Nation, a string of brutal crimes that came to be known as the Reign of Terror.

Freezer Meals Class

Date: Wednesday, October 25th

Time: 10:00 & 2:00 Classes

Cost: \$15 (3 meals)

Limited Space.....Sign Up Soon!



We will make 3 easy and delicious freezer meals! One to put in the crockpot, one in the oven and one for the microwave. 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)

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

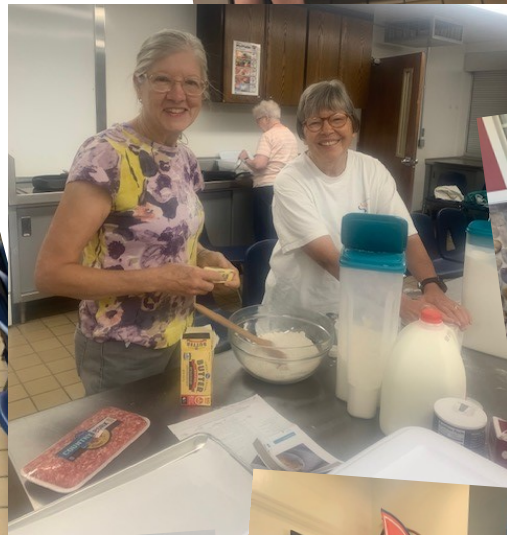
Deadline: Wednesday, October 13th



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.







Throw Back Pictures!



Halloween

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an activity played on Halloween.

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

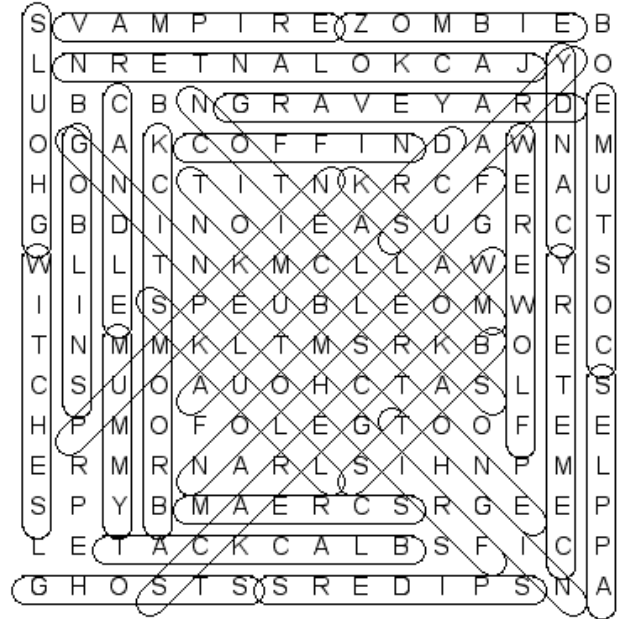
APPLES	COSTUME	JACK O LANTERN	SKELETON
BATS	DRACULA	MASK	SKULL
BLACK CAT	FRIGHTENING	MUMMY	SPIDERS
BROOMSTICK	FULL MOON	NIGHT	TOMBSTONE
CANDLE	GHOSTS	PUMPKIN	VAMPIRE
CANDY	GHOULS	SCARECROW	WEREWOLF
CEMETERY	GOBLINS	SCARY	WITCHES
COFFIN	GRAVEYARD	SCREAM	ZOMBIE



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.

Halloween

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



- | | | | |
|------------|-------------|----------------|-----------|
| APPLES | COSTUME | JACK O LANTERN | SKELETON |
| BATS | DRACULA | MASK | SKULL |
| BLACK CAT | FRIGHTENING | MUMMY | SPIDERS |
| BROOMSTICK | FULL MOON | NIGHT | TOMBSTONE |
| CANDLE | GHOSTS | PUMPKIN | VAMPIRE |
| CANDY | GHOULS | SCARECROW | WEREWOLF |
| CEMETERY | GOBLINS | SCARY | WITCHES |
| COFFIN | GRAVEYARD | SCREAM | ZOMBIE |

SHOUT OUT !!

A BIG Shout out to Kristin Anderson. Kristin works at the health department and she teaches our Tai Chi classes here at the center on Thursday. She has also been teaching our Step on Class. She loves being part of the Senior Center!



It is

Medicare Open Enrollment .



Don't let Medicare scare you. We have someone that can help you with your Medicare questions

Please call the center if you would like an appointment to help with your Medicare Open Enrollment

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 :

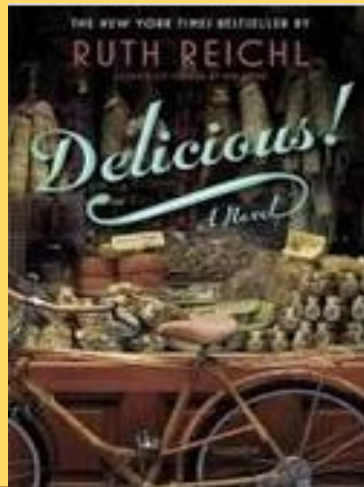
Salt to Sea

By: Ruta Sepetys

Next Month Book:

Delicious!

By Ruth Reichi



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, Karen Jentsch, Jeneal Wingelaar

AARP Driver Safety Class

Date: Friday, October 27th

Time: 10:00-3:00

WORKING LUNCH: \$5.00 lunch option, due at sign up.

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

You will pay AARP the day of class.

Sign Up By: Monday, October 23rd



A CLASSROOM REFRESHER COURSE

TO REDUCE YOUR AUTO INSURANCE

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.

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 October 10th.



MIKES BLURB

I am going to lose my mind the next time someone says to me “I’m not old enough to go there”. Let me make this crystal clear, we are **NOT** the following:

- A long term care facility.
- An assisted living facility.
- A nursing home.
- A hospital.
- A place to curl up and die.

We **ARE**:

- A place to dance.
- A place to party with your friends and make new friends.
- A place full of music, entertainment and fun.
- A place with great food.
- A place for adventure.
- A place to find new hobbies.
- And so much more.

We don’t allow old people in the door. In fact we probably aren’t even in the building. Because we are out seeing Broadway plays, dining at world class restaurants, exploring museums or up in the mountains enjoying Utah’s beauty.

So don’t say that anymore! Look at our newsletter, we are always doing something fun. Get in here!! Let’s get going!



~Mike

Easy Pumpkin Bread

Ingredients:

- 1/2 c. vegetable oil
- 1 3/4 c. sugar
- 2 large eggs
- 15 oz. can pumpkin puree
- 2 c. flour
- 1 tbsp. pumpkin pie spice
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt



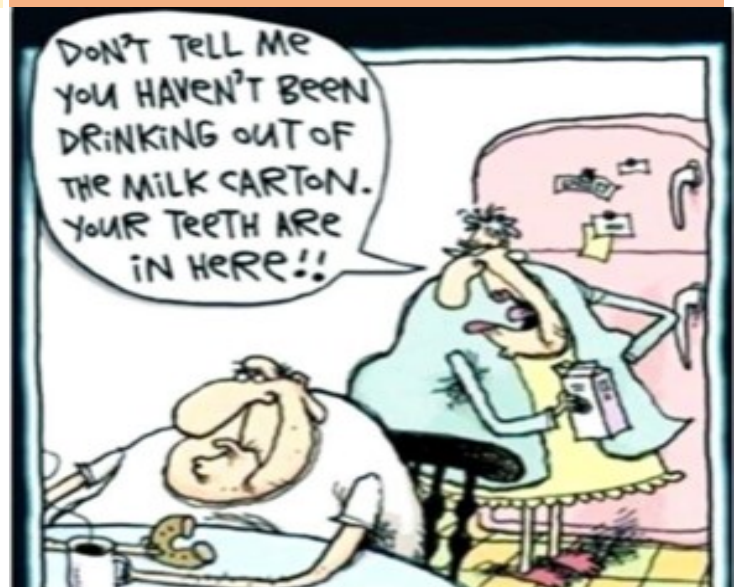
Instructions:

- 1- Preheat oven to 325 degrees. Grease and flour two 8 x 4 inch loaf pans.
- 2- In a large bowl, whisk oil and sugar together. Mixture will look like wet sand.
- 3- Whisk in eggs until well combined.
- 4- Add the pumpkin puree until well combined.
- 5- Whisk in flour, pumpkin spice, baking soda, baking powder and salt until just combined. Overmixing will cause the bread to be tough.
- 6- Divide the batter evenly between the two pans.
- 7- Bake for 40-60 minutes, or until wooden toothpick comes out clean.
- 8- Let the loaves cool in pans for at least 10 minutes before moving onto cooling racks.

HEAT PROGRAM

It is getting cold outside. Don’t let it get cold inside. If you need assistance with keeping the heat on the HEAT program can help.

Please call the center to sign up to talk with a Heat Program specialist.



18TH ANNUAL
**CAREGIVER
 CONFERENCE**

for those caring for a senior loved one

NOVEMBER 3
 9 AM- 4PM

dōTERRA in
 Pleasant Grove
 or virtual



Matt Townsend
 Keynote Speaker

FREE ADMISSION

Breakfast & lunch provided to all
 in-person registrants. Seating is limited.

REGISTER AT MAGUTAH.ORG/CG

Wendover

Date: Wednesday, October 18th

Time: 8:30 AM (Le Bus To Leave Center)

Cost: \$25

Lunch: On Your Own

Sign Up Deadline: Until Bus Is Full, Limited Seating

Day trip to Wendover on the Le Bus FUN BUS! We will leave promptly at 8:30 am and return at 8:00 pm. **You will receive a fun book that includes: \$5 lucky bucks, one free cocktail, \$20 free play, 15% off gift shop.** Trip is non-refundable unless you are able to find someone to take your spot.



In Loving Memory...

Ruby Thea Lawton Nicol
 Born: January 23, 1937
 Died: August 18, 2023
 Married: Robert Nicol

Carla Fillmore
 Born: November 3, 1929
 Died: September 4, 2023
 Married: Ray Tolley Fillmore

Vernon LeRoy Murdock
 Born: September 9, 1928
 Died: September 1, 2023
 Married: Joan Vance Murdock

Siegfried "Sig" George Zilonka
 Born: July 21 1926
 Died: September 6, 2023
 Married: Lois "Zee" Murdock
 Zilonka

Michael Gallagher
 Born: April 15, 1942
 Died: August 17 2023
 Married: Yvette Sherwood



Complete this word scramble and turn in to the Senior Center By October 30th to be put in the drawing for a \$25 gift card!! Winner will be drawn at the Halloween luncheon.

HALLOWEEN

Word Scramble

knumpip _____

eaolewhnl _____

dirpse _____

ktcir _____

mearpvi _____

opykos _____

retta _____

chwti _____

uhdanet _____

oteucms _____

sothg _____

ayncd _____

oknltese _____

emntros _____

acysr _____



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Name: _____ Phone: _____

October

Activity Calendar

Mon	Tue	Wed	Thu	Fri
2 	3 Treasure Table 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class	4 10:30 Halloween Broom Craft 	5 Treasure Table 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 7:00 Quilters Group	6 10:30 Lunch @ Daniel Summit  12:00 Bridge Card Group
9 CLOSED	10 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class 3:00 Caregiver Support Group	11 2:00 Grief Support Group @ Center 7:00 Timpanogos Theatre 	12 9:00 Yoga 10:30 Tai Chi 5:30 Pizza Dinner 6:30 Halloween Train 	13 12:00 Bridge Card Group
16 Orem Cinema - Time TBD 	17  10:00 Breakfast 10:30 Chair Exercise	18  8:30 Wendover Day Trip  11:30 Lunch & Bowling at Holiday Lanes	19 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo	20  12:00 Bridge Card Group
23 	24 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class	25 10:00 & 2:00 Cooking Class Freezer Meals  2:00 Grief Support Group @ Center	26 9:00 Yoga 10:00 Piano Lessons 10:30 Book Club 10:30 Tai Chi 12:00 Lunch 1:00 Bingo	27 10:00-3:00 AARP Driving Class 12:00 Bridge Card Group
30	31 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class Halloween Party		 * Contact Christy Ackerson 801-864-6403	ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano/Organ • Checkers • Puzzles • Wii Video • Games • Ceramics







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
<p>2</p> <p>CHICKEN NUGGETS, tator tots, mixed vegetables, peaches & roll</p>	<p>3</p> <p>CHICKEN FRITTER, potatoes & gravy, green beans, tropical fruit & roll</p> <p>CHICKEN MALIBU, potatoes & gravy, peas & carrots & peaches</p>	<p>4</p> <p>LASAGNA, corn, cottage cheese, pear & roll</p>	<p>5</p> <p>FISH, potatoes & gravy, carrots, tartar sauce, orange wedge & roll</p> <p>HAM WRAP, macaroni salad, mixed fruit & chips</p>	<p>6</p> <p>TURKEY SANDWICH, potato salad & mixed fruit</p>
<p>9 CLOSED</p> <p>in observation of the holiday</p> 	<p>10</p> <p>HAM, mac & cheese, pork & beans, pineapple & roll</p> <p>STUFFED GREEN PEPPERS, potatoes & gravy, green beans & tropical fruit</p>	<p>11</p> <p>TACO BAKE, tator tots, corn, peaches, chips & salsa</p>	<p>12</p> <p>CHICKEN NOODLE SOUP, tator tots, beets, cantaloupe & crackers</p>  <p>PIZZA PARTY @ 5:30 w/trimmings</p>	<p>13</p> <p>STUFFED GREEN PEPPERS, potatoes & gravy, green beans, pears & roll</p>
<p>16</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, mixed fruit & roll</p>	<p>17</p> <p>BEEF STEW, tator tots, green beans, banana, pudding & roll</p>  <p>BREAKFAST @ 10:00 hasbrowns, eggs, ham, french toast, fruit, juice & milk</p>	<p>18</p> <p>BEEF STROGANOFF, carrots, tropical fruit, cookie & roll</p>	<p>19</p> <p>MEATLOAF, potatoes & gravy, mixed vegetables, peaches & roll</p> <p>MACARONI & BEEF SOUP, grilled cheese & pears</p>	<p>20</p> <p>CHICKEN CUTLET, potatoes & gravy, peas & carrots, pears & roll</p>
<p>23</p> <p>SALISBURY STEAK, potatoes, mixed vegetables, peaches & roll</p>	<p>24</p> <p>CHEESE ENCHILADA, beans, corn, orange wedge, chips & salsa</p> <p>CHILI BURGER w/ fries, green salad & apple pie</p>	<p>25</p> <p>SHEPARD'S PIE, green beans, pears & roll</p>	<p>26</p> <p>ROAST PORK, potatoes & gravy, carrots, applesauce & roll</p> <p>FISH, au gratin potatoes, green beans & orange wedge</p>	<p>27</p> <p>CHICKEN STRIPS, potatoes & gravy, & peas</p>
<p>30</p> <p>CHICKEN DRUM-METS, potatoes & gravy, peas, peaches & roll</p>	<p>31</p> <p>HOT DOG, pork-n-beans, corn, potato salad, apple & bun</p>  <p>HALLOWEEN PARTY!!! HOT DOGS, w/ trimmings</p>			

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