

Wasatch County Senior Center

March 2023 Newsletter



Open M-F 8:00 - 4:00 465 E 1200 S Heber City, UT 84032 | 435-654-4920

SPOT LIGHT ~ JOE AND SHARRON RE



Our Story All about US!



Joe and I met the summer of our sophomore year while marching in the same parade. I was the Drum Majorette for an all-girls Drum and Bugle Corps. and Joe was a member of his high school's ROTC drill team. I lived in Rhinelander, WI, and Joe in Bessemer, MI 95 miles apart.

After graduation I worked for Wisconsin Bell Telephone Company as a supervisor and Joe served in the Navy on a Guided Missile Destroyer. In 1963 we married, Joe reenlisted for 3 more years. Joe went to college and received his B.S. and Master's degrees in Business Administration.

We had our first of two children Joe worked for Gerber Products Company in Fremont, MI which is the baby food capitol of the world. He worked as Corporate Safety Manager for them for 21 years. Two more children arrived on the scene. As the children grew, I became a Domestic engineer and also worked on special projects for Gerber in Marketing Research. I volunteered at church, school and hospital.

After 21 years we moved to Omaha, NE. Joe was Director of Safety, Security and Employee Benefits for a Fortune 500 company AGP. Sharon shopped, traveled and entertained many friends and guest. 17 years later Joe retired and we moved back to our beautiful home state of Michigan. We enjoyed golfing and traveling, leaving there 7 month ago to reside in Heber in Cobblestone. Being a quilter for 48 years, I joined the Heber Quilt Club. Also have had an embossed card business for 10 years and love to journal.

We have 8 wonderful, fun grandchildren and one new little great grandchild. We have sat on bleachers for many years. Our travels have been extensive hitting 49 of the 50 states with Alaska yet to see. We have traveled to Italy, France, Canada, Mexico, Switzerland, Germany, and Puerto Rico to name of few.

God has always been the center of our lives. It's been a great 59 years and prayerfully many yet to come. We Love the Senior Center! Happy it was part of this new chapter of our lives.





Cora's Corner



To all our Seniors...just a little info from the kitchen. March has arrived, and we still have a ton of snow. Hope we don't get flooded to bad.

A big shout out to all who have helped with our celebrations. New Year's Eve party was such a success. The balloon drop was a surprise to many. Valentine's also was great. The entertainment for both was sensational and many got out their dancing shoes and had a ball.

We will be celebrating St. Paddy's Day on the 16th. Remember to call and reserve your spot.

"Wherever you go and whatever you do, may the luck of the Irish be there with you"

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

Cora Briggs

"Never Iron a four-leaf clover, because you don't want to press your luck"



Dee Akerly	2
Gail Lopez Allen	2
Myrna Kowalis	2
Kyle Probst	2
Katherine Moore	3
Diane Miller	4
Liesa Cox	8
Jolene Cox	8
Jane Meeks	8
Tami Winward	8
Ruby Jaques	9
Doug Thacker	10
Carol Querry	11
Perry Larson	13
Wanda McDonald	14
Carolyn Ritchie	14
Kathryn Tingey	16
Jim Cochran	17

Jim Goldman	18
Dwayne Meeks	18
Calvin Giles	19
John Gothard	19
Brenda Christensen	19
Jerry Duke	21
Perry Rose	21
Hector Quezada	22
Patricia Smith	22
Connie Kummer	23
David Rimington	25
Carol Tesch	26
LeeAnn Cooper	27
Sandra Thomas	27
Jorgene Wilson	27
David Aiken	28
Phyllis Hronek	28
Winfred Bowden	30
Pat Broadhead	31



Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, March 1st	Until Full Limited Space	BYU Women's Gymnastics—Provo	10:00 A.M.	\$13 Snacks/Lunch On Your Own
Wednesday, February 1st & 15th	---	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Monday, March 6th	March 3rd	Orem Cinemark—Quantomania	TBD	\$7 Snacks On Your Own
Wednesday, March 8th	----	Heber Valley History by John Besendorfer — Senior Center	1:00 P.M.	No Charge, Please Sign Up
Friday, March 10th	----	Pharma Class by Rick Parker Senior Center	10:00 A.M.	No Charge, Please Sign Up
Monday, March 13th	March 8th	Easter Wreath Class Senior Center	10:00 A.M.	\$30
Wednesday, March 15th	Until Full Limited Space	Irish Soda Bread Class USU Extension	10:00 A.M. 2:00 P.M.	\$5
Wednesday, March 22nd	----	Aromatouch Hand Technique Class By Theresa Santoro	10:00 A.M.	No Charge, Please Sign Up
Thursday, March 23rd	Until Full Limited Space	Living Legends—BYU Provo	4:30 P.M.	\$15 Dinner On Your Own
Friday, March 24th	Until Full Limited Space	Doo Wop Project Concert—UVU Orem	6:30 P.M.	\$40
Monday, March 27th	Feb. 24th	Titanic—The Musical Sandy Hale Theatre	4:30 P.M.	\$60 Dinner On Your Own
Wednesday, April 19th	Until Full Limited Space	Once—Orem Hale Theater	5:00 P.M.	\$25
June 5th-7th	Until Full Limited Space	Tuachan St. George Trip	TBD	Call Center For More Info.

Remember!

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

Cinemark Movie—Orem

Date: Monday, March 6th

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Ant-Man And The Wasp—Quantumania

Sign Up Deadline: March 3rd



MARVEL STUDIOS

Ant-Man and the Wasp find themselves exploring the Quantum Realm, interacting with strange new creatures and embarking on an adventure that pushes them beyond the limits of what they thought was possible.



Let's Go Bowling

First & Third Wednesday

Of Every Month

Meet At Bowling Alley.

Lunch: 11:30 a.m.

Bowling: 12:00 p.m.



Wasatch County History Class

Taught By: John Besendorfer

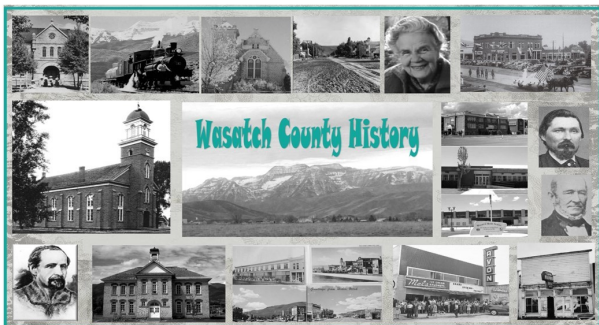
When: Wednesday, March 8th

Time: 1:00 P.M.

Where: Senior Center

Cost: No Charge

Come learn about the amazing history of our beautiful valley! John is a Son Of The Utah Pioneers and a wealth of knowledge. Class will be approximately 1-1.5 hours. Come prepared with any question you may have. **Call or stop in the Center to sign up.**



Easter Wreath Class

When: Monday, March 13th

Time: 10:00

Where: Senior Center

Cost: \$30

Sign Up By: March 8th



Cynthia will be doing a make and take Easter wreath class! All supplies will be provided, if you have a pair of good scissors and a glue gun, bring those with you.

Each wreath will be unique. You will choose your own ribbon, sign, mesh, etc. at the class to create something of your own.

Aromatouch Hand Techique—Essential Oils

Taught By: Theresa Santoro

When: Wednesday, March 22nd

Time: 10:00 A.M.

Where: Senior Center

Cost: No Charge



In situations where time is limited, the AromaTouch Hand Technique can be of tremendous benefit. The Hand Technique is an easy way to give an individual an essential oil experience while positively affecting different body systems.

With the Hand Technique, you can apply the specific essential oil that addresses the recipient's personal needs. This technique is a great introduction to essential oils, because it gives the recipient a one-on-one experience with both the giver and the oils.

Living Legends—BYU

When: Thursday, March 23rd

Time: 4:30 P.M.

Cost: \$15

Dinner: Brick Oven Pizza (On Your Own)

Sign Up By: Tickets Pre-Purchased

Limited Availability

Living Legends captures the essence of ancient and modern culture in a panorama of Latin American, Native American, and Polynesian song and dance.



OREM HALE THEATRE ONCE

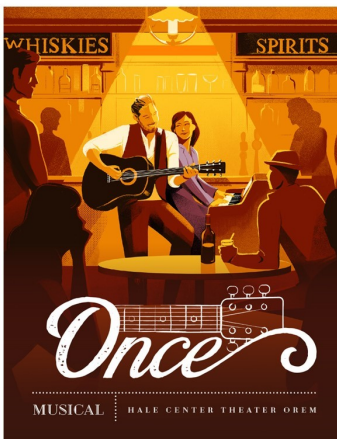
Date: Wednesday, April 19th

Time: 5:00 p.m. (Bus To Leave Center)

Cost: \$25

Dinner: Café Zuppas

Sign Up By: Until Tickets Are Sold Out



Based on the award-winning film of the same name. Travel to the streets of Dublin for *Once*, the unforgettable story of when Guy meets Girl, told through one of the most beloved scores in all of musical theatre and featuring a cast of live musicians. A not-to-be-missed experience.

Tuacahn | St. George Trip June 5-7 | \$325*

We will be traveling to St. George for a fun 2 night stay at the Ramada, a little sightseeing in the area and two shows at Tuacahn. Price includes transportation, hotel, show tickets, breakfast and one boxed lunch. Other meals, gratuities, and admissions are on your own. * Price is based on double occupancy. Single cost is \$400 and triple occupancy is \$280.

Sign up in person or over phone. If you require any special accommodations, please specify when signing up.

\$100 non-refundable deposit is required. Because tickets have been pre-purchased, refunds are not available unless you find someone to take your place.

We only have 12 spots available for this adventure.





MIKES BLURB

I wanted to say thank you to everyone who put so much work into our Valentine's Day party. Monica, Karin, Cora, Brent, Candie and Luara put on a great party. The decorations were amazing, as always, great food and treats. We also had a new entertainer perform for us, Tony Summerhays, The One Man Band. He was a blast! I think every person in the room ended up dancing. If you missed this party do not miss our next one. We know how to throw one heck of a shin-dig.

St. Patrick's Day is our next party and we are already making plans to out-do the last party. Who knows what crazy little green things Monica will imagine. Start looking for a green outfit to wear.

We now have hooked up with a quilting group. They meet here the first Thursday of the month at 7:00. You are all invited to come learn some new things and hang out with other quilting fanatics.

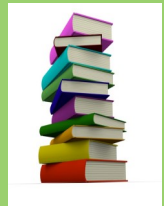


SENIOR BOOK CLUB

We are currently Reading : "Into the Planet" By: Jill Heinerth

Coming up: "Washington's Spies" By: Alexander Rose

Meeting is every 3rd Thursday at 10:30 in Room 159 at the Senior Center.



In loving memory.....

Neil Broadhead
Born: January 18, 1940
Died: January 30, 2023
Married: Pat Broadhead

Lynette Joyce Giles
Born: February 21, 1953
Died: February 5, 2023
Married: Charles Giles

Stephen Ralph Fullmer
Born: June 3, 1948
Died: January 29, 2023
Married: Paula Peterson

Susan Irene Callister Edwards
Born: February 7, 1943
Died: February 15, 2023
Married : Terry Thomas Edwards



St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNE BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY

Irish Potato Cakes



2 c. mashed potatoes

1/3 c. flour

2 TBS. milk

1 TBS. chopped mixed herbs

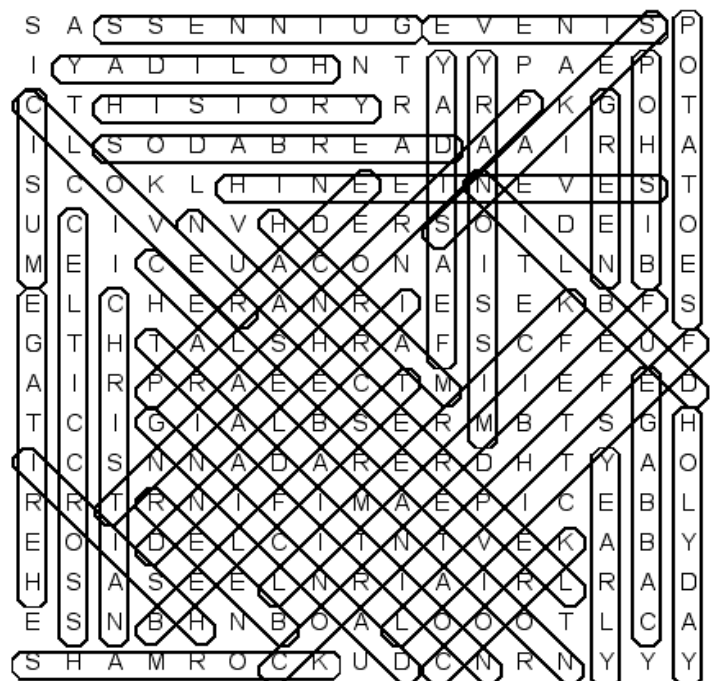
1 1/2 TBS. butter

Combine all ingredients in a bowl; knead until smooth. Season with salt and pepper. Divide into 4 balls on a floured surface and flatten each into a 3-inch patty. Melt butter in a large skillet over medium-high heat; add the patties and cook until golden brown, 4 to 5 minutes per side adding more butter to the pan as needed.



St. Patrick's Day

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



**It's not the
years in your
life that count.
It's the life
in your years!**

(Abe Lincoln)

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 Jentsch

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

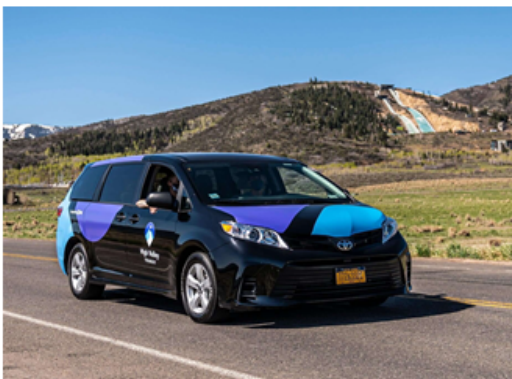
Sherriff's Office: 435-654-1411

Need A Ride?

Use the FREE public transportation!
It's easy and convenient to use.

How to get a ride.....

Call : **435-246-1538** (about 20 minutes before you want to leave). **Choose option #1** when you call. Tell them you need picked up and where you want to go. If you want them to come right to the door, tell them you have a disability and need front door service. That's it.. No charge!



Tax season is amongst us.

Sign up for Taxes now!!

Tax preparation from AARP will be done here at the Wasatch County Senior Center.

Sign up's will be every Wednesday

In March 2023.

Please call 435-654-4920 and sign up for your spot.

SHOUT OUT TO:

Dee Akerly

Thank you Dee for taking care of all the plants at the Center! She is always committed to making sure they are watered, healthy and beautiful.









We really appreciate you.





Valentine Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="margin: 0;">SENIOR EVENT CALENDAR</h2>				
<p>ALL DAY – EVERY WEEKDAY</p> <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano/Organ • Checkers • Puzzles • Wii Video • Games • Ceramics <p>**For Piano lessons Contact Christy Ackerson 801-864-6403</p>		<p>1</p> <p>10:00 BYU Women's Gymnastics</p>  <p>11:30 Lunch & Bowling Holiday Lanes</p> 	<p>2</p> <p>10:00-11:00 Piano lessons 10:30 Tia Chi 12:00 LUNCH 1:00 Bingo</p> <p>7:00 pm Quilters Group</p>	<p>3</p> <p>12:00 Bridge Card Group</p>
<p>6</p>  <p>Movie Matinee Quantomania Time: TBD</p>	<p>7</p> <p>TREASURE TABLE 10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco</p>  <p>3:00 Garden Demonstration w/ Cody Clyde</p>	<p>8</p>  <p>10:00 Heber Valley History By: John Besendorfer</p>	<p>9</p> <p>TREASURE TABLE 10:00-11:00 Piano lessons 10:30 Tia Chi Blood Pressure Checks 12:00 LUNCH 1:00 Bingo</p>	<p>10</p>  <p>10:00 Pharma Class By: Rick Parker</p> <p>12:00 Bridge Card Group</p>
<p>13</p>  <p>10:00 Easter Wreath Class</p>	<p>14</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco</p> 	<p>15</p>  <p>Irish Soda Bread USU@ extension office 10:00 & 2:00</p>  <p>11:30 Lunch & Bowling Holiday Lanes</p>	<p>16</p> <p>10:00-11:00 Piano lessons 10:30 Book Club 10:30 Tia Chi 12:00 LUNCH 1:00 Bingo</p>	<p>17</p>  <p>12:00 Bridge Card Group</p>
<p>20</p>	<p>21</p> <p>10:30 Chair Exercise 10:00 BREAKFAST</p>	<p>22</p>  <p>10:00 Aroma Touch Hand Technique class By: Theresa Santoro</p>	<p>23</p> <p>10:00-11:00 Piano lessons 10:30 Tia Chi 12:00 LUNCH 1:00 Bingo</p> <p>4:30 BYU Living Legends</p> 	<p>24</p>  <p>6:30 Doo Wop Project @ UVU Orem</p> <p>12:00 Bridge Card Group</p>
<p>27</p>  <p>4:30 Sandy Hale Theater TITANIC</p> <p>**7:00 FIRESIDE** Jan Judd & Friends</p>	<p>28</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco</p> 	<p>29</p>	<p>30</p> <p>10:00-11:00 Piano lessons 10:30 Tia Chi 12:00 LUNCH 1:00 Bingo</p>	<p>31</p> <p>12:00 Bridge Card Group</p>

Meals on Wheels

Luncheon Menu (served every Tuesday and Thursday)



MARCH

2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1 SPAGETTI w/meat sauce, corn, cottage cheese, pears & garlic toast.	2 BEANS-N-FRANKS, tator-tots, mac&cheese, mixed fruit & roll. CHICKEN STRIPS, potato, green beans, mixed fruit	3 CHICKEN STRIPS, potatoes & gravy, peas, pineapple & roll.
6 CHICKEN FRIED STEAK, potatoes & gravy, mixed vegetables, pears & roll.	7 GROUND ROUND, potatoes & gravy, peas, mixed fruit & roll. GROUND ROUND w/fried onions, potatoes & gravy, corn & peaches.	8 BEEF STROGANOFF over NOODLES, green beans, peaches & roll.	9 FISH, au gratin potatoes, carrots, applesauce & roll. MANDARIN ORANGE CHICKEN over RICE, egg roll & orange wedge.	10 CHICKEN PARMESAN, red potatoes, corn, tropical fruit & roll.
13 CHICKEN CUTLET, potatoes & gravy, peas, peaches & roll.	14 BEEF-n-BEAN BURRITOS, Spanish rice, corn, cantaloupe, chips & salsa. TACO SALAD, mandarin oranges.	15 TURKEY w/DRESSING, potatoes & gravy, peas & carrots, fruit cocktail & roll.	16 STUFFERD GREEN PEPPERS, potatoes & gravy, green beans, applesauce & roll. HAM DINNER w/trimmings.	
20 SALISBURY STEAK, potato, carrots, peaches & roll.	21 CHICKEN CHOW MEIN over NOODLES, stirfry vegetables, egg roll, orange wedge & roll. BREAKFAST, hash browns, eggs, sausage, biscuit & gravy, fruit, milk & juice	22 TUNA CASSEROLE, peas & carrots, pears & roll.	23 PORK CHOP, potatoes & gravy, green beans, applesauce & roll. POTATO BAR w/ trimmings	24 CHICKEN SALAD SANDWICH, potato salad, mixed fruit & chips.
27 CHICKEN CORDON BLEU, potatoes & gravy, peas, pears & roll.	28 BBQ RIBLET, mac & cheese, pork-n-beans, applesauce, cookie & roll. FISH, potato, carrots, coleslaw & pineapple	29 MEAT LOAF, potatoes & gravy, Mixed vegetables, tropical fruit & roll.	30 CHEESE ENCHILADA, corn, orange wedge, chips & salsa. CHEESE ENCHILADA, corn, orange wedge, chips & salsa	31 CHICKEN DRUMMETTS, potatoes & gravy, green beans, peaches & rolls.

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