

WASATCH COUNTY SENIOR CENTER

465 EAST 1200 SOUTH HEBER, UT

MONDAY-FRIDAY 8:00—4:00

435-654-4920



* Scott Parker *

Wow, where does time go? It was 80 years ago on June 5 that I arrived at the LDS Hospital room 101 weighing in at 5.5 pounds. In the short 18 years, I was graduating from Jordan high school in Sandy Utah. I went in the army the day after graduation June 1961, and my first plane ride was to Fort Ord California and then on to Fort Sill Oklahoma, where I was trained in artillery in the US Army. After my training in the army, I went on a mission for my church and lived in Northeast Yorkshire England. After graduating from the University of Utah, I moved to Orange California as a pharmacist. I purchased Watson Drug Store in the City of Orange in California. Jacqueline my granddaughter and Steve my son joined me in the business and helped it grow from five employees to 45 employees by 2015 I became involved with my business and the city of Orange and other organizations in the city. I was president of the Chamber of Commerce doing that year. I oversaw changes in the executive office. The Director replaced 3/4 of the staff changed and we established the Premier "Gogh van Orange Art and Music Festival." I sat on the advisory board of the YWCA. That is where I received the ethics in America achievement award from Chapman University and the Passkey Foundation. I served on the board at "Orange Elderly Center", I am and active Rotarian on the board at merit housing which provides affordable housing in Orange County.

I almost forgot my favorite thing to do is travel. I learned to love traveling while I was a junior at Jordan high school. Fifty of us boys boarded a bus with three chaperones for a three week trip across the United States. Our first stop was Des Moines, Iowa then onto Chicago then Notre Dame Washington DC, Gettysburg, New York City then to Boston. When I returned home, I realized what a great big wonderful world I lived in. But before I could travel the world. I needed graduate from college, do my military and go on a mission. Wow!!

When I bought my business, I worked for five years and no vacation. I then I decided I would go to Tahiti and Bora Bora for three weeks alone so when I returned home, I would be homesick. That did not work. Plan B is that I travel for three weeks each year I have been to 40 of the 50 states in the US. I have also traveled to five of the six continents. Some of my highlights have been Peru, visited four times, a tour guide for a transcendental group. My other favorite country was Turkey, my favorite because of the history in the culture. I rented a car in Istanbul and drove along the Black Sea coast to the country of Georgia. Turkey is filled with a lot of contrast of religion, culture and people. Where Europe meets Asia. Most beautiful place on earth is the island nation of the Seychelles in the Indian Ocean. Most relaxing, probably is Bali in Indonesia. I visited with my granddaughter 2 Despot Nations. First is Venezuela in Argentina. We visited the blue glacier Argentina El Calafate, and the city Ushuaia. It is the southernmost city in the world. In Venezuela we went to Angel Falls world's tallest and uninterrupted waterfall in the world. It's also featured in a movie called "UP".

I also went to China on four different trips. China is a real surprising country to me because I didn't know what to expect. Most amazing city was Shanghai, I think Shanghai was 10 years ahead of New York City. There's so much activity and things going on, and it was a lot of history from the Great Wall to Tiananmen Square.

When I was at work, one day we noticed that there were some secret service people on that building across the road from us and we didn't know what they were doing there and then finally the doors opened in the SUV's President Bush stepped out. He came into the store and he spend about three or four hours with us at the diner, and visited with the customers and employees and ate lunch there so that was a great Act of honor to have him there. It was a great honor. We were used on a film set. Barbara Eden filmed at the store of "Stepford Wives". Also Tom hanks filmed a portion of "That thing you do" at the store.

The store opened in 1896 it had a long history. It doesn't exist anymore, but it was a nice adventure. I was there from 1970 till 2015 for almost 45 years.



CORA'S CORNER

To all our Seniors...just a little info from the kitchen. It's May!!! Looks like our April showers have brought May flowers.

May Day celebrates the return of spring. It is a public holiday celebrated in many different cultures around the world. It is a day of unity, togetherness and rebirth. Celebrating spring includes singing and dancing around a decorated pole with colorful ribbons. We celebrate this occasion on May 1st.

Mother's Day is on May 14th. A time to honor all the motherly figures in your life. Shower them with love and gifts.

Monday, May 29th, is Memorial Day. It is a federal holiday in the United States for honoring and mourning the United States military personnel who have died while serving in the United States armed forces. It is observed on the last Monday of May.

Please remember to call ahead for your lunch and also to cancel if not able to come. Remember to keep drinking your water. It keeps your pipes oiled. Until next time, take care...Cora Briggs



Barbara Brown	2	Linda Risley	19
Theresa Santoro	2	Joan Hajny	20
Virginia Randquist	3	Donna Dayton	21
Gloria Jones	5	Tony Morales	21
Phyllis Parcell	6	Mary-Lynn Wilson	21
Richard Wood	7	Kathryn Berg	22
JoAnn Batty	8	Jeanine Lyons	23
Rick Coleman	8	Denton Thiede	23
Vivian Halley	10	Laural Spenser	24
Linda Middleton	11	Dera Coker	25
MaryAnn Anderson	12	Deonn Stott	25
Lynnie Casper	12	Debbie Sweat	25
Annie Laurie Baker	13	Chuck Ackerson	27
Yvette Gallagher	13	Cynthia Bull	27
Rex Hansen	14	Glen Burgener	27
Darlene Luke	15	Karen Mair	27
Hilda Patterson	15	Elaine Boyden	28
Kathryn Whitehead	15	Maurice Chatwin	28
Penny Nelson	16	Alfa Flores	28
Sharon Re	17		
Dale Sweat	17		
Cora Briggs	18		
Sarah Ellis	18		
Nancy Hilton	18		
Clarence Mahoney	19		



★ HAPPY ★
BIRTHDAY!



Activities & Trips

DATE	Registration Details	EVENT	TIME	COST
Wednesday, May 3rd	Limited Space	Bear River Bird Refuge Lunch @ Maddox	8:30 A.M.	\$3 Lunch On Your Own
Wednesday, May 3rd	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Monday, May 8th	Sign Up By May 4th	Succulent Planter Workshop	10:00 A.M.	\$12 Per Planter
Tuesday, May 9th	Just Sign Up Prior To Class	Aromatouch Class: Using Oils To Manage Stress & Anxiety	1:00 P.M.	No Charge For Class. Optional \$5 For Oil
Friday, May 12th	Limited Space	Scenic Ride & Lunch @ Taggarts	10:30 A.M.	\$2 Lunch On Your Own
Monday, May 15th	10 a.m. May 15th	Orem Cinemark: Chevalier	TBD	\$7 Snacks On Your Own
Wednesday, May 17th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, May 17th	Closed	Sandy Hale Theatre Hello, Dolly	4:30 P.M.	\$63 Dinner On Your Own
Wednesday, May 24th	Limited Space	USU Extension: Muffin Baking Class	10:00 A.M.	\$5
Friday, May 26th	May 19th	Seasonal Wood Sign Craft	10:00 A.M.	\$5 Per Board \$15 Per Hanging Set
Wednesday, June 14th	Closed	Orem Hale Theater "Oliver"	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

SUCCULENT PLANTER WORKSHOP

Date: Monday, May 8th

Time: 10:00

Where: Senior Center

Cost: \$12 Per Planter Box

Sign Up By: May 4th

We will be making succulent planters to take home. All materials will be provided for this workshop. Each planter arrangement will be uniquely made by you.



Aromatouch Essential Oil Class— Managing Stress & Anxiety Taught By: Theresa Santoro

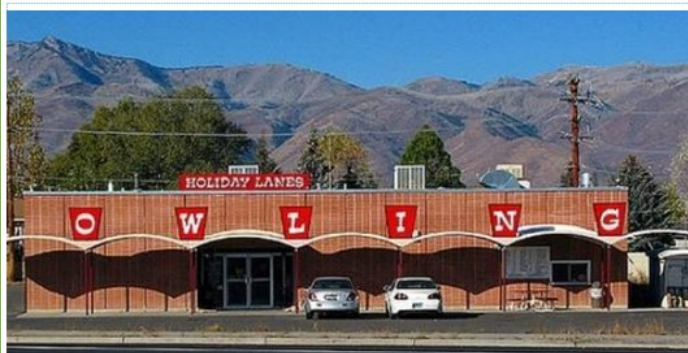
When: Tuesday, May 9th

Time: 1:00 P.M.

Where: Senior Center

Cost: No Charge To Attend Class

This class we will be discussing oils for anxiety and how to use them. You may bring your own Essential Oils or Carrier oil used to manage stress, or Theresa will have available 5/8 dram bottles of lavender for \$5. Also available will be 30 ml bottles of fractionated coconut oil for \$5.



Let's Go Bowling First & Third Wednesday Of Every Month Meet At Bowling Alley.

Lunch: 11:30 a.m.

Bowling: 12:00 p.m.



SCENIC DRIVE & LUNCH TAGGARTS GRILL

Date: Friday, May 12th

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

Cost: \$2 (Lunch On Your Own)

**Limited Space

Taggart's Grill® is a family owned restaurant nestled in a picturesque high desert canyon in scenic Morgan, Utah. We offer a diverse menu featuring classic American entree's, gourmet burgers, hand crafted sandwiches, and decadent home-made desserts. The grounds surrounding the restaurant feature lush landscaping with a variety of vibrant flowers and foliage, a beautiful Koi pond featuring cascading waterfalls, and a small family of friendly peacocks.



Cinemark Movie—Orem

Date: Monday, May 15th
 Time: TBD (Afternoon Matinee)
 Cost: \$7 Snacks On Your Own
 Movie: Chevalier
 Sign Up By: 10 A.M. April 17th



The illegitimate son of an African slave and a French plantation owner, Joseph Bologne rises to improbable heights in French society as a celebrated violinist-composer and fencer, complete with a love affair and falling out with Marie Antoinette.

Blueberry Buckle

Date: Wednesday, May 24th
 Time: 10:00 A.M.
 Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make yummy blueberry buckle coffee cake! 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)

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.



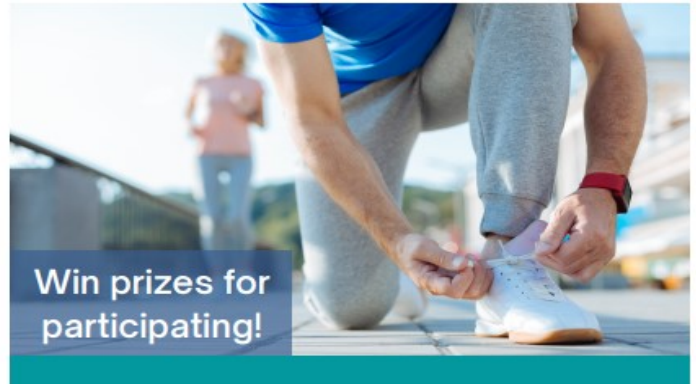
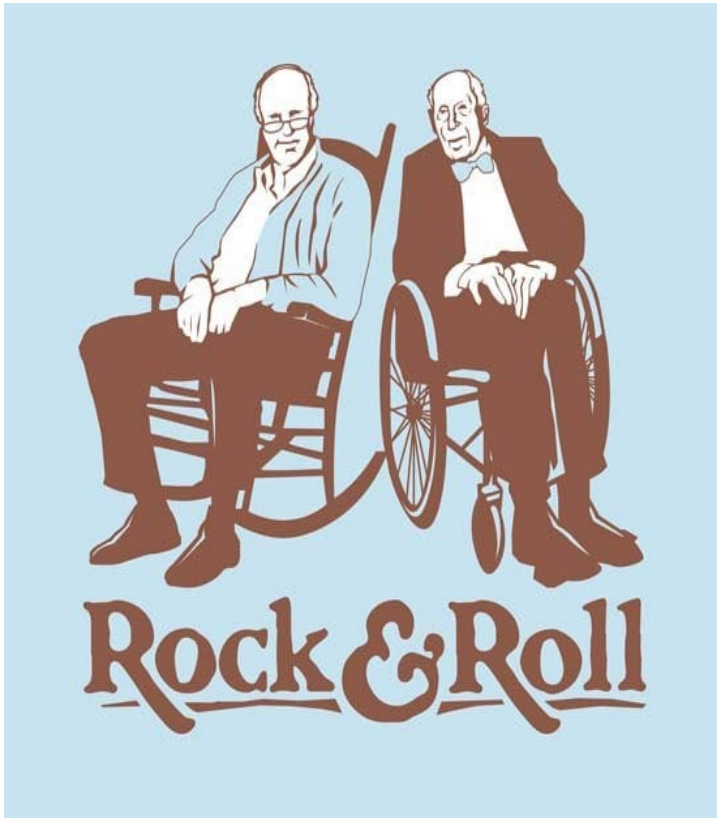
Interchangeable Wood Sign Workshop

When: Friday, May 26th
 Time: 10:00 A.M.
 Cost: \$5 For Base | \$15 Per Set
 Sign Up By: May 19th

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







Senior Health Challenge

Challenge yourself to improve your health! Earn points by completing personal goals each week in the month of June. Participants will be entered into a drawing to win prizes at the end of the challenge.

When: June 1 - 30

Who: Adults age 50+ living in Summit, Utah & Wasatch counties

Cost: FREE

To learn more, visit:
magutah.org/health

For questions, call:
801-229-3821

Check the online calendar for FREE events such as group hikes, yoga classes, activities at local Rec Centers, pickleball at Sunpro and more!



Enhabit's Chaplin, Ann Spackman, will be leading our grief support group starting May 10th at 2:00. Light refreshments will be served. Meeting will be held at the Senior Center and is free of charge.

Mother's Day

Find and circle all of the Mother's Day related terms that are hidden in the grid. The remaining letters spell a Victor Hugo quotation.

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

ACCEPTING	FAMILY	MENTOR	STRONG
ADVICE	FLOWERS	MOTHER	SUPPORTIVE
AMAZING	GENEROUS	NICE	TEACHING
BEAUTIFUL	GIVING	NURTURING	TENDER
BELOVED	HELPFUL	PRECIOUS	THOUGHTFUL
BLESSED	HUGS	PROTECTIVE	TOLERANT
CARING	INSPIRING	PROUD	TRUSTING
COMFORTING	JOY	RESPECTFUL	WARM
CONSIDERATE	KIND	SELFLESS	WATCHFUL
DEAR	LAUGHTER	SHARING	WISE
DEVOTED	LISTENER	SMILES	WONDERFUL
ENCOURAGING	LOVING		

Heber's miracle cure will "swim by" if you wait too long!

Do you ever have stiff, sore joints in the morning? Perhaps your joints in general feel a little rusty. Do you need to increase strength and vitality? Do you want to be invigorated and super-charged? If any of this describes the way you feel, you don't need to see a doctor for a prescription to take advantage of Heber Valley's very own miracle cure. I am referring to our very own Wasatch Aquatic Center.

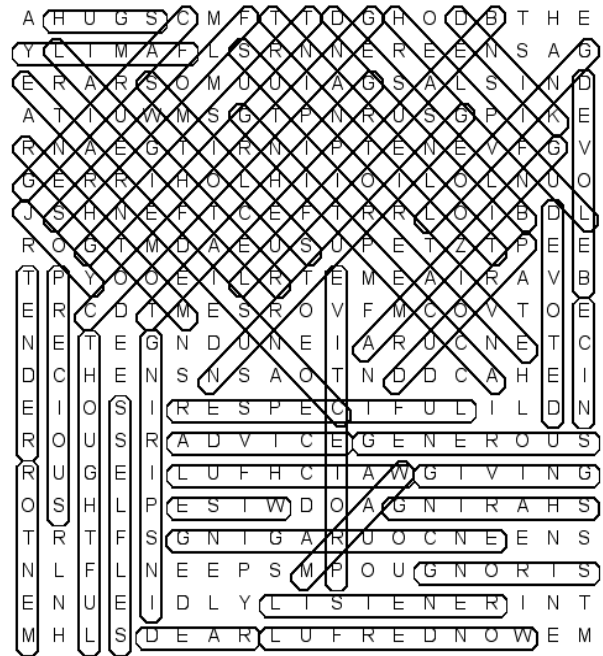
Water exercise is good for people of all ages. Water is denser than air, which means it provides a greater resistance to your movements (with less pain because of buoyancy). Popular exercises include everything from plain old walking in the shallow pool (4' deep in the activity pool) to full on free-style swimming in the competition pool—and everything in between. As mentioned above, water offers a buoyancy that reduces the impact of exercises on your body. It's a win-win, or should I say a swim-swim, for all those willing to take the plunge (pun intended). Walking in water is an excellent cardio and resistance training exercise option. It can help strengthen and tone many muscle groups, while burning calories and being gentle on the body. Often people will start off slowly and gradually increase the duration and intensity of your workouts over time to get the most out of their pool experience.

There are classes developed specifically for seniors. The classes I am referring to are called "Rusty Joints". I personally prefer the name water wellness. These classes offer exactly that (water wellness) for those willing to dip their toes in the water. This is how Krista Atkinson, the instructor for Rusty Joints, describes the classes: "Our Rusty Joints Class is a low impact class that focuses on stretching, strength training and aerobic activity. If you join us, you will find exercise, conversation and relationship building, are our top priorities"

~Lamont Dorrity

Mother's Day

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



- ACCEPTING
- ADVICE
- AMAZING
- BEAUTIFUL
- BELOVED
- BLESSED
- CARING
- COMFORTING
- CONSIDERATE
- DEAR
- DEVOTED
- ENCOURAGING
- FAMILY
- FLOWERS
- GENEROUS
- GIVING
- HELPFUL
- HUGS
- INSPIRING
- JOY
- KIND
- LAUGHTER
- DEVOTED
- ENCOURAGING
- MENTOR
- MOTHER
- NICE
- NURTURING
- PRECIOUS
- PROTECTIVE
- PROUD
- RESPECTFUL
- SELFLESS
- SHARING
- SMILES
- STRONG
- SUPPORTIVE
- TEACHING
- TENDER
- THOUGHTFUL
- TOLERANT
- TRUSTING
- WARM
- WATCHFUL
- WISE
- WONDERFUL

Rusty Joints Water Exercise Class

Are you looking for a great way to get some exercise while being gentle on your joints? Water exercise is a wonderful way to do that! The Rusty Joints is a fun class focused on those bodies that are starting to.... well, get a little rusty. Cost is \$3 for a day pass or you can do monthly, quarterly, yearly and a punch pass option.

Lamont, one of our board members, is very active in these classes and would love to help you with any information and motivation. For additional questions or help please reach out to Lamont or Candie.



SENIOR MEMBERSHIP FEES 60+

	Couple	Individual
Yearly	\$185.00	\$115.00
Quarterly	\$50.00	\$30.00
Monthly	\$20.00	\$10.00

EXERCISE SCHEDULE 2023

Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 am to 6:45 am		<u>Water Aerobics</u> Activity Pool		<u>Water Aerobics</u> Activity Pool	
7:45 am to 8:45 am	<u>Deep Water Aerobics</u> Competition Pool				
8:45 am to 9:45 am		<u>Floga</u> Competition Pool	<u>Water Aerobics</u> Activity Pool	<u>Boga Fit</u> Competition Pool	<u>Deep Water Aerobics</u> Competition Pool
8:45 am to 9:45 am	<u>Water Aerobics</u> Activity Pool	<u>Aqua Zumba</u> Activity Pool		<u>Aqua Zumba</u> Activity Pool	<u>Aqua Zumba</u> Activity Pool
10:00 am to 11:00 am	<u>Rusty Joints</u> Activity Pool		<u>Rusty Joints</u> Activity Pool		<u>Rusty Joints</u> Activity Pool
11:15 am to 12:15 am			<u>Rusty Joints</u> Activity Pool		<u>Rusty Joints</u> Activity Pool

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



SUMMIT & WASATCH
**CAREGIVERS
& SENIORS**



Spring Fling Picnic

Wednesday, June 7 | 11:30 a.m. - 1 p.m.
Summerhouse Farms
2001 W 1200 S, Heber City

Join us for a picnic and live music. Free lunch for any seniors and caregivers in Summit & Wasatch counties. If you need transportation assistance, please call 801-229-3852.

RSVP by June 5 at mountainland.org/picnic
or call 801-229-3852.



SHOUT OUT !!

Marina always has a smile on her face and is ready to help out. The center is a brighter happier place with her here.

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



Mike's Blurb

\$ MONEY \$

Where does your money go when you donate?

Lunches and Meals on Wheels are funded by your donations, a federal program and Wasatch County. A few years ago it was estimated that the cost of a meal was \$6.00. We receive \$1.75 from the federal program, add in your donations and then Wasatch County makes up the difference. The County also takes care of all of the overhead that is needed to run The Center.

We, are very blessed that the County Council, the County Manager, Dustin Grabau, and the leaders of the Parks and Recreation Department, Tom Bonner and Heath Coleman, are so supportive of us. Other counties don't get that support. Utah County has put a hold on the number of Meals on Wheels they can deliver. I have been told that we are never to turn anyone away that needs a meal either at home or at The Center, regardless of someone's financial situation.

We would like to thank you for your generosity and encourage you to continue that support in what ever way you can. We love each and every one of you.

EASY HOMEMADE ALFREDO SAUCE

INGREDIENTS:

- 1/2 c. butter
- 8 oz. cream cheese
- 2 tsp. garlic powder
- 2 c. milk
- 1 c. fresh shredded parmesan cheese
- Salt & pepper to taste

DIRECTIONS:

1. Melt butter in medium-sized saucepan over medium heat. Add cream cheese and garlic powder, stirring until smooth.
2. Add milk slowly, stirring constantly.
3. Stir in parmesan cheese and salt and pepper. When sauce is desired consistency remove from heat. If sauce becomes too thick, add more milk to reach desired consistency.
4. Serve over fettuccine or linguini noodles and grilled chicken or roasted veggies.



In loving memory.....

Lynn Lamarr Nichols
Born: April 25, 1929
Died: March 25, 2023
Married: Madelyn Probst Nichols

John Rogers
Born: March 22, 1954
Died: April 16, 2023
Married: Janis Tolley

Phil Snell Webb
Born: January 16, 1951
Died: March 30, 2023
Married: Linda Epperson Webb

David Cummings Adamson
Born: November 3, 1934
Died: April 4, 2023
Married: Dawnette Kohler



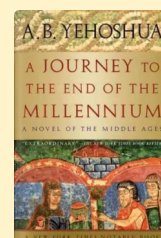
SENIOR BOOK CLUB

We are currently reading :

“1791: Mozart’s Last Year” By: Robbins Landon

Coming up: “The Journey to the end of the Millennium” By: A.B. Yehoshua

Meeting is every 3rd Thursday at 10:30.



May

Activity Calendar

Mon	Tue	Wed	Thu	Fri
1  	2 Treasure Table 10:30 Chair Exercise 12:00 Lunch	3  8:30 Bird Refuge & Lunch @ Maddox  11:30 Lunch & Bowling at Holiday Lanes	4 Treasure Table 10-11:30 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo 7:00 Quilters Group	5 12:00 Bridge Card Group
8  10:00 Succulent Planter Workshop	9 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Aromatouch Essential Oil Class 	10  2:00 Grief Support Group @ Center	11 10-11:30 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo 1:00 Stepping On Class	12  10:30 Lunch @ Taggart's Grill 12:00 Bridge Card Group
15  Orem Cinemark "Chevalier" Time TBD	16  10:00 Breakfast No Chair Exercise	17  11:30 Lunch & Bowling At Holiday Lanes  4:30 Hello, Dolly @ Sandy Hale Theatre	18 10-11:30 Piano Lessons 10:30 Book Club 10:30 Tia Chi 12:00 Lunch 1:00 Bingo 1:00 Stepping On Class	19  12:00 Bridge Card Group
22	23 10:30 Chair Exercise 12:00 Lunch	24  10:00 Blueberry Buckle Class @ USU Extension  2:00 Grief Support Group @ Center	25 10-11:30 Piano Lessons 12:00 Lunch 1:00 Bingo	26  10:00 Wood Sign Craft Class 12:00 Bridge Card Group
29 Closed  MEMORIAL DAY	30 10:30 Chair Exercise 12:00 Lunch	31	ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano/Organ • Checkers • Puzzles • Wii Video • Games • Ceramics 	 **For Piano lessons Contact Christy Ackerson 801-864-6403

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
<p>1</p> <p>STUFFED GREEN PEPPER, potatoes & gravy, green beans, peaches, pudding & roll</p>	<p>2</p> <p>CHICKEN DRUM-METTS, potatoes & gravy, peas, mixed fruit & roll</p> <p>HOT TURKEY SANWICH, Potatoes & gravy, salad with ranch & pumpkin pie</p>	<p>3</p> <p>SPAGETTI w/MEAT SAUCE, mixed vegetables, cottage cheese, pears & garlic toast</p>	<p>4</p> <p>FISH, au gratin potatoes, carrots, applesauce & roll</p>  <p>CINCO de MAYO TACO BAR w/ TRIMMINGS</p>	<p>5</p> <p>BURRITO, potato, corn, cantaloupe, chips & salsa</p>
<p>8</p> <p>CREAMY CHICKEN PASTA, green beans, peaches, tapoca pudding & roll</p>	<p>9</p> <p>PIGS IN A BLANKET, corn, pork-n-beans, Jell-o, pears, & chips</p> <p>SHEPARD'S PIE, green beans & peach cobbler</p>	<p>10</p> <p>CRUNCH TOP HAM & POTATO CASSEROLE, mixed vegetables, banana & roll</p>	<p>11</p> <p>ROAST BEEF, potatoes & gravy, peas & carrots, applesauce & roll</p>  <p>MOTHER'S DAY GRILLED CHICKEN w/TRIMMINGS</p>	<p>12</p> <p>HAM SANDWICH, potato salad, mixed fruit & chips</p>
<p>15</p> <p>MANDARIN ORANGE CHICKEN over RICE, egg roll, stir fry vegetables, orange wedge & roll</p>	<p>16</p> <p>CHICKEN FRITTERS, potatoes & gravy, carrots, pears & roll</p>  <p>BREAKFAST, hashbrowns, eggs, bacon, pancakes, fruit, juice/milk</p>	<p>17</p> <p>MEATLOAF, potatoes & gravy, peas, tropical fruit & roll</p>	<p>18</p> <p>LASAGNA, mixed vegetables, salad w/ ranch, mandarin oranges & garlic toast</p> <p>GRILLED CHEESE & TOMATO SOUP, chips & orange wedge</p>	<p>19</p> <p>TURKEY SANDWICH, pasta salad, peaches & chips</p>
<p>22</p> <p>PORK CHOP, potatoes & gravy, green beans, applesauce & roll</p>	<p>23</p> <p>BBQ RIBLET, mac&cheese, pork-n-beans, missed fruit, cookie & roll</p> <p>CRUNCH TOP HAM & POTATO CASSEROLE, green beans & mixed fruit</p>	<p>24</p> <p>CHICKEN CUTLET, potatoes & gravy, peas, peaches & roll</p>	<p>25</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas & carrots, pears & roll</p> <p>FISH, potato, carrots & peaches</p>	<p>26</p> <p>SALISBURY STEAK, potatoes, carrots, pineapple & roll</p>
<p>29</p> <p style="text-align: center;">CLOSED</p> 	<p>30</p> <p>CHICKEN STRIPS, tator tots, corn, peaches & roll</p> <p>CHICKEN MALIBU, potatoes & gravy, mixed vegetables & mandarin oranges</p>	<p>31</p> <p>BEEF STROGANOFF over NOODLES, carrots, watermelon & roll</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