

Wasatch County Senior Center

February 2023 Newsletter

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



SPOT LIGHT



ALLAN 'AL' Heins

I was born in Connecticut and moved to Concord, New Hampshire at the age of 5 where I was raised on a small farm. We had turkeys, chickens, lambs and horses. We planted small gardens each year, grew Christmas trees and tapped maple trees every spring to make our own maple syrup. My mother was a nutritionist at our local hospital and my father was a 5th grade math teacher in their spare time.

I left home to attend Tufts University in Boston where I majored in Civil Engineering. Later, I attended Northeastern University and UC Berkeley, where I earned my masters and doctorate degrees in Industrial Hygiene.

During my schooling, I also joined the commissioned corp of the Public Health Service where I served for ~10 years.

I moved to Salt Lake City in the early 1970s with my wife along with some of our close friends so we could enjoy the skiing and mountain activities. We raised our two daughters in Utah and have never left except to travel. I was a founding member of the national health response team where I worked for over 30 years before retiring.

During my more youthful years I was an avid skier, hunter, fisherman, hiker, boater and more. I've always loved traveling and exploring with family and friends.

I moved to Heber in 2021 to live with my daughter, son-in-law and four grandchildren. I really love being back to an area where I am surrounded by farms and fields and my twin 3 year old granddaughters keep me plenty active.



hello February

Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, February 1st	---	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, February 1st	Sold Out	Peking Acrobats— UVU, Orem	3:30 P.M.	\$38 Dinner On Your Own
Monday, February 6th	Feb. 3rd	Orem Cinemark: 80 For Brady	1:45 P.M. Bus Leaves Center	\$7 Snacks On Your Own
Friday, February 10th	Feb. 9th	Out To Lunch— Spin Café, Heber	11:30 A.M.	Lunch On Your Own
Monday, February 13th	Until Full	Truffle Classes—USU Extension	10:00 A.M. 2:00 P.M.	\$5
Wednesday, February 15th	---	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, February 15th	Feb. 14th	Poo-Pourri Spray Class Senior Center	2:00 P.M.	\$3 Per Bottle
Wednesday, February 22nd	Feb. 8th	Gentleman's Guide To Love & Murder Orem Hale Theater	4:30 P.M.	\$25 Dinner On Your Own
Saturday, February 25th	Two Tickets Available	Shen Yun—SLC	TBD Matinee Show	\$135 Meal On Your Own
Wednesday, March 1st	Until Full	BYU Women's Gymnastics—Provo	10:00 A.M.	\$13 Snacks/Lunch On Your Own
Monday, March 27th	Feb. 24th	Titanic—The Musical Sandy Hale Theatre	4:30 P.M.	\$60 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.

Is there an activity you want to do but the activity is full or you missed the deadline? You can still be put on the wait list and if an opening becomes available we will reach out to you.

If there is something you want to do, don't delay... sign up today!

Poo-Pourri Class

When: Wednesday, February 15th

Where: Senior Center

Time: 2:00 P.M.

Cost: \$3 Per Bottle

Sign Up By: February 14th



Come learn how to make your own Poo-Pourri. Class will include all supplies for a 4 oz bottle. Bring your own apron and be ready for a fun class (and poop jokes, you know they will happen!)

Class price is per bottle made.



Let's Go Bowling

**First & Third Wednesday
Of Every Month**

Meet At Bowling Alley.

Lunch: 11:30 a.m.

Bowling: 12:00 p.m.



Orem Hale Theatre

A GENTLEMAN'S GUIDE TO LOVE & MURDER

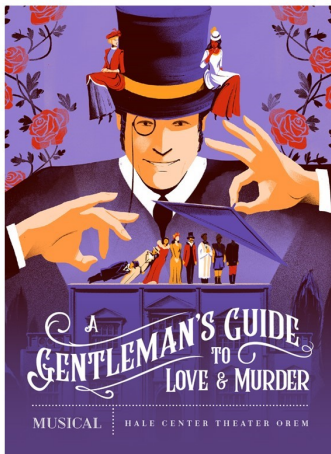
Date: Wednesday, February 22nd

Time: 4:30 p.m. (Bus To Leave Center)

Cost: \$25

Dinner: Pizza Pie Cafe (On Your Own)

Sign Up By: Until Tickets Are Sold Out



A Gentleman's Guide to Love and Murder follows Monty Navarro as he plots his way to the front of the line of heirs to the earldom of the D'Ysquith family. The only problem? There are seven other family members in his way. Do not miss this hilarious new musical romp!

WOMEN'S GYMNASTICS vs ALASKA

When: Wednesday, March 1st

Time: 10:00 A.M. (Bus Leaves Center)

Cost: \$13

Lunch: Concessions At Event (On Your Own)

Sign Up By: Until Tickets Are Sold (Limited Availability.)

We will be going to the Marriot Center in Provo to watch the BYU vs Alaska gymnastic meet. Concessions will be available at the venue for purchase. We do have reserved seating closer to the floor.





Cora's Corner



To all our Seniors...just a little info from the kitchen. We're still in the middle of winter and I'm already having spring fever. When the time arrives for us to get out and about, watch out!

St. Valentine's Day is an annual festival to celebrate romantic love, friendship and admiration. Every year on February 14th people celebrate this day by sending messages of love and affection to partners, family and friends. We will be serving our Valentine luncheon right on Valentine's Day this year. Please sign up as early as possible so we have enough of everything.

We will be closed on February 20th for President's Day. That means we will be serving breakfast on the following Tuesday, February 28th.

Here are a few Valentine quotes:

"All you need is love. But a little chocolate now and then doesn't hurt". ~ Charles M. Schulz

"Where there is love there is life". ~ Mahatma Gandhi

"The only thing we never get enough of is love; and the only thing we never give enough of is love". ~ Henry Miller

Please remember to keep drinking your water. Drink warm water to warm your soul. Until next time, take care...Cora Briggs
"You make me SMILE"



Ken Leblanc	1
Chet Maziarz	1
Lois Musick	1
Dawna Farley	2
Nancy Stratton	2
Kim Loertscher	3
Diana Bahde	6
Shelley Brown	6
Joan Kohler	7
Barbara Murdock	7
Diana Witt	7
Shirley Hendricks	8
Ronald Meik	8
Mike Winward	8
Darryl Peterson	8
DiAnn Turner	9
Betty Jones	11
Steve Santoro	11
Glenn Singley	11

Garry Mecham	12
Alice Hicken	15
Jane Miller	15
Betty Smedley	16
Gerald Sharkey	17
Gary Hendry	20
Rolf Sandberg	20
Nancy Davis	21
Lynette Giles	21
Marty Harger	23
Mary Parcell	23
Dennis May	24
Beverley Sincock	24
Inez Wilde	24
Linda Cochran	24
Harry Pedro	25
Jim Fischer	26
RosaLee Ivers	29



Valentine's Day

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.

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

ADMIRER

ADORE

AFFECTION

ATTRACTION

BEAU

BELOVED

BOYFRIEND

CANDLES

CANDY

CHOCOLATES

COUPLE

CRUSH

CUPID

DARLING

DATE

DEAR

DEVOTION

FANCY

FEBRUARY

FLAME

FLOWERS

FONDNESS

FOREVER

FRIENDSHIP

GIFT

GIRLFRIEND

HEARTS

JEWELRY

LIKE

LOVEBIRDS

LOVERS

PARTNER

PROPOSAL

RELATIONSHIP

RESTAURANT

ROMANCE

ROSES

SENTIMENT

SUITOR

SWEETHEART

Scalloped Potatoes

- 2 T. butter
- 1 small onion, thinly slices
- 2 cloves garlic, minced
- 2 c. heavy cream
- 2 c whole milk
- 4 sprigs fresh thyme
- 2 bay leaves
- 2 t. salt
- ½ t pepper
- 4 lbs. russet potatoes, peeled and sliced
- 2 c. shredded cheddar chees
- 2 T minced chives



1. Adjust oven rack to the lower-middle position and heat oven to 350 degrees. Melt butter in Dutch oven over medium heat
2. Add onion and cook until softened, 5-7 minutes
3. Stir in garlic and cook until fragrant about 30 seconds
4. Stir in cream, mil thyme sprigs, bay leaves and salt and pepper. Stir in potatoes and bring to a simmer
5. Reduce heat to low, cover and cook stirring occasionally, until potatoes are almost tender, 15-20 minutes.
6. Discard thyme and bay leaves. Smooth surface of potatoes and sprinkle with cheddar cheese.
7. Transfer pot to over and bake, uncovered, until sauce is thickened and potatoes are tender about 15 minutes
8. Remove pot from oven and heat broiler element. Return pot to oven and broil until bubbling around the edges and top starts to brown, 5 to 10 minutes. Let cool for 15 minutes
9. Sprinkle with chives and serve.



People born in the 50's have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet, we're just that cool.

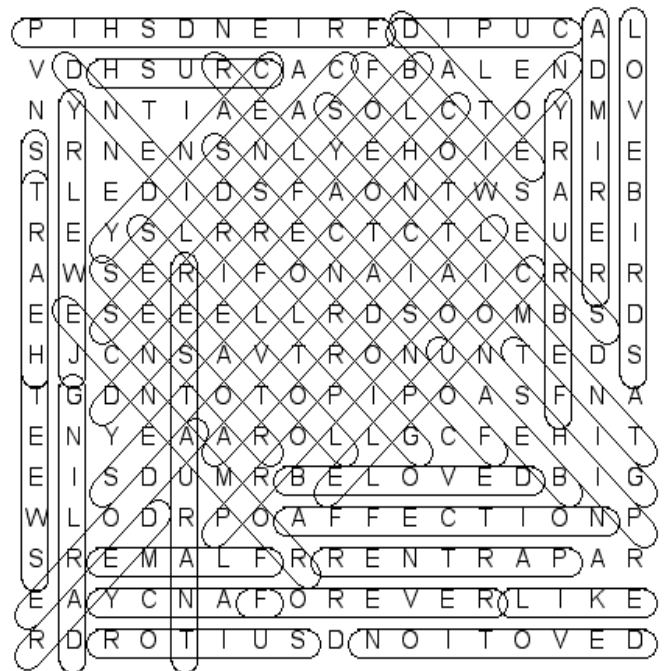
SENIOR CENTER TEAM

- 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

Valentine's Day

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



ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATES	FLAME	LOVEBIRDS	SWEETHEART

MIKES BLURB

I have spent plenty of time moaning (*or another word that rhymes with Stitching*) about the cold and snow. It turns out my daughter is a genius and solved the problem for me. Early last December she called and said “You guys should go on a cruise. They are super cheap right now”. We have never had a desire to go on a cruise but it seemed like a very good deal so we booked it. This time next week I will be in Mexico somewhere basking in the sun, eating way too much food and enjoying 80 degree weather. I will not be thinking about snow or ice or shoveling or salting or gloves or hats or anything that is associated with temperatures below freezing.

So this week take my daughters advice! Book a trip to somewhere warm. The snow will still be here when you get back. Probably a couple feet more of it will greet you upon your return. But you won't care because you will be working on a great tan.

Farewell to all of you frozen Heber-billies.

Mike



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



SENIOR BOOK CLUB

We are currently Reading : “American Dirt” By: Jeanine Cummins

Coming up: “Into the Planet” By: Jill Heinerth

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

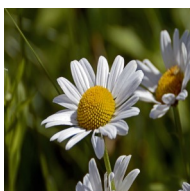


Obituaries

Kathy Clyde
Born: July 17, 1951
Died: December 28, 2022

Jean Crook Morris
Born: March 17, 1942
Died: December 28, 2022
Married: Larry Morris

Shelia Marie Rowley O’Neal
Born: October 27, 1959
Died: January 6, 2023



Rodney A Wade
Born: February 20, 1938
Died: January 13, 2023
Married: Carol Wright

Dale Harry Kohler
Born: August 24, 1940
Died: January 14, 2023
Married: Joyce Kohler

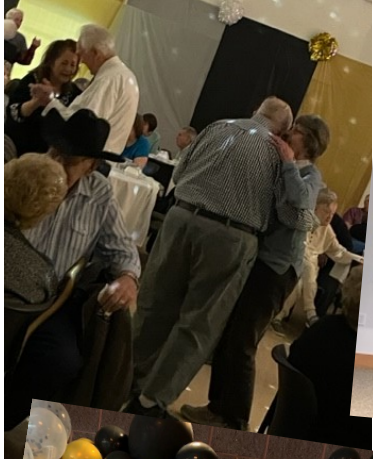
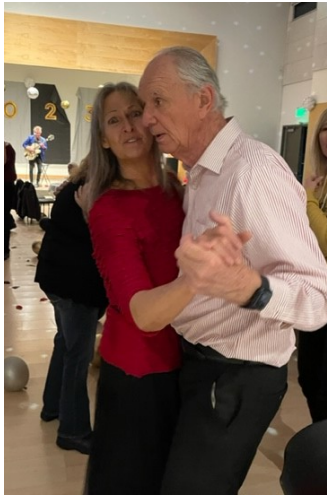
Norma Remund
Born: April 16, 1939
Died: January 19 2023
Married: Charles “Lloyd” Remund

Joyce Marie young Larsen
Born: June 25, 1933
Died: January 9, 2023
Married: Roy A Larsen

Janis M Haueter Olseon
Born: February 17, 1945
Died: January 18, 2023
Married: John Raymond Oleson

Ted A. Clark
Born: June 3, 1940
Died: January 22, 2023
Married: Blanche Beverly Clark







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



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

starting February 8th.

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

Tia Chi For Arthritis

Master Tia Chi—Kristin Anderson will be teaching this 16 week class every Thursday starting February 16th from 10:30-11:30.

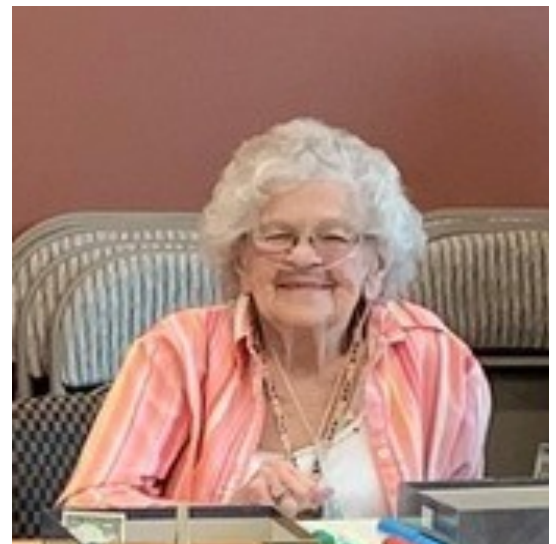
Class is FREE. Please contact the Senior Center to sign up. 435-654-4920



SHOUT OUT TO:

Betty Jones

Thank you Betty our BiNgO lady! She is always committed to making sure Bingo happens and prizes are given. She has a contagious smile and always knows how to brighten your day.



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!



Monday	Tuesday	Wednesday	Thursday	Friday
 SENIOR EVENT CALENDAR				
		1 11:30 Lunch & Bowling Holiday Lanes  3:30 Peeking Acrobats @ UVU 	2 10:00-11:00 Piano lessons Blood Pressure Checks 12:00 LUNCH 1:00 Bingo	3 12:00 Bridge Card Group
6 Movie Matinee 1:45 p.m. 80 for Brady 	7 TREASURE TABLE 10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco 	8	9 TREASURE TABLE 10:00-11:00 Piano lessons Blood Pressure Checks 12:00 LUNCH 1:00 Bingo	10 11:30 Out to Lunch Spin Cafe  12:00 Bridge Card Group
13 Truffle Class 10:00 & 2:00 @USU Extension office 	14 10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco  	15 11:30 Lunch & Bowling Holiday Lanes  2:00 Poo-Pourri Spray Class 	16 10:00-11:00 Piano lessons 10:30 Book Club 10:30 Tia Chi 12:00 LUNCH 1:00 Bingo	17 12:00 Bridge Card Group
20  CLOSED	21 10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco 	22  4:30 Gentleman's Guide to Love & Murder @ Orem Hale Theater	23 10:00-11:00 Piano lessons 10:30 Tia Chi 12:00 LUNCH 1:00 Bingo	24 12:00 Bridge Card Group 25 Time: TBD Shen Yun-SLC 
27	28 10:30 Chair Exercise 10:00 BREAKFAST			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 801-564-6403





Meals on Wheels



Luncheon Menu (served every Tuesday and Thursday)

FEBRUARY

2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ROAST BEEF, potatoes & gravy, carrots, applesauce & roll	2 FISH, au gratin potatoes, green beans, tartar sauce, pear & roll HOT TURKEY SANDWICH, potatoes & gravy w/ pumpkin pie	3 TACO BAKE, tri- patty potato, mixed vegetables, grapes, chips & salsa
6 CHICKEN FRIED STEAK FRITTERS, potatoes & gravy, peas, peaches & roll	7 PIGS IN A BLANKET, mac&cheese, pork-n- beans, jello, cantaloupe & chips CREAM of POTATO SOUP, chicken nuggets, carrots & pears.	8 MACARONI & BEEF, corn, cottage cheese, pears & roll	9 HAM WRAP, macaroni salad, mixed fruit & chips NATIONAL PIZZA DAY, pizza w/ trimmings	10 SEASONED BAKED CHICKEN, potatoes & gravy, carrots, tropical fruit & roll
13 CHEESE ENCHILADA, corn. Orange wedge, chips & salsa	14 CHICKEN BREAST, potatoes & gravy, peas, fruit & roll  CHICKEN BREAST w/trimmings	15 STUFFED CABBAGE, potatoes & gravy, green beans, peaches & roll	16 VEGETABLE LASAGNA, mixed vegetables, cottage cheese, pears & roll PORK CHOP, potatoes & gravy, green beans, applesauce & roll	17 TURKEY SANDWICH, potato salad, mixed fruit & chip
20  CLOSED	21 CHICKEN WINGS, tator tots, carrots, pasta salad, orange wedge & roll FISH, potatoes & gravy, California blend veggies & peaches	22 SALISBURY STEAK, potatoes, green beans, applesauce & roll	23 CHICKEN CORDON BLEU, potatoes & gravy, peas, Mixed fruit & roll STUFFED CABBAGE, potatoes & gravy, mixed vegetables, jello w/fruit	24 CRUNCH TOP HAM & POTATO CASSEROLE, mixed vegetables, mandarin oranges & roll
27 MANDARIN ORANGE, over rice, stir fry vegetables, egg roll, orange wedge & roll	28 BEEF & BEAN BURRITO w/CHILI, corn, peaches, chips & salsa BREAKFAST, hash browns, eggs, ham, french toast, fruit, juice/milk			

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