

Wasatch County Senior Center

April 2023



Spotlight ~ Ginny Sanatar

I was born in Brooklyn, New York in 1940 and loved that my family lived only blocks away from each other. Later, we moved out to Long Island. I attended Queens College after high school and married Pat in 1959. We met when I was 16 and in high school. We honeymooned in Europe, starting in Paris. We drove through the Pyrenees Mountains and stayed in Italy and Spain. After this trip, our love of travel continued throughout our marriage. We traveled extensively and some of our fondest times were in Russia, Australia, Ireland, England and Italy. After Pat passed away, I knew he would nudge me in continuing to see the world as we had together. I am fortunate to have also been to Cuba, New Zealand, and even cruised through the Panama Canal.

We waited to have children and grow our family for several years after getting married. Pat earned his undergraduate degree in Electrical Engineering and his masters in Engineering. He joined Grumman Aircraft where he was on the Lunar Excursion Module (LEM) team and worked with the original Apollo astronauts. This exciting time saw the births of our first 2 children, a daughter and a son. Our house was filled with much love and creative times. With a desire to leave the cold east coast winters behind we moved to sunny Southern California. After settling in and adjusting to our new way of life, we had our last child and completed our family of 5.

My professional life flourished in California. I was a Software Engineer and later was promoted to middle management. My projects were mostly in the U.S. defense sector. I had some thrilling business trips that had me witness the culmination of my team's efforts on aircraft carriers stationed in the Gulf of Mexico. I lived a very active lifestyle. We were marathon runners, golfers, and cyclists and played soccer and softball teams. We had a fun installing the love of sport into our kids and supported and coached them during their pursuits.

After retiring, I found a volunteer work to be extremely rewarding. I was on the Board of Directors for years at our local library. Reading has always been a favorite pastime and this was a new way of contributing to something that has brought me years of joy. I was on the committee for our major fundraisers. My favorite annual project to plan was our Author's Luncheons. This event was a gathering where an invited author would share some personal stories about their life followed by a lively Q&A. We had fun afternoons with famous authors and ones at the beginning of their careers. Some of my favorites were Dean Koontz, Kelly Lange, Lisa Brackmann, Lisa See, and Marcia Clark. I created a manual before stepping down to help ensure these entertaining lunches would continue.

I was introduced to Meals-On-Wheels when my mother got sick. I wanted to repay the kindness of this organization after her death and volunteered to deliver food and work in the office as needed. After realizing the impact this organization was making in the community I expanded my time working with them and joined their Board of Directors as well. I miss those years of contributing but am so glad to have had them.

After selling my home of over 40 years, I split my time between my daughters here in Utah and my son in California. I have had a few strokes and that has changed my life completely. My speech has been affected as a result. I know it takes a bit of time for me to verbally exchange with you but I would like to thank everyone I interact with here at the Senior Center for their understanding, kindness, and patience. Thank you all for your warm welcome and for embracing this newcomer.



CORA'S CORNER

To all our Seniors...just a little info from the kitchen. It's still snowing. Who would have thought that we would have all this snow on Easter. Where's the Easter Bunny going to hide the eggs?

Easter is one of the principal holidays, or feast, of Christianity. It marks the Resurrection of Jesus three days after his death by crucifixion. For many Christian churches, Easter is the joyful end to the Lenten season of fasting and penitence.

Thursday the 6th, we will be serving our Easter lunch. Come and have an egg with us.

There has been lots of fun activities happening. Come and check them out. Places to go, things to do and people to have fun with.

Please remember to keep drinking your water. Even though we have snow, the air is very dry. We need to hydrate our bodies.

Until next time, take care...Cora Briggs



Jeanne Hilton	1	Brent Kummer	20
Brent Montgomery	2	Niles Halley	20
Joe Rail	2	Christina Beeman	20
Carol Huggard	4	Cynthia Gurule	21
Jeannie Davies	6	Cathleen White	21
Linda Meacham	6	Marce Provost	22
EvvaLee Young	6	Yvonne Thompson	22
Lisa Djorsing	6	Jessie Shirk	22
Peggy Duke	8	Timothy Charles Martin	22
Paula Tregaskis	9	Doris Mahoney	23
Ruth Cummings	10	Glenna Azlin	23
Sharon Jenkins	11	Merrill Hall	23
Beverley Morgan-Fuller	11	Connie Shipman	24
John Lemon	11	Joe Casper	25
Violet Smith	13	Wilma Cowley	26
Allan Bell	14	Ronald Crittenden	27
Betty Georgio	14	Clark Riley	27
Ray Fillmore	15	Genevea Anderson	28
Michael Gallagher	15	Cheryl Stevens	28
Jay Hites	17	Karen Cook	28
Gordon Peterson	18		
Lavon Provost	18		
Ellen Fischer	19		
Pat Young	19		





Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Monday, April 3rd	---	Orem Cinemark— "Champions"	TBD	\$7 Snacks On Your Own
Wednesday, March 5th	---	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Monday, April 10th	Until Full Limited Space	Alfredo Cooking Class USU Extension	10:00 A.M. 2:00 P.M.	\$5
Wednesday, April 12th	April 10th	Orem Shopping Day/Lunch Trader Joes, 5 Below & Applebee's	9:30 A.M.	\$3 Lunch On Your Own
Wednesday, April 19th	---	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, April 19th	Until Full Limited Space	"Once" Orem Hale Theater	5:00 P.M.	\$25 Dinner On Your Own
Friday, April 21st	---	Out To Lunch Goochy Goo BBQ - Heber	11:00 A.M.	Lunch On Your Own
Monday, April 24th	---	The Play That Goes Wrong Scera—Orem	5:00 P.M.	\$9 Dinner On Your Own
Wednesday, May 17th	April 13th	Sandy Hale Theatre Hello, Dolly	4:30 P.M.	\$63 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.



Thank you for your activity suggestions! I really appreciate your feedback and ideas. Hopefully the snow melts soon so we can get outside and have a picnic, explore more places like Mirror Lake and maybe even a trip to Spring City!

I know that activities fill up fast at times, but you can always be put on a waiting list. Thanks again for letting me coordinate all these fun adventures and letting me hang out with you. I sincerely love it and all of you!

♡ Candie

Cinemark Movie—Orem

Date: Monday, April 3rd

Time: TBD (Afternoon Matinee)

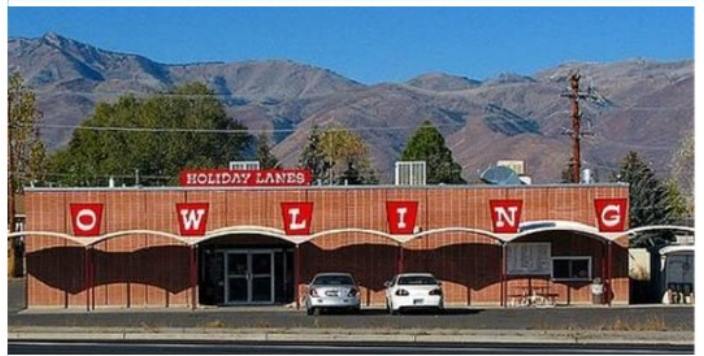
Cost: \$7 Snacks On Your Own

Movie: Champions

Sign Up By: 10 A.M. April 3rd



A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. Despite his doubts, he soon realizes that together they can go further than they ever imagined.



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

Lunch: 11:30 a.m.
Bowling: 12:00 p.m.



Alfredo Sauce Class

Date: Monday, April 10th

Time: 10:00 A.M. or 2:00 P.M. Class

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make rich creamy alfredo sauce! 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)

Shopping & Lunch In Orem

When: Wednesday, April 12th

Time: 9:30 a.m.

Cost: \$2

Lunch: Applebee's (On Your Own)

We will be doing a little shopping and lunch in Orem! First, we will stop at 5 Below (a fun glorified dollar store) followed by lunch at Applebee's....We will finish our trip at Trader Joe's! I plan on spending about 45-60 minutes at each location.



OREM HALE THEATRE ONCE

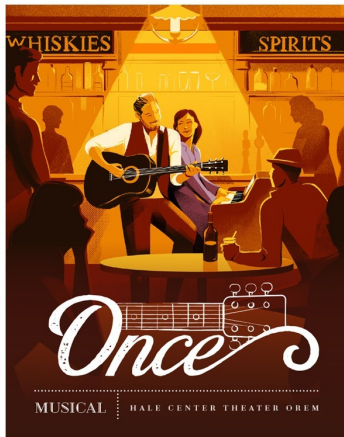
Date: Wednesday, April 19th

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.

Out To Lunch.... Goochy Goo BBQ

When: Friday, April 21st

Time: 11:00

Where: 281 N Main St, Heber City

Cost: Lunch On Your Own

Sign Up By: April 20th

We will be having lunch at Goochy Goo BBQ. We will meet at Goochy Goo at 11:00. Please sign up so we can have an accurate count for our reservation.

If you would like a ride from the Senior Center, please let us know.



THE PLAY THAT GOES WRONG SCERA—OREM

When: Monday, April 24th

Time: 5:00

Cost: \$10

Dinner: Black Bear Diner (On Your Own)

Sign Up By: Until Trip Is Full, Limited Availability

Welcome to opening night of the Cornley University Drama Society's newest production, *The Murder at Haversham Manor*, where things are quickly going from bad to utterly disastrous. This 1920s whodunit has everything you never wanted in a show—an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines). Nevertheless, the accident-prone thespians battle against all odds to make it through to their final curtain call, with hilarious consequences! Part Monty Python, part Sherlock Holmes, this Olivier Award-winning comedy is a global phenomenon that's guaranteed to leave you aching with laughter!



Sandy Hale Theatre Hello, Dolly!

Date: Wednesday, May 17th

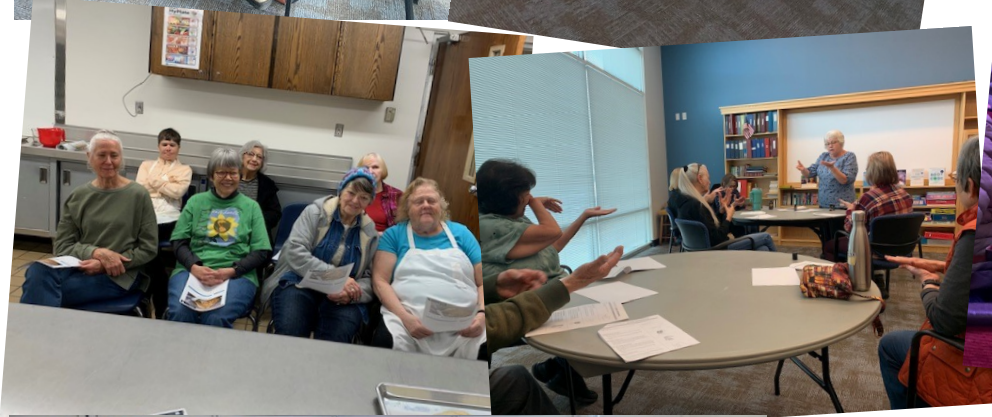
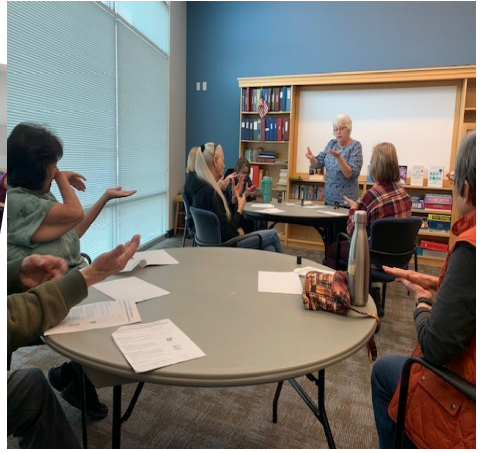
Time: 4:30 p.m.

Cost: \$63

Dinner: Sizzler (On Your Own)

Winner of 10 Tony Awards! American musical theater at its finest! It doesn't get any better or bigger than this. A Broadway blockbuster with timeless music...Before the Parade Passes By... Elegance... and the title smash...Hello, Dolly! Add fabulous costumes, sets, dancing and magical staging and WOW! Dolly always gets her way and she will win your heart.







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**

Spring

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

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

ALLERGIES

APRIL

BASEBALL

BEES

CROCUSES

CYCLAMENS

DAFFODILS

DANDELIONS

EASTER

EQUINOX

FLOWERS

FROGS

GOLF

GRASS

GREEN

GROWTH

IRISES

LILIES

MARCH

MAY

NEW LEAVES

PLANTING

RAIN

RENEWAL

ROBINS

SEASON

SNOWMELT

SOFTBALL

SPRING BREAK

SPRING CLEANING

TULIPS

WARMER

WET



BROCCOLI SALAD

FOR THE DRESSING:

- 1 c. mayonnaise
- 3 tbsp. apple cider vinegar
- 3 tbsp. sugar
- 1 tsp. black pepper

FOR THE SALAD:

- 8 c. broccoli florets
- 1 c. dried cranberries
- 1 c. shredded sharp cheddar cheese
- 1 c. smoked almonds, chopped
- 6 slices bacon, cooked and crumbled
- 1/4 c. chopped red onion

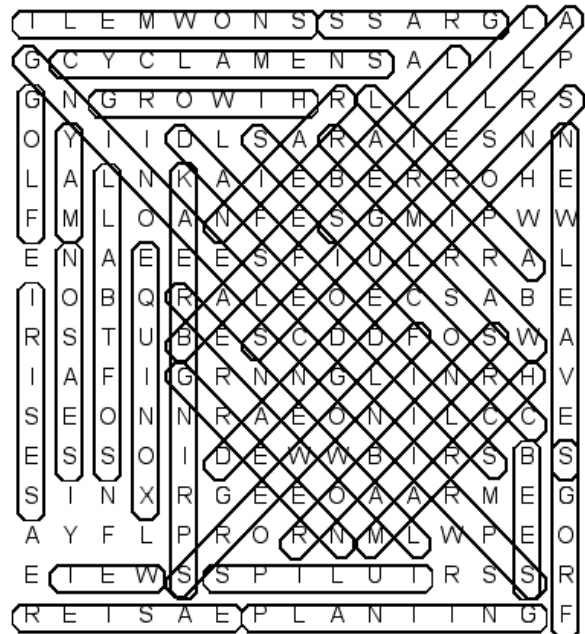
DIRECTIONS:

1. For the dressing: Whisk together the mayo and vinegar in a large bowl until smooth. Stir in sugar and pepper until combined and set aside.
2. For the salad: Add broccoli florets to dressing mixture; stir together to combine. Add the cranberries, cheese, almonds, bacon and red onion; stir to combine.
3. Refrigerate at least 1 hour or up to 3 days before serving.



Spring

This is the solution to the puzzle located [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 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!



SHOUT OUT TO: Monica Kelly

Monica always makes things around here extra special! She is the mastermind to all the fun decorations and party favors.

We really appreciate you and your creativity!



Sandy's Thoughts

WHERE OH WHERE HAS MY MIND GONE???

Do you ever have days when you can't remember what you needed to get done, or where you needed to go?? Oh, or have you ever walked into a room and had no idea what you were going to do in that room??? Have you forgot where you put your glasses or your keys, or the book you just sat down??? Well, we all have the same problem. It is called memory! I have met new people and two minutes later I can't remember their name (so if I don't call you by your name it's because I know your face and that just might be the day I can't remember your name. Forgive me please.) There is a difference between your memory and memories... For those of you who have come to the senior center for our activities, lunches, parties and games you have created memories which are different from your memory. How many of you remember the beach party with Mike in a hula skirt and coconut shells? Do you remember the flat tires on the bus? Winning at bingo, great meals, and the kindness of the staff? I have decided that memories are a lot more fun than my memory.

We are inviting you to step away from the frustration of forgetfulness, and join us at the senior center to embrace the memories that you will make here. We love seeing new people come to the center who thought they were "too young" to be there and then they find out that we ROCK!

Please invite your friends and neighbors to come and join us. Anyone who is 55 or older (Yes men we need you too) come and join us in making your memories a brighter place to be.

Sandy Hansen/Advisory Board Chairman



Wasatch County Senior Center Food Pantry

Did you know that we have our own food pantry here at the Center?

The pantry is stocked with a variety of different items all the time.

Please stop by if you are in need of some food pantry items.



SENIOR BOOK CLUB

We are currently Reading : "Washington's Spies" By: Alexander Rose

Coming up: "1791: Mozart's Last Year" By: Robbin Landon

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



In loving memory.....

JoLeen Berntsen Harris
Born: July 30, 1939
Died: February 24, 2023
Married: Neil Harris

Johnny G Remund
Born: August 20, 1936
Died: February 25, 2023
Married: Gretchen Klaus

Clarice Simpson Call
Born: March 22, 1923
Died: March 2, 2023
Married: J Harold Call

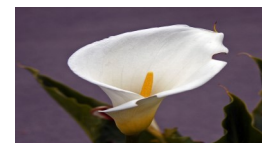
Barbara Ritchie
Born: June 12, 1938
Died: March 3, 2023
Married: Lee Roy Ritchie

Belva Maxine Snyder
Born: June 14, 1939
Died: March 3, 2023
Married: Ardean Anderson
& Sherdon Snyder

Sharleene Ann Wilson
Born: November 24, 1939
Died: March 4, 2023
Married: David LeRoy Wilson

Gordon Ford Jepperson
Born: November 3, 1937
Died: March 12, 2023
Married: Bonnie Shepard Jepperson

Jeneal Young
Born: June 24, 1943
Died: March 23, 2023
Married: Donald John Young



APRIL

Activity Calendar

Mon	Tue	Wed	Thu	Fri
3  Movie Matinee Champions Time: TBD	4 Treasure Table 10:30 Chair Exercise 12:00 Lunch	5  11:30 Lunch & Bowling at Holiday Lanes	6 Treasure Table 10-11:30 Piano Lessons 10:30 Tia Chi 12:00 Easter Lunch 1:00 Bingo 7:00 Quilters Group	7  12:00 Bridge Card Group
10  Alfredo Class USU Extension 10:00 & 2:00	11 10:30 Chair Exercise 12:00 Lunch	12  9:30 Trip To Orem Shopping & Lunch	13 10-11:30 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo 1:00 Stepping On Class	14 12:00 Bridge Card Group
17	18  10:00 Breakfast 10:30 Chair Exercise	19  11:30 Lunch & Bowling At Holiday Lanes  5:00 Orem Hale Theater -Once	20 10-11:30 Piano Lessons 10:30 Book Club 10:30 Tia Chi 12:00 Lunch 1:00 Bingo 1:00 Stepping On Class	21  11:00 Lunch at Goochy Goo BBQ 12:00 Bridge Card Group
24  5:00 Scera Orem The Play That Goes Wrong	25 10:30 Chair Exercise 12:00 Lunch	26	27 10-11:30 Piano Lessons 10:30 Tia Chi 12:00 Lunch 1:00 Bingo 1:00 Stepping On Class	28  12:00 Bridge Card Group
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>3</p> <p>CHICKEN STRIPS, mac & cheese, pork -n-beans, potato salad, peaches & roll</p>	<p>4</p> <p>PICANTE CHICKEN, red potatoes, corn, banana & roll</p> <p>SEASONED BAKED CHICKEN, rice pilaf, carrots & tropical fruit</p>	<p>5</p> <p>BEEF NOODLE SOUP, tator tots, green beans, strawberries, pudding & roll</p>	<p>6</p> <p>FISH, au gratin potatoes, carrots, tater sauce, applesauce & roll</p> <p>HAM DINNER w/ EASTER Trimmings </p>	<p>7</p> <p>HAM DINNER, potatoes & gravy, mixed vegetables, pineapple & roll</p>
<p>10</p> <p>CHICKEN CUTLET, potatoes & gravy, peas & carrots, peaches & roll</p>	<p>11</p> <p>SALISBURY STEAK, potatoes, carrots, pineapple & roll</p> <p>SALSBUY STEAK, potatoes, peas & pineapple</p>	<p>12</p> <p>MACARONI & BEEF, corn, cottage chees, pears & roll</p>	<p>13</p> <p>CHICKEN ENCHILADA, tater tots, beans, orange wedge, chips & salsa</p> <p>TURKEY SANDWICH, potato salad, mixed fruit & chips</p>	<p>14</p> <p>TURKEY SANDWICH, pasta salad, mixed fruit & chips</p>
<p>17</p> <p>STUFFED CABBAGE, potatoes & gravy, carrots, peaches & roll</p>	<p>18</p> <p>BEEF STEW, tator tots, green beans, banana & roll</p> <p>BREAKFAST, hash browns, eggs, bacon, pastries, fruit, juice/milk </p>	<p>19</p> <p>ROAST PORK, potatoes & gravy, peas & carrots, applesauce & roll</p>	<p>20</p> <p>CHICKEN MALIBU, potatoes & gravy, peas, pears & roll</p> <p>SALAD BAR, w/ trimmings</p>	<p>21</p> <p>CHEF SALAD, w/ ranch, mandarin oranges & roll</p>
<p>24</p> <p>CHICKEN CORDON BLEU, potatoes & carrots, pears & roll</p>	<p>25</p> <p>SHEPARDS PIE, green beans, peaches & roll</p> <p>FISH, au gratin potatoes, mixed vegetables & applesauce</p>	<p>26</p> <p>CHICKEN PARMESAN, red potatoes, mixed vegetables, orange wedge & roll</p>	<p>27</p> <p>TACO BAKE, tri-patty potato, corn, grapes, chips & salsa</p> <p>CHICKEN ENCHILADA, orange wedge, chips & salsa</p>	<p>28</p> <p>CHICKEN WRAP, potato salad, mixed fruit & chip</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

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