



WASATCH COUNTY SENIOR CENTER NEWSLETTER



Open M-F 8:00 - 4:00 465 E 1200 S Heber City, UT



SPOT LIGHT **STEVE & TERESA SANTORO**



Both Steve and Theresa were born in 1951. They met in college and were married in 1970. To this union God gave 3 sons and a daughter. Steve was blessed with a 35 year career with the California Highway Patrol. Steve was promoted to sergeant and transferred to an office in Madera, CA. It was in this farming town that Steve and Theresa lived and raised their family for 40 years. Theresa's early adult life was focused on raising the children. When all the children were in school, Theresa finished her teaching credential and for 30 years taught in Madera.

The focus of Steve's and Theresa's lives was always their children. Each child was active in 4H where Steve was a leader involved with livestock. Other family activities for Steve and Theresa included coaching youth sports teams and hiking and camping in the Sierra Nevada range. From an early age Steve also taught his children to fish, hunt and survive in the outdoors. It was these influences that eventually lead them to Utah. A favorite pass time of their small sons was to pretend they were camping and hunting in Utah. They boys would head off across the open pasture land with their wooden rifles and "hunt" for hours. Only once did search and rescue have to be called to look for them! When their oldest son was able to choose a destination to live and raise his family, he chose one of his favorite destinations - the mountains of Utah. He convinced his parents to join them in Utah in 2019.

Steve and Theresa have loved living in Utah from the moment they moved into their Midway home. Both have embraced the outdoor life here. Even though it was Theresa that bagged the first Utah buck, Steve evened the score this fall (and then some) with his bull elk that scored 377 taken less than 25 miles from home. With all the beauty and wonderful life style here in Utah, it is the people they've met that bring the love of this area together. One favorite haunt is the Wasatch Senior Center. The incredible staff and the interesting, welcoming members are a true highlight to their senior years in Utah.



January 2023

Happy New Year!!!



Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, January 4th	---	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Saturday, January 7th	SOLD OUT	New Year's Luau & Dinner Scera, Orem	3:00 P.M.	\$30
Monday, January 9th	Jan. 6th	Orem Cinemark—A Man Named Otto	TBD	\$7
Wednesday, January 18th	Jan. 17th	Out To Lunch—Buon Appetito	11:00 A.M.	Lunch On Your Own
Friday, January 20th	Jan. 19th	Card Making Craft—Senior Center	1:00 P.M.	\$10
Monday, January 23rd	Until Full	Wonton Cooking Class USU Extension	2:00 P.M.	\$5
Wednesday, February 1st	2 Tickets Available	Peking Acrobats—UVU, Orem	3:30 P.M.	\$38 Dinner On Your Own
Wednesday, February 22nd	Feb. 8th	Gentleman's Guide To Love & Murder Orem Hale Theater	4:30 P.M.	\$25 Dinner 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!



When: Wednesday, January 18th

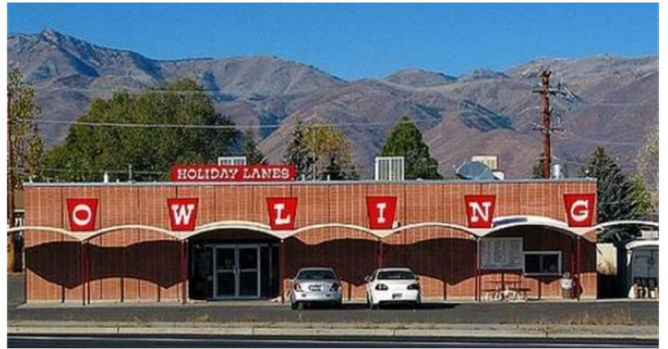
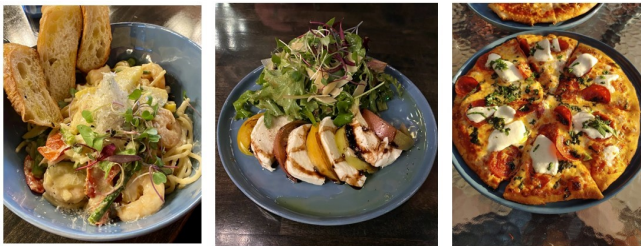
Time: 11:00

Where: Meet at Senior Center

Cost: Lunch On Your Own

Sign Up By: January 17th

We will be having lunch at the Buon Appetito. We will meet at the Senior Center at 11:00. They open at 11:30, so we may take the "long" way there. If you wish to meet us there, please still sign up so I can make arrangements with the restaurant.



Let's Go Bowling

First Wednesday Of Every Month

Meet At Bowling Alley.

Lunch: 11:30 a.m.

Bowling: 12:00 p.m.



Lunch And Bowling On Your Own.

CARD MAKING

Date: Friday, January 20th

Time: 1:00 PM

Place: Senior Center

Cost \$10.00

Connie will be teaching you how to make a variety of Birthday, Valentine and Thinking Of You cards. You will have the opportunity to make 5 cards (envelopes not included). Everything you need to make your cards will be provided. Limited space available.



Orem Hale Theatre

A GENTLEMAN'S GUIDE TO LOVE & MURDER

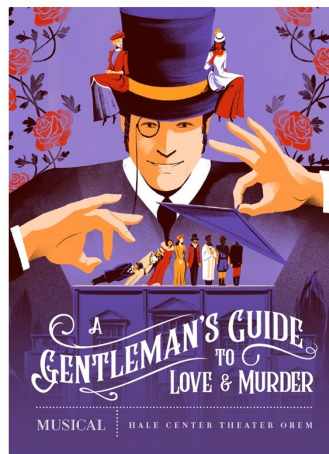
Date: Wednesday, February 22nd

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!



Cora's Corner

To all our Seniors...just a little info from the kitchen. Here it is January 2023. Time moves on. Some of us are still here and others have left on to another adventure.

I would like to thank everyone who has helped in any way, with anything here at the Center. It is great to see so many people become involved. It has been fun interacting with the crowds and having a good time. We have had a blast doing different parties and holiday celebrations. Hope you have enjoyed them as much.

We will be observing New Year's Day on January 2. The Center will be closed. Also, January 16th, for Martin Luther King Jr. Day will be closed.

Memories remind us that nothing lasts forever, you can be happy today and sad tomorrow. Time is precious and should not be wasted, enjoy life and remember, don't count the days "make the days count". Heaven Soul

This being said, come and join us for lunch, activity functions here at the center or our outings. Candie has a great list of activities to enjoy.

Remember to keep drinking your water. I know it's hard, because the weather is cold, and who wants to drink cold water. Until next time, take care...Cora Briggs

HAPPY BIRTHDAY

Connie Chapman	1			
Susan Kohler	1	Lorraine Branham	12	Wayne Hardman 25
Barry Knight	2	Kristen Piex	14	Larry Duke 26
Donna Smith	3	Mike McGinn	14	Flo Caldwell 26
Candi Christ	3	Marie Fish	15	Jean Hendley 26
Mark Berg	3	Sue McConnell	15	Dave Stensrud 26
Teresa Peck	4	Raneva Lemon	16	Roy Inman 26
Craig Chapman	5	Jim Howells	17	Moroni Besendorfer 27
Lisa Gardner	6	Bob Briggs	17	Jacque Thacker 27
Spencer Van Leeusween	6	Neil Broadhead	18	Nelda Duke 29
Bob Kowallis	7	Ron Chesley	19	John Besendorfer 30
Roger Hughes	7	Viola Simmons	19	Nola Mae Bell 30
Tonya Melton	7	Tom Carmen	21	Ken Nichol 30
Joan Bingelli	8	Ruby Nicol	23	Kelly Jarvis 30



Happy New Year

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF DECEMBER	HOLIDAY	PARTY
BALLOONS	EVENTS	HORNS	PUNCH
BANNERS	FAMILY	KISS	RESOLUTIONS
BUFFET	FATHER TIME	MIDNIGHT	SINGING
CELEBRATE	FEAST	MUSIC	STREAMERS
CHAMPAGNE	FESTIVITIES	NEW YEARS DAY	THIRTY FIRST
CONFETTI	FIREWORKS	NEW YEARS EVE	TIARAS
DANCE	FIRST OF JANUARY	NOISEMAKERS	WINE
DAY ONE	FRIENDS	OCCASION	YEAR IN REVIEW

Recipe Of The Month

Fudge

Ingredients:

- 1 pint cream
- 4 cups sugar
- 2 cubes butter
- 3 (7oz) Hershey Bars
- Nuts (optional)

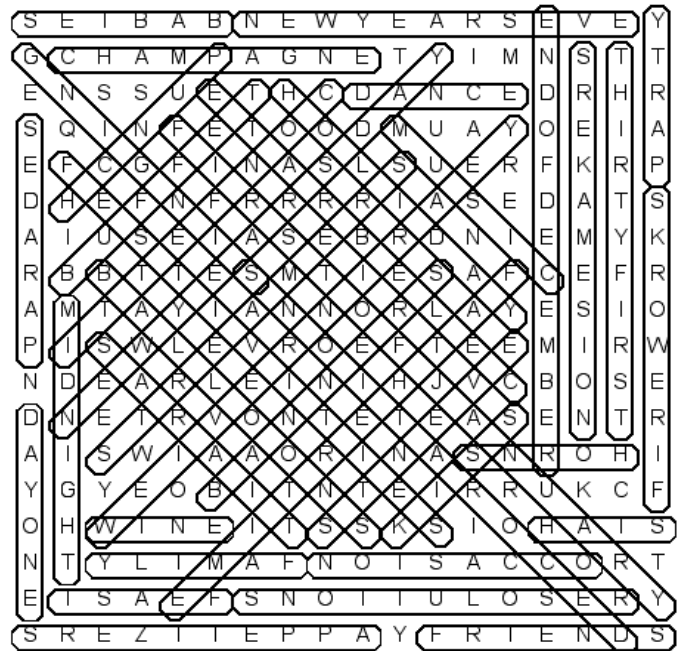
Directions:

Cut butter into small pieces and set aside
 Break up Hershey bar and place into a large bowl and set aside.
 Stir cream and sugar together in a heavy saucepan.
 Bring to a boil and cook to a soft ball (240 degrees)
 Add butter to cooked mixture and wait 20 seconds
 Then, pour over Hershey bar pieces and nuts
 Beat with hand mixer until well combined.
 Pout into buttered or silicone 9" x 13" dish
 Keep in refrigerator

*If making at sea level softball is 240 degrees. For higher altitudes this will need to be adjusted. The altitude in Heber is around 5600 ft. Subtract 11 degrees from the 240 degrees. So using a candy thermometer, cook at 229 degrees. I also like to do a cold water test to make sure.

Happy New Year

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



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|------------|------------------|---------------|----------------|
| APPETIZERS | DECORATIONS | HATS | PARADES |
| BABIES | END OF DECEMBER | HOLIDAY | PARTY |
| BALLOONS | EVENTS | HORNS | PUNCH |
| BANNERS | FAMILY | KISS | RESOLUTIONS |
| BUFFET | FATHER TIME | MIDNIGHT | SINGING |
| CELEBRATE | FEAST | MUSIC | STREAMERS |
| CHAMPAGNE | FESTIVITIES | NEW YEARS DAY | THIRTY FIRST |
| CONFETTI | FIREWORKS | NEW YEARS EVE | TIARAS |
| DANCE | FIRST OF JANUARY | NOISEMAKERS | WINE |
| DAY ONE | FRIENDS | OCCASION | YEAR IN REVIEW |



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 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

Shout Out To...

CYNTHIA GURULE

Thank you for making all
 the oven towels for our
 Christmas Party!



MIKES BLURB



2022 is gone! Wow. As is the case every year, it comes too fast and goes to fast. Let's hope that 2023 will be a good year. Maybe less death and pain in the world, less war, less cheating and stealing and less suffering. I wouldn't mind lower taxes and gas prices (That's a pipe dream).

I look forward to the new adventures that await us here at The Center in 2023. Let's go skydiving, scuba diving, deep sea fishing, parasailing, hot air ballooning, tubing and river rafting. Let's try horseback riding, motorcycle riding, four wheeling, fly fishing and ice fishing. Let's cook new and exotic foods, build new things, discover a new hobby, meet new people and explore new places.

Regardless of the rest of the world I pray our little corner of it will remain a great place to live.

Happy New Year from all of here at The Center.

SENIOR BOOK CLUB

We are currently Reading : "Left Neglected" By: Lisa Genova

Coming up: "American Dirt" By: Jeanine Cummins

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



Obituaries

Floyd Marshall
Born: July 31, 1938
Died : November 19, 2022
Married: Sandra Kramer-Marshall

Paula Cushing Probst
Born: January 27, 1943
Died: December 3, 2022
Married: Kyle Ray Probst

Denise Walker Wootton
Born: October 12, 1954
Died: December 20, 2022
Married: Scott D. Wootton

Lynette Johnson
Born: February 27, 1942
Died: November 26, 2022
Married: Norman Clyde - Johnson

Linda B Todd
Born: June 28, 1950
Died: December 5, 2022

Thomas "Bert" Giles
Born: November 27, 1931
Died: December 25, 2022
Married: Donna Giles

Paulette Ann Morgan
Born: August 17, 1946
Died: November 29, 2022

Glenna Bonner Smith
Born: April 20, 1936
Died: December 1, 2022
Married: Jerry W Smith



Holly Jolly Christmas Party!!





2022 Senior Center Fun Facts:



- We went on 107 activities/trips.
- The bus had 3 tire blow outs, 2 of those on I-15.
- We had our first ever “Beach Party” & “Shooting W/ The Sheriff”.
 - We have more members this year than any year on record.
 - Participation is at an all time high.
 - We served approximately 13,900 meals.
 - We drove approximately 52,100 miles for meals & activities.
 - We called the Paramedics 3 times (everyone survived).
 - Senior Center is now part of Park & Recreation.
 - We have a Senior Bowling group.
 - Approximately 10,000 employee hours to keep this place going.
 - Membership went up \$2 more for the first time in over a decade.
 - We have a new Director, Secretary, MOW driver, kitchen helper and custodian.



- We formed a monthly cooking class.
- We purchased our first ceramic pouring table.
- We were gifted an original “Tink’s Pool Hall” pool stick.
 - We have our first Senior Food Pantry.



Looking forward to a memorable 2023!!!!



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



We would like to thank the M&M band for sharing their amazing talent with us.

We appreciate everything you do!



Monday	Tuesday	Wednesday	Thursday	Friday
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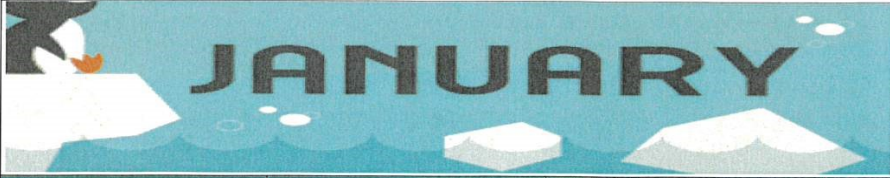


JANUARY

SENIOR EVENT CALENDAR

<p>2</p> 	<p>3 TREASURE TABLE</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco </p>	<p>4</p> <p>11:30 Lunch & Bowling Holiday Lanes </p> <p>Red Cross Blood Donation 12-4</p>	<p>5 TREASURE TABLE</p> <p>10:00-11:00 Piano lessons Blood Pressure Checks 12:00 LUNCH 1:00 Bingo</p>	<p>6</p> <p>12:00 Bridge Card Group</p> <hr/> <p>7 </p> <p>3:00 New Year's Luau & Dinner Scera, Orem</p>
<p>9</p> <p>Monday Movie Matinee: A Man Named Otto TBD</p> 	<p>10</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco </p>	<p>11</p>	<p>12</p> <p>10:00-11:00 Piano lessons Blood Pressure Checks 12:00 LUNCH 1:00 Bingo</p>	<p>13</p> <p>12:00 Bridge Card Group</p>
<p>16</p>  <p>Closed in Observation of Martin Luther King Day.</p>	<p>17</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco </p>	<p>18</p> <p>11:00 Out To Lunch</p> 	<p>19</p> <p>10:00-11:00 Piano lessons 10:30 Book Club 12:00 LUNCH 1:00 Bingo</p>	<p>20</p> <p>1:00 Card Making </p> <p>12:00 Bridge Card Group</p>
<p>23</p> <p>2:00 Wonton Class</p> 	<p>24</p> <p>10:30 Chair Exercise 10:00 BREAKFAST</p>	<p>25</p>	<p>26</p> <p>10:00-11:00 Piano lessons Blood Pressure Checks 12:00 LUNCH 1:00 Bingo</p>	<p>27</p> <p>12:00 Bridge Card Group</p>
<p>30</p>	<p>31</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco </p>			<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>

Meals on Wheels

Luncheon Menu (served every Tuesday and Thursday)

		2023		
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">Closed</p> 	<p>3</p> <p>STUFFED GREEN PEPPERS, potatoes & gravy, corn, pears & roll</p> <p>CHICKEN MALIBU, potatoes & gravy, green beans & pineapple</p>	<p>4</p> <p>BEEF STROGANOFF over NOODLES, green beans, peaches & roll</p>	<p>5</p> <p>BEEF CHOW MEIN over NOODLES, fried rice, egg roll, orange wedge & roll</p> <p>HOT BEEF SANDWICH, potatoes & gravy, green salad & mandarin oranges</p>	<p>6</p> <p>FISH, potatoes & gravy, peas & carrots, applesauce & roll</p>
<p>9</p> <p>CHICKEN STRIP, potatoes & gravy, green beans, orange wedge & roll</p>	<p>10</p> <p>BEANS & FRANKS, tator tots, mac & cheese, mixed vegetables & roll</p> <p>LASAGNA, corn, cottage cheese, pears & garlic toast</p>	<p>11</p> <p>SPAGETTI w/MEAT SAUCE, corn, cottage cheese, pears & garlic toast</p>	<p>12</p> <p>TUNA CASSEROLE, peas, banana & roll</p> <p>MACARONI & BEEF SOUP, pigs in a blanket & mixed fruit</p>	<p>13</p> <p>CREAM OF POTATO SOUP, chicken nuggets, peas & carrots, peaches & roll</p>
<p>16</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">Closed</p> 	<p>17</p> <p>SALISBURY STEAK, potatoes, carrots, mixed fruit & roll</p> <p>SALISBURY STEAK, potatoes, carrots & pear</p>	<p>18</p> <p>ROAST PORK, potatoes & gravy, mixed vegetables, applesauce & roll</p>	<p>19</p> <p>CHICKEN FRIED STEAK, potatoes & gravy, green beans, peaches & roll</p> <p>CHICKEN PARMESAN, red potatoes, broccoli & tropical fruit</p>	<p>20</p> <p>MANDARIN ORANGE CHICKEN over RICE, stir fry vegetables, egg roll, orange wedge & roll</p>
<p>23</p> <p>CHICKEN CUTLET, potatoes & gravy, peas, peaches & roll</p>	<p>24</p> <p>BEEF STEW, tri-patty potato, green beans, pears & roll</p> <p>BREAKFAST, hash browns, eggs, bacon, pancakes, fruit, juice/milk</p>	<p>25</p> <p>BEEF & RICE MEDLEY, carrots, mixed fruit & roll</p>	<p>26</p> <p>CHICKEN PARMESAN, red potatoes, corn, orange wedge & roll</p> <p>SLOPPY JOES, w/ trimmings</p>	<p>27</p> <p>PORK CHOP, potatoes & gravy, mixed vegetables, applesauce & roll</p>
<p>30</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, peaches & roll</p>	<p>31</p> <p>RAVIOLI, corn, cottage cheese, pineapple & roll</p> <p>FISH, potato, mixed vegetables & peaches</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