

Wasatch County Senior Center Newsletter

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

Phone: 435-654-4920

DECEMBER 2022



Spotlight Cynthia Gurule



Cynthia was born in 1960 in Taylorsville UT. Her parents are Nancy & Grant Olsen and Lynn Sheffield. She moved to Midway in 1974 where she met her high school sweetheart (Randy). They were later married in 1978. They have 3 daughters and one son. She and Randy loved to take the kids camping and taught them all to ride ATV's. Cynthia had her own crafting business "Cyn's Crafts" for over 20 years. She did this while raising her kids. She had a Swiss Days booth for over 20 years, her crafts were sold all over the state in craft



shows, boutiques and the Quilted Bear. She became a Grandma in 2002 and now has 5 wonderful grandkids. She enjoys spending time with all of them.

Cynthia was diagnosed with breast cancer in 2014. She has been in remission for 8 years now. Since then, she has made and donated blankets to cancer patients. She loves to travel and has been many places such as Italy, Rome, Yosemite to name a few...but Rome being her favorite, she hopes to visit again soon. She loves to decorate her home and it is maxed out for EVERY holiday, inside and out. She enjoys doing Sub-For-Santa, donating Christmas trees for the Children's Justice Center and secretly helping those in need. She never stops.....



CORA'S CORNER



To all our Seniors...just a little info from the kitchen. Another year behind us. It's been a long hard year, full of ups and downs. I just wanted to say thank you to all the family and friends who have helped me throughout the year.

“MERRY CHRISTMAS and HAPPY NEW YEAR!!!” from the
Staff of the Senior Center.



Laura Ribinsky	1	Koze Hallows	13	Sidney Ellingord	25
Julene Fudge	2	Eldon Jensen	14	Jeanine Moss	25
Ann Clarke	4	Roy Kendall	14	MaryAnn Campbell	26
Dave Urban	5	Jane Kinsel	15	Mark Middleton	26
Carol Davis	6	Charles Jenkins	16	Ashley Fish	28
Marcia Young	10	Jim Smedley	17	Larry Clark	29
Maggie Schade	11	Doris Wolfe	17	Carol Harvey	29
Robert Pelton	12	Toni Doilney	20	Carolyn Hegwood	29
Marina Verden	12	Betty Brandner	22	Ted Schrader	29
Katherine Young	12	Pam Casper	22	Sharon Spencer	29
Nancy Duncan	13	Annette Young	22		
		Sharon Carlson	24		



Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Friday, December 2nd	December 1st	Festival Of Trees — Sandy	9:30 A.M.	\$9 Lunch On Your Own
Wednesday, December 7th	---	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, December 7th	Closed	A Christmas Story- The Musical Scera—Orem	6:30 P.M.	\$14
Monday, December 12th	Class Is Full	Fudge Class — USU Extension	11:00 A.M.	\$5
Wednesday, December 14th	Dec. 12th	Neighbor Gift—Cookie In A Jar Class	1:00 P.M.	\$5 Per Jar
Friday, December 16th	Until Class Is Full	Snowman Craft Class	1:00 P.M.	\$23
Monday, December 19th	Dec. 16th	Cinemark Movie Orem Avatar: The Way Of Water	TBD	\$7
Wednesday, December 21st	Until Tickets Are All Sold	Ballet West- The Nutcracker	12:30 P.M.	\$55
Saturday, January 7th	Dec. 21th	New Year's Luau & Dinner	3:00 P.M.	\$30

Remember!

For more information stop by or call the Senior Center.

Payments must be made at the time of sign up.



Hey Friends!

Can you believe 2022 is almost over? Time sure flies by when you're having fun.... And what a fun year we have had!

I hope you know how much I love being your Activities Coordinator. I truly enjoy the time we spend together. If you have ideas or suggestions for 2023, come talk to me! A new year means new adventures...

Candie

New Year's Luau & Dinner Scera Theater — Orem

When: Saturday, January 7th

Time: 3:00 (Bus Leaves Center)

Cost: \$30

Dinner: Included In Price (Island Style)

Sign Up By: December 16th



It may be winter, but this Polynesian performance will bring warmth to the New Year! Kanani Pua cultivates and perpetuates Polynesian culture through dance and music. Mahalo nui loa! Dinner will be following the show.. an island-style dinner from the owners of the original Bamboo Hut.



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.

Cookie Jar "Neighbor Gifts"

When: Wednesday, December 14th

Time: 1:00 P.M.

Where: Senior Center

Cost: \$5 Per Jar

Sign Up By: December 12th



We will be making the cute cookie in a jar. All supplies will be provided. These make adorable gifts for the Holidays. Cost is per jar.



Snowman Craft Class

When: Friday, December 16th

Time: 1:00

Where: Senior Center

Cost: \$23

Sign Up By: December 14th



Cynthia Gurule will be teaching this adorable Snowman craft class! All supplies will be provided for you. Snowman measures approximately 23"x17'







Luara's Blurbs



Christmas time is my favorite time of the year!! It is filled with love, laughter and magic. I love spending this time of year surrounded by my family and loved ones. I am so blessed to be here at the Senior Center and have made so many new friends and family here. I am truly blessed and humbled by the amount of love and compassion “ya all” have for one another. I want to express my sincere gratitude to all of you for welcoming me here and the love that you have for each other.

As the year comes to an end lets all reflect on the past year, the friendships, the events and the time spent with loved ones. May you all have a blessed holiday season and a very happy new year.

Much Love,

Luara

IT'S THE MOST
wonderful
TIME OF THE
year



SENIOR BOOK CLUB

We are currently Reading : “I am the messenger” By: Markus Zusack

Coming up: “Left Neglected” By: Lisa Genova

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



OBITUARIES

Charles Ray Tonge
Born: April 13, 1930
Died: October 25, 2022
Married: Dianne Durrant

EuRay (Ray) Bethers
Born: February 19, 1932
Died: November 2, 2022
Married: Gloria Belle Russell

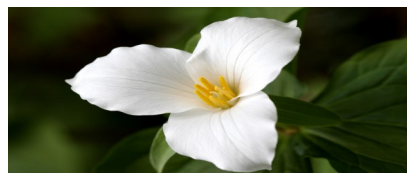
Brad Darrell Simmons
Born: January 27, 1954
Died: October 31, 2022
Married: Karrie Lynn Farrer

Allen Dean Moulton
Born: March 18, 1954
Died: November 11, 2022
Married: Wendy Moulton

Ruth Durrant Mahoney Carlile
Born: August 8, 1930
Died: November 2, 2022
Married: Grant C Mahoney

Gary Earl Bonner
Born: March 6, 1933
Died: November 20, 2022
Married: Carol Ingles

Janice Ellen (Johnson) Carlile
Born: March 21, 1933
Died: October 18, 2022
Married: Frederick Glen Carlile



Meals on Wheels

Do you or someone that you care about need meals delivered to your home? The Meals on Wheels program is designed for those who are over the age of 60 years and homebound (do not drive). No income requirements. For more information about the Meals on Wheels program call the Senior Center at 435-654-4920

Christmas

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

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

ANGEL	FRUITCAKE	MANGER	SNOWFLAKES
BELLS	GABRIEL	MARY	SNOWMAN
BETHLEHEM	GIFTS	MISTLETOE	STABLE
CANDLES	GOLD	MYRRH	STAR
CANDY CANE	GREETING CARDS	ORNAMENTS	STOCKING
CAROLS	HOLLY	POINSETTIA	THREE WISE MEN
DECORATIONS	ICICLES	SANTA	TOBOGGAN
EGGNOG	JESUS	SHEPHERDS	TOYS
FAMILY	JOSEPH	SKATES	TREE
FRANKINCENSE	LIGHTS	SLEIGH	WREATH
FRIENDS			

December Firesides

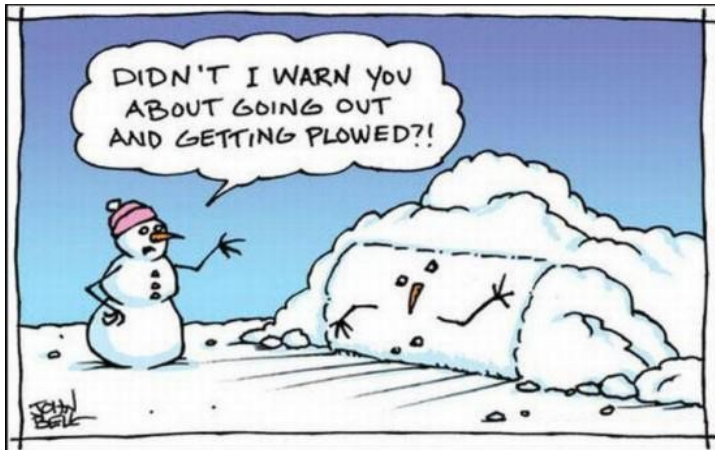
5th: Mountain Valley Harmony Quartet

12th: Magali Family

19th: Jan Judd & Students

21st: M&M Band (Wednesday Night)

Firesides are held at the **Senior Center** and start at **7:00 P.M.** They are **FREE** of charge! We hope you come out and enjoy this amazing talent.



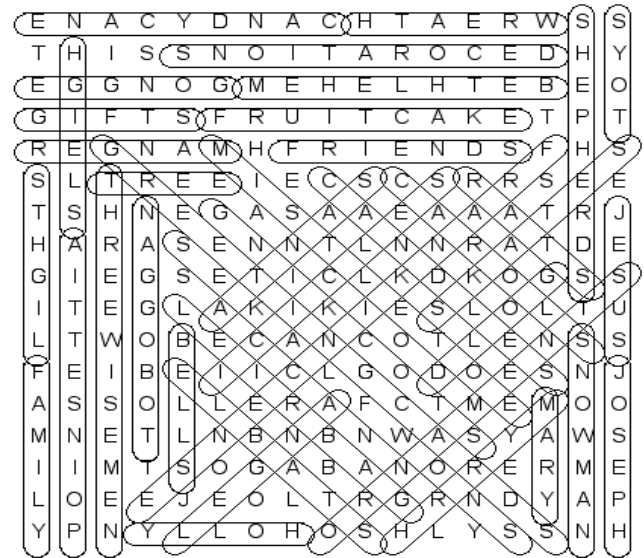
SENIOR CENTER TEAM

- 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

Christmas

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



- | | | | |
|--------------|----------------|------------|----------------|
| ANGEL | FRUITCAKE | MANGER | SNOWFLAKES |
| BELLS | GABRIEL | MARY | SNOWMAN |
| BETHLEHEM | GIFTS | MISTLETOE | STABLE |
| CANDLES | GOLD | MYRRH | STAR |
| CANDY CANE | GREETING CARDS | ORNAMENTS | STOCKING |
| CAROLS | HOLLY | POINSETTIA | THREE WISE MEN |
| DECORATIONS | ICICLES | SANTA | TOBOGGAN |
| EGGNOG | JESUS | SHEPHERDS | TOYS |
| FAMILY | JOSEPH | SKATES | TREE |
| FRANKINCENSE | LIGHTS | SLEIGH | WREATH |
| FRIENDS | | | |



Shout Out.... Denton & Sydney Thiede



We would like to thank the both of you! Denton does a lot of bus driving for us and is always willing to help where needed. Sydney spends a lot of time arranging all of our great entertainment. They are both talented individuals and preform regularly at our lunches and Monday night Firesides.



Monday	Tuesday	Wednesday	Thursday	Friday
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December

Senior Event Calendar

<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>10:00-11:00 Piano lessons Blood Pressure Checks 12:00 Lunch 1:00 Bingo 1:00 Stepping On Class</p>	<p>2</p> <p>9:30 Festival of the Trees</p>  <p>12:00 Bridge Card Group</p>
<p>5</p> <p>7:00 FIRESIDE Mountain Valley Harmony Quartet</p>	<p>6 TREASURE TABLE</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco </p>	<p>7 11:30 Lunch & Bowling Holiday Lanes</p>  <p>6:30 A Christmas Story</p> 	<p>8 TREASURE TABLE</p> <p>10:00-11:00 Piano lessons Blood Pressure Checks 12:00 LUNCH 1:00 Bingo 1:00 Stepping On Class</p>	<p>9</p> <p>12:00 Bridge Card Group</p>
<p>12</p> <p>11:00 Fudge Class USU Extension</p>  <p>7:00 FIRESIDE Magali Family</p>	<p>13</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco </p>	<p>14</p> <p>1:00 Neighbor Gift Cookies in a Jar</p> 	<p>15</p> <p>10:00-11:00 Piano lessons 10:30 Book Club 12:00 LUNCH 1:00 Bingo 1:00 Stepping On Class</p>	<p>16</p> <p>1:00 Snowman Craft Class</p>  <p>12:00 Bridge Card Group</p>
<p>19</p> <p>Movie Matinee: TBD Avatar: The Way of Water</p>  <p>7:00 FIRESIDE Jan Judd & Students</p>	<p>20</p> <p>10:30 Chair Exercise 10:00 BREAKFAST</p>	<p>21</p> <p>12:30 The Nutcracker</p> 	<p>22 </p> <p>10:00-11:00 Piano lessons Blood Pressure Checks</p> <p>12:00 LUNCH CHRISTMAS DINNER</p> <p>1:00 Bingo</p>	<p>23</p> <p>12:00 Bridge Card Group</p>
<p>26</p> <p>Closed</p> 	<p>27</p> <p>10:30 Chair Exercise 12:00 LUNCH 1:00 Bunco </p>	<p>28</p>	<p>29</p> <p>10:00-11:00 Piano lessons Blood Pressure Checks 1:00 Bingo</p> <p>5:00 NEW YEARS DINNER</p> 	<p>30 </p> <p>12:00 Bridge Card Group</p>



Meals on Wheels



Luncheon Menu (served every Tuesday and Thursday)

December

2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 FISH, potatoes & gravy, carrots, mixed fruit & roll STUFFED GREEN PEPPERS , potatoes & gravy, pear	2 HAM WRAP, potato salad, peaches & chips
5 GROUND ROUND, potatoes & gravy, peas & carrots, mixed fruit & roll	6 CHICKEN PARMESAN, red potatoes, green beans, peaches & roll CHICKEN ENCHILADA , beans, mixed fruit, chips & salsa	7 MACARONI & BEEF, corn, cottage cheese, pears & rolls	8 PORK CHOP, potato & gravy, carrots, applesauce & roll PULLED PORK SANDWICHES , coleslaw, fries & pie	9 CHEF SALAD, w/ranch, mandarin oranges & roll
12 CHICKEN WINGS, tator tots, carrots, pasta salad, mixed fruit	13 CHEESE ENCHILADA'S, corn, beans, orange wedge, chips & salsa CREAM BROCCOLI SOUP , sandwich & fruit	14 BEEF NOODLE SOUP, tri patty potato, mixed vegetable, peaches & crackers	15 MEATLOAF, potatoes & gravy, green beans, applesauce & roll POTATO BAR , potatoes w/trimmings	16 CHICKEN SANDWICH, pasta salad, pears & chips
19 CHICKEN CUTLET, potatoes & gravy, peas, pears & roll	20 BBQ RIBLET, mac & cheese, pork-n-beans BREAKFAST , hashbrowns, eggs, bacon, pastries, fruit, juice & milk	21 LASAGNA, corn, mixed fruit & garlic toast	22 HAM, potatoes & gravy, green beans, pineapple & roll HAM DINNER , w/trimmings 	23 TURKEY SANDWICH, potato salad, peaches & chips
26 Closed 	27 SALISBURY STEAK, potatoes & gravy, green beans, pears & roll FISH , potatoes, mixed vegetables & peaches	28 CHICKEN FRIED STEAK, potatoes & gravy, Carrots, mixed fruit & roll	29 CHICKEN CORDON BLEU, potatoes & gravy, peas, peaches & roll CHICKEN CORDON BLEU , dinner w/trimmings	30 CHICKEN CROSSIANT, macaroni salad, orange & chips

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