



2024

465 E 1200 S Heber City, UT 84032 Phone: 435-654-4920

SPOTLIGHT ~ ROSEMARY PITT

My Name is Rosemary Leonelli Pitt. I was born in Tooele, Utah on January 18, 1948. My parents had three boys and one girl. My parents were Italian born in the United States. Their parents came from Italy and settled in Utah. I love the Italian traditions and how much fun I have always had with my family.

I graduated from Tooele High School and attended Utah State University in Logan, Utah. I met my husband when I was a sophomore in high school. We went to different high schools. We were married June 27, 1970. We moved to Logan, Utah to continue our education at Utah State University. I have two daughters, one lives in Ivins, Utah and one lives in Park City, Utah she is a corporate Lawyer. I have lived in Logan, Riverton and South Jordan, Utah. I lived in South Jordan for 38 years before moving to Midway. My grandson was born and we wanted to be near him. I retired early and have spent 13 wonderful years with my precious grandson.

I worked for the Utah National Guard, Deseret Medical, Alta View Hospital and LDS Hospital, Community Nursing Services and South Mountain Dialysis as an Administrative Assistant. I enjoy typing, computers, exercise at the Fit Stop, Educational Reading, walking, learning other languages and sewing. I learned to sew in the fourth grade in 4-H. My mother taught it. I like to go to live concerts, the Opera, movies, many genres of music and dancing to the music.

In May 2000, my daughter took me Graceland. I have loved Elvis since elementary school. We went to the Grand Ole Opera. I have been fortunate to see many artists, like Tina Turner, Elton John, Neil Diamond, Cher and Rod Stewart.

My favorite color is red and purple the second.

My favorite place to vacation is Kona, Hawaii with my family. Second is Boston, Massachusetts with my family. There is so much history there. I look at everything in life with a positive attitude. I enjoy every day of my life.

I absolutely enjoy the Senior Center with the wonderful staff and volunteers and their hospitality. Thank you for all you do. Getting to know the people is such a fun time for me



CORAS CORNER

To all our Seniors...just a little info from the kitchen. Things are going great. April showers bring May flowers. There's a few blooming.

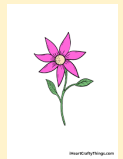
Cinco de Mayo, Spanish for "Fifth of May" is a yearly celebration held on May 5th to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862. Cinco de Mayo is sometimes mistaken for Mexico's Independence Day--the most important national holiday in Mexico--which is celebrated on September 16. We will be celebrating on Thursday, May 2nd. Sign up early for the taco bar.

Mother's Day is a time to express love, appreciation and gratitude towards mothers and mother figures for their unconditional love, support and sacrifices. We will be celebrating Mother's Day on Thursday, May 9th. Sign up early for lunch, entertainment and a good time.

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season. Celebration is on Monday, May 27th. We will be closed.

Please remember to keep drinking your water. Especially now that the weather is heating up.

Until next time, take care...Cora Briggs



Barbara Brown	2	Cora Briggs	18	Denton Thiede	23
Theresa Santoro	2	Sarah Ellis	18	Karen Mair	27
Virginia Randquist	3	Nancy Hilton	18	Glen Burgener	27
JoAnn Batty	8	Ron Clarkston	18	Cynthia Bull	27
Linda Middleton	11	Clarence Mahoney	19	Alfa Flores	28
Lynnie Casper	12	Dale Beeman	19	Rosie Parker	29
Mary Ann Anderson	12	Marie Debono	19	Barbara Hutchinson	29
Yvette Gallagher	13	Joan Hajny	20	Joyce Coleman	30
Annie Laurie Baker	13	Donna Dayton	21		
Rex Hansen	14	Tony Morales	21		
Ann Johnson	16	Kathryn Berg	22		
Sharron Re	17	Carrie Burczy	22		
Dale Sweat	17	Jeanine Lyons	23		





Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, May 1st	Trip Is Full	Bear River Bird Refuge	8:30	\$5
Wednesday, May 1st	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Monday, May 6th	May 3rd	Movie- Orem Cinemark "Escape From Germany"	TBD	\$7 Snacks On Your Own
Friday, May 10th	May 9th Limited Space	Oil Paint Class at Senior Center	10:00	\$5
Wednesday, May 15th	—	Lunch & Bowling—Holiday Lanes, Heber	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, May 15th	May 10th Limited Space	Windowsill Herb Garden at Senior Center	1:00	\$5 Per Pot
Friday, May 17th	Until Full Limited Space	Scenic Ride & Lunch At Taggarts Grill	10:30	\$2 Lunch On Your Own
Monday, May 20th	Limited Space	Spring Rolls Cooking Class USU Extension, Heber	10:00 or 2:00	\$5
Wednesday, May 22nd	Until Full Limited Space	Erickson Museum Tour & Boxed Lunch	10:00	\$10 Includes Lunch
Wednesday, May 29th	Until Full Limited Space	Dinner At Tepanyaki Japanese Steak House In Orem	4:00	\$2 Dinner On Your Own
Friday, May 31st	—	Puzzles & Pastries @ Senior Center	10:00-3:00	1 Hour Labor
Wednesday, June 5th	Until Full Limited Space	BYU Living Legends—Provo	4:30	\$20 Dinner On Your Own
Friday, August 2nd	June 3rd Limited Space	Payson Salmon Supper	2:30	\$25

Remember!

For more information stop by or call the Senior Center. Payments must be made at the time of sign up. Trips are non-refundable unless you find someone to take your place.

Cinemark Movie—Orem

Date: Monday, May 6th

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Escape From Germany

Sign Up Deadline: May 3rd



As Hitler's army closes borders in 1939, American missionaries become trapped inside Germany. Word spreads to help the LDS missionaries escape.

OIL PAINT CLASS

When: Friday, May 10th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$5

Sign Up By: Until Full (Limited Space)



JEREMY NELSON WILL BE TEACHING THIS OIL PAINT CLASS. DON'T LET THIS BEAUTIFUL PICTURE FOOL YOU, IT'S EASIER THAN YOU THINK! PICTURE WILL BE 11 X 14. ALL SUPPLIES WILL BE PROVIDED FOR THIS CLASS. IF YOU CAN, BRING AN APRON!

Windowsill Herb Pots

Date: Wednesday, May 15th

Time: 1:00

Cost: \$5 Per Pot

Limited Space.....Sign Up Soon!

Wesley from the USU Extension will be here at the senior center to teach us about planting herb seeds and creating our own little herb garden. Everything you need for the class will be provided.

Cost is \$5 per pot.



Spring Rolls Class

Date: Monday, May 20th

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

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make delicious spring rolls! 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)

RICHARD W ERICKSON FOUNDATION
ANTIQUE & CLASSIC POWER MUSEUM
 ESTD 1980 KEEPING HISTORY ALIVE 1980

Date: Wednesday, May 22nd
 Time: 10:00 A.M.
 Cost: \$10
 Sign Up Deadline: Until Full, Limited Space



We will be going to Wallsburg to tour this amazing museum. Wear good shoes and know that there is uneven ground we will be walking on. We will have a boxed lunch at the museum following the tour.

TEPANYAKI

JAPANESE STEAKHOUSE & SUSHI BAR

Date: Wednesday, May 29th
 Time: 4:00 P.M. (Bus Leaves Center)
 Cost: (\$2 Transportation Fee)
 You pay for your own dinner and gratuity.

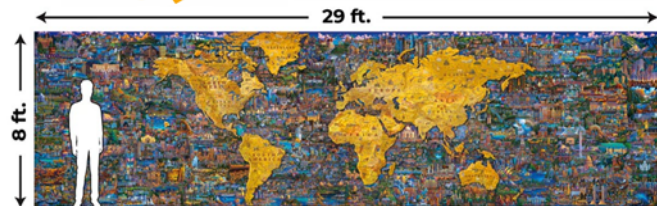
Tepanyaki is a Stylish local Japanese chain featuring chefs performing at tableside hibachi grills, plus sushi. We will be going to the Orem location.



Puzzles & Pastries!

When: Friday, May 31st
 Time: 10:00—3:00
 Where: The Senior Center
 Cost: A hour worth of puzzle labor

Join us for an afternoon of pie and puzzles! We want your help putting together the world's largest puzzle! **We ask you work on the puzzle for at least a hour to receive a free slice of pie.** You don't need to be here the whole time, come and go as you wish.



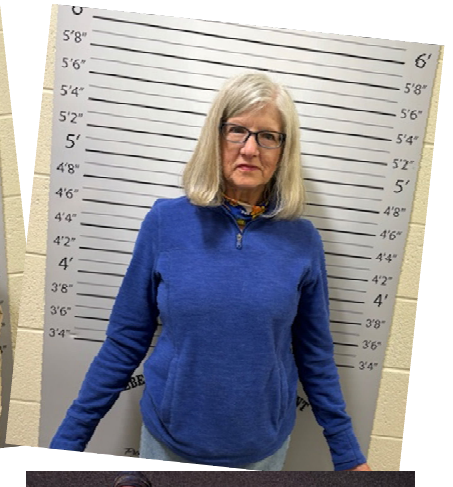
LIVING LEGENDS @ BYU

When: Wednesday, June 5th
 Time: 4:30 P.M.
 Cost: \$20
 Sign Up By: Limited Tickets Available.
 Dinner: Brick Oven Pizza

In a celebration of the cultural heritage of North and South America and the South Pacific, Living Legends presents a vibrant display of energy, music, costume, and dance. Talented performers of native descent capture the rhythms of Polynesia, portray the fascinating legends of Native American people, and dazzle the senses with the energy of Latin America. Their lavish attire and intricate choreography are both authentic representations of the showcase cultures. Living Legends prioritizes tours in their native lands, a practice that encourages excellence and inspires a love for native culture in both the performers and their audiences.









Spring Word Search



BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

N L M O R D Y S M B M O O L B

N I A R M E L E S E E A W O G

U O Y E L O S E A S O N M S S

L M L I O D N E K L A Y R P H

H C T A H I N G Q L D B R K U

U T P E H O O D I O O I F C L

Y T I S R E T R M D N T R E U

V W N A O E P J T G N E D X V

E U G R N A D M B R A Y A T E

S L M E U B G R T A S O U P A

R E F G L C E B T S I R G A S

B A L Y B A E N O S R E H R T

Y A O I K D O O H R E H O H E

U Y W E M S H O W E R S E D R

C H E F A M C L Y O G D R E S

X L R O V Z R C O J B R I N O

F I S E A R A K S L E I O E L

B L O S S O M C B J W B M O B

CAN YOU TALK THE LATEST TALK?

Slang has likely existed as long as language itself. But it comes with a generation gap. Each generation has had it's words and we are here to share with you some of the latest from Gen Z! Who is Gen Z? They span from the years 1997 to 2012.



Gen Z Word Of The Month:

Bussin' — bussin' means awesome or great. So if you hear at the dinner table "these tacos are bussin'", it means the tacos are really good and you should make them again!



In Loving Memory...

There are no Obituaries to report this month



HOOKED ON BOOKS

We are currently reading :

A Year in Provence

By: Peter Mayle

Next month Book : *The Night Circus*

By: Erin Morgenstern

Please join us every third Thursday of the month @ 10:30 for Hooked on books.

If you like to read and talk about a great book this is the place to be. Come visit, chat and make some new friends while reading the best books.



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

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, Karin Jentsch, Jeneal Wingelaar

Spring Word Search Answer Sheet

	N	L	M	O	R	D	Y	S	M	B	M	O	O	L	B
	N	I	A	R	M	E	L	E	S	E	E	A	W	O	G
	U	O	Y	E	L	O	S	E	A	S	O	N	M	S	S
BLOSSOM	L	M	L	I	O	D	N	E	K	L	A	Y	R	P	H
BLOOM	H	C	T	A	H	I	N	G	Q	L	D	B	R	K	U
FLOWERS	U	T	P	E	H	O	O	D	I	O	O	I	F	C	L
RAIN	Y	T	I	S	R	E	T	R	M	D	N	T	R	E	U
SHOWERS	V	W	N	A	O	E	P	J	T	G	N	E	D	X	V
EASTER	E	U	G	R	N	A	D	M	B	R	A	Y	A	T	E
SPRING BREAK	S	L	M	E	U	B	G	R	T	A	S	O	U	P	A
GRASS	R	E	F	G	L	C	E	B	T	S	I	R	G	A	S
HATCH	B	A	L	Y	B	A	E	N	O	S	R	E	H	R	T
BIRDS	Y	A	O	I	K	D	O	O	H	R	E	H	O	H	E
SUNSHINE	U	Y	W	E	M	S	H	O	W	E	R	S	E	D	R
SEASON	C	H	E	F	A	M	C	L	Y	O	G	D	R	E	S
MARCH	X	L	R	O	V	Z	R	C	O	J	B	R	I	N	O
APRIL	F	I	S	E	A	R	A	K	S	L	E	I	O	E	L
MAY	B	L	O	S	S	O	M	C	B	J	W	B	M	O	B

FREE piano lessons every
Thursday following lunch at 1:00
If you are interested, contact
Margaret 435-654-2876




Are you interested in playing Canasta and other card games? We will be playing every Monday at 1:00 P.M. at the Center! We would love to have you.

MIKE'S BLURB

Our dear friend Merrill Hall was born April 23. She turned 99, which is pretty amazing since the life expectancy of women born that year was 58. She passed that by 43 years.

Life was a lot different back then and a lot more difficult. Homes were heated with coal. A very dirty, nasty way to keep your home warm. Most men worked 70-80 hours per week and women worked at least that much taking care of kids and family. Millions of children worked also.

This Sunday I flew home from North Carolina after visiting our Granddaughter Kenley for her birthday. I complained about it taking almost 6 hours to get from the beach back to Utah. That trip would have taken months to make in the 1920's. How blessed we are with technology that will shuffle us across 2,000 miles quickly while being entertained by the latest movie of our choice.

I am certain it wont last very long but I am going to try and be grateful that I live today and not 99 years ago. Thank you Merrill and everyone else that made my life better by working so hard back then.

Happy Birthday Merrill,

From everyone at the Senior Center.



RECIPE OF THE MONTH

LEMON BARS



Ingredients:

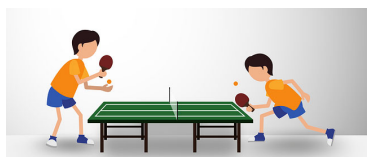
- 2 cups flour
- 1 cup butter, softened
- 1/2 cup powdered sugar
- 2 cups granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 4 Tablespoons lemon juice
- 4 eggs, room temperature

Instructions:

1. Preheat oven to 350 degrees.
2. Mix together the flour, butter and powdered sugar with a fork.
3. Press the mixture evenly into a ungreased 9" x 13" pan.
4. 4. Bake for 20 minutes.
5. 5. Beat remaining ingredients until light and fluffy, about 3 minutes.
6. 6. Pour over hot crust and bake for 25 more minutes.
7. Cool. Dust with powdered sugar and then cut into squares.

Recipe is from USU Extension cooking class.

Do you love Ping Pong and Air Hockey??
Come check out the new tables and play a
game or two!



Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gatherings will be held at 2:00 the first and third Wednesday of the month. .

Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gathering for May will be Wednesday the 15th at 2:00 P.M.

CareGiver Support Group

We meet at the Center for the caregiver support group on the second Tuesday of every month @ 2:00.

Please join us for our next meeting on Tuesday










May 14th at 2:00



GUESS THE WORD USING THE EMOJIS!

CLUE

ANSWER

Turn in completed puzzle to the senior center by May 28th to be entered into a drawing for a \$20 gift card!

Name: _____ Phone: _____

LOOKING AHEAD—FAIR DAYS 2024!

WANTED: Do you do canning, baking, photography, quilting, crocheting, jewelry, gardening, flower arrangements, wood or leather work or some other amazing talent you can share? Well, we want you to display it in this year's Fair Days Exhibit!!! It is easy peasy, just bring it in to me at the Center and I will take care of the rest for you!

WORLD'S LARGEST PUZZLE: We will be entering this masterpiece into the Fair Day's Exhibit! Come be a part of this amazing project that everyone will be talking about. We need to have it finished by mid July to make this happen.

DISCOUNTED TICKETS: Park & Recreation has given you a special pre-sale discount for the best seats in the house. These events sell out quickly, especially the seats that have been set aside for you. Orders need to be placed with us by May 23rd with a limit of 2 per member.

You guys are amazing! Let me know if I can help of you have any questions.. 435-654-4920

 Candie

Mountain Valley Stampede Rodeo

Date: Thursday, August 1st

Time: Evening— TBD

Cost: \$10

Deadline: Wednesday, May 23rd



Wasatch Park & Recreation is offering Wasatch County Senior Center discounted pre-sale tickets for our Seniors. They will be grouped together in the Stadium Seating. Limited number of tickets are available (limit of 2 tickets per person).

Tickets are for Thursday night only.



Wasatch County Derby

Date: Friday, July 26th

Time: 7:00 P.M.

Cost: \$10 (Limit 2 Per Person)

Deadline: Wednesday, May 23rd

Wasatch Park & Recreation is offering Wasatch County Senior Center discounted pre-sale tickets for our Seniors. They will be grouped together in the Stadium Seating. Limited number of tickets are available (limit of 2 tickets per person).

Tickets are for Friday night only.



May

Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p>ALL DAY – EVERY WEEKDAY</p> <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Games 	 <p>Piano Lessons Please Contact Margaret Schloss 435-654-2876</p>	<p>1</p>  <p>8:30 Bird Refuge</p>  <p>11:30 Lunch & Bowling at Holiday Lanes</p>	<p>2</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>  <p>Cinco De Mayo Lunch</p>	<p>3</p> <p>12:00 Cards—Bridge</p>
<p>6</p> <p>Orem Cinemark— Escape From Germany Time TBD</p>  <p>1:00 Cards—Canasta</p>	<p>7</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language</p>	<p>8</p>	<p>9</p> <p>Treasure Table</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>  <p>Mother's Day Lunch</p>	<p>10</p> <p>10:00 Paint Class</p>  <p>12:00 Cards—Bridge</p>
<p>13</p> <p>1:00 Cards—Canasta</p>	<p>14</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language 2:00 Caregiver Support Group </p>	<p>15</p>  <p>11:30 Lunch & Bowling At Holiday Lanes</p> <p>1:00 Herb Pots</p>  <p>2:00 Grief Support Group</p>	<p>16</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>17</p> <p>10:30 Lunch @ Taggart's</p>  <p>12:00 Cards—Bridge</p>
<p>20</p> <p>10:00 & 2:00 Spring Roll Class</p>  <p>1:00 Cards—Canasta</p>	<p>21</p>  <p>10:00 Breakfast 10:30 Chair Exercise 2:00 Sign Language</p>	<p>22</p> <p>10:00 Erickson Museum & Boxed Lunch</p>  	<p>23</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>24</p> <p>12:00 Cards—Bridge</p>
<p>27</p>  <p>MEMORIAL DAY HONORING ALL WHO SERVED *****</p> <p>Closed</p>	<p>28</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language</p>	<p>29</p> <p>4:00 Dinner @ Tepanyaki- Orem</p> 	<p>30</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>31</p> <p>10:00–3:00 Puzzles & Pastries</p>  <p>12:00 Cards—Bridge</p>



Meals on Wheels

****Luncheon Menu (served every Tuesday and Thursday)****

*****PLEASE CALL THE CENTER THE DAY BEFORE TO RESERVE YOUR SPOT**

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN STRIPS , potatoes, mixed vegetables, tropical fruit & roll	2 RAVIOLI , corn, cottage cheese, pineapple & roll CINCO de MAYO TACO BAR w/ trimmings 	3 BURRITO w/chili, potato, assorted vegetable, cantaloupe, chips & salsa
6 FISH , au gratin potatoes, carrots, tartar sauce, tropical fruit & roll	7 CHICKEN FRIED STEAK , potatoes & gravy, green beans, applesauce, cookie & roll SWEET & SOUR PORK over RICE, egg roll & orange wedge	8 BEEF NOODLE SOUP , tri patty potato, mixed vegetables, peaches & crackers	9 TACO SALAD w/ ranch, orange wedge & chips MOTHERS DAY BAKED CHICKEN w/trimmings 	10 BAKED CHICKEN , potatoes & gravy, peas & carrots and peaches
13 STUFFED CABBAGE , potatoes & gravy, peas & carrots, applesauce, cookie & roll	14 CHEESE ENCHILADA , beans, corn, peaches, chips & salsa STUFFED GREEN PEPPER , potatoes & gravy, green beans & tropical fruit	15 SPAGETTI w/MEAT SAUCE, corn, cottage cheese, pears & roll	16 CHICKEN PARMESAN , red potatoes, mixed vegetables, tropical fruit & roll HAM SANDWICH , potato salad, pineapple & chips	17 HAM SANDWICH , potatoes salad, pineapple & chips
20 CHICKEN CUTLET , potatoes & gravy, peas, peaches & roll	21 BEEF STEW , tri patty, green beans, banana, pudding  BREAKFAST , hash browns, eggs, bacon, pancakes, fruit, juice/ milk	22 CHICKEN POT PIE , potatoes & gravy, carrots, tropical fruit & roll	23 BEEF CHOW MEIN over/NOODLES, egg roll, veggies, orange wedge & roll PORK CHOP , potatoes & gravy, mixed vegetables & applesauce	24 CHEF SALAD w/ranch, mandarin oranges & crackers
27 CLOSED 	28 CHICKEN CORDON BLEU , potatoes & gravy, peas, peaches & roll CHICKEN PARMESAN , red potatoes, carrots & pears	29 SALISBURY STEAK , potato, carrots, applesauce & roll	30 CREAM OF POTATO SOUP , chicken nuggets, green beans, orange wedge & roll FISH , baked potato, California blend vegetables & peaches	31 HAM WRAP , potato salad, mixed fruit & 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