

SEPTEMBER 2023

WASATCH COUNTY SENIOR CENTER 465 EAST 1200 SOUTH HEBER, UT
 MONDAY-FRIDAY 8:00—4:00 435-654-4920



SPOTLIGHT

Alfa Oneida Rubalcava de Flores

My full legal name in Mexico is Alfa Oneida Rubalcava Esparza de Flores (I know it's long), I was born of goodly parents in Jimenez, Chihuahua, Mexico, my parents were very generous and although we lived in a humble situation, we never lacked of the essentials, I'm the eleventh of thirteen children

Growing up my father loved God but did not belong to any church in particular; when I was a teenager, me and most of my siblings and eventually my parents became members of The Church of Jesus Christ of Latter-Day Saints, and few of us, including me, served a full-time mission in Mexico.

While in my mission my father passed away and when I returned, we moved to Mexico City, where

I met my husband, Jose Alfonso Flores Velasco, (I know, we use so many last names!), he left for a full-time mission and two years after he returned, we were married and had a wonderful marriage; we have four children, three girls and one boy (Walkyria, Alfonso, Deyanira and Alfa Oneida), and now I have 14 grandchildren.

My husband had a degree in education and worked for many years for the church educational system in Mexico; when my kids were little, my husband got transferred to Chihuahua City where we lived for quite some time; eventually he changed jobs and became an administrator for the University of Chihuahua; later, and due to political changes, most of the University administrators lost their job, including my husband, those were difficult times but we survived; Since two of my daughters lived in Provo, Utah at the time, and after much persuasion, we moved to USA.

In Utah my husband had to do all sort of difficult manual labor and sadly in 2005 was diagnosed with Mesothelioma (Lung cancer caused by asbestos exposure) and he passed away; since then, I lived with one of my daughters for several years, then with my son and now I'm back with my daughter here in Heber City.

Since I was very little, I loved going to the movies and to the theatre; my favorite actor whom stole my heart is Gregory Peck, I have a collection of many of his movies; I like to collect things, I have three large collections: the first is a collection of classical music on vinyl LP's and CD's, all the great composers, Beethoven, Mozart, etc., the second collection I have is of DVD movies, from the 1940's all the way to 2000's, (but only the good ones) I enjoy watching movies at home; and the third collection is of beautiful cut crystal glassware, (glasses, bowls, pitchers, vases, etc.) unfortunately, because I do not have a house or place to display them, they are all in boxes, ...many boxes.

One of my favorite things is food, I like pretty much everything but specially the "Mole" my son in-law makes, he is a good cook of Mexican food, even when he is from Argentina.

--- {Kids Interjecting} --- Our mom is a very good cook too, but after many years of doing it, nowadays she prefers someone else to do the cooking or to go to a restaurant instead; she loves to read and you can find her many times reading her scriptures in her room; she likes to keep up with the current events, and she does it, thanks to computers and the internet, she also enjoys playing computer games, like solitaire and Mahjong. {End of Kid's Comments} ---

I'm 82 years young and I have many stories to tell but there is no room here; I just want to thank you all for your kindness and friendship; I'm honored to be part of this very special, beautiful group of people, each one of you are to me a part of my family and I'm very glad to be part of you.

I want to thank you for accepting me and expressing your love to me. Thank you, Thank you, Thank you, Thank you.



CORAS CORNER



To all our Seniors...just a little info from the kitchen. Here it is September, and I don't feel like we've had a very long summer. But oh well, I have enjoyed what we've had. Hope we have a nice long fall.

Labor Day 2023 will occur on Monday, September 4th. Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans and is celebrated with parties, street parades and athletic events. We will be closed on Monday the 4th.

On September 21st, we will be having our first "Crazy Hat" party. It's a buy, borrow or make your own hat. Make sure and wear it to lunch. It's sure to be a blast.



Please remember to drink your water. Until next time, take care...Cora Briggs

Polly Jeffs	3	Dewey Rowe	20
Attilio DiMarco	4	Marilyn Fowler	22
Dick Baum	4	Dan Applegate	22
Laura Hunt	4	Donna Broussard	23
Dale Carlson	5	Myrna Vernon	24
Roy Daniels	5	Susanna Florez	26
Colette Prestwich	6	Ashley Fish	28
Vernon Murdock	9	Tom Tuite	
Kathy Browning	9		
Carol DiMarco	10		
Grace Broadhead	10		
Sandy Hansen	12		
Shirley Osborn	12		
Mary Johnson	13		
KayeDawn Epps	14		
Cheryl Jones	20		



** If your name is missing from the birthday list your

Membership is due. Please check with the office **

September Activities & Trips

DATE	Registration Details	EVENT	TIME	COST
Wednesday, September 6th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Friday, September 8th	Limited Space	Cooking Class: Biscuits & Gravy USU Extension	10:00 A.M.	\$5
Monday, September 11th	September 8th	Francis Family Farms & Kohler Dairy- Midway	10:00 A.M.	\$1
Wednesday, September 13th	Limited Space	Springville Quilt Show & Lunch at Cracker Barrel	9:00 A.M.	\$2
Monday, September 18th	Open To Public	Fireside: M&M Band @ Senior Center	7:00 P.M.	Free
Wednesday, September 20th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Wednesday, September 20th	Trip Is Full	Sandy Hale Theatre: Around The World In 80 Days	4:00 P.M.	\$63 Dinner On Your Own
Friday, September 22nd	Trip Is Full	Out To Lunch: Taggarts Grill	10:30 A.M.	\$2 Lunch On Your Own
Monday, September 25th	10:00 A.M. Day of Movie	Orem Cinemark Movie: TBD	TBD	\$7 Snacks On Your Own
Monday, September 25th	Open To Public	Fireside: Mountain Valley Quartet @ Senior Center	7:00 P.M.	Free
Wednesday, September 27th	Limited Space	Erikson Museum -Wallsburg & Boxed Lunch	10:00 A.M.	\$5
Thursday, October 12th	Limited Space	Halloween Train— HVRR	6:30 P.M.	\$10
Wednesday, October 18th	Limited Space	Wendover Baby!!!!	8:30 A.M.	\$25 Meals On Your Own



Biscuits & Gravy

Date: Friday, September 8th

Time: 10:00 A.M.

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make fluffy and delicious biscuits and gravy! Class will be taught by Tricia at the USU campus extension.

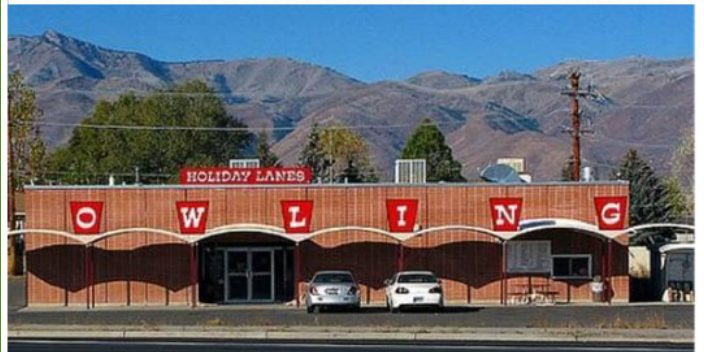
Everything will be provided for the class.

Space is limited.



55 S. 500 E. Heber

(Located in the same build as the Health Department)



Let's Go Bowling

**First & Third Wednesday
Of Every Month**

Meet At Bowling Alley.

Lunch: 11:30 a.m.

Bowling: 12:00 p.m.



FRANCIS FAMILY FARM & KOHLER'S DAIRY

When: Monday, September 11th

Time: 10:00 (Meet at Senior Center)

Cost: \$1 (Any purchases is on your own)

Sign Up By: September 8th

We will meet at the Senior Center and take the bus to Francis Family Farms in Midway! They will give us a tour and tell us what they are all about! They are also offering

25% off anything you want to pick and take home from their

farm. Afterwards, we will go to Kohler's Farm for ice cream, grilled cheese or to just check out their little store.



**HEBER VALLEY
ARTISAN CHEESE**
FROM OUR FARM TO YOUR TABLE



SPRINGVILLE QUILT SHOW & LUNCH AT CRACKER BARREL

When: Wednesday, September 13th

Time: 9:00 a.m.

Cost: \$2

Lunch: Cracker Barrel (Lunch On Your Own)

Sign Up By: Until Trip Is Full, Limited Availability

Quilt show is held at the Springville Art Museum! This juried exhibition features quilts of all styles and sizes created by some of the State's finest quilters. Presented by the Springville Museum of Art and the Utah Valley Quilt Guild with support from the Corn Wagon Quilt Company.

Afterwards, we will have lunch at Cracker Barrel.



RICHARD W ERICKSON FOUNDATION
ANTIQUE & CLASSIC POWER MUSEUM
 ESTD 1989 KEEPING HISTORY ALIVE 1989

Date: Wednesday, September 27th
 Time: 10:00 A.M.
 Cost: \$5
 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.

Monday Night Fireside
 FEATURING THE...
M & M BAND

MONDAY, SEPTEMBER 18TH
 7:00 P.M.
 AT THE SENIOR CENTER

Free and open to the public!



Halloween Train

When: Thursday, October 12th
 Time: 6:30
 Cost: \$10
 Sign Up By: Limited Tickets

Join us on the Halloween Express Train! This magical 90-minute round trip ride departs at 7pm and includes Halloween songs, entertainment, and not-very scary fun for the whole family. Our ride will take us to the spooky Heber Creeper Village as we search for Ghost of the Heber Creeper. You'll be laughing and singing - and maybe get a little scared now and again. Our cast includes wizards, baby dragons, zombies, monsters, ghosts and more! Family friendly.
 Includes a \$5.99 pumpkin cookie board.



WE WILL HAVE PIZZA AT THE SENIOR CENTER PRIOR TO TRAIN RIDE. **YOU NEED TO SIGN UP FOR PIZZA DINNER** AS IT WILL BE THE CONGRATE MEAL THAT DAY AND THAT IS NOT INCUDLED IN THE \$10 TRAIN TICKET COST.

Wendover

Date: Wednesday, October 18th
 Time: 8:30 AM (Le Bus To Leave Center)
 Cost: \$25
 Lunch: On Your Own
 Sign Up Deadline: Until Bus Is Full, Limited Seating

Day trip to Wendover on the Le Bus FUN BUS! We will leave promptly at 8:30 am and return at 8:00 pm. **You will receive a fun book that includes: \$5 lucky bucks, one free cocktail, \$20 free play, 15% off gift shop.** Trip is non-refundable unless you are able to find someone to take your spot.







Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER

FLYING NUN
FUGITIVE
GOMER PYLE
GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK

L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE
MEDICAL CENTER
MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN

ODD COUPLE
PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S COMPANY
WALTONS



Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gatherings will be held at 2:00 every other Wednesday at the Senior Center and is free of charge.

SHOUT OUT !!

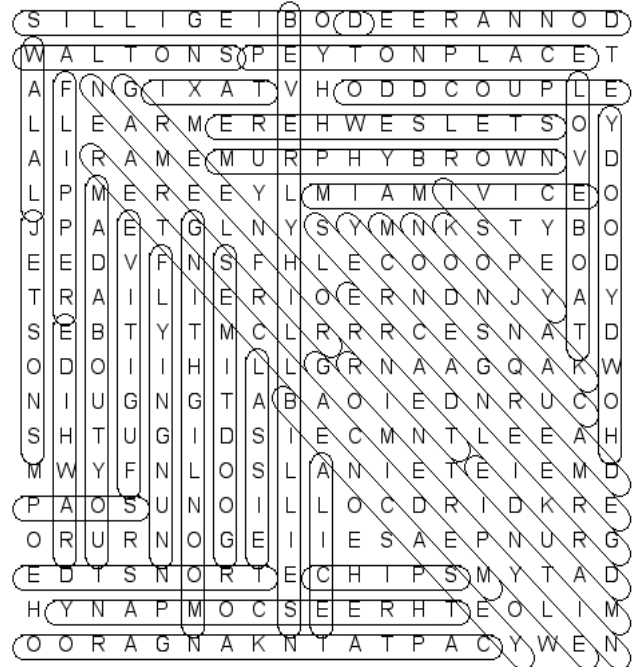
Jill Ford

Jill always has a big smile on her face regardless of what her task may be for the day! She is always willing to help where needed and does a fantastic job keeping the Center clean (and we have witnessed some of the "crappy" situations she has dealt with) Next time you see Jill, let her know how much you appreciate her, we are lucky to have her.

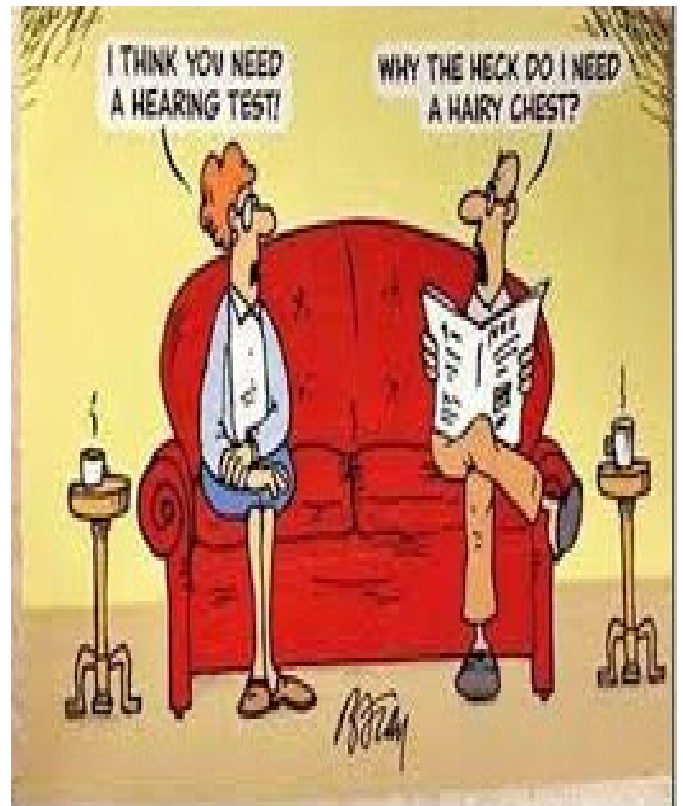


Old TV Shows 1

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



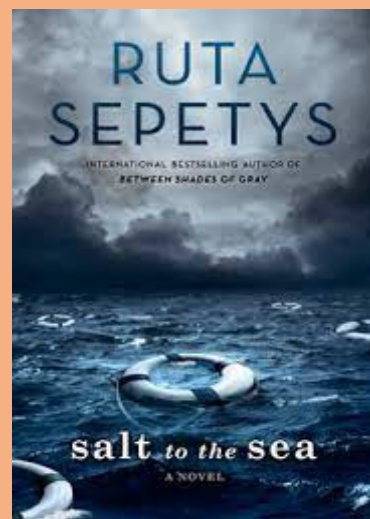
- | | | | |
|---------------------|--------------|----------------|-----------------|
| ALICE | FLYING NUN | L.A. LAW | ODD COUPLE |
| BEN CASEY | FUGITIVE | LASSIE | PEYTON PLACE |
| BEVERLY HILLBILLIES | GOMER PYLE | LOVE BOAT | RAWHIDE |
| CHIPS | GOOD TIMES | MAD ABOUT YOU | RIFLEMAN |
| CANNON | GREEN ACRES | MAUDE | RIN TIN TIN |
| CAPTAIN KANGAROO | GREEN HORNET | MEDICAL CENTER | SOAP |
| DOBIE GILLIS | HOWDY DOODY | MIAMI VICE | ST. ELSEWHERE |
| DONNA REED | I SPY | MOD SQUAD | TAXI |
| DR. KILDARE | IRONSIDE | MOONLIGHTING | THREE'S COMPANY |
| EMERGENCY | JETSONS | MURPHY BROWN | WALTONS |
| FLIPPER | KOJAK | | |



SENIOR BOOK CLUB

Join us every third Thursday of the month @ 10:30 for Senior Book Club.

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



We are currently reading :

And If I Perish

By: Evelyn Monahan

Next Month Book:

Salt to Sea

By: Ruta Sepetys

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

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 September 12th

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, Karen Jentsch



Mike's Blurp

Senior Expo Success

Our first Senior Expo was last Wednesday, the 23rd. It was a great success. We had over 20 different vendors attend with lots of great information, education and tools to help us age gracefully. Thank you to all of the vendors who attended and provided prizes for the bingo game. I want to especially thank Candie Bonner and Luara Mair for all of the work and planning they put into getting great companies and organizations to attend and getting the word out to seniors from Wasatch and Summit County to attend. You guys are amazing.

I would like to highlight the upcoming "Step On" class that will be taught here by the Wasatch County Health department. One of the most dangerous things that happens to us as we age is falling. This class is held one day a week for 7 weeks. Kristen Anderson directs the class and brings in a variety of doctors, physical therapists and other professionals to help you learn ways to prevent falls. We don't have a date yet but it will finish up before the end of the year. Please watch for further information and call and sign up. There is a limited number of spots so sign up soon.

Have a great month and come hang out with us.

~Mike Winward

Zucchini Fritters

1 large zucchini or 2-3 medium
1 tsp. fine salt
1 lg. egg
1/4 c. green onions
6 tbsp. flour
1/4 tsp. pepper
Olive oil for sautéing
Sour cream for serving



Directions:

- 1- wash zucchini, cut off ends and grate. Place in mixing bowl and add 1/2 tsp. salt.
- 2- After ten minutes, squeeze water out of zucchini over sink (you will be surprised at all the water that comes out). You should end up with about 2 cups of squeezed dry zucchini. Transfer to a mixing bowl
- 3- Add green onions and beaten egg.
- 4- in a small bowl, stir together flour, baking powder, 1/2 tsp salt, pepper or season to taste. Add mixture to zucchini and mix well.
- 5 -Using skillet on medium heat, place olive oil. Once oil is hot, add the zucchini mixture a heaping table-spoon at a time. Flatten out tops to make pancake shape. Sauté for 3-4 minutes per side or until golden brown. If the brown to quickly turn down heat. Serve with a dollop of sour cream.

Wanted.....

M & M Band is seeking a drummer to be part of their amazing band!



Please contact **Joyce Clark** for more information.

801-358-7047

September Trivia

GUESS HOW MANY M&MS ARE IN THE JAR?

CLOSEST PERSON WITHOUT GOING OVER WILL WIN THE M&MS AND A \$20 GIFT CARD. TURN IN YOUR GUESS BY SEPTEMBER 20TH, WINNER WILL BE ANNOUNCED AT LUNCH ON THE 21ST.



In Loving Memory...

Ruby Thea Lawton Nicol
Born: January 23, 1937
Died: August 18, 2023
Married: Robert Nicol

Diane Vincent
Born: July 6, 1958
Died: August 13, 2023

Judy Fae Gardner
Born: June 19, 1942
Died: July 21, 2023
Married: Benny Gardner

Claudia Dalton Mayoh
Born: February 27, 1980
Died: August 3, 2023
Married Leslie Mayoh





Crazy Hat Party

September 21st (Thursday Lunch)

We will be having a CrAZy HaT PaRty!
Prizes to be given for the most creative, crazy, and best hats! It's going to be a fun party (as always) with a lot of laughs and smiles.

Be sure to sign up for lunch at least the day before so the kitchen can prepare enough food!

September

Activity Calendar



Mon	Tue	Wed	Thu	Fri
<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>12:00 Bridge Card Group</p>
<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco</p>	<p>6</p>  <p>11:30 Lunch & Bowling at Holiday Lanes</p>	<p>7</p> <p>Treasure Table</p> <p>9:00 Yoga 10:00 Piano Lessons 10:30 Tai Chi 12:00 Lunch 1:00 Bingo</p>	<p>8</p>  <p>10:00 Biscuit & Gravy Cooking Class</p> <p>12:00 Bridge Card Group</p>
<p>11</p>  <p>10:00 Francis Family Farm & Kohler Dairy</p>	<p>12</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco</p> <p>2:00 Caregiver Support Group </p>	<p>13</p>  <p>9:00 Springville Quilt Show & Cracker Barrel</p> <p>2:00 Grief Support Group @ Center </p>	<p>14</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo Step on Reunion</p>	<p>15</p> <p>12:00 Bridge Card Group</p>
<p>18</p> <p>7:00 Fireside The M&M Band</p>	 <p>10:00 Breakfast 10:30 Chair Exercise</p>	<p>20</p>  <p>11:30 Lunch & Bowling at Holiday Lanes</p>  <p>4:30 Sandy Hale Theater</p>	<p>21</p> <p>9:00 Yoga 10:00 Piano Lessons 10:30 Book Club 10:30 Tai Chi 12:00 Lunch 1:00 Bingo</p> <p>Crazy Hat Party </p>	<p>22</p>  <p>10:30 Lunch @ Taggarts</p> <p>12:00 Bridge Card Group</p>
<p>25</p>  <p>Orem Cinemark Movie & Time TBD</p> <p>7:00 Fireside Mountain Valley Quartet</p>	<p>26</p> <p>10:30 Chair Exercise 11:00-1:00 Flu Shot 12:00 Lunch 1:00 Bunco</p>	<p>27</p> <p>RICHARD W. ERICKSON FOUNDATION ANTIQUE & CLASSIC POWER MUSEUM "KEEPING HISTORY ALIVE"</p> <p>10:00 Erikson Museum</p> <p>2:00 Grief Support Group @ Center </p>	<p>28</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo</p>	<p>29</p>  <p>12:00 Bridge Card Group</p>



MEALS ON WHEELS

Luncheon Menu (served every Tuesday and Thursday)

PLEASE CALL THE CENTER THE DAY BEFORE TO RESERVE YOUR SPOT

2023

(435)654-4920

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HAM SANDWICH, potato salad, mixed fruit & chips
4 CLOSED FOR THE HOLIDAY 	5 FISH, potatoes & gravy, green beans, tartar sauce, peaches & roll CHICKEN CORDON BLEU, potatoes & gravy, peas & mixed	6 CHICKEN CHOW MEIN over NOODLES, egg roll, stir fry vegetables, orange wedge & roll	7 PORK CHOP, potatoes & gravy, green beans, applesauce & roll CRUNCH TOP HAM & POTATO CASSEROLE, mixed vegetables,	8 BEANS & FRANKS, tator tots, mac & cheese, mixed fruit, cookie & roll
11 BBQ RIBLETT, mac & cheese, pork-n-beans, peaches, cookie & roll	12 CHICKEN STRIPS, potatoes & gravy, peas & carrots, banana & roll POTATO BAR w/ TRIMMINGS 	13 SPAGETTI w/MEAT SAUCE, corn, cottage cheese, pears & roll	14 BAKED CHICKEN, potatoes & gravy, green beans, orange wedge, cookie & roll SLOPPY JOES w/ TRIMMINGS	15 SALISBURY STEAK, potatoes, carrots, tropical fruit & roll
18 CHICKEN FRITTER, potatoes & gravy, peas & carrots, pears & roll	19 BEEF STEW, tator tots, green beans, mixed fruit, cookie & roll  BREAKFAST, hash-browns, bacon, pancakes, fruit, juice & milk	20 CREAM OF POTATO SOUP, peas, chicken nuggets, orange wedge & roll	21 STUFFED PEPPERS, potatoes & gravy, mixed vegetables, tropical fruit & roll  CRAZY HAT DAY PARTY CHICKEN STRIPS, fries, corn & watermelon	22 CHICKEN CORDON BLEU, potatoes & gravy, carrots, peaches & roll
25 CHICKEN CUTLET, potatoes & gravy, peas, mixed fruit & roll	26 BEEF-N-BEAN BURRITO, tator tots, chili, orange wedge & chips FISH, potatoes & gravy, carrots, peaches	27 MACARONI & BEEF, corn, cottage cheese, pears & roll	28 MANDARIN ORANGE CHICKEN over RICE, egg roll, stir fry vegetables, peaches & roll CHEF SALAD w/ ranch, mandarin orange	29 CHEF SALAD w/ ranch, mandarin orange & crackers

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