

# JUNE



**ANNETTE GILES YOUNG**

**2023**

**Wasatch County Senior Center**

**465 East 1200 South Heber, UT**

**Monday-Friday 8:00—4:00**

**435-654-4920**

Annette Young is known for her kind spirit. She is a woman who has worked hard during her life and always kept her family as her top priority.

Annette Young was born in Heber City on Dec. 22, 1934. She was born the fourth of six children to Mary Louisa Shepard and John Golden Giles. Her father passed away when she was only 6 years old. She has a few cherished memories of him. One when cared for after burning her foot in ashes and one when he hid her bottle of milk that she was supposed to take to school. Her mother, Mary, worked for years as the Wasatch County as treasurer, county clerk and recorder, and was always nearby ready to help.

When, as a teenager, Annette was walking home from a movie one night, a car stopped to offer her a ride home. She said no thank you, then she recognized a couple of friends that were in the car. She accepted the ride and meet the man whom she would marry and have 8 children with, James Hilton Young.

James and Annette were married in March of 1951. Their 8 children are James Ralph Young, Connie Jean (Kummer), Danny Lee Young, Peggy Elaine (Rasmussen), Larry Dean Young, Ramona Gay (Promitas), Ellen Louise (Bonner), and Julie Ann (Steck). Tragically, Danny Lee passed away while still in infancy.

Although she and her husband moved to several times and lived in Heber, Wallsburg, Midway, Salt Lake and Ogden, James and Annette eventually moved into the same home she was raised in. She lives there still with her daughter Ellen and son-in-law Chris.

While living in Ogden, Annette worked in the cannery. After moving back to Heber, she worked in the sewing factory for 16 years. When the factory moved to Provo, Annette worked at Day's Market in the bakery. At that time, Day's was located in building that now houses the Center Stage Thrift store as well as other businesses. When the bakery merged with another bakery, the workers were laid-off.

Annette soon found work in Park City, where she became a supervisor of cleaning crews for Deer Valley. She worked there for 19 years. After new management came in, Annette went to work for Bear Creek Country Kitchens until she retired.

Annette now has 28 grandchildren, 81 great grandchildren and 6 great-great children with more to come. Annette loves to spend time with her family and her home is always filled with family stopping by to visit. She also enjoys riding on a motorcycle with grandson Shawn, riding in the side by side, long rides with Chris and Ellen and fishing. She often goes door dashing with her daughter Peggy. She also enjoys being in the senior citizens activities. Having lunch with friends and playing Bingo are highlights of her week.

Annette goes every year to Washington state to visit her daughter Ramona and her family. While in Washington, she likes to play games, put together puzzles, do scrap booking and go on drives to the lake.

Her next goal is to visit Nauvoo. Planning is in the works, and she may going soon.



## CORA'S CORNER

To all our Seniors...just a little info from the kitchen. Ah, June. One of our favorite months on the calendar! Named after Juno, Roman goddess of marriage, home and family. June is a fun-filled month with kids out of school and everyone in vacation mode.

Father's Day is a holiday honoring one's father or relevant father figure, as well as fatherhood, paternal bonds and the influence of fathers in society. Thank you to all our fathers on Father's Day and every day. We will be serving Father's Day lunch on the 15<sup>th</sup>. Please call ahead to reserve your spot. When we do something special it is hard to allow late calls.

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans. We will be closed on this day-the 19<sup>th</sup>.

Come and get involved in one of the many activities here at the center. Just being around others and doing something different can lift your spirit.

Please remember to keep drinking your water. The weather is getting warmer and we need to be hydrated. Until next time, take care...Cora Briggs

<b>June Gavin</b>	<b>1</b>	<b>Bill Brown</b>	<b>19</b>
<b>Kevin Allen</b>	<b>2</b>	<b>Margery Clark</b>	<b>19</b>
<b>John Crook</b>	<b>2</b>	<b>James Ritchie</b>	<b>19</b>
<b>Richard Parker</b>	<b>2</b>	<b>Geraldine Hughes</b>	<b>20</b>
<b>Nyda Harrison</b>	<b>3</b>	<b>Sharon Samuels</b>	<b>21</b>
<b>Kaye Bonner</b>	<b>4</b>	<b>Julie Bell</b>	<b>22</b>
<b>Susan Singley</b>	<b>4</b>	<b>Marilyn Bethers</b>	<b>22</b>
<b>Susy Epperson</b>	<b>5</b>	<b>Mary Ann Giles</b>	<b>22</b>
<b>Scott Parker</b>	<b>5</b>	<b>Delores Meik</b>	<b>23</b>
<b>Jill Hurley</b>	<b>7</b>	<b>Ginny Sanatar</b>	<b>23</b>
<b>Judith Maedel</b>	<b>8</b>	<b>Lois Mahoney</b>	<b>24</b>
<b>Nancy Black</b>	<b>10</b>	<b>Karen Basset</b>	<b>25</b>
<b>Sandy Noonan</b>	<b>10</b>	<b>Shawna Jeffs</b>	<b>25</b>
<b>Sue Urban</b>	<b>11</b>	<b>June Muir</b>	<b>25</b>
<b>Keith Fortie</b>	<b>12</b>	<b>Debbie Sweat</b>	<b>25</b>
<b>Ramona Promitas</b>	<b>12</b>	<b>Dennis Clegg</b>	<b>27</b>
<b>Lynda Payne</b>	<b>13</b>	<b>Viola Nelson</b>	<b>27</b>
<b>Bonnie Wilson</b>	<b>13</b>	<b>Judy Simmons</b>	<b>27</b>
<b>David Todd</b>	<b>14</b>		
<b>Cindy Krebs</b>	<b>16</b>		
<b>David Turner</b>	<b>16</b>		
<b>Debra Proctor</b>	<b>17</b>		
<b>Michael Morrison</b>	<b>18</b>		





# Activities & Trips

DATE	Registration Details	EVENT	TIME	COST
Friday, June 2nd	Limited Space	Lunch at Vintage Grill, Kamas	11:00 A.M.	\$1 Lunch On Your Own
June 5th-7th	Trip Is Full	St. George   Tuacahn Trip	9:30 A.M.	Contact Senior Center
Wednesday, June 7th	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Monday, June 12th	Limited Space	USU Extension: Bakery Cookies Class	2:00 P.M.	\$5
Tuesday, June 13th	June 8th	Essential Oil Class: Lymph System & Dry Brushing	1:00 P.M.	\$15
Wednesday, June 14th	Closed	Orem Hale Theater "Oliver"	5:00 P.M.	\$25 Dinner On Your Own
Friday, June 16th	Limited Space	Petroliana Museum & Lunch at Great Steak Grill, Provo	9:00 A.M.	\$2 Lunch On Your Own
Saturday, June 17th	June 13th	Theater at Midway Town Hall "Arsenic & Old Lace"	2:00 P.M.	\$15
Wednesday, June 21st	Just Meet There	Lunch & Bowling—Holiday Lanes	11:30 A.M.	Lunch & Bowling On Your Own
Friday, June 23rd	May 20th	Ice Cream Bar "Welcome" Door Hanging Craft	10:00 A.M.	\$8
Monday, June 26th	10 A.M. May 15th	Orem Cinemark: TBD	TBD	\$7 Snacks On Your Own
Wednesday, June 28th	Limited Space	Picnic at South Fork Park	11:00 A.M.	\$5

### Remember!

For more information stop by or call the Senior Center. Payments must be made at the time of sign up.

### 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

## Vintage Grill Lunch Kamas

**When: Friday, June 2nd**

**Time: 11:00 A.M.**

**Cost: \$1 ( Lunch On Your Own)**

**Sign Up By: June 1st**

We will meet at the Senior Center and travel to the Vintage Bar & Grill in Kamas. This is a new restaurant that opened about two months ago, lets go give it a try! Average cost is \$12-\$18. Menu has salads, sandwiches, pastas, steaks, fish & chips, etc.



## Let's Go Bowling

**First & Third Wednesday  
Of Every Month**

**Meet At Bowling Alley.**

**Lunch: 11:30 a.m.**

**Bowling: 12:00 p.m.**



## Bakery Cookies

**Date: Monday, June 12th**

**Time: 2:00 P.M.**

**Cost: \$5**

**Limited Space.....Sign Up Soon!**



We will learn to make delicious bakery cookies! 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)

## Essential Oil Class— Lymph System & Dry Brushing Taught By: Theresa Santoro

**When: Tuesday, June 13th**

**Time: 1:00 P.M.**

**Where: Senior Center**

**Cost: \$15 (includes “dry” brush, on guard spray and information packet)**

This class we will be discussing oils for the lymph system and how to use them. You will also learn the benefits and how to dry brush. Everything needed for the class will be provided.



## Petroliana Museum & Lunch at Great Steak Grill

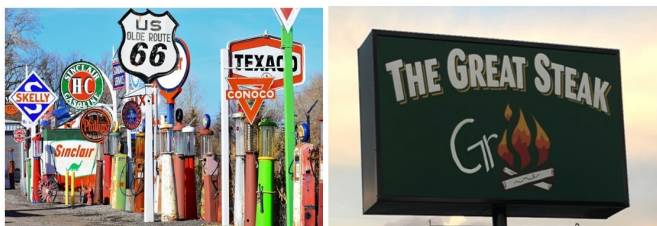
**When: Friday, June 16th**

**Time: 9:00 A.M.**

**Cost: \$2 (Lunch On Your Own)**

**Sign Up By: June 15th**

We will meet at the Senior Center and travel to the Petroliana Museum in Provo. The outdoor museum has items like antique porcelain signs, an antique gas station, and close to a hundred antique gas pumps from 1917 pre-visible to pumps in the late fifties. Some of the collection includes the only signs of their kind in Utah and some are extremely rare to find anywhere. Afterwards, we will have lunch at the Great Steak Grill.



## PICNIC IN PROVO CANYON SOUTH FORK PARK

**Date: Wednesday, June 28th**

**Time: 11:00 a.m. (Bus Leaves Center)**

**Cost: \$5 (\$2 transport, \$3 Lunch)**

**Lunch: Boxed Lunch**

**Sign Up By: June 26th**

We will go on a scenic ride to South Fork Park in Provo Canyon and enjoy boxed lunches from Cora's kitchen!



## Ice Cream Bar Welcome Sign

**When: Friday, June 23rd**

**Time: 10:00 A.M.**

**Cost: \$8**

**Sign Up By: June 20th**



We will be making these adorable ice cream welcome signs. Everything you need will be provided. Workshop will be hosted by Cynthia Gurule

## Sandy Hale Theatre Newsies

**Date: Wednesday, July 12th**

**Time: 4:30 p.m.**

**Cost: \$63**

**Dinner: Sizzler (On Your Own)**

**Sign Up By: June 9th**

**Tony Award Winner!** You begged for it and it's back! Extra! Extra! Read all about it! Taken from the true story of a band of street kids who upend the powerful newspaper publishers in New York. All the great songs...Seize the Day, Santa Fe, King of New York...thrilling dance and an unforgettable story fit to print - all on Hale's world-class stage. Now that is NEWS! Bring the family!







## Caregiver Support Groups

Support groups are the best place for caregivers to connect with others in similar situations who actually know what you're going through. Our support groups are held monthly and open to anyone looking for the camaraderie of the caregiving community. Each support group is moderated by a professional who also provides information about community resources.

Gatherings will be held the second Tuesday of every month at the Wasatch Senior Center starting at 2:00 P.M. Light refreshments will be served.

## Donations.....

**Because of the rapidly rising cost of food, we would like to encourage everyone who is financially able, to donate a little more for meals. Please do not feel obligated, it is still a donation and no one will ever be turned away. But if you feel like you can help it would be greatly appreciated.**

# Fishing

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

The remaining letters spell a quote by Henry David Thoreau.

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

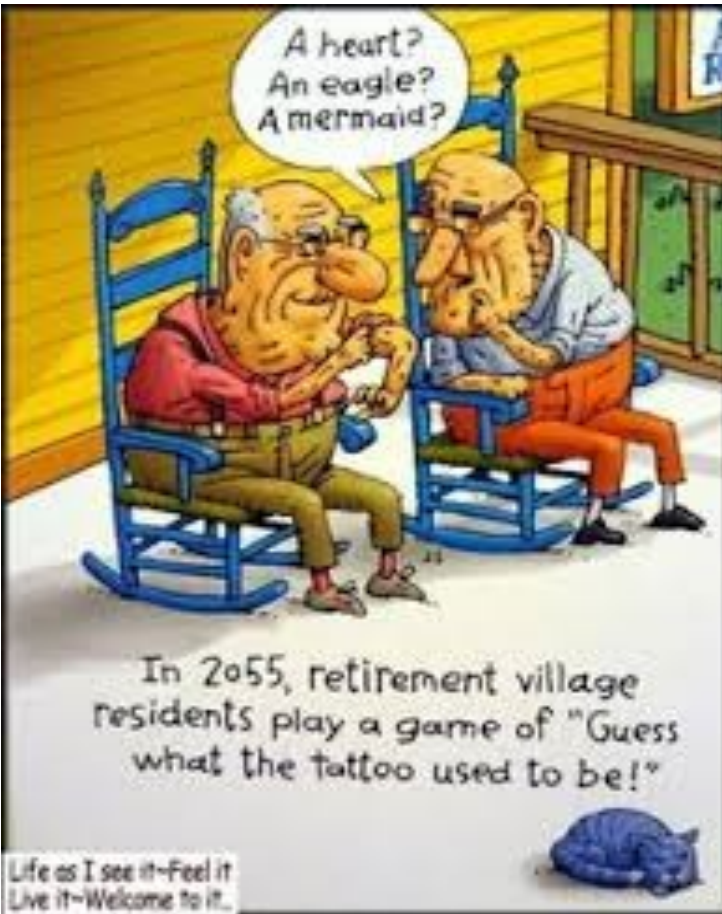
ANGLER  
ANGLING  
AUGER  
BAIT  
BASS  
BLUEFISH  
BOAT  
BOBBER  
CATCH AND RELEASE  
CATFISH  
CRAPPIE  
CRAWLER  
DAILY LIMIT

FLIES  
FLIPPING  
FLOAT  
FLOUNDER  
FLY CASTING  
FLY FISHING  
FLY REEL  
FLY ROD  
GEAR  
HOOK  
JIGGING  
JIGS  
KEEPER

LAKE  
LANDING NET  
LEADER  
LINE  
LURE  
NIBBLE  
PANFISH  
POLE FISHING  
POND  
REDFISH  
RIVER  
ROD AND REEL  
SALMON

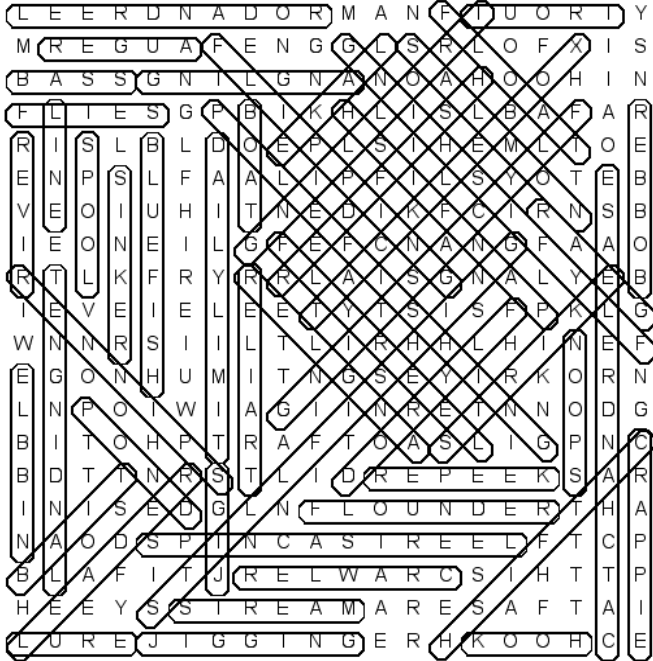
SINKER  
SPINCAST REEL  
SPINNER  
SPOOL  
SPOON  
STILL FISHING  
STREAM  
STRIKE  
TACKLE BOX  
TRAILER  
TROLLING  
TROUT





### Fishing

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



- |                   |             |              |               |
|-------------------|-------------|--------------|---------------|
| ANGLER            | FLIES       | LAKE         | SINKER        |
| ANGLING           | FLIPPING    | LANDING NET  | SPINCAST REEL |
| AUGER             | FLOAT       | LEADER       | SPINNER       |
| BAIT              | FLOUNDER    | LINE         | SPOOL         |
| BASS              | FLY CASTING | LURE         | SPOON         |
| BLUEFISH          | FLY FISHING | NIBBLE       | STILL FISHING |
| BOAT              | FLY REEL    | PANFISH      | STREAM        |
| BOBBER            | FLY ROD     | POLE FISHING | STRIKE        |
| CATCH AND RELEASE | GEAR        | POND         | TACKLE BOX    |
| CATFISH           | HOOK        | REDFISH      | TRAILER       |
| CRAPPIE           | JIGGING     | RIVER        | TROLLING      |
| CRAWLER           | JIGS        | ROD AND REEL | TROUT         |
| DAILY LIMIT       | KEEPER      | SALMON       |               |

# AARP Driver Safety Class

**Date:** Monday, July 10th  
**Time:** 10:00—2:30  
**WORKING LUNCH:** \$3.00 working lunch option  
**COST:** \$20 for AARP Members and \$25 for AARP guests.  
**Sign Up By:** Monday, July 3rd



**It Pays to Refresh Your Driving Skills!**  
 When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

**Additionally, you'll learn:**

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

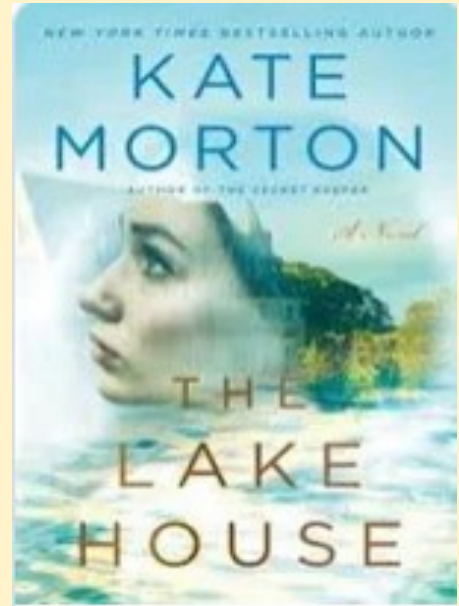


Enhabit's Chaplin, Ann Spackman, will be leading our grief support group. Light refreshments will be served. Gatherings will be held at 2:00 every other Wednesday at the Senior Center and is free of charge.

## **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 :

"The Journey to the end of the Millennium"

By: A.B. Yehoshua

Next month's book:

"Lake House" By: Kate Morton

### 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

## **SHOUT OUT !!** Christy Ackerson

Thank you for sharing your talents and  
teaching others how to play the piano!  
You always have a smile on your face and  
you kindness is contagious.



## **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

## Heber City Police Department

### Memorial Day Message from Police Chief

#### Booth

I cannot believe it is Memorial Day weekend; As I ponder this day, I think of the families who have lost their loved ones. I think of the men and women who died while serving in the U.S. Military.

It is astonishing that Decoration Day originated in the years following the Civil War and finally became an official holiday in 1971. Many of us will observe Memorial Day by visiting cemeteries or memorials, holding family gatherings, and participating in parades.

Unofficially, it marks the beginning of the summer season. Please stay safe while you are out and about during these celebrations, as the traffic and the hustle and bustle can become quite tasking.

I think of you often. I care for your well-being. Remember, if you need anything, please feel free to reach out.

Your Friend,  
Chief Dave Booth



### *In loving memory...*

#### **Larry Bert Duke**

**Born:** January 26, 1933

**Died:** April 25, 2023

**Married:** Joan Kinsey Duke

#### **Bonnie Rae Brimhall**

**Born:** December 4, 1945

**Died:** April 29, 2023

**Married:** Leon Harold Brimhall

#### **Ruth Montgomery**

**Born:** 1933

**Died:** May 6, 2023

**Married:** Lovell "Chum" Ivie

**Later married:** Clyde Montgomery



## HAM & CHEESE HASH BROWN

### WAFFLES

#### INGREDIENTS:

- 1 (20-oz) package refrigerated hash brown potatoes
- 1 large egg, beaten
- 2 Tablespoons butter, melted
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 ounces diced ham
- 1 1/2 cups cheddar cheese

#### DIRECTIONS:

1. Preheat waffle iron.
2. Spray waffle iron with vegetable spray.
3. In a large bowl, combine hash brown potatoes, egg, butter, garlic powder, salt and pepper.
4. Place thin layer of the potato mixture on waffle iron and then layer cheese, ham and another layer of the potato mixture. Spread all evenly and close the waffle iron.
5. Cook for 7-8 minutes or until crispy and golden.
6. Serve immediately.



## **Mike's Blurb**

The Center and The Library are very excited to announce that we are sponsoring a series of concerts here in the outdoor area between The Library and The Center in the area we have christened "The Colosseum". Sadly, the County will not allow us to have gladiator fights in the colosseum. Maybe Juan, The Library Director, and I will have a water fight. The first concert is Saturday June 10th from 6:00pm - 9:00pm. Our first performer is local musician Alicia Stockman. She writes and sings folk songs. Come party with us in "The Colosseum"!

The world seems to be a little crazy these days. Everyone put on your straight jacket and go out and embrace the craziness! Lots of crazy here at The Center, so come on over we love all our crazy folks.

# JUNE

# Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p><b>ALL DAY – EVERY WEEKDAY</b></p> <ul style="list-style-type: none"> <li>• Exercising</li> <li>• Reading</li> <li>• Computers</li> <li>• Billiards</li> <li>• Piano/Organ</li> <li>• Checkers</li> <li>• Puzzles</li> <li>• Wii Video</li> <li>• Games</li> <li>• Ceramics</li> </ul>	<p><b>**For Piano lessons Contact Christy Ackerson 801-864-6403</b></p>		<p><b>1</b></p> <p>10-11:30 Piano Lessons 10:30 Tia Chi <b>12:00 Lunch</b> 1:00 Bingo</p> <p>7:00 Quilters Group</p>	<p><b>2</b></p> <p>11:00 Lunch @ Vintage Grill in Kamas</p> <p>12:00 Bridge Card Group</p>
<p><b>5</b></p> <p>9:30 Leave for St. George, Tuacahn Trip</p>	<p><b>6</b></p> <p><b>Treasure Table</b></p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco</p>	<p><b>7</b></p> <p>11:30 Lunch &amp; Bowling at Holiday Lanes</p> <p>2:00 Grief Support</p>	<p><b>8</b></p> <p><b>Treasure Table</b></p> <p>10:30 Tia Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Stepping On Class</p>	<p><b>9</b></p> <p>12:00 Bridge Card Group</p>
<p><b>12</b></p> <p>2:00 Bakery Cookies Class @ USU Extension</p>	<p><b>13</b></p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco 1:00 Essential Oil Class</p> <p>2:00 Caregiver Support Group ❤️</p>	<p><b>14</b></p> <p>5:00 Orem Hale Theater "Oliver"</p>	<p><b>15</b></p> <p>10-11:30 Piano Lessons 10:30 Tia Chi <b>12:00 Lunch</b> 1:00 Bingo</p>	<p><b>16</b></p> <p>9:00 Petroliana Museum &amp; Lunch @ Great Steak Grill, Provo</p> <p>12:00 Bridge Card Group</p>
<p><b>19</b></p> <p><b>Closed</b></p>	<p><b>20</b></p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco</p>	<p><b>21</b></p> <p>11:30 Lunch &amp; Bowling at Holiday Lanes</p> <p>2:00 Grief Support</p>	<p><b>22</b></p> <p>10:30 Tia Chi <b>12:00 Lunch</b> 1:00 Bingo</p>	<p><b>23</b></p> <p>10:00 Ice Cream Bar Welcome Sign Workshop</p> <p>12:00 Bridge Card Group</p>
<p><b>26</b></p> <p>Orem Cinemark Time &amp; Movie TBD</p> <p><b>6:30 Fireside</b></p> <p>Night Of Dancing! Learn To Swing Dance With Denton &amp; Sydney Theide</p>	<p><b>27</b></p> <p>10:00 Breakfast 10:30 Chair Exercise 11:00 Cyber Class</p>	<p><b>28</b></p> <p>11:00 Picnic @ South Fork Park, Provo Canyon</p>	<p><b>29</b></p> <p>10:30 Tia Chi 10-11:30 Piano Lessons <b>12:00 Lunch</b> 1:00 Bingo</p>	<p><b>30</b></p>

## Meals on Wheels

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



# 2023

\*PLEASE CALL THE CENTER THE DAY BEFORE TO RESERVE YOUR SPOT (435)654-4920\*

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>FISH, au gratin potato, carrots, applesauce, tater sauce &amp; roll</b>  <b>CHICKEN CORDON BLEU, potatoes &amp; gravy, peas &amp; peach-</b>	<b>2</b> <b>BEEF STEW, tator tots, green beans, mixed fruit &amp; roll</b>
<b>5</b> <b>STUFFED CABBAGE, potatoes &amp; gravy, mixed vegetables, peaches &amp; roll</b>	<b>6</b> <b>BEANS-N-FRANKS, tator tots, mac &amp; cheese, mixed fruit &amp; roll</b>  <b>CHICKEN PARMESAN, Red Potatoes, mixed vegetables, pears &amp; roll</b>	<b>7</b> <b>MANDARIN ORANGE, CHICKEN over RICE, egg roll, stir fry vegetables, orange wedge &amp; roll</b>	<b>8</b> <b>CHEESE ENCHILADA, tator tots, beans, orange wedge, chips &amp; salsa</b>  <b>MACARONI &amp; BEEF, corn, cottage cheese, pineapple &amp; roll</b>	<b>9</b> <b>RAVIOLI, corn, cottage cheese, pineapple &amp; roll</b>
<b>12</b> <b>CHICKEN STRIPS, potatoes &amp; gravy, peas &amp; carrots, peaches &amp; roll</b>	<b>13</b> <b>GROUND ROUND, potatoes &amp; gravy, peas, orange wedge &amp; roll</b>  <b>MEATLOAF, potatoes &amp; gravy, California blend vegetables, tropical fruit &amp; roll</b>	<b>14</b> <b>CREAM OF POTATO SOUP, corn, chicken nuggets, pears &amp; roll</b>	<b>15</b> <b>PORK CHOP, potatoes &amp; gravy, green beans, applesauce &amp; roll</b>  <b>FATHERS DAY LUNCH PULLED PORK SANDWICH, coleslaw, chips &amp; root beer float</b> 	<b>16</b> <b>CHICKEN SANDWICH, potato salad, mixed fruit &amp; chips</b>
<b>19</b> <b>CLOSED</b> 	<b>20</b> <b>BBQ RIBLET, mac &amp; cheese, pork-n-beans, mixed fruit cookie &amp; roll</b>  <b>SALISBURY STEAK, potatoes &amp; gravy, peas, applesauce &amp; roll</b>	<b>21</b> <b>CHICKEN POT PIE, potatoes &amp; gravy, carrots, peaches &amp; roll</b>	<b>22</b> <b>TUNA CASSEROLE, peas, tropical fruit &amp; roll</b>  <b>ORANGE CHICKEN over RICE, egg roll, orange wedge &amp; roll</b>	<b>23</b> <b>CHICKEN CUTLET, potatoes &amp; gravy, Green beans, pears, &amp; roll</b>
<b>26</b> <b>SALISBURY STEAK, potato, carrots, peaches &amp; roll</b>	<b>27</b> <b>CHICKEN CHOW MEIN, egg roll, stir fry vegetables, orange wedge &amp; roll</b>  <b>BREAKFAST, hashbrown, eggs, ham, french toast, fruit, juice &amp; milk</b>	<b>28</b> <b>MACARONI &amp; BEEF, corn, cottage cheese, pears &amp; roll</b>	<b>29</b> <b>CHICKEN PARMESAN, red potatoes, broccoli, mixed fruit &amp; roll</b>  <b>FISH, baked potato, broccoli, peaches &amp; roll</b>	<b>30</b> <b>HAM, mac &amp; cheese, pork-n-beans, pineapple &amp; roll</b>

**Wasatch County Senior Citizens**  
(435) 654-4920  
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