


August 

2024

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



SPOTLIGHT



RICHARD BAUM

I was born September 4, 1943, when my dad, Tom was a test pilot for Boeing bombers in Denver , Colorado. After the war, we came back to a 138 acre farm north of Heber.

I graduated from Wasatch High in 961 and was definitely not Valedictorian! I then went on and graduate from the University of Utah in 1968 in business and economics. I sold real estate for 40 years and married my beautiful wife, Elva and we had 3 smart and beautiful daughters, We bought a new home at 185 N 200 W Midway.

In the 1980's, one of my business tenants invited me to join search and rescue, which I did, and I was soon the trainer. I trained for 18 years on map and compass, latitude and longitude and victim recovery. I had other experts train on first aid. CPR and rappelling.

My wife, Elva passed away in 2016 shortly after we built our very nice home in Lake Creek.



DONT FORGET TO SIGN UP FOR OUR ANNUAL SUMMER COOKOUT

***** THURSDAY, AUGUST 15TH @ 5:00 PM *****

Cora's Corner

To all our Seniors...just a little info from the kitchen. August is here. School will be starting around the middle of the month. Which means winter is around the corner. Summer seems to be getting shorter and shorter.

We have the Wasatch County Fair Days the end of July and going into the first week of August. Come and enjoy all the fun things the Fair has to offer. The Center will be closed at noon on Friday, August 4th. There will be no meals served.

On Thursday, August 15th, we will be having our Hamburger Cookout with all the trimmings at 5:00 PM. Make sure and call ahead for your reservations. There will be entertainment also. Fun, fun, fun.

It's been an honor being selected as Grand Marshalls of the Wasatch County Fair.

Thank you, Cora and Brent Briggs.

Please remember to keep drinking your water. Especially now that it is so hot.

Advice from a Tree

Stand tall and proud

Go out on a limb

Remember your roots

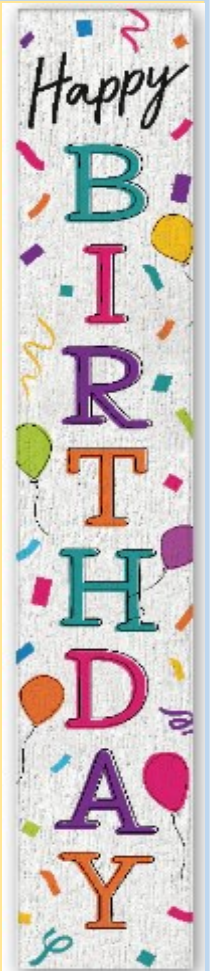
Drink plenty of water

Be content with your natural beauty

Enjoy the view

Until next time, take care...Cora Briggs

Nanette Hjelm	1	Nancy Melton	17	Margaret Schloss	23
Tom Melville	5	Mary Patterson	17	Lisa Arnold	24
Kathleen Kendall	7	Juan Lee	18	Tara Fell	24
Vicky Larsen	7	Brent Sweat	19	Joyce Lee	24
Larry Finnegan	8	Kathy Adams	20	Kris Glasgow	25
Cathy Scroggins	8	Pam Coombs	21	Mill Hincy	25
Susan Clyde	9	Eileen Hughes	21	Tom Fowler	26
Julie Hardman	10	Norma Richardson	21	Renee Horrocks	28
Linda Rimington	10	Gloria Smart	21	Jean Kitzinger	29
Laurel Rail	11	Brenda Smith	21	Walter Ludlow	29
Richard Cohen	12	Joe Tesch	21	Jill Ford	30
Jim Kohler	12	Berni Lattaie-Levin	22	Allan Heins	30
Mary LeBlanc	13	Sheila Shaw	22	David Klein	30
Michelle Cregor	15	Sylvia White	22		





Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Thursday, August 1st	Sold Out	PRCA Rodeo — Heber Fair Grounds	7:00 P.M.	\$10
Friday, August 2nd	Sold Out	Payson Salmon Supper	Bus Leaves @ 3:00 P.M.	\$27
Tuesday, August 6th	By 3:00 P.M. August 6th	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, August 7th & August 21st	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Friday, August 9th	Sign Up Fast Limited Space	Drawing Class @ Senior Center	10:00 A.M.	\$5
Monday, August 12th	Sold Out	Orem Hale Theater: Arsenic & Lace	5:00 P.M.	\$30 Dinner On Your Own
Monday, August 12th	Just Show Up	Fireside At Senior Center: Kent Winterton	7:00 P.M.	No Charge
Wednesday, August 14th	Limited Space	Salads & Homemade Dressings USU Extension, Heber	10:00 A.M. or 2:00 P.M.	\$5
Friday, August 16th	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M.	\$5
Wednesday, August 21st	—	SENIOR EXPO @ SENIOR CENTER	10:00 A.M. - 2:00 P.M.	No Charge
Friday, August 23rd	Limited Space	iPhone Class @ Senior Center	9:30 A.M.	\$5
Monday, August 26th	August 23rd	Orem Cinemark Movie & Time TBD 	TBD	\$7 Snacks On Your Own
Wednesday, August 28th	August 27th	John Besendorfer Museum	9:00 A.M. Bus Leaves Center	\$1

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.

LINE DANCING CLASS

Date: Tuesday, August 6th

Time: 7:00—8:00 P.M.

Cost: \$5

Where: Senior Center

Sam Burt is going to teach us how to line dance! So, come mingle and kick up your boots (or shoes) to your favorite country songs. Class will be held in the senior center auditorium



Drawing Class

When: Friday, August 9th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$5

Sign Up By: August 7th

Sam Burt is the art teacher at Timpanogos middle school will be teaching us basic drawing skills. Everything you need for this class will be provided. Class will take approximately 1.5 hours.



Salads & Dressings

Date: Wednesday, August 14th

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

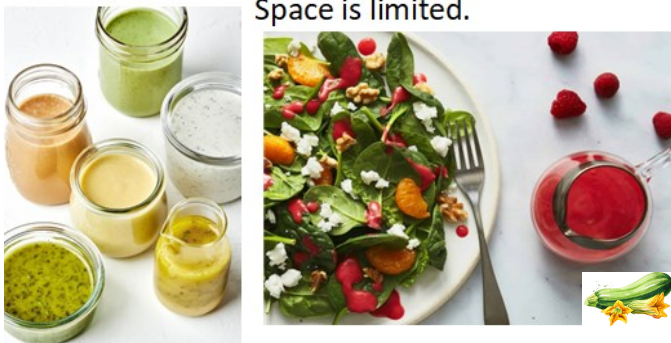
Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make different salads and homemade dressings. 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)

OIL PAINT CLASS

When: Friday, August 16th

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 FOOLE 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!

Cell Phone Class for iPhone

When: Friday, August 23rd

Time: 9:30 A.M.

Where: Senior Center

Cost: \$5

Sign Up By: Limited Space

Do you want to learn how to use your iPhone?? Here is your chance!!

Aaron Cheatwood from Ace Computers will be here teaching you the basics of how to use your iPhone!

Space is limited to 10 participants.



John Besendorfer's Museum

Date: Wednesday, August 28th

Time: 10:00 A.M.

Cost: \$1

Sign Up Deadline: Until Full, Limited Space



We will be going to Charleston to tour John Besendorfer's amazing museum. Wear good shoes and know that there is uneven ground we will be walking on.

Wasatch Senior Center 50th Anniversary Tee-Shirt Pre-Orders!

Pre-order your tee shirts by August 16th to guarantee you get one! Shirts are \$12 each and available in sizes S-3XL. Payment is

due at time of pre-order. Shirts will arrive first of September, just in time for our 50th celebration.

FRONT



BACK







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:

Glow Up— The term "glow up" is a slang term that means a physical or emotional makeover, a positive trans-



In Loving Memory...

Vivian Lorraine Halley
Born: May 10, 1935
Died: June 23, 2024
Married: Niles Halley



HOOKED ON BOOKS

We are currently reading:

Tomorrow and Tomorrow and Tomorrow

By: Gabrielle Zevin

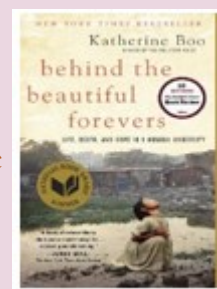
Next month book :

Behind the beautiful forevers

By: Katherine Boo

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



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

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 Jentzsch, Jeneal Wingelaar



Summer Holidays



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

August	canoeing	holidays	pool	sprinkler
barbecue	cottage	ice cream	popsicles	strawberries
beach	family	July	puzzles	summer camp
biking	friends	lake	reading	swimming
bonfires	games	lemonade	relax	traveling
books	hammock	memories	road trips	vacation
camping	hiking	picnics	sports	watermelon



AUGUST TRIVIA



It's ZUCCHINI season! How many
can you find in the newsletter?



Number of zucchinis found: _____

Turn in completed puzzle to the senior center for a chance to win a \$20 gift card
by August 29th. We will draw the winner at lunch that day.

Name: _____ Phone: _____

Mike's Blurb

The Days of '47 celebration has come and gone! I hope you all enjoyed the parade, fair, rodeo and fireworks! What a great state we live in. If you have traveled around the country much, I'm certain you agree that this is the best state in the union. We have everything anyone could ask for in a place to call home. The number of people moving here from other states is evidence of that. Those of you who have discovered this gem of state in recent years we ask you to remember this, you came here because of everything that we are. Please don't try to change us. Join in all the greatness that makes Utah unique and amazing.

We have lots of great activities planned for August so get in here and lets have some fun

~Mike

Summer Holidays

August	canoeing	holidays	pool	sprinkler
barbecue	cottage	ice cream	popsicles	strawberries
beach	family	July	puzzles	summer camp
biking	friends	lake	reading	swimming
bonfires	games	lemonade	relax	traveling
books	hammock	memories	road trips	vacation
camping	hiking	picnics	sports	watermelon

Tree Valley Academy

FREE piano lessons every
Thursday following lunch at 1:00

If you are interested, contact

American Mahjong

Are you interested in playing American Mahjong?? We will be playing every Friday at 1:00 P.M starting Friday August 9th at the Center! We would love to have you.



Shout Out.... Margaret Schloss



Thank you for volunteering your time to teach piano/keyboard classes at the Center! You are always happy to help and do it with a smile. We hope you know how appreciated you are.

WASATCH COUNTY SENIOR EXPO 2024



VENDORS

Health Department

Spring Gardens

Enhabit

Edward Jones

Heber Valley Assisted Living

Wasatch Mental Health

Peach House

Senior Benefit Insurance Services

AARP

Division of Deaf & Hard Of Hearing

Generation Living Trusts

MAG

WC Fire Department

Senior Companion

Western Stair Lifts & Mobility

High Valley Transit

Jewish Family Services

Probst Funeral Homes

Meals On Wheels

The Lodge—RMC

And more.....

When: August 21st, 2024

Where: Wasatch Senior Center

465 E. 1200 S. Heber, UT

Time: 10:00—2:00

Free Admission

Giveaways

Blood Pressure & Glucose Checks

Vendors

Resources

Free Drawstring Bags While Supplies Last

Are you 55 or older?

**Get helpful Information & Connect with Resources at
The Wasatch Senior Expo!**

For More Information Call 435-654-4920



Recipe Of The Month

Zucchini Parmesan Crips



Ingredients:

- 2 medium zucchinis
- 1 tablespoon olive oil
- 1/4 cup freshly grated parmesan
- 1/4 cup plain dry bread crumbs
- 1/8 teaspoon salt
- freshly ground black pepper

Instructions:

1. Preheat oven to 450 degrees F. Coat baking sheet with cooking spray.
2. Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.
3. Bake the zucchini rounds until brown and crisps, 30-40 minutes. Remove with spatula, serve immediately .



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 August will be Wednesday the 7th & 21st 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

August 13 at 2:00





Activity Calendar

Mon	Tue	Wed	Thu	Fri
 <p>Piano Lessons Please Contact Margaret Schloss 435-654-2876</p> 	<p>ALL DAY – EVERY WEEKDAY</p> <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Games • Craft Room 		<p>1</p> <p>9:00 Yoga 10:45 Tai Chi 11:00 Computer Class 12:00 Lunch 1:00 Bingo 1:00 Piano</p> <p>7:00 Rodeo</p> 	<p>2</p> <p>Closing At Noon</p> <p>3:00 Salmon Supper</p> 
<p>5</p> <p>1:00 Cards—Canasta</p>	<p>6</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco</p>	<p>7</p> <p>11:00 Lunch & Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group</p>	<p>8</p> <p>Treasure Table</p> <p>9:00 Yoga 10:45 Tai Chi 11:00 Computer Class 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>9</p> <p>10:00 Drawing Class</p>  <p>1:00 Cards — Bridge 1:00 American Mahjong</p>
<p>12</p> <p>1:00 Cards—Canasta</p> <p>5:00 Orem Hale Lace & Arsenic</p> <p>7:00 Fireside Kent Winterton</p>	<p>13</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco</p> <p>2:00 Caregiver Support Group ❤️</p>	<p>14</p> <p>12:00 Cards—Bridge</p> <p>10:00 or 2:00 Salads & Dressings Class</p> 	<p>15</p> <p>9:00 Yoga 10:45 Tai Chi 1:00 Bingo 1:00 Piano 5:00 Cookout</p> <p>COOKOUT Dinner</p>	<p>16</p> <p>10:00 Oil Painting Class</p>  <p>1:00 Cards — Bridge 1:00 American Mahjong</p>
<p>19</p>  <p>1:00 Cards—Canasta</p>	<p>20</p> <p>10:00 Breakfast</p>  <p>10:30 Chair Exercise</p>	<p>21</p> <p>11:00 Lunch & Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group</p> <p>10:00-2:00 Senior Expo</p>	<p>22</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p> 	<p>23</p> <p>9:30 iPhone Class</p>  <p>1:00 Cards— Bridge 1:00 American Mahjong</p>
<p>26</p> <p>Orem Cinemark Time TBD</p>  <p>1:00 Cards—Canasta</p>	<p>27</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco</p>	<p>28</p> <p>10:00 John Besendorfer Museum</p>  <p>12:00 Cards—Bridge</p>	<p>29</p> <p>9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>30</p>  <p>1:00 Cards—Bridge 1:00 American Mahjong</p>



Meals on Wheels

****Luncheon Menu****

(served every Tuesday and Thursday)

2024

Please call ahead to serve your spot for meals

on Tuesday and Thursday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>FISH, potato, green beans, tartar sauce, pears & roll</p> <p>HAM SANDWICH, potato salad, fruit & chips</p>	<p>2</p> <p>NO MEALS</p> <p>Center will be closed @ 12:00 for fair days</p>
<p>5</p> <p>CHICKEN CUTLET, potatoes & gravy, peas, tropical fruit & roll</p>	<p>6</p> <p>CHEESE ENCHILADAS, beans, corn, orange wedge, chips & salsa</p> <p>CHICKEN STRIPS, potatoes & gravy, peas mandarin oranges</p>	<p>7</p> <p>MACARONI & BEEF SOUP, tator tots, mixed vegetables, cottage cheese, pears & crackers</p>	<p>8</p> <p>CHICKEN PARMESAN, red potatoes, green beans, peaches & roll</p> <p>CHEESE ENCHILADA, beans, corn, orange wedge, chips & salsa</p>	<p>9</p> <p>CHEF SALAD w/ ranch, mandarin oranges & cracker</p> 
<p>12</p> <p>STUFFED PEPPERS, potatoes & gravy, green beans, peaches & roll</p>	<p>13</p> <p>CHICKEN STRIPS, potatoes & gravy, peas, pears & roll</p> <p>SALISBURY STEAK, potatoes & gravy, mixed vegetables & peaches</p>	<p>14</p> <p>CRUNCH TOP HAM & POTATO CASSE-ROL, mixed vegetables, tropical fruit & roll</p>	<p>15</p> <p>SEASONED BAKED CHICKEN, rice pilaf, peas & carrots, mandarin oranges & roll</p>  <p>HAMBURGER COOKOUT</p>	<p>16</p> <p>SALISBURY STEAK, potatoes, carrots, applesauce & roll</p>
<p>19</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, tropical fruit & roll</p>	<p>20</p> <p>BBQ RIBLET, mac & cheese, pork-n-beans, applesauce & roll</p>  <p>BREAKFAST, hash-browns, eggs, ham, pastries, fruit & juice/milk</p>	<p>21</p> <p>LASAGNA, corn, cottage cheese, pears & roll</p>	<p>22</p> <p>CHICKEN DRUM-METTS, potatoes & gravy, green beans, orange wedge & roll</p> <p>SEASONED BAKED CHICKEN, rice pilaf, peas & carrots & applesauce</p>	<p>23</p> <p>HAM, potatoes & gravy, carrots, pineapple & roll</p>
<p>26</p> <p>RAVIOLI, corn, cottage cheese, pineapple & roll</p>	<p>27</p> <p>BAKED CHICKEN, potatoes & gravy, peas & carrots, peaches & roll</p> <p>STUFFED PEPPER, potatoes & gravy, green beans & pears</p>	<p>28</p> <p>BEEF & BEAN BUR-RITO w/chili, tator tots, corn, watermelon, chips & salsa</p>	<p>29</p> <p>MEATLOAF, potatoes & gravy, carrots, applesauce & roll</p> <p>FISH, au-gratin potatoes, carrots, tartar sauce & mixed fruit</p>	<p>30</p> <p>TURKEY SANDWICH, potato salad, tropical fruit & chips</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