



465 East 1200 South
Heber, UT 84032
Phone: 435-654-4920

2024

SPOTLIGHT ~ POLLY JEFFS



Hi, my name is Polly Ann Young Jeffs. I was born in Provo Utah on September 3, 1960, the 5th child of 5. I have 2 sisters and 2 brothers. I grew up in Wallsburg Utah except for the year I was 4, my parents moved us to Orem UT so that my mother wouldn't have to drive the canyon to visit my father. When he spent another year in the hospital due to medical procedures to save his leg. He was hurt as a teenager when a tree fell on his leg causing major problems he spent a year at Utah valley hospital.

I attended central school, Jr. high school and graduated from Wasatch high school in 1979. In 1980 my 1st marriage I was blessed with my son Christopher on September 4th, 1981, he was my 21st birthday present. In 1985 I married a second time. We separated and I filed for divorce in 1997. But a big surprise to me after the death of my second husband in 2019. I found out that I was a widow.

After graduation throughout the years, I lived in Price, Provo, Orem, Pleasant Grove, Wallsburg, American Fork, Evanston WY, Lyman WY and Heber City Utah where I reside.

I worked with elderly in care centers, in sewing plants, Utah State Developmental center, Chrysalis, Rise and Danville. I was a manager at Danville. In 2011 I lost my job due to reduction of force and in 2013 I retired. I enjoy crocheting ceramics, gardening and sewing.

Along with my son Chris I have a wonderful daughter in law, Tanya. They have given me 3 wonderful grandchildren Terrell (24), Christian (21), and Allie(9). Terrell and Sammi blessed me with my 1st great grandson Wallen (2). I have a big family, and I enjoy being with them. Also, in April 2025 I am going on a cruise to Mexico. Visiting Cabo San Lucas, Mazatlán, Puerto Vallarta





Cora's Corner



To all our Seniors...just a little info from the kitchen. WOW!!! August flew by like a tornado. We had a grand time being Grand Marshalls, Hamburger Cookout with a great crowd and now we are preparing for our "50" years of being the Senior Center. It will be a fun time. We will be celebrating it from September 16th thru the 20th. Stay tuned for all the information.

The Center will be closed on the 2nd for Labor Day. Labor Day dates back to the labor movement of the 19th century, where labor activists pushed for the holiday to recognize that it was workers who were behind America's prosperity, according to the federal department. The first recorded Labor Day celebration took place in 1882 in New York.

Remember school has started. Be on driver's alert for your safety and others.

The weather has been very active lately. Rain and wind, sun and clouds. It doesn't seem to know what it wants to do. The hail was a big surprise. Looked like snow. Reminded me of what's ahead.

Please keep drinking your water. Until next time, take care...Cora Briggs



Polly Jeffs	3	Kayedawn Epps	14
Dick Baum	4	Tom Tuite	17
Attilio DiMarco	4	Cheryl Jones	20
Dale Carlson	5	Carroll Lee Hicken	21
Colette Prestwich	6	Marvin Rust	21
Kathy Browning	9	Dan Applegate	22
Monroe Gibson	9	Marilyn Fowler	22
Grace Broadhead	10	Myrna Vernon	24
Carol DiMarco	10	William Cain	25
Ronald Staub	11	Susanna Florez	26
Sandy Hansen	12	Mark Kraatz	28
Mary Johnson	13		





Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Tuesday, September 3rd	By 3:00 P.M. August 6th	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, September 4th & 18th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Friday, September 6th	Limited Space	Brunch @ Mirror Lake Diner Kamas	10:00 A.M.	\$2 Meal On Your Own
Monday, September 9th	Just Show Up	Monday Night Music: Rob Sorenson	7:00 P.M.	No Charge
Wednesday, September 11th	Limited Space	DUP Museum & Chick's Cafe	10:00 A.M.	Pay For Your Own Lunch
Friday, September 13th	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M.	\$5
Monday, September 16th	Just Show Up	Monday Night Music: Swiss Miss	7:00 P.M.	No Charge
Wednesday, September 18th	Limited Space	Zucchini Bread & Chips USU Extension, Heber	10:00 A.M. or 2:00 P.M.	\$5
Wednesday, September 18th	September 13th	Cash'd Out A Tribute To Johnny Cash @ Ideal Theater, Heber	5:30 P.M.	\$26
Tuesday, September 24th	Limited Space	Drawing Class @ Senior Center	3:30 P.M.	\$5
Monday, September 30th	August 23rd	Orem Cinemark "Reagan"	TBD	\$7 Snacks On Your Own
Wednesday, October 2nd	Limited Space	Orem Hale Theater: My Fair Lady	5:00 P.M.	\$30 Dinner On Your Own

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, September 3rd

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



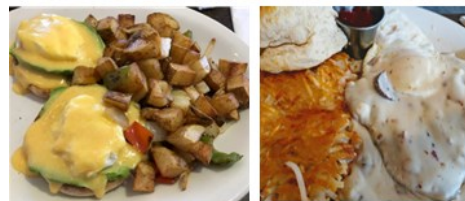
BRUNCH AT MIRROR LAKE DINER

Date: Friday, September 6th

Time: 10:00 (Bus Leaves Center)

Sign Up By: September 3rd

Cost: \$2 (Pay For Your Own Meal)



Great ride, food and company! Join us for “brunch” at Mirror Lake Diner in Kamas. Bus will leave at 10:00 A.M.

Heber DUP Museum & Lunch At Chick’s Cafe

Date: Wednesday, September 11th

Time: 10:00 A.M.

Cost: Pay For Your Own Lunch

Sign Up Deadline: September 10th

We will be visiting the Heber DUP (Daughter’s Of Utah Pioneers) museum. Afterwards, we will walk to Chick’s Café and have lunch.



OIL PAINT CLASS

When: Friday, September 13th

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!

Zucchini Bread

Date: Wednesday, September 18th

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

Cost: \$5

Limited Space.....Sign Up Soon!

Wondering what to do with all the zucchini? Make delicious zucchini bread! 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)

THE IDEAL PLAYHOUSE — HEBER CASH'D OUT

When: Wednesday, September 18th

Time: 5:30 P.M.

Cost: \$26

Sign Up By: ASAP For Best Seating Options

This concert will be held at our own Heber "The Ideal Playhouse" the former Ideal Movie Theater, located at 113 N. Main Street, Heber. This will be a self drive activity.



The band's live shows respectfully reference the late, great Man in Black's Sun Records and early Columbia era sound, combined with the energy of the classic multi-platinum live recordings from Folsom Prison and San Quentin. The group's genuine love (and authentic recreation) of Johnny Cash's music and its universal appeal fans of all ages and of virtually all musical genres makes each Cash'd Out show a must-see event.

Drawing Class

When: Tuesday, September 24th

Time: 3:30 P.M.

Where: Senior Center Craft Room

Cost: \$5

Sign Up By: September 23rd

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.



Cinemark Movie—Orem

Date: Monday, September 23rd

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Reagan

Sign Up Deadline: September 30th



From the glitter of Hollywood to the world stage, Ronald Reagan overcomes the odds to become the 40th president of the United States.





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 its 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:

LIT - "Lit" is an adjective commonly used to describe something that is exciting, energetic, or outstanding in a positive manner. It implies that an event or experience is going to be exceptionally en-



SHIP

State Health Insurance Assistance Program

Navigating Medicare

It is that time of year again. Open enrollment for Medicare is here to get on the list to have help with your Medicare please call the center 435-654-4920 to get signed up.

HOOKED ON BOOKS

We are currently reading:

Behind the beautiful forevers

By: Katherine Boo

Next month book :

The Keepers of Lost things

By: Ruth Hogan

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

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

Healthy Lifestyle Word Search

- CHOLESTEROL
- GOODHYGIENE
- MEDITATION
- VEGETABLES
- EATHEALTHY
- HEARTRATE
- NUTRITION
- EXERCISE
- CHECKUPS
- ACTIVITY
- JOGGING
- FITNESS
- AEROBIC
- WEIGHT
- ENERGY
- WATER
- SLEEP
- RELAX
- GOALS
- FRUIT
- WALK
- DIET
- BMI
- RUN



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

50 Years

Of Friendship

We are celebrating 50 years of Friendship at the Wasatch County Senior Center .

We will be celebrating the entire week of September 16th—20th.

Please come and join us and share your stories along with your good times.

We will be having lunch time entertainment on Tuesday September 17th with Alice Deprize she will be giving history of the senior center and other guest speakers.

On Thursday September 19th we will be having a special lunch with entertainment by our very own M & M Band .

(you wont want to miss this one).

We hope to see you here to Celebrate our Friendships!

Mike's Blurb

What we are NOT!

I started working here about three years ago and ever since I have been trying to get people to understand that The Senior Center is NOT a nursing home. It is NOT a retirement home. It is NOT a care center.

I know that most of you who get this newsletter know this but we need your help to spread the word. I just had a conversation with one of our members who comes for one specific activity but wants to get his wife involved. She is not interested in the same activity he likes but was unaware of all the other things going on here. I have had this same conversation with countless people. I have heard people say "I am not old enough to go to the SENIOR center" so many times I want to scream! Regardless of how many times I have preached the gospel of The Center I still hear that. The only way that the word actually gets out is if you talk to your friends and neighbors. Please tell people about us. Please come and try new things with us. Please bring a friend and lets PARTY!

See you soon,

Mike



FREE piano lessons every

Thursday following lunch at 1:00

If you are interested, contact

Margaret 435-654-2876



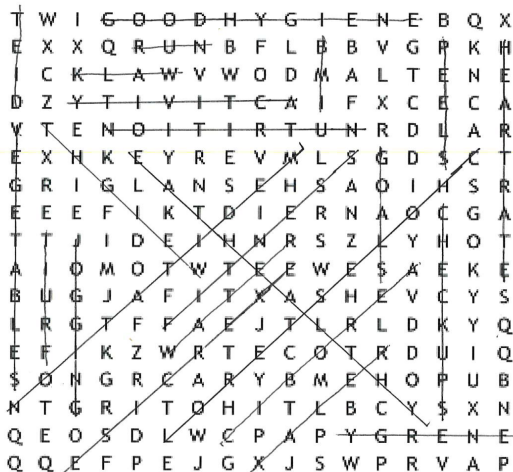
American Mahjong

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.



Healthy Lifestyle Word Search

- CHOLESTEROL
- GOODHYGIENE
- MEDITATION
- VEGETABLES
- EATHEALTHY
- HEARTRATE
- NUTRITION
- EXERCISE
- CHECKUPS
- ACTIVITY
- JOGGING
- FITNESS
- AEROBIC
- WEIGHT
- ENERGY
- WATER
- SLEEP
- RELAX
- GOALS
- FRUIT
- WALK
- DIET
- BMI
- RUN



Shout Out... Mary Nichols



Mary is our Senior Companion and was recognized for 5 years of remarkable service. She received a reward at the recent luncheon in Provo. She knows how to brighten your day and always wears a smile on her



SEPTEMBER TRIVIA



Tell us your favorite memory or part about the senior center?!??!!

Turn in to the senior center for a chance to win a \$20 gift card by September 25th.

Name: _____ Phone # _____

In Loving Memory

Douglas D Thacker

Born: March 10, 1951

Died: July 26, 2024

Married: Jacquie Chipman Jensen

Paul Arnold

Born: April 18, 1938

Died: August 20, 2024

Married: Claudia Arnold

“Cal”vin Giles

Born: March 19, 1925

Died: August 6, 2024

Married: Amberzine Parcell



Recipe Of The Month

Baked Custard

(THIS IS OUT OF A 1974 SENIOR NEWSLETTER)



Ingredients:

- 1 1/2 c. milk
- 2 eggs
- 1/2 teas poon vanilla
- 2 Tables poons sugar
- Sprinkle of salt, cinnamon or nut-

Instructions:

Heat milk until hot, but not boiling. Beat eggs in a large bowl and add sugar and salt. Add milk slowly, stirring all the time. Mix in vanilla. Pour in a small baking pan or dish so mix - ture is about 1 1/2-2 inches deep. Sprinkle with cinnamon or nutmeg (if used.) Bake at 300 degrees for 45 minutes until a knife stuck in the center comes out clean. Makes 3 servings.



Enhabit's Chaplin, Denise, will be leading our grief support group. Light refreshments will be served. Gathering for September will be Wednesday the 4th & 18th 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

September 10th at 2:00



September Activity Calendar

Mon	Tue	Wed	Thu	Fri
2 CLOSED 	3 Treasure Table 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 7:00 Line Dancing 	4 11:00 Lunch & Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group	5 Treasure Table 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	6 10:00 Brunch Mirror Lake Diner  <small>SIMPLE FOOD DONE RIGHT</small> 1:00 Cards — Bridge 1:00 American Mahjong
9 1:00 Cards—Canasta 7:00 Monday Night Music "Rob Sorenson"	10 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Caregiver Support Group 	11 10:00 DUP Museum & Lunch at Chick's Cafe  12:00 Cards—Bridge	12 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	13 10:00 Oil Paint Class  1:00 Cards — Bridge 1:00 American Mahjong
16 1:00 Cards—Canasta 7:00 Monday Night Music "Swiss Miss"	17 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	18 11:00 Lunch & Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group 10:00 & 2:00 Cooking Class 5:30 CASHED OUT	19 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	20 1:00 Cards — Bridge 1:00 American Mahjong
23 1:00 Cards—Canasta	24 10:00 Breakfast 10:30 Chair Exercise 3:30 Drawing Class 	25  12:00 Cards—Bridge	26 9:00 Yoga 10:45 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	27 1:00 Cards— Bridge 1:00 American Mahjong
30 Orem Cinemark "Reagan" Time TBD  1:00 Cards—Canasta		ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Games • Craft Room 	 Piano Lessons Please Contact Margaret Schloss	



MEALS ON WHEELS
****LUNCHEON MENU****



(served every Tuesday and Thursday)

**Please call ahead to serve your spot for meals
on Tuesday and Thursday**

435-654-4920

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed for Labor Day 	3 FISH, potatoes & gravy, green beans, tartar sauce, pears & roll HOT BEEF SANDWICH, potatoes & gravy, salad w/ ranch & peaches	4 ROAST BEEF, potatoes & gravy, carrots, peaches & roll	5 CHICKEN STRIPS, tator tots, mixed vegetables, tropical fruit & roll CHICKEN PARMESAN, red potatoes, corn & tropical fruit	6 MANDARIN ORANGE CHICKEN over RICE, veggies, egg roll, orange wedge & roll
9 CHICKEN FRIED STEAK, potatoes & gravy, peas & carrots, peaches & roll,	10 CHICKEN MALIBU, potatoes & gravy, mixed vegetables, tropical fruit & roll MEATLOAF, potatoes & gravy, green beans & applesauce	11 SPAGETTI w/ MEAT SAUCE, green beans, cottage cheese, pears & roll	12 PORK CHOPS, potatoes & gravy, carrots, applesauce & roll PULLED PORK SANDWICH, coleslaw, potato salad & apple pie	13 TACO BAKE, tator tots, corn, watermelon, chips & salsa
16 SALISBURY STEAK, potatoes, carrots, applesauce & roll	17 BBQ RIBLET, mac & cheese, pork-n-beans, peaches & roll CHICKEN CORDON BLEU, potatoes & gravy, peas & carrots & dessert	18 BEEF STROGANOFF over NOODLES, green beans, peaches & roll	19 BAKED CHICKEN, potatoes & gravy, peas & carrots, orange wedge & roll 50th CELEBRATION LUNCH	20 HAM & BEAN SOUP, tri patty potato, cabbage & tropical fruit
23 CHICKEN CORDON BLEU, potatoes & gravy, peas, tropical fruit & roll	24 BEEF STEW, tator tots, green beans, peaches, cookie & roll BREAKFAST, hashbrowns, eggs, pancake, fruit, juice/milk	25 STUFFED CABBAGE, potatoes & gravy, mixed vegetables, mandarin orange & roll	26 HAM, potatoes & gravy, carrots, pineapple & roll FISH, baked potato, mixed vegetables, tartar sauce & pears	27 CHICKEN SALAD SANDWICH, potatoes salad, pears & chips
30 CHICKEN CUTLET, potatoes & gravy, peas, peaches & roll				2024

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