



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

2024

SPOTLIGHT ~ SUE MCCONNELL

Hi, I'm Sue!!

I had a neighbor in California, that loved calling out "Hey, Sue!! How do you do!!" (the Johnny Cash song) I always thought it was funny and it made me laugh. I totally enjoy people, fun and laughter.

I was raised in southern California with my 3 sisters, no brothers. We did all the things typical to the area, sunbathing, water sports, beach, biking and I even worked at Disneyland.

I married my high school sweetheart- he was a quarterback, and I was the homecoming princess. We were married 47 years until his death. He was a coach & high school principal/superintendent. I was a beautician-now they call them hairdressers. We have 3 children: 2 girls and 1 boy. They gave us 7 grandchildren. I loved being a mother, wife and grandma.

I came to Heber after my husband died to be with family. Heber is a beautiful place to live. I love the seasons. I enjoy gardening, crafts, painting and especially cooking.

The Senior Center has become very special to me. I'm meeting all kinds of interesting people. I love hearing all their stories. The Senior Center keeps me busy. It clears my thoughts and opens all kinds of possibilities in life.



♡ SUE

HALLOWEEN LUNCH PARTY!!!!

OCTOBER 31ST @ 12:00

***Dress up for the costume contest and prizes!
It will be a spook-tacular time!***

DONT FORGET TO CALL IN OR SIGN UP SO WE HAVE ENOUGH FOOD AND TREATS PREPARED..



Cora's Corner

To all our Seniors...just a little info from the kitchen. September was an awesome time, lets see what October brings.

It was a great time celebrating our "50 Years of Friendship" here at the Center. Thanks to Candie, Luara and Jill for decorating the place. Candie had a vision and we followed her lead. Jeneal, Karen and Jill were great help with setting up the tables and helping with the meals. Brent and John went the extra mile in making everything perfect for our celebration party. A big shoutout to Mo and the Hub for helping us. They are a great bunch. It was a successful party. See you in 50 years for another celebration!

1492 Columbus sailed the ocean blue. Columbus Day is a national holiday in many countries and a federal holiday in the United States. We will be closed on Monday the 14th.

We will be celebrating Halloween on the 31st. Can't believe it's on the actual day. We will be serving hot dogs with all the trimmings. Dress up and come have some fun. There will be prizes awarded. It will be a fun time.

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



<i>Belva Ford</i>	<i>3</i>	<i>Lorraine Brownlee</i>	<i>13</i>	<i>Sydney Thiede</i>	<i>25</i>
<i>Linda Sweat</i>	<i>3</i>	<i>Jean North</i>	<i>13</i>	<i>John Bell</i>	<i>27</i>
<i>Pam McDonald</i>	<i>6</i>	<i>Paula Travis</i>	<i>15</i>	<i>Mel Hopkins</i>	<i>27</i>
<i>Betty MacNaughtan</i>	<i>7</i>	<i>Lisa Fletcher</i>	<i>18</i>	<i>Kay Rust</i>	<i>28</i>
<i>Dale Jones</i>	<i>8</i>	<i>LaRose Hiatt</i>	<i>18</i>	<i>Lynn King</i>	<i>30</i>
<i>David Davies</i>	<i>10</i>	<i>Dixie Baker</i>	<i>20</i>	<i>Tracy Coombes</i>	<i>31</i>
<i>Mary Nichols</i>	<i>10</i>	<i>Randie Higgs</i>	<i>20</i>	<i>Linda Hoffman</i>	<i>31</i>
<i>Paula Baker</i>	<i>11</i>	<i>Gary Otteson</i>	<i>20</i>		
<i>Gordon Spencer</i>	<i>11</i>	<i>LeeAnn Brunson</i>	<i>24</i>		
<i>Debbie VanLeeuwen</i>	<i>11</i>	<i>Anna Lue Williams</i>	<i>24</i>		
<i>Kent Swain</i>	<i>12</i>	<i>Ginny Otteson</i>	<i>25</i>		





Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Tuesday, October 1st	—	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, October 2nd & 16th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Wednesday, October 2nd	FULL	My Fair Lady — Orem Hale	4:30 P.M.	\$30 Dinner On Your Own
Friday, October 4th	Limited Space	Acrylic Paint Workshop	10:00 P.M.	\$3
Wednesday, October 9th	October 8th	Hocus Pocus— Private Viewing @ Avon Theater, Heber	2:00 P.M.	\$5 Snacks On Your Own
Friday, October 11th	Sign Up Soon For Best Seating Options	Little Women Musical — Ideal Playhouse, Heber	7:30 P.M.	\$16
Wednesday, October 16th	Limited Space	Drawing Class- Senior Center	10:00 A.M.	\$5
Friday, October 18th	Limited Space	Fall/Halloween Craft—Senior Center	10:00 A.M.	\$12
Wednesday, October 23rd	Limited Space	My Fair Lady- Orem Hale	5:00 P.M.	\$33
Friday, October 25th	October 23rd Limited Space	Lunch at The Notch—Samak	11:00 A.M.	\$1 Lunch On Your Own
Monday, October 28th	Limited Space	Apple Rose Cooking Class- USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Monday, October 28th	Sign Up Soon For Best Seating Options	Abbey Road, Beatles Tribute Ideal Playhouse, Heber	5:30 P.M.	\$26
Friday, November 2nd	Sign Up Soon For Best Seating Options	PRCA Rodeo- Heber Indoor Arena	1:00 P.M.	\$10

Remember!

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

LINE DANCING CLASS

Date: Tuesday, October 1st

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



Fall Trees Acrylic Paint Workshop

When: Friday, October 4th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$3

Sign Up By: Limited Space

Come paint with Kathy Carr. Everything you need for this class will be provided, but you may want to bring an apron. Class will take approximately 1.5 hours.



Private Showing at The Avon *Hocus Pocus*

Date: Wednesday, October 9th

Time: 2:00 P.M.

Cost: \$5 Snacks On Your Own

Where: Avon Theater—Heber

Sign Up: Deadline: October 8th



That's right all you ghouls and goblins.. We have the entire theater to ourselves! Join us for a private viewing of the classic "Hocus Pocus" in Heber at the Avon theater.

THE IDEAL PLAYHOUSE — HEBER LITTLE WOMEN

When: Friday, October 11th

Time: 7:30 P.M.

Cost: \$16

Sign Up By: **ASAP For Best Seating Options**



I thought that somehow we would always have forever.

Based on Louisa May Alcott's beloved 1869 novel, *Little Women* The Broadway Musical shares the adventures of the

four March sisters at home in Concord, Massachusetts, while their father is away on the Civil War battlefields. Premiered on Broadway in 2005, this timeless story is brought to life in a musical filled with personal discovery, heartache and everlasting love.

This musical 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.

Drawing Class

When: Wednesday, October 16th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$5

Sign Up By: October 15th

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.



Fall/Halloween Décor Set

When: Friday, October 18th

Time: 10:00

Where: Senior Center

Cost: \$12

Sign Up By: Limited Space

We will be making these adorable pumpkin and sign set. Cynthia Gurule will be teaching this craft class.

All supplies will be provided to make your own unique two sided set.



OREM HALE THEATRE MY FAIR LADY TRIP #2

Date: Wednesday, October 23rd

Time: 5:00 (Bus To Leave Center)

Cost: \$33

Dinner: Zuppa's Cafe

Sign Up By: Limited Tickets



On the streets of Edwardian England, flower seller Eliza Doolittle enlists the help of privileged Professor Henry Higgins to transform her from a gutter snipe to a proper lady. A guaranteed favorite with classic songs like "I Could Have Danced All Night" and "The Street Where You Live."

LUNCH AT THE NOTCH IN SAMAK

Date: Friday, October 25th

Time: 11:00 A.M. (Bus To Leave Center)

Sign Up By: October 23rd

Cost: \$1

Pay For Your Own Lunch

Join us for some good food and company!
We will meet at the Senior Center and take a bus to Samak (Just past Kamas)



Apple Roses

Date: Monday, October 28th

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

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make delicious pastry puff apple roses! Class will be taught by Tricia at the USU campus extension.

Everything will be provided for the class. Space is limited. This is a self drive activity.

55 S. 500 E. Heber

(Located in the same build as the Health Department)

THE IDEAL PLAYHOUSE — HEBER ABBEY ROAD—BEATLES TRIBUTE

When: Monday, October 28th

Time: 5:30 P.M.

Cost: \$26

Sign Up By: ASAP For Best Seating Options

This event 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.

With their tight harmonies, flawless note for note renditions of Beatles hits, custom-tailored costumes, vintage instruments, Liverpudlian dialect and precise attention to every



detail, Abbey Road has honed their show to become one of the most musically and visually satisfying Beatle tribute acts in the world.

PRCA Rodeo In Heber

Date: Saturday, November 2nd

Time: 1:00 P.M.

Cost: \$10

Deadline: While Supplies Last!



This rodeo is a “last chance” for some cowboys to qualify for the NFR finals in Vegas. You will see the best of the best at this show.

Wasatch Park & Recreation is offering Wasatch County Senior Center discounted tickets for our this event.

Limited number of tickets are available

Tickets are for Saturday matinee only.

This will be a self drive activity.



Sandy Hale Theatre Beauty & The Beast

Date: Wednesday, November 20th

Time: 4:30 P.M.

Cost: \$67

Dinner: Sizzler

Sign Up By: Limited Space

Be Our Guest!... Disney’s International sensation splendidly appears on HCT’s extraordinary stage! Be a breath away as Belle, Gaston, the Beast and their



friends sing Menken, Ashman and Rice’s award winning book and score. Be swept away in glorious costumes, sets and lighting as only HALE can conjure! Be transported into an enchanted fairy-tale world. Be our guest as Utah’s finest artisans serve up a most delectable story, song and dance. Journey into the spectacular world of astonishing family theatre! Bonjour!

October Trivia



Halloween Word Scramble



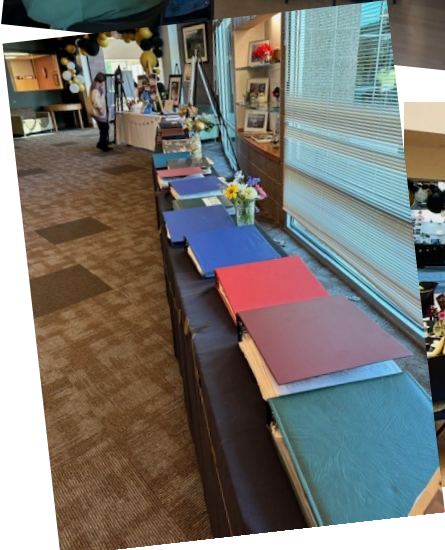
1. okypos _____
2. pkpinum _____
3. treta _____
4. oghst _____
5. ydanc _____
6. rpivame _____
7. keonstel _____
8. luhgo _____
9. pecyre _____
10. tomcuse _____
11. nthua _____
12. owaercrcs _____
13. iyderah _____
14. oblod _____
15. labck act _____
16. ogbiln _____
17. mymmu _____
18. rasyc _____
19. piserd _____
20. sremca _____

Return complete trivia by October 29th for you chance to win a \$25 gift card. Be sure to leave your name and number!

Name: _____ Phone: _____



Happy 50 Year's Of Friendship Senior Center!!!!



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:

SUS – is short for “suspicious” or “suspect” and is used to describe someone or something that seems un-trustworthy or questionable. Example “Derek was acting kind of sus today.”



It is that time of year again. Open enrollment for Medicare is here SHIP will be here Tuesday October 22, 2024. Call 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:

The Keepers of Lost things

By: Ruth Hogan

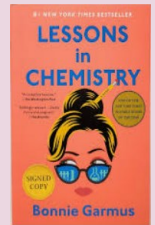
Next month book :

Lessons in Chemistry

By: Donnie Garmus

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



Intro to Sign Language

Learning basic American Sign Language (ASL) signs

Tuesday Afternoons
October 1, 8, 22, 29 2024
November 5, 12, 19 2024
2:00 PM - 3:00 PM

An all new sign class designed for the hard of hearing, late-deafened, their family and friends. Learn new signs every week and review sign learned the previous weeks. Use signs learned in conversation in an easy, supportive atmosphere. Build a working vocabulary.

Come and learn some signs to help communicate better when it becomes difficult at times

For more info contact Kelly Boehmer kboehmer@utah.gov



Equal Opportunity Employer Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-7162.





Senior Farmers Market is coming to an end. Our last day for the Market will be Thursday October 31st. Don't forget to bring your own bag!!



MAG
 MEALS ON WHEELS

Suggested Donation Change

As part of our commitment to providing essential services to our community, we want to inform you about an important change.

Starting August 1, 2024, we need to adjust our suggested donation from \$3 to **\$4 per meal**. This change helps us manage the rising cost of food, meal prep, delivery, and other expenses. While the actual cost of each meal is about \$12, we're grateful for any donation you can make.

Please remember that donations ARE NOT required and in no way affect your participation in the Meals on Wheels/Congregate Meals program.

You can continue to donate using the instructions on your attached contribution letter.

Our team is happy to help you understand this change. Please feel free to contact us at 801-229-3802 should you have any questions. We sincerely appreciate your ongoing support. Together, we can continue to make a difference in our community.

Warmest regards,

Jimmy Golding

Jelly Bean's

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

Strawberry Cheesecake
Buttered Popcorn
Strawberry Jam
Very Cherry
Watermelon
Bubble Gum
Blueberry
Lemon

Toasted Marshmallow
Orange Sherbert
Tutti-Fruitti
Sour Cherry
Lemon Lime
Red Apple
Licorice
Peach

Strawberry Daiquiri
Wild Blackberry
Cotton Candy
Pina Colada
Dr. Pepper
Raspberry
Coconut
Plum



Caregiver SUPPORT GROUP

Every 2nd Tuesday
at 2 p.m.

Wasatch Co. Senior Center
465 E 1200 S, Heber City

Call 385-204-9544 or
fweinman@magutah.gov.

Come gather and have
meaningful discussions with
other caregivers facing
common issues and
concerns.

Learn more at
magutah.org/caregiver



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 at
the Center! We would love to have
you.



In Loving Memory

Irene Dehann Hastings
Born: January 17, 2029
Died: August 23, 2024
Married Ken Hastings

Geneva Howarth Anderson
Born: April 28, 1933
Died: September 5, 2024
Married: John Anderson



*Are you interested in playing duplicate
bridge? We will start in October,
every Monday from 1:00-4:00 P.M.
Please contact Robbi at 435-241-1134*



SHOUT OUT... CHARLES & SHARON JENKINS



A big shout out to Charles and Sharon for
always jumping in and helping where need-
ed. From doing the newsletter to give a
speech there is nothing they wouldn't do.
Thank you



FIFTY YEARS!!



What an honor it is to help carry on the great tradition of fun and friendship in Wasatch County. Wasatch County is the only one in our state that supports its Seniors so well. The activities, displays, parties and meals that were provided last week was evidence of that.

I would like to thank everyone who worked so hard and contributed to the success of our celebration. The amount of time, energy and love all these people put in is impressive to see. There are so many others that also helped. I wish I could detail it all.

Candie Bonner, our Activities Director, who spearheaded and oversaw most everything. She spent countless hours getting everything perfect. She really poured her heart into this and deserves so much credit for it all. We are so blessed to have her. Make sure you thank her for the party and everything else she does. You have no idea how hard she works to create the activities that truly set us above all others.

Luara Mair is the woman who gets it done. It is hard to specify everything Luara does because she is involved in everything. Whether it is planning, organizing, ordering, decorating, creating displays, setting up, cooking, serving etc. She is everywhere. Nothing happens without her.

Cora and Brent Briggs, who made all of the amazing food. The amount of planning, logistics and coordination to prepare and serve 130 steak and shrimp dinners is simply mind boggling.

Jeneal Winglaar and Karin Jentzsch worked tirelessly in the kitchen preparing food, decorating, setting up, serving and cleaning. They are amazing.

Jill Ford, one of our wonderful volunteers who did the decorations helped with setup, cooking and clean up. She put in countless hours of her own time just because she loves being here.

John Briggs is the man responsible for making the entire building smell so great. He volunteered to cook all 130 steaks to perfection!

Lamont Dorrity, another volunteer who serves on the Advisory Board, delivers Meal on Wheels and created the slide show of all the pictures. Thank you for your dedication and tech skills.

Tom Bonner, the Director of Parks and Rec who oversees the Senior Center. Tom is responsible for allowing us to spend WAY more money on that meal than we normally do and always throws his influence behind anything we want to do. He also served lunch for the party.

Dustin Grabau, County Manager. He not only helped serve lunch, but he also approved the extra funding needed for the party. Dustin is, in large part, responsible for the financial support that makes The Center the envy of all Senior Centers.

Wasatch County Council, specifically our representative, Kendall Crittenden, who supports The Center in ways no other county does.

Thank you to all of these people and many more who contributed to a memorable week.

~Mike



Recipe Of The Month

Baked Potato Soup (for two)



Ingredients:

- 2 lg baking potatoes
- 1/3 c. butter
- 1/3 c. flour
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 3 c. 2% milk
- 1/2 c. sour cream
- 1/8 c. thin sliced green onion
- 1/2 c. shredded cheddar cheese
- 5 strips bacon cooked and crumbled

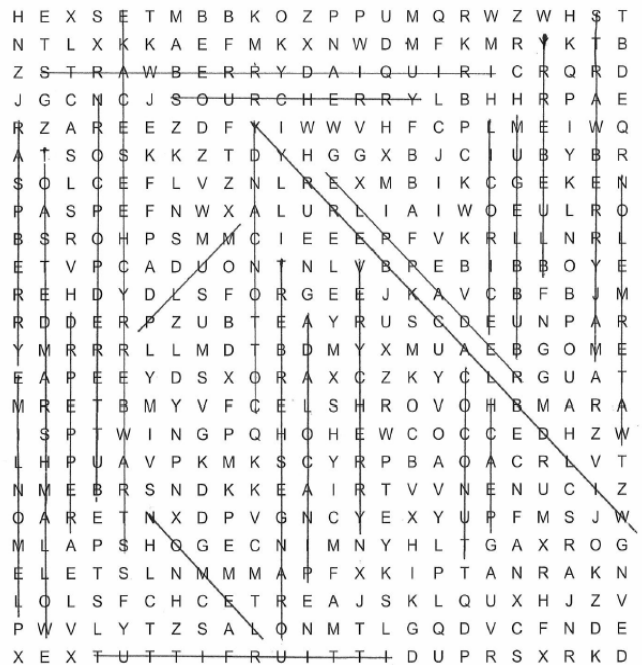
Instructions:

1. Preheat oven to 350°. Pierce potatoes several times with a fork; place on a baking sheet. Bake until tender, 65-75 minutes. Cool completely.
2. Peel and cube potatoes. In a large saucepan, melt butter over medium heat. Stir in flour, salt and pepper until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes. Stir in potatoes; heat through.
3. Remove from heat; stir in sour cream and green onions. Top servings with cheese and bacon.



Enhabit's Chaplin, Denise, will be leading our grief support group. Light refreshments will be served. Gathering for October will be Wednesday the 2nd & 16th at 2:00 P.M.

Jelly Bean's



Strawberry Cheesecake
Buttered Popcorn
Strawberry Jam
Very Cherry
Watermelon
Bubble Gum
Blueberry
Lemon

Toasted Marshmallow
Orange Sherbert
Tutti-Fruitti
Sour Cherry
Lemon Lime
Red Apple
Licorice
Peach

Strawberry Daiquiri
Wild Blackberry
Cotton Candy
Pina Colada
Dr. Pepper
Raspberry
Coconut
Plum

October

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 • Craft Room 	<p>1</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language 7:00 Line Dancing</p> 	<p>2</p> <p>11:00 Lunch & Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group 4:30 My Fair Lady Orem Hale</p> 	<p>3</p> <p>Treasure Table</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>4</p> <p>10:00 Acrylic Paint Workshop</p>  <p>1:00 Cards — Bridge 1:00 American Mah-</p>
<p>7</p>  <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>8</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Sign Language 2:00 Caregiver Support Group</p> 	<p>9</p> <p>12:00 Cards—Bridge 2:00 Private Showing Of Hocus Pocus at Avon Theater</p> 	<p>10</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>11</p> <p>1:00 Cards — Bridge 1:00 American Mah-jong 7:30 Ideal Playhouse Little Women</p> 
<p>14</p> <p>CLOSED</p> <p>Columbus Day</p>	<p>15</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class</p>	<p>16</p> <p>10:00 Drawing Class</p>  <p>11:00 Lunch & Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group</p>	<p>17</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>18</p> <p>10:00 Fall/ Halloween Craft</p>  <p>1:00 Cards — Bridge 1:00 American Mah-jong</p>
<p>21</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge 7:00 Monday Night Music Anna Lee Rosendall</p>	<p>22</p>  <p>10:00 Breakfast 10:30 Chair Exercise 1:00 Step On Class 2:00 Sign Language</p>	<p>23</p> <p>12:00 Cards—Bridge 5:00 My Fair Lady—Orem Hale Trip #2</p> 	<p>24</p> <p>9:00 Yoga 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>25</p> <p>11:00 Lunch at The Notch-Samak</p>  <p>1:00 Cards— Bridge</p>
<p>28</p>  <p>10:00 & 2:00 Cooking Class 1:00 Cards—Canasta 1:00 Duplicate Bridge 5:30 Beatles Tribute @ Ideal Theater</p>	<p>29</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class 2:00 Sign Language</p>	<p>30</p>	<p>31</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>  <p>Halloween Lunch</p>	 <p>Piano Lessons Please Contact Margaret Schloss 435-654-2876</p>



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
	<p>1</p> <p>BURRITO w/CHILI, potato, corn, cantaloupe, chips & salsa</p> <p>GRILLED CHEESE w/ TOMATO SOUP, fruit & chips</p>	<p>2</p> <p>MACARONI and BEEF, green beans, cottage cheese, pears, rolls</p>	<p>3</p> <p>BAKED CHICKEN, potatoes & gravy, mixed vegetables, peaches & roll</p> <p>SALISBURY STEAK, potato, corn & peach cobbler</p>	<p>4</p> <p>FISH, potatoes & gravy, carrots, tartar sauce, tropical fruit & roll</p>
<p>7</p> <p>CHICKEN PARMESAN, potatoes, mixed vegetables, peaches & roll</p>	<p>8</p> <p>CREAM OF POTATO SOUP, chicken nugget, carrots, tropical fruit & crackers</p> <p>HAM, potato & gravy, peas & pineapple</p>	<p>9</p> <p>SHEPARD'S PIE, green beans, pears & roll</p>	<p>10</p> <p>CHEESE ENCHILADA, beans, corn, orange wedge, chips & salsa</p> <p>TURKEY SANDWICH, potato salad, fruit & chips</p>	<p>11</p> <p>TURKEY SANDWICH, potato salad, fruit & chips</p>
<p>14</p> <p>CLOSED In observation of</p> 	<p>15</p> <p>HAM, mac & cheese, pork-n-beans, pineapple & roll</p> <p>MACARONI & BEEF, corn, cottage cheese & pears</p>	<p>16</p> <p>CHOW MEIN, egg roll, veggies, orange wedge & roll</p>	<p>17</p> <p>PORK CHOP, potatoes & gravy, carrots, applesauce & roll</p> <p>PICANTE CHICKEN, red potatoes, green beans & peaches</p>	<p>18</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, peaches & roll</p>
<p>21</p> <p>CHICKEN STRIP, potatoes & gravy, peas, pears & roll</p>	<p>22</p> <p>BEEF STEW, tator tots, green beans, peaches, tapioca pudding & roll</p> <p>BREAKFAST, hash-browns, eggs, ham, french toast, fruit, juice & milk</p>	<p>23</p> <p>LASAGNA, corn, fruit cocktail & roll</p>	<p>24</p> <p>CHICKEN CUTLET, potatoes & gravy, peas & carrots, tropical fruit & roll</p> <p>ROAST PORK, potatoes & gravy, carrots & applesauce</p>	<p>25</p> <p>CHEF SALAD w/ ranch, mandarin oranges & crackers</p>
<p>28</p> <p>SALISBURY STEAK, potatoes, carrots, peaches & roll</p>	<p>29</p> <p>BBQ RIBLET, mac & cheese, pork-n-beans, applesauce & roll</p> <p>FISH, potatoes, mixed vegetables, tartar sauce & tropical fruit</p>	<p>30</p> <p>STUFFED GREEN PEPPERS, potatoes & Gravy, green beans & roll</p>	<p>31</p> <p>HOT DOG, corn, pork-n-beans, potato salad, fruit & bun</p> <p>HALLOWEEN PARTY</p> <p>HOT DOGS w/ trimmings</p> 	<p>2024</p>

Wasatch County Senior Citizens

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Heber City, Utah 84032

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