



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

2024

SPOTLIGHT KENDALL CRITTENDEN

I was born and raised in Hoytsville Utah, I attended North summit high school after high school I attended Utah State University on a scholarship. I then served a LDS mission to Hermosillo Mexico South Mission. After my mission I went to BYU, graduated from BYU in Education. We moved to Heber city two days after the birth of our third child. I taught in the Wasatch County School District for 41 years. I have served on the Wasatch County Council for 20 years. I have always been involved in community activities. I was always active in the Boy Scouts and served on the Eagle Scout board. I have 10 children, 34 grandchildren our third great grandchild was born last week. I have served as the County Representative for the Seniors for 3 years now. I enjoy coming to the senior center and spending time with the seniors and enjoy Cora's wonderful cooking.





cora's corner



TO ALL OUR SENIORS...JUST a LITTLE INFO FROM THE KITCHEN. WE'VE REACHED THE END OF ANOTHER YEAR. AS I REFLECT BACK, I HAVE TO SAY- IT WAS FAST, FURIOUS AND FABULOUS. WE DID SO MANY FUN, INTERESTING AND ADVENTUROUS ACTIVITIES. AS WE ENTER INTO THE NEW YEAR, MAY WE BE BLESSED, SPREAD KINDNESS AND LOVE ONE ANOTHER.

MERRY CHRISTMAS

AND

HAPPY NEW YEAR!!



TO ALL OF YOU, FROM ALL OF US HERE AT THE CENTER

Mike Dorsey	1	Terry Titecomb	13	Jeanine Moss	25
Laural North	1	Roy Kendall	14	Mary Ann Campbell	26
Laura Ribinsky	1	Cindy Shumway	14	Ashley Fish	28
Diane Burton	6	Ann Clarkson	16	Carol Harvey	29
Carol Davis	6	Charles Jenkins	16	Scott Johnson	29
Robert Pelton	12	Betty Brandner	22	Ted Schrader	29
Marina Verden	12	Vida Applegate	24	Sharon Spencer	29
Katherine Young	12	Sharon Carlson	24	Teresa Covas	30
Nancy Duncan	13	Sidney Ellingford	25	Joyce Royal	31



December Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Monday, December 2nd	Sold Out	Sandy Hale Theatre Beauty & The Beast (Rescheduled Date)	2:30 P.M.	\$73
Tuesday, December 3rd	—	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, December 4th	Limited Space	Festival Of Trees Sandy	9:30 A.M.	\$9
Wednesday, December 4th & 18th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Friday, December 6th	Limited Space	Craft: Snowman Sled	10:00 A.M.	\$25
Monday, December 9th	December 6th	Orem Cinemark: "Red One"	TBD	\$7 Snacks On Your Own
Wednesday, December 11th	Limited Space	Dinner & Local Christmas Light Drive	5:00 P.M.	\$2 Dinner On Your Own
Friday, December 13th	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M.	\$5
Monday, December 16th	Limited Space	Holiday Cookie Exchange Class- USU Extension	10:00 A.M. or 2:00 P.M.	\$10
Wednesday, December 18th	December 13th	Midway Town Hall: A Christmas Story, The Musical	7:00 P.M.	\$14

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.

The 2024 finish line is almost here! I hope you all know how much I love and adore you and the time we spend together. Thank you for letting me plan your activities, being my friend and hanging out with me! I am truly humbled. May your Holidays be Merry & Bright and full of LOVE and LIGHT.

 **Candie**

LINE DANCING CLASS

Date: Tuesday, December 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



Snowman Sled

When: Friday, December 6th

Time: 10:00

Where: Senior Center

Cost: \$25

Sign Up By: Limited Space

We will be making these adorable snowman sleds. Cynthia Gurule will be teaching this craft class. All supplies will be provided to make your project. Class will take approximately 2 hours.



FESTIVAL OF TREES

When: Wednesday, December 4th

Time: 9:30 A.M.

Cost: \$9

Sign Up By: Limited Space

A magical holiday tradition celebrating children's health in our Utah community, the 2024 Festival of Trees will take place December 4 through December 7 at the Mountain America Exposition Center. Incredible community volunteers create and donate the most beautiful holiday decorations including extravagant trees, stunning wreaths, hand-crafted gingerbread houses, and much more to be bid on in a silent auction. All funds raised support Primary Children's Hospital, providing care to families in need and delivering on the promise to create the nation's model health system for children.



Cinemark Movie—Orem

Date: Monday, December 9th

Time: TBD (Afternoon Matinee)

Cost: \$7 Snacks On Your Own

Movie: Red One

Sign Up Deadline: December 6th



When a villain kidnaps Santa Claus from the North Pole, an E.L.F. (Extremely Large and Formidable) operative joins forces with the world's most accomplished tracker to find him and save Christmas.

Dinner & Christmas Lights

Date: Wednesday, December 11th

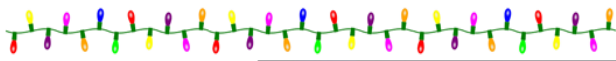
Time: 5:00

Cost: \$1

Dinner: The Old Goat (on your own)

Limited Space!

We will meet at the Senior Center, load the buses, and head over to the Old Goat for dinner! Afterwards, we will drive around our valley and enjoy the wonderful Christmas lights.



OIL PAINT CLASS

When: Friday, December 13th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$6

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!

Holiday Cookie Exchange Class

Date: Monday, December 16th

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

Cost: \$10

Limited Space.....Sign Up Soon!

We will be making different cookies and taking home all the varieties! 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)

MIDWAY TOWN HALL A CHRISTMAS STORY

Presented by High Valley Arts

When: Wednesday, December 18th

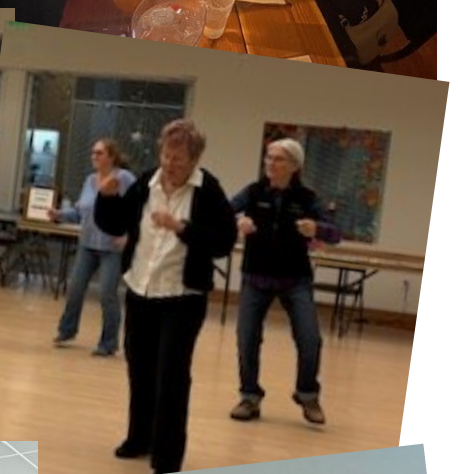
Time: 7:00 P.M.

Cost: \$14

Sign Up By: December 13th

This performance by High Valley Arts will be held at the Midway Town Hall, located at 75 N. 100 W. Midway. This will be a self drive activity.









Holiday Luncheon

December is full of FUN and parties. Don't forget about our Holiday lunches this month. We will be celebrating Christmas lunch on Thursday, December 19th and our New Years Eve lunch will be on Tuesday, December 31st. Don't forget to get on the list and to sign up early! Both lunches will be @ 12:00 pm this year!



MAG
MEALS ON WHEELS

Congregate Meal Program

\$4 per meal

Suggested contribution for:

- Those 60 years of age or older
- Spouses of those 60+ regardless of age

\$6 per meal

To be paid by:

- Visitors under 60 years of age
- Center staff

Thank you for your support!

DECEMBER TRIVIA

Name _____
that Christmas
Song

1. _____ the Christmas Tree (1958)
2. It's the _____ of the _____ (1963)
3. Christmas, _____ Please _____ (1963)
4. A _____ Christmas (1965) (It's the best time of the year)
5. _____ Is Here Again (1968)
6. I _____ Santa Claus (1970)
7. _____ Must Be _____ (1977)
8. Santa Claus _____ (1985)
9. I'm _____ for Christmas (1991)
10. _____ Christmas List (1992)
11. _____ the _____ (1993)
12. All _____ for Christmas _____ (1994)
13. Every _____ Every _____ (1995)
14. If _____ could _____ Christmas (1998)
15. It _____ Snow _____ Christmas (1999)
16. _____ You Christmas (2000)
17. _____ Santa Claus _____ the _____ (2003)
18. _____ when you were _____ (2007)
19. You _____ It _____ Like Christmas (2012)
20. _____, It's _____ Outside (2018)

Return complete trivia by December 19th for you chance to win a \$20 gift card. Be sure to leave your name and number!

Name: _____ Phone: _____

Mike's Blurb of Wisdom

END OF THE YEAR REFLECTION
NEW YEAR ANTICIPATION

IT'S TIME TO WRITE SOME INSPIRING AND BEAUTIFUL REFLECTION OF THE LESSONS LEARNED, NEW FRIENDS MADE, OLD FRIENDS LOST AND GRATITUDE FOR THE PAST YEAR. IT'S ALSO TIME TO WAX POETIC ABOUT THE COMING YEAR, MAKE RESOLUTIONS ABOUT ALL THE AMAZING THINGS WE ARE GOING TO ACCOMPLISH AND HOW BRIGHT THE FUTURE MONTHS ARE GOING TO BE. BLAH BLAH BLAH. WE HAVE HEARD IT ALL BEFORE SO THERE IS NOTHING, I CAN SAY THAT WOULD BE ANY DIFFERENT. PERSONALLY, I HAVE HAD SOME AMAZING TIMES THIS YEAR AND SOME HORRIBLE ONES. I HAVE BEEN PART OF MIRACLES AND SOME SERIOUS HEART-ACHE. I HAVE LAUGHED UNTIL MY EYEBALLS POPPED OUT AND I HAVE CRIED UNTIL MY EYES WERE SWOLLEN SHUT. I WAS BLESSED TO HAVE A DOCTOR WHO LITERALLY SAVED MY LIFE. I ALSO COULD HAVE DIED WHEN I FELL INTO A POND AND CRACKED MY HEAD OPEN. (OK IT WASN'T VERY DEEP, BUT IT WAS SORT OF COLD AND I DID SCRATCH MY HEAD)

OVERALL, IT WAS A YEAR LIKE EVERY OTHER ONE. SOME GREAT THINGS HAPPENED, AND SOME TERRIBLE THINGS HAPPENED. THE MORAL OF THE STORY IS... (I AM PAUSING FOR YOU TO PREPARE FOR THE GREAT WISDOM THAT IS COMING. ARE YOU READY?) **WHO THE CRAP KNOWS?** SO, GET OUT AND ENJOY WHATEVER COMES YOUR WAY.

MIKE WINWARD



HOOKED ON BOOKS

We are currently reading:

Lessons in Chemistry

By: Bonnie Garmus

Next month book :

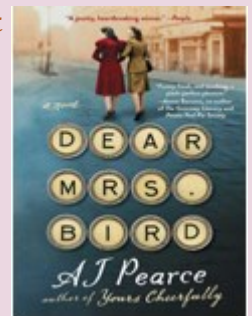
Dear Mrs. Bird

By: A.J. Pearce

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.

This month's gathering is
December 21st



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, Jill Ford

Christmas Word Search



A 20x20 grid of letters arranged in a triangular shape, forming a Christmas tree. The letters are green and the background is white. The grid is as follows:

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

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BELLS
STOCKINGS
WREATH
ELVES
SLED

CELEBRATE
EGGNOG
TREE
JOLLY
SANTA

MERRY
MISTLETOE
CHIMNEY
REINDEER

Christmas Word Search



BELLS
STOCKINGS
WREATH
ELVES
SLED

CELEBRATE
EGGNOG
TREE
JOLLY
SANTA

MERRY
MISTLETOE
CHIMNEY
REINDEER

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 are looking for regular players for every Friday at 1:00 P.M at the Center! We would love to have you. Call 435-654-4920



In Loving Memory

Linda Sweat Hoffman

Born: October 31, 1943

Died: November 11, 2024

Married: Butch Hoffman



May this beautiful holiday season fill your heart with love, your home with joy, and your life with laughter.

*Happy Holidays!
Wishing you and your family love, peace, and joy!*

Recipe Of The Month

Best Ever Hot Wassail



Ingredients:

- 8 cups apple cider
- 2 cups orange juice
- 1/2 cup lemon juice
- 4 whole cinnamon sticks
- 12 whole cloves or 1 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg

Instructions:

1. Combine all ingredients in sauce pan.
2. Bring to simmer over medium low heat. Reduce heat and continue to simmer for 45 minutes. Ladle into cups or mugs and enjoy!



Enhabit's Chaplin, Denise, will be leading our grief support group. Light refreshments will be served. Gathering for December will be Wednesday the 4th & 18th at 2:00 P.M.

SHOUT OUT...



We would like to give a HUGE shout out to all of our volunteer meals on wheels drivers!!! We love seeing your smiling faces everyday and so do our amazing meals on wheels people!!



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



December

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
2 1:00 Cards—Canasta 1:00 Duplicate Bridge 2:30 Beauty & The Beast (rescheduled date)	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 1:00 Cards—Bridge 2:00 Grief Support Group 9:30 Festival of Trees 	5 Treasure Table 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	6 10:00 Craft Class—Snowman Sled  1:00 Cards — Bridge
9 Orem Cinemark "Red One" Time TBD  1:00 Cards—Canasta 1:00 Duplicate Bridge	10 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Caregiver Support Group 	11 1:00 Cards—Bridge 5:00 Dinner & Christmas Lights 	12 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	13 10:00 Oil Paint Class  1:00 Cards — Bridge
16 10:00 or 2:00 Cookie Exchange Class USU Extension  1:00 Cards—Canasta 1:00 Duplicate Bridge	17  10:00 Breakfast 10:30 Chair Exercise	18 11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group 7:00 A Christmas Story @ Midway Town Hall 	19 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano CHRISTMAS LUNCH 	20 1:00 Cards — Bridge
23 1:00 Cards—Canasta 1:00 Duplicate Bridge	24 CLOSED 	25 CLOSED 	26 Christmas Hangover! We are open, but no lunch or scheduled activities today.	27 1:00 Cards— Bridge
30 1:00 Cards—Canasta 1:00 Duplicate Bridge	31 10:30 Chair Exercise 12:00 Lunch NEW YEAR LUNCH CLOSING @ 2:00 		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 435-654-2876



MEALS ON WHEELS

****LUNCHEON MENU****

(served every Tuesday and Thursday)

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

435-654-4920

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BEANS & FRANKS, potato wedge, corn, pudding, peaches & roll</p>	<p>3</p> <p>CHICKEN FRIED STEAK, potatoes & gravy, mixed vegetables, mandarin oranges & roll</p> <p>CHICKEN STRIPS, potatoes, peas & peaches</p>	<p>4</p> <p>CHICKEN STRIPS, mac & cheese, pork-n-beans. Tropical fruit & roll</p>	<p>5</p> <p>PORK CHOP, potatoes & gravy, carrots, applesauce & roll</p> <p>STUFFED CABBAGE, potatoes & gravy, green beans & pears</p>	<p>6</p> <p>BEEF STROGANOFF over NOODLES, green beans, pears & roll</p>
<p>9</p> <p>FISH, au gratin potatoes, green beans & tartar sauce</p>	<p>10</p> <p>CHICKEN WINGS, potato wedge, carrots, potato salad, fruit cocktail & roll</p> <p>CHEESE ENCHILADA, beans, corn, orange wedge, chips & salsa</p>	<p>11</p> <p>CREAM OF POTATO SOUP, chicken nuggets, peas, orange wedge & cracker</p>	<p>12</p> <p>CHEESE ENCHILADA, beans, corn, peaches, chips & salsa</p> <p>FISH, au gratin potatoes, mixed vegetables, tropical fruit & roll</p>	<p>13</p> <p>BAKED CHICKEN, potato, peas & carrots, tropical fruit & roll</p>
<p>16</p> <p>CHOW MEIN over NOODLES, egg roll, vegetables, orange wedge & roll</p>	<p>17</p> <p>BEEF STEW, tator tots, green beans, pudding, peaches & roll</p> <p>BREAKFAST, hash-browns, eggs, bacon, pastries, fruit, milk & juice</p>	<p>18</p> <p>MACARONI & BEEF, corn, cottage cheese, pears & roll</p>	<p>19</p> <p>PARMESAN CHICKEN, red potatoes, mixed vegetables, tropical fruit & roll</p> <p>CHICKEN CORDON BLEU w/TRIMMINGS</p>	<p>20</p> <p>HAM, potatoes & gravy, carrots, apple pie & roll</p>
<p>23</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, peaches & roll</p>	<p>24</p> <p>Closed for the Holiday</p> 	<p>25</p>  <p>Closed for the Holiday</p>	<p>26</p> <p>LASAGNA, corn, cottage cheese, pears & roll</p> <p>NO LUNCH</p>	<p>27</p> <p>CHICKEN CUTLET, potatoes & gravy, green beans, peaches & roll</p>
<p>30</p> <p>SALISBURY STEAK, potatoes, green beans, pears & roll</p>	<p>31</p> <p>ROAST BEEF, potatoes & gravy, carrots, cake & roll</p> <p>NEW YEARS EVE LUNCHEON @ 12:00</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