



# January

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

## 2025



### Spotlight



### Beverly "Jill" Moon

I was born May 13<sup>th</sup>, 1949, in Preston Idaho to Leo W. Boden & Fern Coburn Boden. I have one sister, Bonnie Jolene Hobbs who lives in North Salt Lake City. She was 10 years old when I was born, much to her delight she had a baby sister! I grew up in Preston, Idaho and attended grade school, Jr High & High School there as well. I was a cheerleader in high school & enjoyed singing in the choir. I also took dance lessons from Moveta Cardon in Logan, Utah where I studied both tap and ballet for many years. I participated in yearly dance recitals throughout my elementary and high school years. I was Lady Thang in "The Kind and I" and Maria in "The Sound of Music" in high school. When I graduated in 1967 from Preston High School, I began attending Utah State University in Logan, Utah. I was a song leader/cheerleader in Utah State University & and a member of Kappa Delta Sorority.

I studied at Utah State University for 2 years majoring in speech pathology. I met Jack Watkins at Utah State University, and we were married and moved to Provo Utah. I worked at Zions Bank in Provo and Jack attended Brigham Young University. We were married for 13 years and had 5 children, Burke, Gina, Brady, Tiffani & Brett. I later married Alan Harrison and had 2 more children, Heather and Michael, for a total of 7 children. They are the light of my life.

I am currently married to Gary G. Moon. We were married in the Timpanogos Temple in Provo Utah on November 2<sup>nd</sup>, 2007, and bought our home here in Heber City where we have lived ever since. Gary is my everything and I love and appreciate his loving kindness and devotion to this day and for the rest of our lives into eternity.



# cora's corner

To all our Seniors...just a little info from the kitchen. I can't believe we are starting 2025. I never thought I would see 2000, but here it is 2025. Time moves on. We had a great 2024.

The Center will be closed on Monday, January 20<sup>th</sup> for Martin Luther King, Jr. MLK's legacy reminds us of the significance of fighting for justice, equality and human rights.

I would like to shout out a BIG "Thank You" to our co-workers who go the extra mile to make our Center an inviting environment and fun place to visit. Also, THANK YOU to all our volunteers who deliver meals to our home bound clients. We appreciate what you do. And a BIG THANKS to Mo and his crew at the Hub Café. They have been a great help to us.

Hopefully we don't get toooooo much snow. A little goes a long way. Stay bundle up, take your vitamins, and wash your hands frequently to stay well.

We have a special breakfast this month. It's a Pajama Party!!! Serving hot chocolate and trimmings. Come and enjoy. Please call and reserve your spot.

Remember to keep drinking your water. It helps to cleanse out the bugs we get in winter months. Until next time, take care...Cora Briggs



Connie Chapman	1	Marie Fish	15	John Besendorfer	30
Mark Berg	3	Sue McConnell	15	Ken Nichols	30
Donna Smith	3	Raneva Lemon	16		
Linda Nichols	5	Debra Wilmeth	16		
Inga-Britt Tibbits	5	Rosemary Pitt	18		
Dawn Olpin	6	Larry Ward	19		
Spencer VanLeeuwen	6	Lloyd Gonzales	21		
Bob Kowallis	7	Robin Baum	22		
Tonya Melton	7	Julie Steck	22		
Virginia Deeken	8	Wayne Hardman	25		
Jim Farris	11	Flo Caldwell	26		
Deborah Horn	11	Moroni Besendorfer	27		
Robert Lubelski	13	Jacque Thacker	27		
Kristen Peix	14	Nola Mae Bell	30		





# Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Tuesday, January 7th	—	Line Dancing @ Senior Center	7:00 P.M.	\$5
Friday, January 10th	Limited Space	Brunch @ Zermatt	10:00 A.M.	\$1
Monday, January 13th	January 10th	Orem Cinemark: "Mufasa"	TBD	\$8 Snacks On Your Own
Tuesday, January 14th	Limited Space	Drawing Class @ Senior Center	3:30 P.M.	\$6
Wednesday, January 15th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Monday, January 16th	Limited Space	Cooking Class—Copycat Panda Express USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Friday, January 24th	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M.	\$7
Monday, February 10th	Limited Space	The Ruth Hale Theater "Cinderella"	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.  
 Activities are non-refundable unless you find someone to take your place.

It's a new year! If you have ideas or suggestions for 2025, come talk to me! A new year means new memories and adventures.

♥ Candie

## LINE DANCING CLASS

**Date:** Tuesday, January 7th

**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 ZERMATT- MIDWAY

**Date:** Friday, January 10th

**Time:** 10:00 A.M. (Bus To Leave Center)

**Sign Up By:** January 8th

**Cost:** \$1 (Pay For Your Own Meal)

Let's go check out the Z's restaurant at the Zermatt Resort! Bus will leave the senior center at 10 a.m.

See attached menu.



ZERMATT+UTAH  
be inspired



## Cinemark Movie—Orem

**Date:** Monday, January 13th

**Time:** TBD (Afternoon Matinee)

**Cost:** \$8 Snacks On Your Own

**Movie:** Mufasa

**Sign Up Deadline:** January 10th



Lost and alone, orphaned cub Mufasa meets a sympathetic lion named Taka, the heir to a royal bloodline. The chance meeting sets in motion an expansive journey of an extraordinary group of misfits searching for their destinies.

## Drawing Class

**When:** Tuesday, January 14th

**Time:** 3:30 P.M.

**Where:** Senior Center

**Cost:** \$6

**Sign Up By:** January 13th

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.



## Copycat Panda Express

### Chow Mein & Teriyaki Chicken

Date: Wednesday, January 22nd

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

Cost: \$5

Limited Space.....Sign Up Soon!

Note: This is a self drive activity.

This year we are doing restaurant "copycat" recipes! This month is Panda Express's chow mein & teriyaki chicken. Class will be taught by Tricia at the USU extension. Everything you need will be provided.



55 S. 500 E. Heber

( Located in the same build as the Health Department)

## OIL PAINT CLASS

When: Friday, January 24th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$7

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!**



## THE RUTH HALE THEATRE CINDERELLA

Date: Monday, February 10th

Time: 5:00 (Bus To Leave Center)

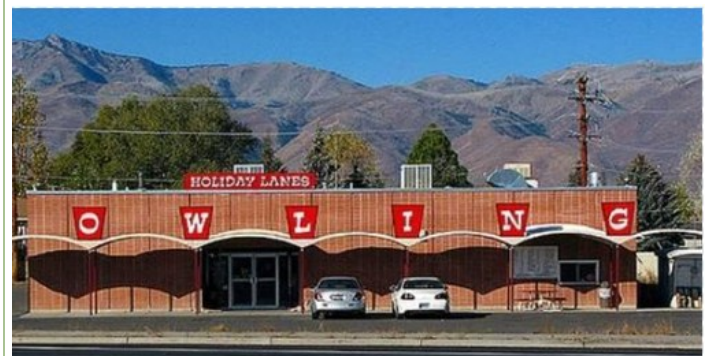
Cost: \$30

Dinner: Pizza Pie Cafe

Sign Up By: Limited Tickets



The beloved Rodgers and Hammerstein classic, now a full-length Broadway musical. Featuring nostalgic tunes like "In My Own Little Corner", "Ten Minutes Ago", and "Impossible", this fairy tale will captivate patrons of all ages. Add a dash of romance, magical onstage transformations, and the iconic glass slippers, and you're guaranteed to have a ball!



## Let's Go Bowling

**First & Third Wednesday  
Of Every Month**

**Meet At Bowling Alley.**

**Lunch & Bowling Starting At 11:00**



**Lunch And Bowling On Your Own.**





# **2024 Senior Center Fun Facts:**

- We went on 132 activities/trips.
- We added a ping pong and air hockey table to the Center.
  - We started a monthly line dancing class.
- Participation & membership is at an all time high (again).
  - We served approximately 19,400 meals.
  - We put together and displayed the Worlds Largest Puzzle (60,000 Pieces)!
- We celebrated the Senior Center's 50 year anniversary.
  - We threw pies at our elected officials on Pi Day.
    - We got a third new bus.
- Approximately 12,600 employee hours to keep this place rocking!
  - Approximately 2,500 volunteer hours were given.
    - We have a new kitchen helper... Jill Ford.
    - Had our first successful Farmer's Market.
- Our Fair Day's exhibits entries were at a all time high with many purple (sweepstakes) and blue (first place) ribbons.
  - We held our 2nd annual Senior Expo.
- Had our first weenie roast at Harvest Grove with Jeff Carson.
- We drove approximately 14,600 miles for activities & trips.

**Looking forward to a memorable 2025!!!!**



# JANUARY TRIVIA



## New Years Eve

### SCATTERGORIES

FILL IN THE BLANKS WITH WORDS THAT BEGIN WITH EACH LETTER OF THE WORD "YEAR"



Y E A R

- 1. SOMEONE YOU HOPE TO SEE \_\_\_\_\_
- 2. GOAL FOR THE NEW YEAR \_\_\_\_\_
- 3. PARTY GAME \_\_\_\_\_
- 4. NEW YEARS RESOLUTION \_\_\_\_\_
- 5. MEMORY FROM THE PAST YEAR \_\_\_\_\_
- 6. PARTY DRINK \_\_\_\_\_
- 7. YOUR WISH FOR NEW YEAR \_\_\_\_\_
- 8. MOVIE FROM THE PAST YEAR \_\_\_\_\_
- 9. FAILED RESOLUTION \_\_\_\_\_
- 10. SOMETHING TO GET RID OF \_\_\_\_\_
- 11. SOMETHING SPARKLY \_\_\_\_\_
- 12. REASON TO BE GRATEFUL \_\_\_\_\_



letsdopuzzles.com - for personal use only



**Return complete trivia by January 30th for you chance to win a \$20 gift card. Be sure to leave your name and number!**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Mike's Blurb

It's already 2025?

Every year we all say the same thing, "The year went by so fast". Last year seemed to be faster than normal but I probably say that every year also. Personally, I had a pretty great year at home and at The Center. If this year is as much fun as last year, I will be a happy camper again.

I want to thank all of the staff who work here. This may technically be a job but that is not at all how anyone treats this. It is more of a calling. I hope all of you know how much all of us love being here every day and how much we love all of you. It is an honor to be able to spend a little time with you. Thank you all for coming and sharing your talents, wisdom and life experiences with us. I am excited about another fun year with all of you and our amazing team.

Let the 2025 party begin!

*Mike*

**HOOKED ON BOOKS**

We are currently reading:

Dear Mrs. Bird

By A.J Pearce

Next month book :

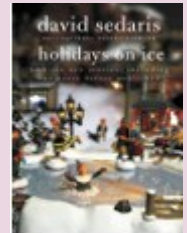
holidays on ice

By: David Sedaris

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 months gathering is January 16th



**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!

# New Year's Word Search

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

BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

RESOLUTION

TOAST



CRAYONSANDCRAYINGS.COM

# New Year's Word Search



- BABY
- BALL
- CALENDAR
- CELEBRATION
- CLOCK
- CONFETTI
- COUNTDOWN
- EVE

- FAMILY
- FRIENDS
- HAPPY
- JANUARY
- MIDNIGHT
- NEW YEAR
- NOISEMAKER
- PARTY

- RESOLUTION
- TOAST



CRAYONSANDCRAVINGS.COM

**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



Robert David Raby  
 Born: December 18, 1933  
 Died: November 12, 2024  
 Married: Janet Park Raby

Robert "Bob" Baker  
 Born: February 14, 1949  
 Died: November 25, 2024  
 Married: Paula Baker

Ronald Joy Meik  
 Born: February 8, 1936  
 Died: November 14, 2024  
 Married: Delores Robinson Meik

Neal Brent Montgomery  
 Born: April 2, 1937  
 Died: December 9, 2024  
 Married: Bonnie Montgomery



Enhabit's Chaplin, Denise, will be leading our grief support group. Light refreshments will be served. Gathering for January will be Wednesday the 15th at 2:00 P.M.

## Recipe Of The Month

# Stuffed Green Peppers



### Ingredients:

- 2 green bell peppers
- 1/2 lb. ground turkey or beef
- 1/2 c. uncooked rice
- 1/4 c. onion peeled & chopped
- 3/4 c. tomato sauce—unsalted
- Salt & pepper to taste

### Instructions:

1. Wash hands with soap and water
2. Cut around stems of peppers. Remove seeds and pulpy parts of peppers
3. Wash and cook peppers in boiling water for 5 minutes. Drain well.
4. In sauce pan, brown meat. Add rice, onion, 1/4 c. tomato sauce, salt and pepper.
5. Stuff each of the peppers and place in casserole dish.
6. Pour remaining tomato sauce over the peppers
7. Cover and bake for 30 minutes at 350 degrees.



"Hurry! Our New Year's resolutions start in ten minutes."



## Caregiver SUPPORT GROUP

Every 2nd Tuesday  
at 2 p.m.

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









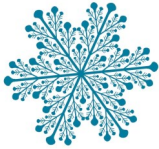






Call 385-204-9544 or  
fweinman@magutah.gov.

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

Learn more at  
[magutah.org/caregiver](http://magutah.org/caregiver)



# January 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</li> <li>• Puzzles</li> <li>• Games</li> <li>• Craft Room</li> </ul>	<p><b>Piano Lessons</b></p>  <p>Please Contact Margaret Schloss 435-654-2876</p>	<p>1</p> <p><b>CLOSED</b></p> 	<p>2</p> <p>9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano</p>	<p>3</p> <p>1:00 Cards — Bridge</p>
<p>6</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>7</p> <p><b>Treasure Table</b></p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco <b>7:00 Line Dancing</b></p> 	<p>8</p> <p>1:00 Cards—Bridge</p>	<p>9</p> <p><b>Treasure Table</b></p> <p>9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano</p>	<p>10</p> <p><b>10:00 Brunch @ Zermatt</b></p>  <p>1:00 Cards — Bridge</p>
<p>13</p> <p>Orem Cinemark "Mufasa" Time TBD</p>  <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>14</p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco 2:00 Caregiver Support Group  <b>3:30 Drawing</b></p> 	<p>15</p>  <p>11:00 Lunch &amp; Bowling at Holiday Lanes 1:00 Cards—Bridge <b>2:00 Grief Support Group</b></p>	<p>16</p> <p>9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano</p>	<p>17</p>  <p>1:00 Cards — Bridge</p>
<p>20</p> <p><b>CLOSED</b></p>  <p>MARTIN LUTHER KING DAY</p>	<p>21</p> <p>10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco</p>	<p>22</p> <p><b>USU Cooking Class</b> Chow Mein &amp; Teriyaki Chicken <b>10:00 or 2:00</b></p>  <p>1:00 Cards—Bridge</p>	<p>23</p> <p>9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano</p>	<p>24</p> <p><b>10:00 Oil Paint Class</b></p>  <p>1:00 Cards — Bridge</p>
<p>27</p>  <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>28</p>  <p><b>10:00 Breakfast</b> 10:30 Chair Exercise Breakfast Pajama Party w/ Hot Cocoa Bar </p>	<p>29</p> <p>1:00 Cards—Bridge</p>	<p>30</p> <p>9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano</p>	<p>31</p> <p>1:00 Cards — Bridge</p>



**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

**2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p><b>CLOSED</b></p> 	<p>2</p> <p><b>STUFFED PEPPER, potatoes &amp; gravy, green beans, peaches &amp; roll</b></p> <p><b>SPAGETTI w/ MEAT SAUCE, salad w/ ranch, mandarin</b></p>	<p>3</p> <p><b>CHICKEN FRIED STEAK, potatoes &amp; gravy, carrots, tropical fruit &amp; roll</b></p>
<p>6</p> <p><b>CHICKEN STRIPS, potatoes &amp; gravy, peas &amp; carrots, peaches &amp; roll</b></p>	<p>7</p> <p><b>CHILI, tator tots, corn, cantaloupe &amp; crackers</b></p> <p><b>CHICKEN MALIBU, potatoes &amp; gravy, peas &amp; tropical fruit</b></p>	<p>8</p> <p><b>ROAST PORK, potatoes &amp; gravy, carrots, applesauce &amp; roll</b></p>	<p>9</p> <p><b>FISH, au gratin potatoes, green beans, tartar sauce, tropical fruit &amp; roll</b></p> <p><b>VEGETABLE BEEF SOUP, pigs in a blanket &amp; orange wedge</b></p>	<p>10</p> <p><b>MADNARIN ORANGE CHICKEN, over rice, stir fry vegetables, eggs roll, orange wedge &amp; roll</b></p>
<p>13</p> <p><b>CHICKEN CORDON BLEU, potatoes &amp; gravy, peas, mandarin oranges &amp; roll</b></p>	<p>14</p> <p><b>BEEF &amp; RICE MEDELY, mixed vegetables, orange wedge, cookie &amp; roll</b></p> <p><b>HOT BEEF SANDWICH, potatoes &amp; gravy, salad w/ ranch &amp; peaches</b></p>	<p>15</p> <p><b>SPAGETTI w/MEAT SAUCE, corn, cottage cheese, pears &amp; roll</b></p>	<p>16</p> <p><b>PORK CHOP, potatoes &amp; gravy, green beans, applesauce &amp; roll</b></p> <p><b>TURKEY SANDWICH, potato salad, mixed fruit &amp; chips</b></p>	<p>17</p> <p><b>TURKEY SANDWICH, potato salad, peaches &amp; chips</b></p>
<p>20</p> <p><b>Closed</b></p> <p><b>In observation of the holiday</b></p> 	<p>21</p> <p><b>BBQ RIBLET, mac &amp; cheese, pork-n-beans, peaches &amp; roll</b></p> <p><b>SALISBURY STEAK, potato, green beans &amp; pear</b></p>	<p>22</p> <p><b>LASAGNA, corn, salad w/ranch, mandarin oranges &amp; roll</b></p>	<p>23</p> <p><b>CHICKEN PARMESAN, red potatoes, mixed vegetables, pears &amp; roll</b></p> <p><b>SALAD BAR w/ trimmings</b></p>	<p>24</p> <p><b>MEATLOAF, potatoes &amp; gravy, green beans, applesauce &amp; roll</b></p>
<p>27</p> <p><b>CHICKEN CUTLET, potatoes &amp; gravy, peas &amp; carrots, mixed fruit &amp; roll</b></p>	<p>28</p> <p><b>BEEF STEW, green beans, tator tots, banana &amp; roll</b></p> <p><b>BREAKFAST w/ PAJAMA PARTY w/ hot chocolate</b></p> 	<p>29</p> <p><b>ROAST BEEF, potatoes &amp; gravy, carrots, peaches &amp; roll</b></p>	<p>30</p> <p><b>HAM &amp; BEAN SOUP, tator tots, mixed vegetables, pears &amp; crackers</b></p> <p><b>FISH, potatoes &amp; gravy, carrots, tartar sauce &amp; tropical fruit</b></p>	<p>31</p> <p><b>SEASONED BAKED CHICKEN, rice pilaf, peas, orange wedge &amp; roll</b></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