

February

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

2025



SPOTLIGHT



Jacquie Thacker

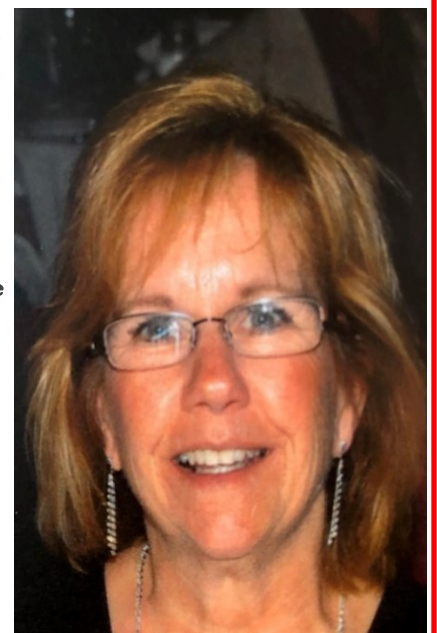
I was born in Salt Lake City in the Cottonwood area. I am the middle of 5 children: two older brothers, and two younger sisters. I graduated from Olympus High School. After High School, I went to St. George to pursue my education (and find a husband) and graduated from Dixie College with my Associate of Science degree. I then went to Utah State University for 2 quarters, talk about a drastic change in weather!

I got engaged to Doug Thacker and we were married in the Provo Temple in July 1972. We thought it was pretty neat that the temple had only been dedicated for 6 months. We lived in Salt Lake for 6 years. Our first home was in Hunter, where our first two children, Amy and David, were born. We then moved to our second home in Granger/Taylorville, where Elisia and Erin were born. Doug had a difficult time with city life, so we bought property in Midway. Doug built us a beautiful home and we moved there when I was pregnant with our 5th child, Holly. We had 3 more daughters, Megan, Marianne, and Stefanie. If you lost count, we have eight wonderful, amazing children, who have given us 30 Grandchildren, and 4 Great Grand Children.

When I was 40, I had the opportunity to go back to college and get my bachelor's degree. Most would think I was crazy for doing this with eight children and also being in the Relief Society Presidency, but I worked hard, and I was on the Dean's List every quarter. I could not have done it without the help of my oldest daughter, Amy, who typed all my papers for me and was a substitute mom while I studied. After graduation, I applied for a job with Wasatch County and was hired in the Treasurer's Office. After a couple of years, I switched to the Wasatch County USU Extension Office and worked there for 29 years where I was involved with the 4-H program and the County Fair.

Doug and I loved to travel and went on many cruises until his heart attack in 2015. His heart attack brought on many other health challenges that required a lot of care over the next 9 years. I decided to retire in October 2021 to take care of Doug. The next 3 years were full of doctor appointments and more challenges. He passed away in July 2024, we were married for 52 years.

I have always enjoyed crocheting, reading, sewing, traveling, and being with family and friends, and I look forward to learning new things like painting and learning to play the piano. I love the Senior Citizen's Center and all the great classes, activities, concerts, and luncheons. It's fun to make new friends and get re-acquainted with old friends.



This is such a great place!



cora's corner



To all our Seniors...just a little info from the kitchen. February is here...we're getting closer to warmer weather (I hope). Don't know what the Ground Hog will look like this year.

The Super Bowl is Sunday the 9th. I'm not into it this year. Just going to do snacks and enjoy being with family and friends. Good luck to the winners.

Valentine's Day originated as a Christian feast day honoring a martyr named Valentine. Through later folk traditions it has become a significant culture, religious and commercial celebration of romance and love in many regions of the world. Valentine's is celebrated on February 14th, but we will be celebrating on Thursday 13th. Please sign-up early but remember to cancel if not attending.

Presidents' Day is celebrated on the third Monday of February. It celebrates the first President of the United States (1789-1797) and "The Father of his Country". On this day, we honor and remember all past US presidents and in particular Washington, Abraham and Thomas Jefferson. The Center will be closed on February 17.

Remember to bundle up for this cold weather, also keep drinking your water. We need to keep our bodies strong and hydrated.



Until next time, take care...Cora Briggs

Elmon Clement	1		Sterling Angle	11
Chet Maziarz	1		Robert Emrick	11
Roland Metsch	1		Steve Santoro	11
Lois Musick	1		Dolores Alfaro	14
Kristi Carter	3		Marcia Kraatz	14
Kim Loertscher	3		Vance Farrer	17
Diana Bahde	6		Connie Graeber	17
Madeline Emrick	6		Nancy Davis	21
Joan Kohler	7		Debra Anderson	22
Diana Witt	7		Inez Wilde	24
Shirley Hendricks	8		Harry Pedro	26
DiAnn Turner	9		HAPPY BIRTHDAY	

February



Activities & Trips

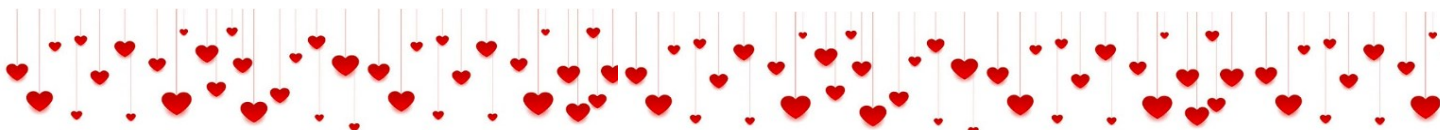
DATE	Registration Deadline	EVENT	TIME	COST
Saturday, February 1st	Limited Space Sign Up Soon	Eagles Tribute- Heber Valley Entertainment	5:00 P.M.	\$26
Tuesday, February 4th	—	Line Dancing @ Senior Center	7:00	\$5
Wednesday, February 5th & 19th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bow- ling On Your Own
Friday, February 7th	February 6th	Out To Lunch The Junction—Heber	11:00 A.M.	Lunch On Your Own
Monday, February 10th	Closed	Ruth Hale Theater: Cinderella	5:00 P.M.	\$30 Dinner On Your Own
Tuesday, February 11th	Limited Space	Drawing Class @ Senior Center	3:30 P.M.	\$6
Wednesday, February 19th	Limited Space	Cooking Class- Copycat Outback Steak House USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Friday, February 21st	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M.	\$10
Monday, February 24th	February 21st	Orem Cinemark: Brave The Dark	TBD	\$8 Snacks On Your Own

Remember!

Activities are posted all month at the Senior Center, stop in often to see what is new before things fill up. For more information stop by or call 435-654-4920

Payments must be made at the time of sign up.

Activities are non-refundable unless you find someone to take your place.



THE IDEAL PLAYHOUSE — HEBER A MUSICAL TRIBUTE TO THE EAGLES

When: Saturday, February 1st

Time: 5:00 P.M.

Cost: \$26

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

Join us for "Seven Bridges Road: Songs of the Eagles," a tribute to one of America's most iconic rock bands. Enjoy heartfelt renditions of classic hits that capture the spirit and sound of the Eagles. This concert is a must-see for any fan of American rock music!



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.

LINE DANCING CLASS

Date: Tuesday, February 4th

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



Lunch at The Junction— Heber

Date: Friday, February 7th

Time: 11:00 A.M. (Meet There)

Sign Up By: February 6th

Cost: Pay For Your Own Meal

Let's go check out the The Junction Pizza & Grill in Heber! We will meet there at 11:00 A.M. Please be sure to sign up to we have a count so we can give them a heads up.

Located in Valley Station (next to Walmart)



THE RUTH HALE THEATRE CINDERELLA

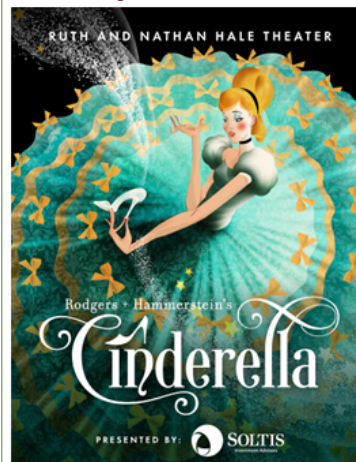
Date: Monday, February 10th

Time: 5:00 (Bus To Leave Center)

Cost: \$30

Dinner: Pizza & Grille

Sign Up: 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!

Drawing Class

When: Tuesday, February 11th

Time: 3:30 P.M.

Where: Senior Center

Cost: \$6

Sign Up By: February 10th

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.



Outback's Copycat

Alice Spring Chicken & Wedge Salad

Date: Wednesday, February 19th

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

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make Outback's Steak House's Alice Spring Chicken & Wedge Salad! Tricia from USU extension will be teaching the class. All supplies will be provided for you.

55 S. 500 E. Heber

(Located in the same build as the Health Department)

Oil Paint Class

When: Friday, February 21st

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$10

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!

Cinemark Movie—Orem

Date: Monday, February 24th

Time: TBD (Afternoon Matinee)

Cost: \$8 Snacks On Your Own

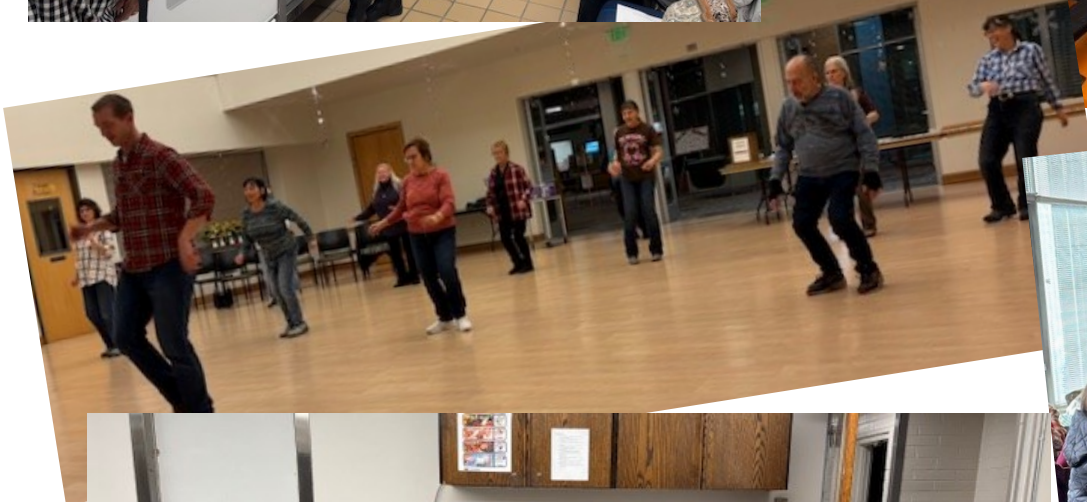
Movie: Brave The Dark *(Based On A True Story)*

Sign Up Deadline: February 23rd



When Mr. Deen (Jared Harris, Chernobyl, The Crown) discovers one of his students has been living out of his car and thrown into jail, he decides to bail him out. Determined to curb Nate's self-destructive behavior, Mr. Deen quickly discovers a host of dark secrets that are slowly tearing Nate apart. What started as a good deed becomes a desperate fight to save Nate from his own demons. As Nate spirals deeper into despair, Mr. Deen must decide how far he's willing to go to save a kid on the brink of losing everything—even himself.





Valentine Mailbox Contest!

Be creative and make a Valentine mailbox! Mailboxes will be on display at the Senior Center for everyone to view.

- Decorate any type of container.
- Must have an opening big enough for a Valentine treat to fit inside. Put your name on the box!
- Bring your box in by Feb. 11th for display and judging.
- All participants will receive a Valentine treat from the Senior Center team!
- Anyone is welcome to put a Valentine treat or card in the boxes.

\$25 gift card awarded to most creative mailbox!!



NOT THE WORLDS LARGEST PUZZLE... BUT CLOSE TO IT!!!

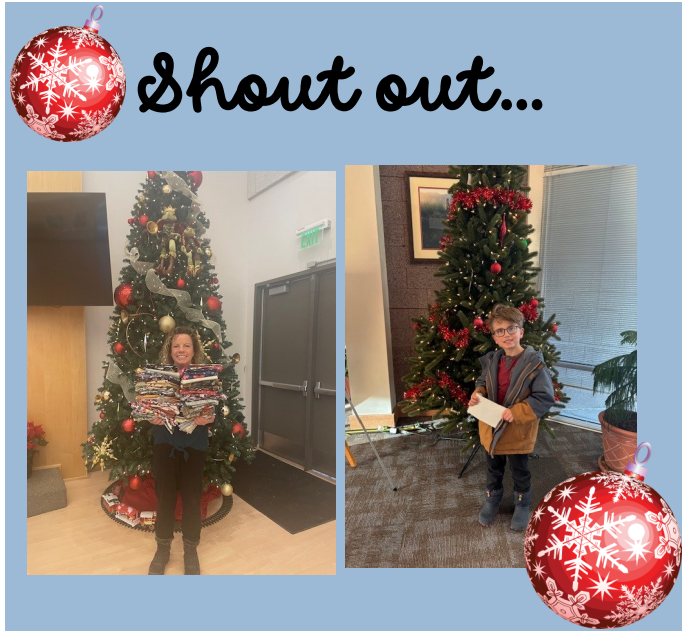
We want your help putting together the world's almost largest puzzle! This beauty is 52110 pieces, 23 feet long and 7 feet wide. Be a part of this fun project and put a few (or a lot) pieces together.

It will be located in the front lobby of the Senior Center to work on. We will assemble and display the puzzle in the County Fair the end of July.

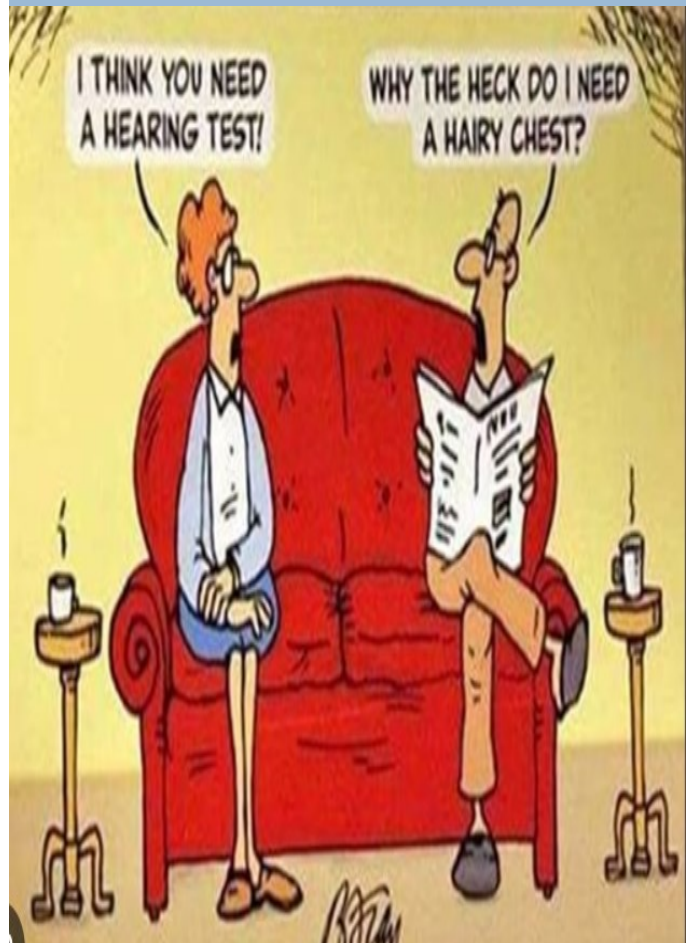


Present this coupon or mention it at the Old Goat Café for 15% off your purchase!

595 S. Main Street, Heber



**We had so many Christmas
elves this year. We want to give a
BIG SHOUT OUT
to all of our many volunteers
and Santa helpers that made this
Christmas a little extra special.**



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

HELP!

We are growing and attendance at activities is increasing like crazy. We are working hard to increase the number of events. Normally we do two of everything. Now we are trying to set it up to do three. One stumbling block is that we need more volunteer drivers. If you or someone you know could drive a bus or our new van that would be very helpful. We need people who are willing and able to drive at night so that when we go to plays or movies, we can get everyone delivered. As a thank you we try and get our drivers a free ticket to whatever we are doing when possible. Come party with us and you just may get some free stuff.

January 2025 is dead and gone already! Holy Cow that was fast. Welcome to February. Lots of fun stuff going on here this month. Don't miss our Valentine's Day lunch and party. We are doing our first hot chocolate bar. This should be lots of fun. Hopefully it doesn't end up making the auditorium look like it was attacked by a nuclear chocolate bomb. I don't want to spend Valentine's night moping with my wife instead of having a nice romantic dinner

We are thrilled that we have so much more interest in joining us but with that comes a little growing pain. So help us out.

~Mike

HOOKED ON BOOKS

This month's book :

holidays on ice

By: David Sedaris

Next Month's book:

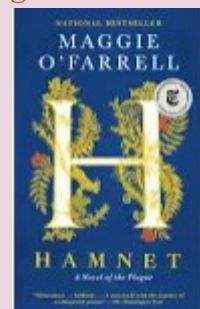
HAMNET

By: Maggie O'Farrell

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
February 20th



AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

AARP will be at the Wasatch County Senior Center every Wednesday starting February 12th, 2025 to help with taxes.

**Please call ahead to get your appointment
435-654-4920**

February Word Search

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

AMETHYST
BROWNING
FREEDOM
LEAP
PISTACHIO
PRIMROSE
UKELELE
VIOLET
WINTER

ANTHONY
CHOCOLATE
GROUNDHOG
LINCOLN
PIZZA
SNOW
UMBRELLA
WASHINGTON

AQUARIUS
COLD
INVENTORS
PISCES
PRESIDENT
SOUP
VALENTINE
WEATHER

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
Wasatch Senior Center: 435-654-4920

FREE piano lessons every

Thursday following lunch at 1:00

If you are interested, contact

Margaret 435-654-2876



In Loving Memory



ReNee Lee Horrocks

Born: August 28th, 1947

Died: January 15th, 2025

Married: Thomas Horrocks

Virginia "Ginny" Sanatar

Born: June 23rd, 1940

Died: January 2nd, 2025

Married: Pat Sanatar



Enhabit's Chaplin, Denise, will be leading our grief support group. Light refreshments will be served. Gathering for February will be Wednesday the 5th and 19th at 2:00 P.M.

Recipe Of The Month

Sundried Tomato, Spinach, and Cheese Stuffed Chicken



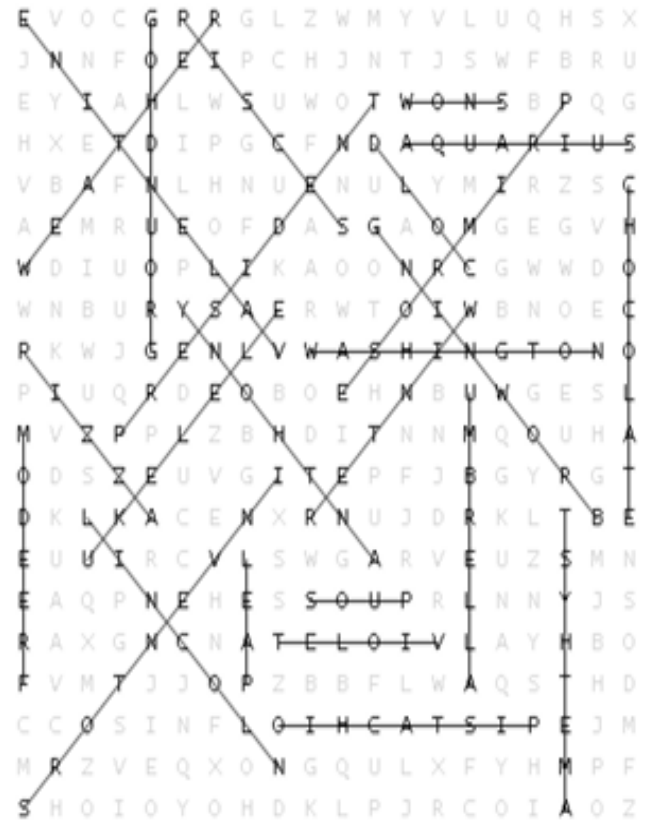
Ingredients:

- 2 large chicken breast
- 3/4 c. Kraft sundried tomato vinaigrette and marinade (salt, pepper and olive oil will also work fine)
- 1/2 c. sundried tomatoes
- 1/2 c. roughly chopped spinach
- 1/2 c. feta cheese
- 1/2 c. mozzarella cheese.

Instructions:

1. Marinate the chicken breasts in the dressing for a few hours (I actually skipped this step. I just dumped some on right before I cooked them because I was doing it last minute).
2. With a large sharp knife, carefully cut the chicken breasts like hot dog buns. Don't cut all the way through.
3. Open the chicken breasts up where you cut them and layer on the remaining ingredients. It's okay if you can't fit all of it in, you can just leave some out. Just squish in as much as you can. Stick a couple of toothpicks in near the opening to keep it all together.
4. Heat up a pan (I used a cast iron skillet) and sear the meat on both sides. You can lower the heat and continue cooking the meat on the stove until it's done or, if you're using a cast iron skillet, you can put the pan in the oven at about 375°F. You could also just completely cook it in the oven on a baking sheet if you don't feel like searing it. Just make sure you cook it until the center reaches 165°F on a thermometer. Let rest for 5 minutes before serving.

February Word Search



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.









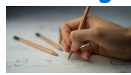






Come gather and have
meaningful discussions with
other caregivers facing
common issues and
concerns.

Learn more at
magutah.org/caregiver



February

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><u>Piano Lessons</u></p>  <p>Please Contact Margaret Schloss 435-654-2876</p>			<p>Saturday 1st</p>  <p>5:00 Eagles Tribute @ Ideal Theatre</p> 
<p>3</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>4</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 7:00 Line Dancing</p> 	<p>5</p>  <p>11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group</p>	<p>6</p> <p>Treasure Table</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>7</p> <p>11:00 Lunch @ The Junction</p>  <p>1:00 Cards — Bridge</p>
<p>10</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p> <p>5:00 Ruth Hale Cinderella</p> 	<p>11</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Caregiver Support Group </p> <p>3:30 Drawing Class</p> 	<p>12</p> <p>1:00 Cards—Bridge</p>	<p>13</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p> <p></p> <p>Valentine Lunch</p>	<p>14</p>  <p>1:00 Cards — Bridge</p>
<p>17</p> <p>CLOSED</p> <p>HAPPY <i>President's</i> DAY</p>	<p>18</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco</p>	<p>19</p>  <p>11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group USU Cooking Class 10:00 or 2:00</p> 	<p>20</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>21</p> <p>10:00 Oil Paint Class</p>  <p>1:00 Cards — Bridge</p>
<p>24</p> <p>Orem Cinemark Time TBD</p>  <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>25</p> <p>10:30 Chair Exercise 12:00 Breakfast 1:00 Bunco</p>	<p>26</p> <p>1:00 Cards—Bridge</p>	<p>27</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>28</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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>FISH, au-gratin potatoes, carrots, tartar sauce, applesauce & roll</p>	<p>4</p> <p>CHICKEN MALIBU, potatoes & gravy, peas, cottage cheese, pineapple & roll</p> <p>CHICKEN PARMESAN, red potatoes, mixed vegetable & apple pie</p>	<p>5</p> <p>BEEF STROGANOFF over NOODLES, mixed vegetables, peaches & roll</p>	<p>6</p> <p>BACON CHEESE-BURGER PASTA, green bean & roll</p> <p>MACARONI & BEEF SOUP w/grilled cheese, chips & pears</p>	<p>7</p> <p>SALISBURY STEAK, potatoes, tropical fruit & roll</p>
<p>10</p> <p>CHICKEN STRIPS, potatoes, peas, tropical fruit & roll</p>	<p>11</p> <p>TRUKEY w/ DRESSING, potatoes & gravy, carrots, fruit cocktail & roll</p> <p>HAM, au-gratin, potatoes, green beans & pineapple</p>	<p>12</p> <p>TUNA CASSEROLE, peas & carrots, mixed fruit & roll</p>	<p>13</p> <p>CHICKEN PARMESAN, red potatoes, green beans, peaches & roll</p> <p>VALENTINE'S DAY LUNCH</p> <p>BAKED CHICKEN, rice pilaf, carrots & dessert</p> 	<p>14</p> <p>HAM SANDWICH, potato salad, pineapple & chips</p> 
<p>17</p> <p>CLOSED</p> <p>In observation of the holiday</p> 	<p>18</p> <p>BBQ RIBLET, mac & cheese, pork-n-beans, peaches & roll</p> <p>STUFFED GREEN PEPPERS, potatoes & gravy, corn & peaches</p>	<p>19</p> <p>MACARONI & BEEF SOUP, chicken nugget, green beans, tropical fruit & cracker</p>	<p>20</p> <p>CHEESE ENCHILADA, tator tots, beans, orange wedge, chips & salsa</p>  <p>POTATO BAR w/ TRIMMINGS</p>	<p>21</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, pears & roll</p>
<p>24</p> <p>BAKED CHICKEN, potatoes & gravy, peas, pears & rolls</p>	<p>25</p> <p>BEEF STEW, tri patty potato, green beans, tropical fruit & roll</p> <p>BREAKFAST, hash-browns, eggs, bacon, pancakes, fruit, juice & milk</p>	<p>26</p> <p>CHICKEN POT PIE, potatoes & gravy, carrots, peach pie & roll</p>	<p>27</p> <p>HOT DOG, mac & cheese, pork-n-beans, potatoes salad, orange, chips & bun</p> <p>FISH potatoes & gravy, green beans, tartar sauce, tropical fruit.</p>	<p>28</p> <p>CHICKEN CUTLET, potatoes & gravy, peas</p>

2025



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