



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

2025

My name is Dorothy Giles. I was born in Center Colorado on September 19th, 1954. I moved to Charleston when I was four years old and later to the Heber. I am one of seven children.

I graduated at Wasatch high school in 1972. I married my high school sweetheart Brent Giles January 7th, 1972. We lived in Heber throughout our married lives. We were married 49 years until his death in March of 2021. Brett and I enjoyed camping and traveling in our RV. We drove to Alaska twice and visited most of the 50 states.

I retired from Wasatch County in 2014. We spent winters in Arizona after our retirement. I have two children, Brent JR and Jennifer. They have given me 6 grandchildren ages 30 through 13. I just found out that I am going to be a soon to be great grandma! I enjoy the oil painting classes, the cooking classes and chair exercise classes. All of the employees and volunteers are great, but my favorite is my niece Candie Bonner!



Easter Luncheon April 17th

Be sure to sign up early to reserve your spot, every-bunny is going to be there.



cora's corner

To all our Seniors...just a little info from the kitchen. We are starting our fourth month into the year. Which means we are one third through. Time is flying...must be having fun.

“April showers bring May flowers”

Our Easter meal will be held on Thursday, 17th. Make sure and sign up early, also remember to cancel if not coming. Easter is celebrated on Sunday 20th. It is a sacred time for Christians. Children love it because of the Easter Bunny and colored eggs.

We have such an amazing crew serving our people. Tom delivers meals on wheels, Luara communicates with everyone and keeps us updated, Candie does fun and different kinds of activities, Karin and Jill help set-up, serve and clean-up and Brent and Cora run the kitchen. Mike is our go to guy for extra help in any department. All together we make a great team helping each other.



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

‘KEEP SMILING’...It makes people WONDER what you are up to!

Jane GILES	2	ALAN RITCHIE	13	MERRILL HALL	23
JOE RAIL	2	VIOLET SMITH	13	FRAN JOHNSON	23
CLETA MILLER	3	ALAN BELL	14	JUDY NELSON	24
FRAN BAXTER	5	BETTY GEORGIO	14	CONNIE SHIPMAN	24
JEANNIE DAVIES	6	LAVON PROVOST	18	AMY GIVENS	25
LINDA MEACHAM	6	PAT YOUNG	19	CLARK RILEY	27
EVVALEE YOUNG	6	CHRISTINA BEEMAN	20	GERALD WHITE	27
PEGGY DUKE	8	CYNTHIA GURULE	21		
DALANIE ST JOHN	8	CATHLEEN WHITE	21		
RUTH CUMMINGS	10	MARCE PROVOST	22		
SHARON JENKINS	11	YVONNE THOMPSON	22		
JOHN LEMON	11	GLENNA AZLIN	23		





Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, April 2nd & 16th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Monday, April 7th	Limited Space	Acrylic Paint Workshop @ Senior Center	10:00 A.M.	\$3
Tuesday, April 8th & 29th	—	Line Dancing @ Senior Center	7:00 P.M.	\$5
Friday, April 11th	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M. or 2:00 P.M.	\$10
Monday, April 14th	Limited Space	Cooking Class—Copycat “Olive Garden” USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Tuesday, April 15th	Limited Space	Drawing Class @ Senior Center	3:30 P.M.	\$6
Friday, April 18th	April 15th	BYU Museum Of Paleontology	9:30 A.M.	\$3
Monday, April 21st	April 18th	Orem Cinemark: Snow White	TBD	\$8 Snacks On Your Own
Wednesday, April 23rd	April 22nd	Out Lunch Chubby's —Heber	11:30 A.M.	Lunch On Your Own
Friday, April 25th	Limited Space Sign Up Soon	Frank & Marilyn Tribute Heber Valley Entertainment	5:00 P.M.	\$32

Remember!

New activities are posted all month at the Center. Stop in often to see what is new before things fill up. For more information stop by the Center 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.

ACRYLIC PAINT WORKSHOP

When: Monday, April 7th

Time: 10:00 A.M.

Cost: \$3

Sign Up By: Limited Space

Come paint with Kathy Carr! We will be painting pretty flower 8X10 inch pictures. Everything you need for this class will be provided, but you may want to bring an apron.

Class will take approximately 1.5 hours.



LINE DANCING CLASS

Date: Tuesday, April 8th & 29th

Time: 7:00—8:00 P.M.

Cost: \$5 each class

Where: Senior Center

Come mingle and kick up your boots (or shoes) to your favorite country songs. Class will be held in the senior center auditorium.

Class is for all levels, beginners welcome!



Oil Paint Class

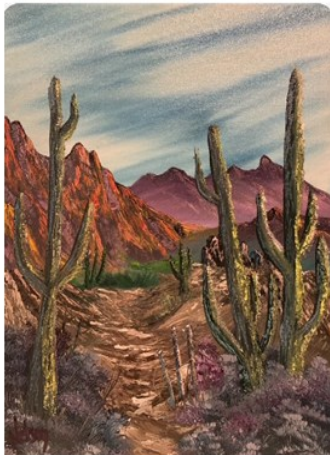
When: Friday, April 11th

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

Copycat Olive Garden

Date: Monday, April 14th

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

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make delicious Olive Garden dish (dish to be determined) Tricia from USU extension will be teaching the class at the extension kitchen. All supplies will be provided for you. This is a self drive activity.

**55 S. 500 E. Heber
(Located in the same build as the Health Department)**

Drawing Class

When: Tuesday, April 15th

Time: 3:30 P.M.

Where: Senior Center

Cost: \$6

Sign Up By: Limited Space, Sign Up Soon

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, April 21st

Time: TBD (Afternoon Matinee)

Cost: \$8 Snacks On Your Own

Movie: Snow White

Sign Up Deadline: April 18th



“Disney’s Snow White,” a live-action musical reimagining of the classic 1937 film, opens exclusively in theaters March 21, 2025. Starring Rachel Zegler (“West Side Story”) in the title role and Gal Gadot (“Wonder Woman”) as her Stepmother, the Evil Queen, the magical music adventure journeys back to the timeless story with beloved characters Bashful, Doc, Dopey, Grumpy, Happy, Sleepy, and Sneezy.

Lunch at Chubby’s – Heber

Date: Wednesday, April 23rd

Time: 11:30 A.M. (Meet There)

Sign Up By: April 22nd

Cost: Pay For Your Own Meal

Let’s go check out the Chubby’s in Heber! We will meet there at 11:30 A.M. Please be sure to sign up to we have a count so we can give them a heads up.

220 N. Main Street, Heber



THE IDEAL PLAYHOUSE — HEBER

Ring A Ding In The Spring With Frank & Marilyn

When: Friday, April 25th

Time: 5:00 P.M.

Cost: \$32

Sign Up By: ASAP For Best Seating Options

Ring a ding ding in the spring with Las Vegas's favorite dynamic duo Marilyn Monroe and Frank Sinatra. Come listen to ol' blue eyes serenade you, tell jokes, and schmaltz up the joint with the lovely Miss Marilyn Monroe. This dynamic duo will knock your socks off!



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.

Sandy Hale Theatre Finding Neverland

Date: Wednesday, May 14th

Time: 4:30 P.M.

Cost: \$67

Dinner: Sizzler

Sign Up By: Limited Space

A Regional Premiere! ... Broadway's poignant musical flies to HALE's magical Centre Stage! J.M. Barrie - a struggling playwright - has just produced his latest failure when he meets a young mother with small boys. Two of them are Peter and Michael. Their playful imaginations of pirates, of fairies and of adventure inspire a new play where none grow old. A gloriously sweet and wondrous telling of the beginnings of Neverland. The music is soul igniting. The story will warm your heart! By Knee, Graham, Frankel, Barlow, Kennedy and Korie. A splendid, new theatrical treasure. Fly to the theatre!!!



BYU Museum Of Paleontology

Date: Friday, April 18th

Time: 9:30 A.M. (Bus To Leave Center)

Cost: \$3

Lunch: *We will not be having lunch this trip.*

Sign Up By: April 15th

Discover one of the largest dinosaur collections in the world. Learn about Earth's ancient life and environments. The Museum of Paleontology is part of Brigham Young University's Department of Geological Sciences.



Wasatch County Derby

Date: Thursday, July 24th

Time: 7:00 P.M.

Cost: \$15 (Limit 2 Per Person)

Deadline: Thursday, May 22nd

Wasatch Park & Recreation is offering Wasatch County Senior Center discounted pre-sale tickets for our Seniors. They will be grouped together in the Stadium Seating. Limited number of tickets are available (limit of 2 tickets per person).

Tickets are for Thursday night only.



Mountain Valley Stampede Rodeo

Date: Thursday, July 31st

Time: 7:00

Cost: \$12

Deadline: Thursday, May 22nd



Wasatch Park & Recreation is offering Wasatch County Senior Center discounted pre-sale tickets for our Seniors. They will be grouped together in the Stadium Seating. Limited number of tickets are available (limit of 2 tickets per person).

Tickets are for Thursday night only.



SPRING

WORD SEARCH PRINTABLE

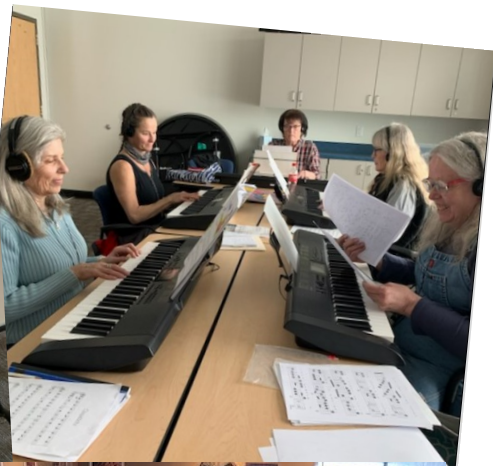
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BUTTERFLIES
CHICKS
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FLOWERS
GARDEN
GRASS
GREEN

LADYBUGS
PASTEL
PICNIC
RABBIT
RAINBOW

RAINY
SEEDS
SUNSHINE
TULIPS
WARM





April Trivia

SPRING

WORD SCRAMBLE

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OSMLSOB _____

NTSE _____

Chevron Lemon | www.chevronlemon.com

Return trivia by April 24th for your chance to win a \$20 gift card!

Name: _____

Phone: _____

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

Mikes Blurb

You never know what's going to happen at The Center

It seems like every day holds a surprise when you hang out with us and March was no exception. Once a month we have a cooking class with the USU extension service which shares a building with the County HR Department and the Health Department. This time we were making Naan (Indian flat bread) when some of the bread started to smoke. Despite Candie jumping up on a table trying to fan the smoke away from the alarm it went off and started blaring a siren throughout the entire building. Everyone in the building evacuated to the parking lot. We discovered that the smoke alarm in the building automatically dispatches the fire department. Moments later our fireman arrive completely decked out in all of their gear only to discover that the emergency was our seniors having a cooking crisis.

After the alarm was shut off and everyone was allowed back in the building our fireman posed for pictures with everyone in the cooking class. The fireman in the county are not only dang good at their job they also have a great sense of humor.

Thank you to our amazing first responders for a quick response and a memory none of us will forget.



HOOKED ON BOOKS

This month's book :

All Creatures Great and Small

By: James Herriot

Next Month's book:

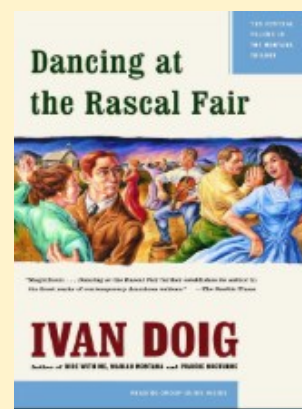
Dancing at the Rascal Fair

By: Van Doing

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 April 17th @ 10:30



SPRING WORD SEARCH ANSWERS

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|-------------|----------|----------|----------|
| BLOSSOMS | DAFFODIL | LADYBUGS | RAINY |
| BREEZE | FLOWERS | PASTEL | SEEDS |
| BUTTERFLIES | GARDEN | PICNIC | SUNSHINE |
| CHICKS | GRASS | RABBIT | TULIPS |
| CHIRPING | GREEN | RAINBOW | WARM |

WWW.ALWAYSTHEHOLIDAYS.COM

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



Let's Go Bowling

**First & Third Wednesday
Of Every Month**

Meet At Bowling Alley.

11:00 A.M.

565 N. Main Street,
Heber

FREE piano lessons every Thursday
following lunch at 1:00

If you are interested, contact Marga-
ret 435-654-2876



In Loving Memory



Donald Stephens Gardiner

Born: May 23, 1948

Died: March 16, 2025

Married: Mary Alice Gardiner

Janet Sweat

Born: February 2, 1941

Died: February 28, 2025

Married: Duane Sweat



SHOUT OUT !!! Dale Sweat



We want to thank Dale for the willingness to drive to the last couple activities. Without volunteer drivers, we would have to limit how many people could participate. He also always does it with a smile.



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



Denise from Enhabit will be leading our grief support group.

Light refreshments will be served. Gatherings for April will be :

Wednesday the 2nd and 16th at
2:00 P.M.

Come play Canasta!

Group plays every
Monday at 1:00 P.M.



All levels of experience
welcome, even beginners who
want to learn.

April


ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
	1 Treasure Table 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	2  11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group	3 Treasure Table 9:00 Yoga 12:00 Lunch 1:00 Bingo 1:00 Piano	4  1:00 Cards — Bridge
7 10:00 Acrylic Paint Workshop  1:00 Cards—Canasta 1:00 Duplicate Bridge	8 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Caregiver Support Group  7:00 Line Dancing 	9  1:00 Cards—Bridge	10 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	11 10:00 & 2:00 Oil Paint Class  1:00 Cards — Bridge
14 1:00 Cards—Canasta 1:00 Duplicate Bridge USU Cooking Class 10:00 or 2:00	15 10:30 Chair Exercise 12:00 Breakfast 1:00 Bunco 3:30 Drawing Class 	16  11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group	17 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano Easter Lunch 	18 9:30 BYU Museum Of Paleontology  1:00 Cards — Bridge
21 Orem Cinemark "Snow White" Time TBD 1:00 Cards—Canasta 1:00 Duplicate Bridge	22 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	23 11:30 Lunch @ Chubby's  1:00 Cards—Bridge	24 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano	25 5:00 Frank & Marilyn Tribute @ Ideal Theater 1:00 Cards — Bridge
28  1:00 Cards—Canasta 1:00 Duplicate Bridge	29 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 7:00 Line Dancing 	30 1:00 Cards—Bridge	ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Craft Room • Ping Pong 	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 **2025**
 435-654-4920

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ RIBLET, mac & cheese, pork-n-beans, pudding & peaches & roll CHICKEN STRIPS, pries, coleslaw & apple pie	2 RAVIOLI, corn, cottage cheese, pears & roll	3 STUFFED GREEN PEPPER, potatoes & gravy, green beans, applesauce & roll HOT BEEF SANDWICH, potatoes & gravy, salad w/ ranch, mandarin oranges	4 FISH, au gratin potatoes, carrots, tartar sauce, tropical fruit & roll
	7 BEEF STEW, tator tots, green beans, pudding, pears & roll	8 SWEET & SOUR CHICKEN, over RICE, eggs roll, vegetable, orange wedge & roll CHICKEN FRIED STEAK, potatoes & gravy, green beans & peaches	9 BEEF STROGANOFF, over NOODLES, mixed vegetables, mixed fruit & roll	10 PORK CHOP, potatoes & gravy, carrots, applesauce & roll SOUP BAR w/ TRIMMINGS
14 TACO BAKE, corn, beans, fruit, chips & salsa	15 CHICKEN CORDON BLEU, potatoes & gravy, peas, mixed fruit & roll BREAKFAST, hash-browns, eggs, sausage, biscuits & gravy, fruit, juice/milk	16 SHEPARD'S PIE, green beans, pears & roll	17 CHICKEN FRIED STEAK, potatoes & gravy, mixed vegetables, peaches & roll EASTER LUNCHEON w/ TRIMMINGS 	18 BAKED CHICKEN, potatoes & gravy, carrots, tropical fruit & roll
21 SALISBURY STEAK, potatoes, mixed vegetable, peaches & roll	22 LASAGNA, corn, cottage cheese, pears & roll GRILLED HAM & CHEESE, macaroni salad, orange wedge & chips	23 CHOW MEIN, egg roll, rice, orange wedge & roll	24 MEATLOAF, potatoes & gravy, green beans, applesauce & roll CHICKEN CORDON BLEU, potatoes & gravy, peas & carrots & pears	25 HAM SANDWICH, potato salad, pineapple & chips
28 CHICKEN CUTLET, potatoes & gravy, peas & carrots, pears & roll	29 BEANS & FRANKS, potato wedge, corn, pudding, peaches & roll FISH, potato, carrots & tropical fruit	30 CHICKEN STRIPS, mac & cheese, pork-n-beans, potatoes salad, tropical fruit & roll		

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