

Wasatch County Senior Citizen's Newsletter

465 E 1200 S Heber City, Utah—Open M-F 8:30 am—4:00pm—Phone: (435)654-4920

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Blaine Webster, Marcia Young
1st Alternate: Johanna Huijzendveld
2nd Alternate:

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Halley



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SPOTLIGHT

SENIOR CITIZENS DEPT.

- Director: Ashley Fish
- Food Services Manager:
Cora Briggs
- Administrative Secretary
Marcia Young

JOHANNA MARIA HUIJZENDVELD

Johanna Maria Huijzendveld, the newest board member of the Wasatch County Seniors Advisory Board, was born in 1936 in the little village of Zevenaar, The Netherlands. When the Nazis invaded and occupied her country during WWII, Johanna was just a young girl. Johanna states, "I vividly recall the terror and poverty my family and friends endured until their liberation in May of 1945 by The Allies, especially the Americans". Johanna's father and uncles participated in the "underground resistance". She continues, "I recall the fear I felt the night Nazi soldiers stormed our home at midnight, gathering my family into the kitchen at gunpoint, searching for a hidden radio. My mother Maria was quite brazen & very clever at outwitting Nazi soldiers".

In 1956, Johanna's parents decided to move to Salt Lake City, Utah and began to build a more prosperous life. Her parents had lost everything in the war. Life in the Netherlands was difficult. Johanna had graduated school as a nurse in the Netherlands after training three years at a psychiatric hospital. Her license was not recognized here in the U.S. so she decided to join the U.S. military – in part, "to repay the Americans for their sacrifice to help liberate my native country, but to access a direct path to U.S. citizenship", she says. Johanna served three years in the U.S. Army and, ironically, was assigned to a hospital in Germany because she spoke fluently Dutch, English, and German.

In 1977, Johanna earned a B.A. degree in Health Care Administration from Westminster College in Salt Lake and eventually opened a nursing home there – which she successfully managed and operated for thirty-six (36) years. In 1983 she was awarded by the Governor of Utah a special award of meritorious service in providing excellent intermediary care of those she served and for whom she cared. She married Theophile Syms and has one daughter, Rose Marie Syms Milligan. "Oma" Johanna has 4 lovely and lively grandchildren; Meghan, 18, Mia, 16, Max, 14, and Izzy, 12.

Johanna enjoys the Senior Center, especially for the congregate lunches and the recreational card playing on Tuesdays. She currently volunteers in leading a "handicraft" social group at the Center -- where all senior "crafters" can share their knowledge and skill set with each other while finishing those "pet projects" or solving a tricky problem. She says, "It's more fun to *embroider, crochet, tat, needlepoint, cross stitch, or knit* with a group than it is sitting at home all by oneself". She invites all interested to come join in the group on Thursdays at 1 p.m. at the Wasatch County Senior Center. "Come have lunch and then we'll craft". I feel we have a wealth of talent here in our county that is going largely untapped", comments Johanna.

Johanna has lived in the Heber Valley for a relatively short time but has made many friends with her upbeat and happy personality. Get personally acquainted with her and you'll see what we mean.

MONDAY FIRESIDES : 7:00pm

- **April 6: David Ekins:** Country Music, singing and guitar music.
- **April 13: Timpanogos Valley Theater Youth Coral Group,** The youth will perform music from "Bye, Bye Birdie"
- **April 20: Heather Murdock and Friend:** We will enjoy an evening of beautiful harp music.
- **April 27: Music with Jonathon Clegg** This will be a fun musical evening. Jon is a great entertainer.

SPECIAL EVENTS, LUNCHEAS AND PROGRAMS

"Beginning in April 2015 the format of our programs/presentations portion of the Tuesday and Thursday "Congregate Meals" luncheons will be changed. Each week one hour will be devoted only to visiting and socialization with your tablemates and friends. Please watch for details."

- **Thursday, April 2: Special Easter Lunch and Music by Earl & Donna Dayton's Granddaughter and friends:**
- **Tuesday, April 7: George Haltaufderhyde:** Jazz Piano
- **Thursday, April 9: Neil Johnson of Yellow Blue Company:** He will talk to us about saving money on energy.
- **Thursday April 16: Music by the M & M's Band.**
- **Tuesday, April 21: Breakfast provided by Rocky Mountain Care Center staff.**
- **Thursday, April 23: Tom Bonner, Parks and Recreation Director:** Tom will come talk to us about current and upcoming activities for Seniors.
- **Tuesday, April 28:** Doreen Barnes from Senior Tours of Utah.
- **Thursday, April 30: Tour and picnic lunch at Besendorfer's Antique Ranch in Casperville.**

DAILY ACTIVITIES

Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Ceramics, Chess, Checkers, knitting and much more are available every day.

- **Tuesdays:12:30:** Table Games
- **Wednesdays: 1:00:** Knitting and Handwork Group
- **Thursdays: 10:00 & 11:00 am :** Piano Classes

1:00 pm: Bingo, Ceramics and Chess. No bingo on the 3rd Thursday.

- **Fridays: 7:00 pm:** Square Dancing class with David Hendricksen. Two Fridays per month we will be learning to square dance.

BOOKS ON WHEELS

The Wasatch County Library will provide books to those who are not able to go to the library but would like to take advantage of what the library has to offer. If you are interested in getting books etc. or volunteering a few hours once a month to deliver books please call 435-654-1511

CAREGIVERS NIGHT OUT

The Second Thursday of each month at 4:00 PM in the lounge at the Senior Center.

H.E.A.T. PROGRAM

This year's H.E.A.T. program that began on November 1, 2014 and ends on April 30, 2015 If you would like more information or to make an appointment please call Mountainland at 801-229-3855.

FALL AND BALANCE CLASS

Tuesdays, April 14th and 28th 11:00 AM: Fall and Balance Class: Taught by Kathy Rydman from Encompass Home Care and Hospice.



Medicare: What is Extra Help? Some people with limited income and resources may be able to get Extra Help to pay for monthly premiums, annual deductibles, and prescription co-payments related to Medicare Prescription drug plans (either stand-alone plans or Advantage plans). Your resources such as savings, investments, real estate, etc., must be limited to \$13,640 for an individual or \$27,250 for a married couple living together. They do not count your home or car. Your annual income must be limited to \$17,505 for an individual or \$23,595 for a married couple. You can apply for the help at ssa.gov or medicare.gov, or you can call Dawn Loper at 801-229-3819 for application assistance or help with Medicare questions. If you qualify for Medicaid you should already be receiving this benefit. And, as always, we remind you to carefully guard your Medicare and Social Security information.

Trips and Tours

To register please call Marcia @ 435-654-4920 before the deadline, or add your name to the sign-up sheet at the center. **Payment must be made by the registration deadline**, unless other arrangements are made in advance. All over night trips will require a deposit at the time of registration.

Current paid members will receive first consideration if space is limited.

EVENTS COMING UP!

Friday, April 10 features Edison Street Events (formerly The Organ Loft) with the silent movie, **"Hollywood Calvacade"** starring Buster Keaton, Alice Faye, Don Ameche, Al Jolson and accompanied by the famous Wurlitzer organ. The cost is **\$11.00**. Dinner at Chuck-A-Rama prior to the show is not included. We will leave the Senior Center at 5:00 pm. **Registration Deadline is: Tuesday, April 7.**

Friday, April 17: Day trip to Thanksgiving point for the **"Tulip Festival"**. We will leave the center at 9:00 AM and return at 5:00 PM. The cost for the trip is \$12 per person. **Registration deadline is Tuesday, April 14.** There will be music, food and vendors available.

Saturday April 25th, BYU Monte Bean Museum and lunch at Chuck-A-Rama. This exhibit features threatened, endangered, and extinct life forms and some of the causes for their struggle to survive. It also includes the full mount elephant that previous visitors will remember fondly as well as a specimen of the extinct passenger pigeon.

Wednesday, April 22, Shopping in Orem: we will enjoy a day trip to Orem for shopping at the University Mall, lunch at Chuck-A-Rama then more shopping at Target before we come home. There is no cost for the trip, you are responsible for your lunch and shopping expenses. **Registration deadline is Tuesday April 21.**

May will include a trip to the *Hogle Zoo & Hale Theater* in Orem!

Saturday May 16th: "Big Fish" This is a father and son story! Ed Bloom is a traveling salesman who's seemingly impossible stories aggravate his son, Will. As Ed's fate is revealed, Will embarks on his own journey to uncover the man behind the Myth and the truth behind his father's *"tall tales"*. A heartwarming musical, based on the 2003 movie. **Registration deadline is Thursday, April 23.**

Wednesday May 20th: Hogle Zoo: We will spend the day at Hogle Zoo you will be responsible for your own lunch. We will have Dinner at Chuck-A-Rama on the way home.

3 DAYS IN ST GEORGE

June 10-12 we will take a **3-day tour** to Southern Utah and 2 performances at Tuacahn theater.

Day 1 is deluxe motor coach transportation to the Ramada Inn in St. George. A picnic lunch @ a pavilion enroute will be included along with a catered dinner @ the hotel in the evening.

"Beauty & the Beast"—a musical tale of Belle who is forced to live with the Beast, a prince who's been trapped in a spell by an evil enchantress. If he can learn from Belle to love and be loved, the spell will be broken and the entire household will be restored!.

Day 2 features a leisurely morning with options to travel downtown St. George, the LDS Temple, shopping@ Zions factory outlet mall located next door to the hotel. A private showing by Max the Magician is scheduled mid-afternoon & dinner will be catered again @ the hotel before the play.

Disney's "When You Wish"—a copulation of the best of the Disney musicals featuring the songs & orchestral productions from his films & Broadway shows.

Day 3 is return travel to Heber!

Both breakfasts on Day 2 & 3 will be available in the hotel dining room. The cost of the trip varies depending upon motel room occupancy! (Ranging from \$345 to \$455 for a single) (Refer to Handout). **Registration deadline and final balance is due on Thursday April 30.** A deposit of \$50 per person is due at registration.

Trips and Tours (cont.)

July has a day trip to the *Living Aquarium* (Arrangements pending) and the *Hale Center Theater*.

Saturday, July 18th, "Into the Woods" @ the Hale Center Theater. This play is a fractured fairytale mixing the classic characters of Cinderella, Jack & the Beanstalk, and Little Red Riding Hood, with the original story of the Baker and his wife who desperately want a child. When they all venture "into the woods" to make their greatest wishes come true, lasting consequences are sure to follow. *An answer to the question: What happens after? "happily ever after"*.

August has a trip planned to Union Station in Ogden.

September/October features a 4-day tour of several National Parks ! and Orem Hale Center Theater.

Saturday, September 19, "Diary of Anne Frank" This drama based on the actual written diary of 13 year old Anne Frank, a jewish girl who along with 7 others remained hidden in a secret attic annex of Prinsengracht 263, Amsterdam in the Netherlands during the Nazi Occupation in WWII.

October 12-22, Eleven Day Italy Pilgrimage: Across the atlantic to Venice, then Padua, Florence, Assisi, and Rome. The cost is just \$3959 per person. For more information see the brochure at the Senior Center.

Saturday, October 24th, "The Addam's Family" is a macabre new musical based on the creepy, kooky, mysterious, spooky, all together ooky family we came to know on TV. *Wednesday*, the delightfully dark daughter of *Gomez and Morticia* has fallen in love & everything changes for the whole family on the fateful night they host a dinner for her "normal" boyfriend and his parents. *A perfect Trick or Treat!*

December includes a holiday shopping experience @ Cedar Creek and Holiday lights tour of Temple Square, Spanish Fork, and the Hogle Zoo. Orem Hale Center Theater.

Saturday, December 5th, "A Christmas Carol" on Dec 5th, We will enjoy our traditional trip to the theater for this magical Christmas Classic.

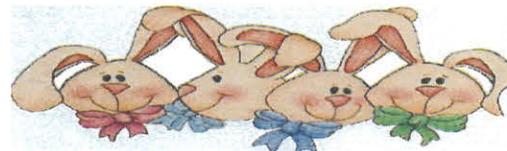
REMINDER

To register call Marcia @ 435-654-4920 by the deadline or add your name to the sign-up sheet @ lunch. Costs must be paid by the registration deadline unless other arrangements are made in advance.

FROM THE HEALTH DEPARTMENT

FREE TDAP FOR SENIORS

Wasatch County Health Department is offering free **Tdap** vaccine to Wasatch County Senior Citizens. **Tdap** stands for **tetanus, diphtheria, and pertussis or whooping cough**. Medicare doesn't cover the **Tdap** vaccine. This vaccine is a \$50.00 value and is yours for **free**. This is a limited time offer and will end May 1st or until we run out of vaccine. We have secured this vaccine through a grant from AmeriCares and we hope to receive additional doses in the future. This is a wonderful opportunity to protect yourself from pertussis and its associated long term cough. Give us a call to schedule your appointment. 435-657-3307





From the Director's Desk by Ashley Fish

As I daily enter our beautiful Senior Citizens Center (available to all in our communities in Wasatch County and paid for and maintained with funds from all taxpayers) I ponder why so relatively few use it on a regular basis. It is perceived by some, perhaps, that its use is for only an exclusive few.

We are not a 'country club". We want our population of Wasatch County Seniors to know that our Center is open and available to all 5,000 of us. Current demographics show there are approximately that many "seniors" residing in Wasatch County -- and growing daily.

On a typical weekday, our billiards room, our ceramics room, our exercise room (complete with elliptical and treadmill machines), and other multi-purpose rooms, go largely unused for many hours of the day. Jointly with our county's Parks and Recreation Department we want to expand our county recreation programs to include seniors, active and less active; to provide indoor AND outdoor activities, as well. We are not here only for our most "senior" seniors, but we younger ones, too. (Incidentally, we're not yet 70 years old, but those seniors my age have officially been such for 14 years now.)

We invite ALL seniors to come and use our facilities. Our desire is to provide something for everyone.

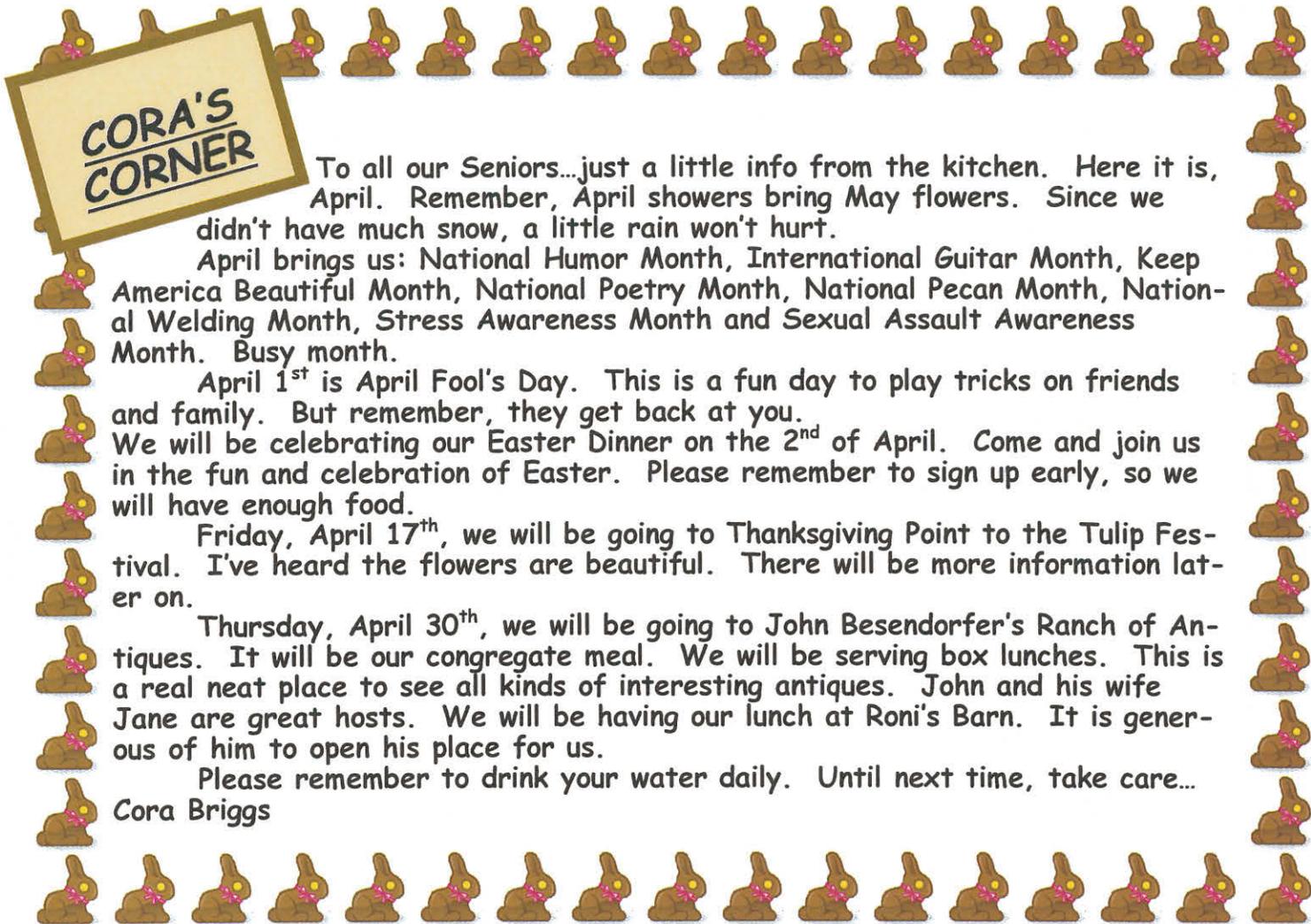
**April
HAPPY BIRTHDAYS**

- Ellen Peterson 1
- John Melvin Moulton 2
- Duane (Dino) Wilson 2
- Wayne Probst 3
- Lisa Djorsing 6
- Evva Lee Young 6
- Sharon Jenkins 11
- John Lemon 11
- Violet Smith 13
- Ray Fillmore 15
- VerDawn Nelson 17
- Niles Halley 20
- Jessie Shirk 22
- Glenna Azlin 23
- Merrill Hall 23
- Doris Mahoney 23
- Ronald Crittenden 27
- Geneva Anderson 28

OBITUARIES

- | | |
|---|--|
| Jerilon (Joby) Sweat
Born: March 30, 1957
Died: February 17, 2015
Married: Kevin Sweat | Ben Lindsay
Born: December 10, 1927
Died: Marcy 11, 2015
Married: Kathleen Kohler |
| Dean Jensen Johnson
Born: January 21, 1924
Died: February 23, 2015
Married: Renee Fitzgerald | Doyle V. Wilson
Born: February 7, 1948
Died: March 12, 2015
Married: Barbara Jones |
| Duane Price
Born: April 7, 1939
Died: March 1, 2015
Married: Suzanne Law | Arlan E. Winterton
Born: March 13, 1929
Died: March 7, 2015 |
| Randy H. Giles
Born: Nov 3, 1959
Died: March 1 2015 | Dewey Blaine Lee
Born: January 28, 1941
Died: March 13, 2015
Married: (1) Connie Sabey
(2) Rayne Cossey
(3) Joyce Broadhead |
| Fern Wright Young
Born: November 27, 1920
Died: March 4, 2015
Married: David Powell
Young | Lawrence Norman Edwards
Born: December 15, 1930
Died: March 20, 2015
Married: Zenda |





CORA'S CORNER

To all our Seniors...just a little info from the kitchen. Here it is, April. Remember, April showers bring May flowers. Since we didn't have much snow, a little rain won't hurt.

April brings us: National Humor Month, International Guitar Month, Keep America Beautiful Month, National Poetry Month, National Pecan Month, National Welding Month, Stress Awareness Month and Sexual Assault Awareness Month. Busy month.

April 1st is April Fool's Day. This is a fun day to play tricks on friends and family. But remember, they get back at you.

We will be celebrating our Easter Dinner on the 2nd of April. Come and join us in the fun and celebration of Easter. Please remember to sign up early, so we will have enough food.

Friday, April 17th, we will be going to Thanksgiving Point to the Tulip Festival. I've heard the flowers are beautiful. There will be more information later on.

Thursday, April 30th, we will be going to John Besendorfer's Ranch of Antiques. It will be our congregate meal. We will be serving box lunches. This is a real neat place to see all kinds of interesting antiques. John and his wife Jane are great hosts. We will be having our lunch at Roni's Barn. It is generous of him to open his place for us.

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

Caring for You.....Caring for Others

3 Ways to Fight the Rhinovirus

A research team from Yale University recently learned that the common cold virus replicates more quickly in cooler temperatures than warmer ones. For example, they learned that it's easier for a cold to replicate and grow in your nasal cavities, where it is cooler than your lungs. Part of the reason why might have to do with how your immune system reacts. The team learned that your immune system response weakens in colder temperatures, while in some cases, minor genetic deficiencies hampered immune system sensors that detect and kill viruses. This could be part of the reason why some people are so susceptible to colds, while others rarely get them. If you're currently battling a cold or soon find yourself with one this season, there are natural ways to limit its impact: **Keep warm and hydrated:** Based on the results of this study, warming up with a blanket and a hot cup of tea are definitely worthwhile. Do your best to keep your body temperature up and keep hydrated with fluids like green tea to open up airways and limit mucus. **Get lots of sleep:** Getting rest is also important, so if you have sick days at work, it's worthwhile to take them. Getting a day or two of solid rest can help you kick a cold quickly, so it's not lingering around for a week or two. **Gargle with warm salt-water:** Gargling water can help soothe the scratchy feeling in your throat. Dissolve a teaspoon of salt in warm water and gargle up to four times daily for sore throat relief. The common cold is almost unavoidable, but it doesn't have to be a big distraction. Stay warm, get your rest, and give yourself the best opportunity to recover as quickly as possible. For more information and caregiver support, come join our groups. Our meeting times are: Wasatch Sr. Center, 4:00 pm second Thursday of the month, Elk Meadows (4200 N 400 W in Oakley) Third Thurs of the month, 6:00 pm with light dinner; the Abbingtion in Heber, 6:30pm on the third Tuesday of each month, or the Lunch Bunch, last Thurs of each month 1:00 pm Denise's Home Plate, Main Street in Coalville. Please contact me at 435-783-5708 or cell 435-640-2690 for any assistance with your care giving role. Linda Morrison

APRIL 2015 SENIOR GIGGLES



HAPPY EASTER



I'm not old
Just
Been young a long time

Answers Given by 2nd grade
school children.

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

IT'S NOT ABOUT
AGE
IT'S ABOUT
Attitude



Joan, who was a rather well-proportioned secretary, spent almost all of her vacation sunbathing on the roof of her hotel. She wore a bathing suit the first day, but on the second, she decided that no one could see her way up there, and she slipped out of it for an overall tan. She'd hardly begun when she heard someone running up the stairs. She was lying on her stomach, so she just pulled a towel over her rear. "Excuse me, miss," said the flustered assistant manager of the hotel, out of breath from running up the stairs. "The Hilton doesn't mind your sunbathing on the roof, but we would very much appreciate your wearing a bathing suit as you did yesterday." "What difference does it make?" Joan asked rather calmly. "No one can see me up here, and besides, I'm covered with a towel." "Not exactly," said the embarrassed man. "You're lying on the dining room skylight." ...

I believe my house is haunted. Everytime I look in my mirror a crazy old lady stands in front of me so I can't see my reflection!



Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 2015 Calendar - Wasatch County Seniors				welcome <i>April</i> ♥
		1 <u>Tax Preparation All Day</u> Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers	2 <u>10 & 11 am. 2 "Piano Classes for Seniors"</u> <u>12:00 Lunch 12:"Easter" Lunch (call early, please)</u> <u>1:00 p:</u> Bingo, Ceramics, Chess Knitting & Handwork Group	3 Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers
6 Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers <u>7pm. Fireside</u> <u>7pm. Fireside</u> David Ekins (from Santequin) Singing & Guitar – Country Music	7 <u>12:00 Noon –Lunch – Piano Music by George Haltaufderhyde</u> <u>12:30 Table Games</u> <u>All Day:</u> Exercising & other chosen activities	8 Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers	9 <u>10 & 11 am. 2 "Piano Classes for Seniors"</u> <u>12:00 Noon – Lunch & program by:</u> Neil Johnson of Yellow Blue company -- ("Saving \$'s on energy") <u>1:00 p:</u> Bingo, Ceramics, Chess Knitting & Handwork Group <u>4:00 pm:</u> " <u>Caregivers' Sharing</u> " – in The Lounge	10 <u>5 p.m.</u> <u>Dinner in SLC at Chuck-a-Rama</u> (Buy your own Food) & <u>Organ Loft Silent Movies</u> <u>"Calvacade"</u> (Bus leaves Sr. Ctr. at 5 p.m. (Cost is \$11.00)
13 Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers <u>7pm. Fireside: TVT Youth Choral Group: Music from "Bye Bye Birdie"</u>	14 <u>11 a.m. "Fall & Balance" Class</u> <u>12:00 Noon – Lunch & (Visiting and Socialization With Friends)</u> <u>12:30 Table Games</u> <u>All day:</u> Exercising & other chosen activities	15 Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers	16 <u>10 & 11 am. 2 "Piano Classes for Seniors".</u> <u>11 am. FREE Hearing "Screening" (Dr. of Audiology - Leanne Norman)</u> <u>11:00: Applegate BP & Glucose Checks</u> <u>12:00 Noon – Lunch – Music with the M & M's Band</u> <u>1:30p.m. County Advisory Board Meeting</u> <u>1:00 p:</u> Billiards, Ceramics, Chess Knitting & Handwork Group	17 <u>9:00 AM-5:00PM Day Trip to Thanksgiving Point</u> <u>7-9pm – "Square Dancing Classes for Seniors"</u> (Come join the fun)
20 <u>1:00 p.m. – Wasatch County Senior Citizen's Corporate Board Meeting.</u> <u>7pm. Fireside Heather Murdock & Friends, harp music and vocals.</u>	21 <u>9:00 a.m. – Breakfast: provided and prepared by Rocky Mnt. Care Center staff</u> <u>12:30 Table Games</u> <u>All Day:</u> Exercising, and other chosen activities	22 <u>9 am: Day Trip to Orem Shopping and lunch at Chuck-a-Rama - buy your own lunch (Sign up early)</u>	23 <u>10 & 11 am. 2 "Piano Classes for Seniors"</u> <u>12Noon: Lunch & Program by: Tom Bonner, Parks and Recreation Director</u> <u>1:00 p:</u> Bingo, Ceramics, Chess Knitting & Handwork Group	24 <u>TOMMOROW SATURDAY 25 11 a.m. BYU – Provo Monte Bean Natural History Museum & Lunch at Chuck-a-Rama (tomorrow Sat.)</u>
27 Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers <u>7pm. Fireside: Music with Jonathan Clegg with a fun musical evening</u>	28 <u>11 am: "Fall & Balance" Class</u> <u>12:00 Noon –Lunch – Doreen Barnes of Senior Tours of Utah</u> <u>12:30 Table Games</u> <u>All Day:</u> Exercising, and other chosen activities	29 Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers	30 <u>10 & 11 am. 2 "Piano Classes for Seniors"</u> <u>10:00am-1pm Lunch -- Picnic Box Lunch & Tour at Besendorfer's Antique Ranch – in Casperville (provide your own transport.)</u> <u>1:00 p:</u> Bingo, Ceramics, Chess Knitting & Handwork Group	

Monday	Tuesday	Wednesday	Thursday	Friday
April 2015 – CONGREGATE & MEALS & MEALS ON WHEELS (NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS) WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920				<i>Note: Meals are subject to change without notice</i>
<p>NOTE: Eating here at the Senior Citizens is a lot of fun! The visiting and sociality is great and is one of our main purposes. The food is delicious also! COME AND JOIN in WITH US.</p>	<p>NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.</p>	<p>1 CHICKEN CUTLET, Potatoes & Gravy, Green Beans, Peaches, Roll & Margarine, 1% Milk</p>	<p>2 <u>(1) Congregate Meal:</u> EASTER DINNER <u>(2) Meals on Wheels:</u> HAM DINNER, Au Gratin Potatoes, Peas, Pineapple, Roll & Margarine, 1% Milk</p>	<p>3 ROAST BEEF Potatoes & Gravy, Carrots, Apple Slices, Roll & Margarine, 1% Milk </p>
<p>6 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas & Carrots, Pears, Roll & Margarine, 1% Milk</p>	<p>7 <u>(1) Congregate Meal:</u> CHICKEN FRIED STEAK <u>(2) Meals on Wheels:</u>, FISH DINNER, Au Gratin Potatoes, Mixed Vegetables, Tropical Fruit, Cookie, Roll & Margarine, 1% Milk</p>	<p>8 OVEN CRISP CHICKEN, Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk</p>	<p>9 <u>(1) Congregate Meal:</u> CHICKEN STRIPS <u>(2) Meals on Wheels:</u> CREAMY CHICKEN PASTA, Green Beans, Salad, Mandarin Oranges, Roll & Marg., 1% Milk</p>	<p>10 SALISBURY STEAK, Potatoes, Carrots, Banana, Roll & Margarine 1% Milk</p>
<p>13 BEEF STROGANOFF over NOODLES, Carrots, Pears, Roll & Margarine, 1% Milk</p>	<p>14 <u>(1) Congregate Meal:</u> HOT TURKEY SANDWICH <u>(2) Meals on Wheels:</u>, CHICKEN CHOW MEIN, Rice, Egg Roll, Tropical Fruit, Roll & Margarine, 1% Milk</p>	<p>15 BACON CHEESE BURGER PASTA, Mixed Vegetables, Green Salad, Orange Wedge, Roll & Margarine, 1% Milk</p>	<p>16 <u>(1) Congregate Meal:</u> SALAD BAR <u>(2) Meals on Wheels:</u> PORK CHOP, Potatoes & Gravy, Peas, Applesauce, Cookie, Roll & Margarine, 1% Milk</p>	<p>17 CHICKEN PARMESAN, Red Potatoes, Green Beans, Peaches, Roll & Margarine 1% Milk</p>
<p>20 CHICKEN STRIP, Potatoes & Gravy, Mixed Vegetables, Tropical Fruit, Roll & Margarine, 1% Milk</p>	<p>21 <u>(1) Congregate:</u> BREAKFAST <u>(2) Meals on Wheels:</u>, BEEF STEW, Tator Tots, Green Beans, Peaches, Roll & Margarine, 1% Milk</p>	<p>22 SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Fruit Cocktail, Roll & Margarine, 1% Milk</p>	<p>23 <u>(1) Congregate Meal:</u> FISH DINNER <u>(2) Meals on Wheels:</u> CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Pears, Roll & Margarine, 1% Milk</p>	<p>24 BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll & Margarine 1% Milk</p>
<p>27 HICKORY CHICKEN, Tator Tots, Green Beans, Peaches, Tapioca Pudding, Roll & Margarine, 1% Milk</p>	<p>28 <u>(1) Congregate:</u> CHICKEN PARMESAN <u>(2) Meals on Wheels:</u>, MEAT LOAF, Potatoes & Gravy, Mixed Vegetables, Tropical Fruit, Roll & Margarine, 1% Milk</p>	<p>29 SPAGHETTI w/Meat Sauce, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk</p>	<p>30 <u>(1) Congregate:</u> BOX LUNCH, <u>(2) Meals on Wheels:</u>, MANDARIN ORANGE CHICKEN, Rice, Stir Fry Vegetables, Orange Wedge, Roll & Margarine, 1% Milk</p>	<p>FYI – RE: Congregate Meals: Even though we are currently focusing mainly on Tuesdays & Thursdays, Cong. Meals are also available here on Mondays, Wednesdays and Fridays. Call in advance to reserve.</p>