



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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Table of Contents

1. Spotlight
2. Firesides, Special Events,
3. Activities, Trips and Tours.
5. Birthdays, Obituaries,
6. Cora's Corner
7. Senior Giggles
8. July Events Calendar
9. July Meals Calendar



2015

SPOTLIGHT

DERA G. FORD COKER

SENIOR CITIZENS DEPT.

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

Hi, my name is Dera G. Ford Coker. I was born in Kansas City, Mo. On May 25, 1935. I have no memories from there at all. My parents were actually in the process of moving from Minnesota to California, They had sold their café in St. Paul, bought a trailer and were headed west. My Mother at the age of 42 found herself expecting a baby which turned out to be me. My Dad was 45 at the time. They traveled as far as Kansas City, then decided to stay put until after I was born. They stayed there three months before I was born, then three months after before continuing on to California. We were in the L.A. area for a short while. I just barely remember the wonderful tamales and cactus candy. We moved to Stockton, California at some point and lived in an apartment with a Murphy pull-down bed. It had a huge closet behind. This was in the Oriental part of town, so most of our shopping was done in their stores for food and such. My parents were John G. Ford and Sofia Desideria Rutquist. My mother coming from Sweden as a grown up spoke with a heavy accent for many years. We have the unusual distinction of being able to say that Mom, my sister and my sister in law were all pregnant at the same time. All the others were still in Sweden. I'm the only one born here.

Once my father built our home in the suburbs we moved out of the apartment, but still visited the area from time to time. Once the war started my father started working on the Western Pacific Railroad and would be home for 3 to 4 days, then gone for 3 to 4 days. During this period he learned about a railroad rooming house that was for sale, which they bought. Then I had the interesting life of living surrounded by rail road men. This was during my ages of 10 to 14, when they sold that and we moved to the suburbs in Oroville, California. My father had moved two homes to this area, one to live in and one to rent, with a large lot left over for a garden. We were across from the tennis courts and just over the hill from the swimming hole. I used both of these a lot.

My working career included working for a finance company early on in California and later in Maryland for the State in the Department of Social Services office, and then the Department of Health. I also worked as a Real Estate Agent shortly before moving to Utah.

I was happy in high school and still remain friends with many of my classmates. I met my husband James F. Coker after high school and we were married a couple of years later. After the army which he spent some time in Germany, I got to join him we returned to California. All three of our children were born there. Their names are Karen Michelle, James Kevin and Jon Michael. We have 9 grandchildren and 6 great grandchildren. Jim spent his working career with the Department of Agriculture, ending up in Washington D. C. for 22 years. We moved to Utah in 1990 after he retired to Park City. We moved to Heber in 2000. We love the area and enjoy our home and yard and cruising as much as possible.

WEEK DAYS

EVERY WEEK DAY: Billiards, Computers, Chess & Checkers, Exercise Room, Reading, Puzzles, Socialization etc.

Mondays: 7:00 PM: Fireside. There are no firesides during July or August. Firesides will resume on Monday, September 14th.

Tuesdays:

12:45 PM: Tuesday and Thursday: NEW !!!Health and Mobility gathering. Exercise for the less active. The exercise class will be for all abilities from the very inactive to the marathon runner.

12:30 PM, Every other Tuesday Fall and Balance Class. This month they will be held on July 14 and July 28 Taught by Kathy Rydman from Encompass Home Care and Hospice.

12:30: Table Games

1:30 PM: Sassy Tappers: Tap dancing for all ages, and all abilities , all are invited.

Wednesdays: 7:00 pm: Art Class: Water Colors taught by Lisa Gardner. The cost of the class will be \$15 for the 6 week class. The class will be held every Wednesday night July 1st through August 5th.. Sign up now for this wonderful opportunity of learning from the very best.

Thursdays: 10:00 & 11:00 am : Piano Classes taught by Christy Ackerson.

1:00 pm: Billiards, Bingo, Ceramics and a Knitting and Handwork Group. This is not a class, however, if you are interested in learning we are happy to teach you. **No bingo or Handwork group on the 3rd Thursday.** The handwork group is knitting a blanket to auction at our "Fundraiser Yard Sale and Boutique" in September. If you can knit we are asking for help to knit a 12x12 square for the blanket. Please call Johanna at 435-671-1604. We will supply the yarn.

GRANDFAMILIES

According to the 2010 census, Utah County had 11,118 children living in kinship care situations. There are 1,960 grandparents in Utah County raising their grandchildren. Children in kinship care experience greater safety, support and stability than those in foster care. Kinship families also struggle with difficult issues that are specific to kinship caregiving, such as changes in roles and family dynamics, a tenuous legal standing, and emotions of guilt, shame, anger and betrayal. **GRANDFAMILIES** is looking for referrals for the next class session. The classes will begin on Thursday July 9th and continue every Thursday from 6 to 7:30 pm until September 10th. Please contact Cari Gilbert, CCM, Grandfamilies Program Wasatch Mental Health at 801-373-4765 or email: grandfamiliesuc@wasatch.org or see online information at www.grandfamiliesuc.org.

AMERICAN RED CROSS

BLOOD DRIVE

American Red Cross is sponsoring a blood drive on **Wednesday, August 5th from 1:00 pm to 4:30 pm** at the Wasatch County Senior Citizen's Center. To schedule an appointment or for more information please log on to redcrossblood.org and enter the Sponsor Code: Wasatch County or contact Marcia Young at 435-654-4920. All adults are welcome.

SPECIAL LUNCH PROGRAMS

- **Tuesday, July 7th : Patriotic Sing-A-Long with Niles and Vivian Halley**
- **Thursday, July 9th" Bob Hodson:** Bob will entertain us with a special vocal, piano and guitar presentation..
- **Tuesday, July 14:Rocky Mountain Care Center:** They're Back!! Our friends at Rocky Mountain Care will be here to share what is new and what things are happening at RMCC.
- **Tuesday, July 16th: Lunch and Program by the Swiss Misses at Soldier Hollow.** We will have a box lunch and enjoy some fun entertainment by this year's Swiss Misses.
- **Thursday, July 23: Musical Program by a Young Women's Group from Las Vegas.** These young women are traveling and asked if they could entertain us while they are here in Heber City.
- **Tuesday, July 28: Attorney Tom Kestler: "Handling Advance Directives"** Tom will update us and will stay to help anyone interested in filling out the forms at no charge.

TRIPS & TOURS



JULY and AUGUST EVENTS

Wednesday, July 15: Day trip to Provo. Shop, sight see or just enjoy a long relaxing lunch. There is no cost for this trip.

Saturday, July 18: Hale Center Theater presenting "Into the Woods". This play is a fractured fairytale mixing the classic characters of Cinderella, Jack & the Beanstalk, & Little Red Riding Hood with the original story of the Baker & 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"?* **Registration Deadline is June 26th.**

Wednesday, July 29: Day trip to the Living Planet Aquarium. Departure time is 9:30 am. Each senior may bring one child along. Cost including bus transportation: Adult \$23, Senior (65y/o) \$20, Teens (13-17) \$20, Child (3-12) \$18, Child under 3 y/o \$5. **Registration Deadline is July 27** Bus departs @ 9:30am Meal on your own @ Chuck-A-Rama on return trip to senior center.

August 7th: Afternoon trip to the Payson Salmon Supper: The bus will leave the center at 2:30 pm and the cost is \$20.00 per person for the meal ticket and bus fee. **Registration deadline is August 4th.**

August 15th: Day Trip to Utah Natural History Museum: Each Senior may bring one child along. Cost including bus transportation: Adult \$18, Senior (65y/o) \$16, Young Adult (13-24) \$16, Child (3-12) \$14, Child (under 3y/o) \$5. **Registration Deadline is August 13.** Bus departs @ 10am. Meal on your own @ Chuck-A-Rama on the return drive to the Senior Center.

August 19th: Day trip to Ogden Union Station: Historic train station featuring 4 museums & 2 galleries. Museums include: Utah State Railroad, John Browning Firearms, Browning-Kimball Classic car, and Utah State Cowboy & Western Heritage. The Union Grill Restaurant is also located within the station for lunch on your own. Cost is \$10 for transportation. **Registration deadline is August 12.** Bus departure is 9am.

August 20th: Annual Charleston Picnic: Dinner, hamburgers with all the trimmings at 5:00 and entertainment by country singer David Ekins. Bring folding chairs to sit outside and enjoy the weather and entertainment.

To register call Marcia @ 435-654-4920 by the deadline or add your name to the signup sheet at the center. Payment must be made by the registration deadline, unless other arrangements are made in advance.

Current Senior Center paid member will receive first consideration if space is limited.

July is:

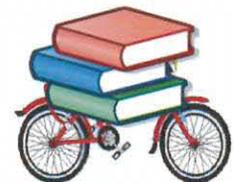
- *National Blueberry Month
- *National Anti-Boredom Month
- *Unlucky for Weddings
- *National Cell Phone Courtesy Month
- *National Hot Dog and
- *National Ice Cream Month



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.

I ♥ Books





TRIPS & TOURS Looking Ahead



SATURDAY, SEPTEMBER 19, “*Diary of Anne Frank*” @ Orem Hale Center Theatre is a drama based on the actual written diary of 13yr old Anne Frank, a Jewish girl who along with seven others remained hidden in a secret attic annex of Prinsengracht 263, Amsterdam in The Netherlands during the Nazi occupation in WWII.

WEDNESDAY, SEPTEMBER 23 is a trip to *Wendover* ! Cost is only \$10 per person which is non-refundable and due by Sunday, August 23. Bus departs from the senior center @ 8:30am. Coupons for lunch buffet, etc. included.

SEPTEMBER 29—OCTOBER 1: Senior Tours of Utah is offering a *“Marvelous Moab”* adventure trip. Visiting, Arches National Park, Dead Horse Point, Goblin Valley, Canyonlands by Night Boat Trip including dinner and hotel. The cost is &369 for double occupancy per person. For more information contact Senior Tours of Utah at 801-568-7700.

SATURDAY, OCTOBER 24, “*The Addam’s Family*” @ Orem Hale Center Theater 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 & Morticia* has fallen in love & everything changes for the whole family on the fateful night they host a dinner for her “normal” boyfriend & his parents. *A perfect Trick or Treat!*

FRIDAY, OCTOBER 30, an evening at Edison St Theatre (Organ Loft) in SLC *preceded* by supper at Chuck-A-Rama. The original *“Phantom of the Opera”* will be showing just in time for Halloween! Cost is \$11/per person. Bus departure time is 5pm.

DECEMBER includes a Day Trip to Cedar Creek and a Holiday Lights Tour of Temple Square, Spanish Fork, & the Hogle Zoo.

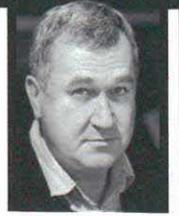
SATURDAY, DECEMBER 5, “*A Christmas Carol*”. We will enjoy our traditional trip to the Orem Hale Center Theatre for this magical adapted Christmas Classic!

DECEMBER 28—JANUARY 1, 2016: Knight Tours and Cruises offers their *“Rose Parade Tour”* Featuring: San Francisco, Carmel, Pebble Beach, Big Sur, Hearst Castle, the Danish Community of Solvang and the famous Pasadena Rose Parade for information call **Knight Tours and Cruises 1-877-811-3244.**

Orem Hale Theatre cost plus transportation is \$25 per person. Bus transportation will be available from the Senior Center to the theatre and back. Bus departure time is 2pm unless otherwise indicated. Anyone electing to provide their own transportation will pay ticket costs only! Dinner at your own expense will be available after the performance; usually @ Chuck-a-Rama Buffet or alternative option indicated.

To all of you out there who volunteer your service on behalf of others, the Senior Citizens of Wasatch County say “Thank You” for your Generous contribution to our community.

From the Director's Desk by Ashley Fish



This month I would like to pay tribute to our staff who cheerfully provide their great service each workday.

Ellen Kudla, who has been with us over one year now, is our driver who five days a week carefully delivers “meals-on-wheels” and spreads her kindness with all.

Monica Kelly is the creative genius behind most of our dining room and lobby decorations, assists Cora and Brent in their food service operation, as well as at our front desk, as needed.

JaNeal Wingelaar is our newest team member. Her duties are two-fold; most of her time is also assisting in the kitchen and dining room, but she is also, when needed, our “back-up” driver.

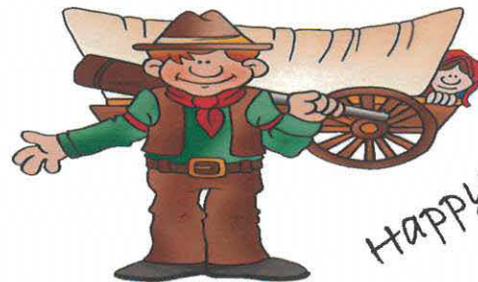
Cora Briggs is our long-tenured director of our kitchen and food service operation (including the delivery of meals on wheels). Together with Brent Briggs, who has also been with our Senior Center for many years now and using their vast experience in the food and restaurant business, they oversee the purchasing, preparation, and delivery of the delicious meals served Monday through Friday throughout the county including the Tuesday and Thursday meals served in the Dining Room. Cora also oversees the “catering” functions of the various events held here in the evenings and Saturdays; i.e. class reunions, county employees’ retirement “open houses”, and the like.

Marcia Young has now been serving us as our office specialist/administrative assistant for over two years. Highly skilled in so many areas, we rely on her a great deal as she oversees the bookkeeping, collection and accounting of funds, the many functions of the Front Desk, including the coordination of the Meals-on-Wheels program, and the creation/printing of this monthly newsletter.

A talented and terrific staff, indeed!

July Birthdays

Ramona Iken	1
Bruce Watts	1
Wayne White	1
Kent Ellertson	3
Brente Carlile	4
Ada Mair	9
Sue Loertscher	13
Butch Hoffman	14
Anna Crook	17
Glen Hicken	20
Brent North	20
Agusta Lujan	21
Clyde Montgomery	21
Connie Hadden	24
Kam Remard	24
Neil Mahoney	25
Johanna Juijzenveld	27
Dixie Mair	27
Reed Averett	30
Floyd Marshall	31
Sandy Marshall	31



HAPPY PIONEER DAY

OBITUAR-

Ken Lloyd Davis
Born: February 11, 1941
Died: May 25, 2015
Married: Nancy Langford

Clara Price Holmes
Born: January 7, 1922
Died: June 10, 2015
Married: George Holmes

Joseph Richard Nielson
Born: May 20, 1932
Died: June 8, 2015
Married: Marilyn Zabriskie

Murray Webb
Born: January 18, 1955
Died: June 13, 2015
Married: Sally Ann Webb



CORA'S CORNER

To all our Seniors...just a little info from the kitchen. Beautiful June...July will be just as wonderful. I want to say a Big "THANKS" to Perry and Carolyn Rose and Bill Sandoval for a delicious BBQ Luncheon in Park City. Also, a big "THANKS" to David Sandoval for the music. The NAC provided a nice tour of their facility. A good time was had by all.

July brings us National Blueberry Month, National Hot Dog Month and National Ice Cream Month.

Independence Day, or more commonly known as the Fourth of July, is a federal holiday to commemorate the adoption of the Declaration of Independence of July 4, 1776, declaring independence from the Kingdom of Great Britain. The 4th of July is commonly associated with barbecues, picnics, concerts, carnivals, parades, family reunions, political speeches and "fireworks". The Senior Center will be closed on Friday the 3rd of July.

Pioneer Day is an official state holiday celebrated July 24th of every year. The day commemorates the Mormon Pioneers passage into the Salt Lake Valley from Emigration Canyon in 1847. The Senior Center will be closed on this day. On July 31st, the Senior Center will be closed half day to start off Fair Days. There will be no meals served that day.

Enjoy the nice warm weather and remember to keep drinking your water. Until next time, take care...Cora Briggs

Caring for You.....Caring for Others

HABITS FOR BETTER EYESIGHT

Eyesight, or the lack thereof, amongst an aging population is a major concern. Cataracts and age-related macular degeneration are two major health concerns that can lead to impaired vision and blindness. Furthermore, today's society makes the strain on your eyes much greater, as smaller screens are more common and we use them much more often. Smartphones, tablets, computers, e-readers, and other tiny screens are a part of nearly everybody's life. Even if you're in your 30s, 40s, or 50s, you should pay attention. You may still be young, but looking at these screens all day is quite taxing on your vision. Fortunately, there are a couple of habits you can adopt that can help stave off conditions like cataracts and age-related macular degeneration (AMD), so you have clearer vision for longer. These two habits can also help prevent blindness and fight vision-related headaches and confusion, and improve quality of life. There is little scientific evidence to support that eye exercises and alternative therapies work, so the best thing to do is visit an eye doctor and listen to what they have to say regarding your particular case. However, as I mentioned earlier, there are two habits you can adopt that can work to help protect your vision naturally.

1. Eye Health Habit #1: Eat for Better Eyesight. Were you ever told that carrots help you see in the dark? Well, it's true that various vitamins, minerals, and antioxidants can help maintain eye strength and prevent degeneration. Yellow and green foods have beta-carotene, lutein, and zeaxanthin, along with vitamins C, A, and E, which help boost eye health. Including foods like dark-green leafy vegetables, yellow peppers, pumpkin, sweet potatoes, carrots, and other nutritious yellow, orange, and green fruits and vegetables will help protect your eyes from macular damage. Foods like garlic, onions, and shallots contain sulfur, cysteine, and lecithin, which can help protect the lens of your eye from cataracts.

2. Eye Health Habit #2: Rest Your Eyes. Like every other part of your body, your eyes need sleep to rest and recover. When you don't get enough sleep, it can impact vision, so try and get as much rest as possible. Better yet, rest your eyes throughout the day, too. If you spend a lot of time reading or focusing on a screen, each hour, close your eyes and rest them for just a few minutes. Adopting these two simple habits will help to keep your vision clearer for longer, but remember to also visit your optometrist regularly for checkups. Come join one of our caregiver's groups and make understanding friends to help you with your caregiving role. We laugh a lot and try to focus on the positive. . 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, 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

Senior Giggles

July 2015



I feel my body has gotten totally out of shape. So I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

At the urging of Harry's wife and doctor, 50 year old Harry finally made it to the gym. After consulting with one of the trainers, Harry decided to try out a steep treadmill. "OK", said the trainer "I'm going to set it for ten minutes, if you want to go longer just press start again." At first Harry was doing fine but after 5 seconds he started getting tired, and after a minute he jumped off gasping for breath. Walking to the side to sit down, he passed by a friend of his. "Man", said Harry. "I could barely last a full minute on that treadmill." "Alright, alright" said his buddy, "no reason to brag!"

When I turned sixteen and wanted to learn to drive a car, daddy said a great big "NO!" I'm sure he was concerned for my safety. His answer when I brought up the subject was always, "When I'm ready to bury you, I'll give you a car and teach you to drive."

Driver's licenses were not required until the late 1930s and so all you needed was access to a car and permission to drive it from your parents. Momma, who had never learned to drive, needed a chauffeur, and when I turned eighteen, daddy finally relented.

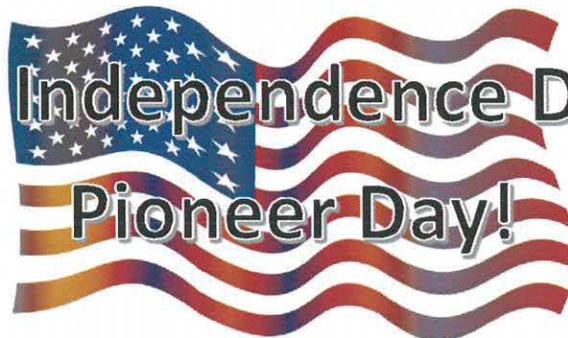
My cousin came over to see the little black 1934 Chevrolet sedan. "What are you going to name it?" he asked.

"Name it? What kind of name could be given to a car?"

"Shasta," he said. "You know, shasta have gas, shasta have oil, shasta have tires."

So, Shasta she was. Shasta take Mama, shasta take me, shasta show off sometimes, too.

Happy Independence Day and
Pioneer Day!



Monday	Tuesday	Wednesday	Thursday	Friday
JULY 2015 Calendar - Wasatch County Seniors				06/24/15 
<p><i>"Health & Mobility" Fitness Group meets Tuesdays and Thursdays -- at 12:45 pm. - in Game Room</i></p>	<p>ALL DAY EVERY WEEKDAY Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p>	<p>1 <u>1:00 Craft and Scrapbooking class</u> 7 p.m. "Art Classes for Seniors" with Lisa Gardner - call 654-4920</p>	<p>2 10 & 11 am. 2 "Piano Classes for Seniors. Contact: Christy Ackerson <u>12:00 Lunch</u> (visiting & socializing) 1:00 p: Bingo, Ceramics, Chess, Billiards & Handwork</p>	<p>3 4TH OF JULY Holiday Center is Closed</p>
<p>6</p> 	<p>7 <u>12:00 Noon - Lunch - & 4th of July Patriotic Musical "Sing-a-long" Program</u> 12:30p: Table Games 1:30p "Sassy Tappers" (Tap dance classes for Seniors) All Day: Billiards and other chosen activities</p>	<p>8 7 p.m. "Art Classes for Seniors" with Lisa Gardner - call 654-4920</p>	<p>9 10 & 11 am. 2 "Piano Classes for Seniors" Contact: Christy Ackerson <u>12:00 Noon - Lunch & Music (With Bob Hodson - vocal & piano)</u> 1:00 p: Bingo, Ceramics, Chess, Billiards & Handwork 4:00 pm; "Caregivers 'Chat Time'" - in the Lounge Area.</p>	<p>10</p>
<p>13</p>  <p>THANK YOU</p>	<p>14 <u>12:00 Noon - Lunch - & Program - Rocky Mtn. Care Center</u> 12:30p: Table Games <u>12:45p Fall and Balance Training</u> 1:30p "Sassy Tappers" (Tap dance classes for Seniors)</p>	<p>15 NOTE CHANGE! Day Trip & Chuck-a-Rama Lunch - Provo (bus leaves at 10:30a) 7 p.m. "Art Classes for Seniors" with Lisa Gardner - call 654-4920</p>	<p>16 10 & 11 am. 2 "Piano Classes for Seniors" Contact: Christy Ackerson <u>12:00 Noon - Box Lunch & Musical Program at Soldier Hollow Resort</u> 1:00 p: Ceramics & Billiards</p>	<p>17 Hale Ctr. Theatre "Into the Woods" & dinner @ Chuck-a-Rama (tomorrow in Orem - bus leaves at 2pm.)</p>
<p>20</p> 	<p>21 <u>9:00 a.m. - Breakfast (No lunch today)</u> 12:30p: Table Games 1:30p "Sassy Tappers" (Tap dance classes for Seniors)</p>	<p>22 7 p.m. "Art Classes for Seniors" with Lisa Gardner - call 654-4920</p>	<p>23 10 & 11 am. 2 "Piano Classes for Seniors" Contact: Christy Ackerson <u>11:00a: Applegate HC:</u> Blood pressure and glucose checks <u>12 Noon - Lunch & Musical Program" (by LDS Young Women - from Las Vegas)</u> 1:00 p: Bingo, Ceramics, Chess, Handwork, & Billiards</p>	<p>24</p>  <p>Pioneer Day Holiday (Center is Closed)</p>
<p>27 July is: *National Blueberry Month *National Anti-Boredom Month *Unlucky for Weddings *National Cell Phone Courtesy Month *National Hot Dog and *National Ice Cream Month</p>	<p>28 <u>12:00 Noon - Lunch & Presentation - Attorney Tom Kestler - Topic: "Handling 'Advance Directives'"</u> 12:30p: Table Games <u>12:45p Fall and Balance Training</u> 1:30p "Sassy Tappers" (Tap dance classes for Seniors) activities</p>	<p>29 10 a.m. Day Trip & Chuck-a-Rama Lunch "Living Aquarium" in Draper (bus leaves Ctr. at 10 a.m.) 7 p.m. "Art Classes for Seniors" with Lisa Gardner - call 654-4920</p>	<p>30 10 & 11 am. 2 "Piano Classes for Senior. Contact: Christy Ackerson <u>12:00 Noon - Lunch</u> (Visiting and Socializing) 1:00 p: Bingo, Ceramics, "Handwork" & Billiards</p>	<p>31 CLOSED AT NOON</p> 

	Monday	Tuesday	Wednesday	Thursday	Friday
July 2015 – MEALS & MEALS ON WHEELS AND CONGREGATE MEALS WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920					<i>Note: Meals are subject to change without notice</i>
	NOTE: <i>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!</i> COME AND JOIN	NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.</i>	1 OVEN CRISP CHICKEN Potatoes & Gravy, Carrots, Orange Wedge, Cookie, Roll & Margarine, 1% Milk	2 <i>(1) Congregate Meal:</i> HOT BEEF SANDWICH , Potatoes & Gravy, Green Salad, Apple Pie <i>(2) Meals on Wheels:</i> HOT DOG/ BUN , Pork-n-Beans, Potato Salad, Watermelon, 1% Milk	3 CENTER CLOSED NO MEALS 
4	6 SALISBURY STEAK , Potatoes, Green Beans, Tropical Fruit, Roll & Margarine, 1% Milk	7 <i>(1) Congregate Meal:</i> SLOPPY JOES Potato Salad, Cottage Cheese, Jello Salad <i>(2) Meals on Wheels:</i> PORK CHOP , Potatoes & Gravy, Broccoli, Applesauce, Roll & Margarine, 1% Milk	8 CHICKEN DRUMMETS , Potatoes & Gravy, Peas, Pears, Cottage Cheese, Roll & Margarine, 1% Milk	9 <i>(1) Congregate Meal:</i> SALAD BAR , Salads, Fruit, Roll <i>(2) Meals on Wheels:</i> BEEF STROGONOFF over NOODLES, Green Beans, Peaches, Tapioca Pudding, Roll & Margarine, 1% Milk	10 FISH DINNER , Au Gratin Potatoes, Carrots, Fruit Cocktail, Roll & Margarine, 1% Milk
	13 CHICKEN FRIED STEAK , Potatoes & Gravy, Green Beans, Fruit Cocktail, Roll & Margarine, 1% Milk	14 <i>(1) Congregate Meal:</i> ROAST PORK w/ DRESSING , Potatoes & Gravy, Carrots, Applesauce <i>(2) Meals on Wheels:</i> SPAGHETTI, w/MEAT SAUCE , Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	15 ROAST PORK w/DRESSING , Potatoes & Gravy, Carrots, Applesauce Roll & Margarine, 1% Milk	16 <i>(1) Congregate Meal:</i> BOX LUNCH , Chicken Croissant, Pasta Salad, Apple Slices <i>(2) Meals on Wheels:</i> CHEESE ENCHILADA , Tator Tots, Beans, Tropical Fruit, Chips & Salsa, 1% Milk	17 CHICKEN CORDON BLEU Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk
	20 BEEF STEW Tator Tots, Green Beans, Peaches, Roll & Margarine, 1% Milk	21 <i>(1) Congregate Meal:</i> BREAKFAST , Ham, Scrambled Eggs, Hash Browns, French Toast, Fruit, Milk/Juice <i>(2) Meals on Wheels:</i> CRUNCH TOP HAM AND POTATO CASSEROLE , Mixed Vegetables, Banana, Roll & Margarine, 1% Milk	22 ORANGE MANDARIN CHICKEN , Rice, Stir Fry Vegetables, Egg Roll, Orange Wedge, Roll & Margarine, 1% Milk	23 <i>(1) Congregate Meal:</i> BOY SCOUT DINNER Hamburger, Potatoes, Carrots, Watermelon <i>(2) Meals on Wheels:</i> ROAST BEEF , Potatoes & Gravy, Peas, Tropical Fruit, 1% Milk	24 CENTER CLOSED NO MEALS 
	27 CHICKEN CUTLET , Potatoes & Gravy, Peas, Pears, Roll & Margarine, 1% Milk	28 <i>(1) Congregate Meal:</i> CREAM OF POTATO SOUP , Hamburger Sandwich with trimmings, Fruit <i>(2) Meals on Wheels:</i> BBQ RIBLETS , Mac & Cheese, Baked Beans, Applesauce, Roll & Margarine, 1% Milk	29 HAM DINNER , Au Gratin Potatoes, Mixed Vegetables, Pineapple, Cottage Cheese, Roll & Margarine, 1% Milk	30 <i>(1) Congregate Meal:</i> FISH DINNER , Au Gratin Potatoes, Mixed Vegetables, Peaches <i>(2) Meals on Wheels:</i> STUFFED GREEN PEPPERS , Red Potatoes, Green Beans, Peaches, Roll, Milk	31 CLOSED AT NOON FOR FAIR DAYS NO MEALS 