



Wasatch County Senior'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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SPOTLIGHT

Ted Schrader

I was born in Los Angeles in 1942. When I was four, my parents settled in the very rural community of Chatsworth Lake in the San Fernando Valley. Many western movies and TV shows were filmed in our neighborhood (Gunsmoke, Bonanza, The Lone Ranger, etc.). I spent my childhood sneaking onto movie lots. Roy Roger's movie ranch was one mile from our house. My friends and I would watch the action from behind huge sandstone boulders. We fished in the local reservoir at night and hunted rabbits and quail by day.

My parents divorced when I was 14. I squeaked through high school working summers in the pear sheds of Placerville, CA (600 miles from home). While in school, I lived with friends and whichever parent might have accommodations for me, at the time. This lifestyle contributed to me becoming very mature for my age.

At 19, I married a 42 year-old widow with a 16 year old son. The boy went into a military career at 17 and my wife and I had a good marriage until she passed at 60. There were no children from this marriage.

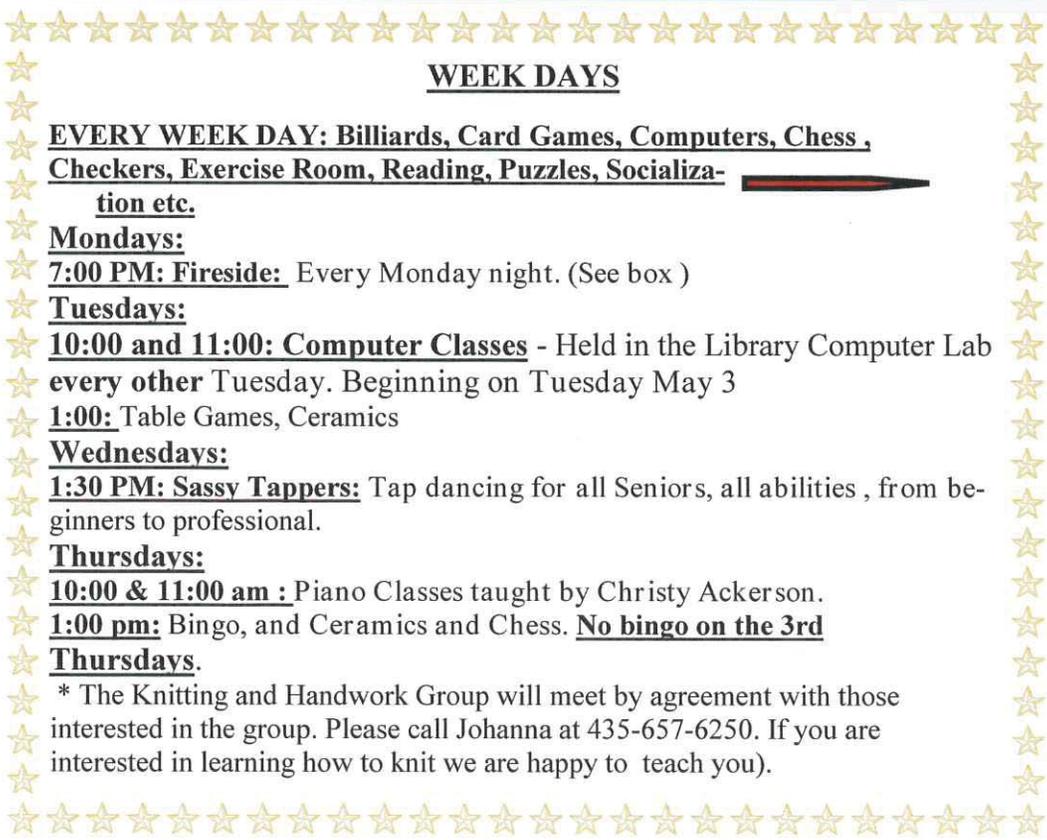
We had moved to Utah in 1978 to help the aerospace company I worked with for 47 years, start a new division in Provo. After my wife's passing, I joined the LDS Church and remarried. That marriage lasted 27 years and I had found therein the family I yearned for. I was a step dad and step grandfather to 10 grandchildren. After that divorce and retiring, I met Patsy Hilton Holmes online at "okcupid.com". We were married January 17, 2015 and I could not be happier at this stage of my life, here in Heber.

OF PARTICULAR INTEREST

I created and marketed a family "Treasure Hunt Kit". Disneyland's Pirates of the Caribbean Gift shop featured these from 1996-2000. I was a Baptist Youth Minister for three years. I have survived two younger sisters. I love playing pool at the Senior Center with my brother-in-law Neil Hilton and new found friends.

April Activities

April showers may bring May flowers but the months of March and April brought us much more. We enjoyed great entertainment and lots of fun events. Fireside music by Lorraine Branham, Harvest Home, Country Sunsets, Susan Ronson and the Magalei Family. Special lunch programs included *Hired Guns* and a fun Easter performance by the M & M's. We went to Salt Lake for a visit to the Tracy Aviary and spent a fun filled day in Wendover.



WEEK DAYS

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

Mondays:

7:00 PM: Fireside: Every Monday night. (See box)

Tuesdays:

10:00 and 11:00: Computer Classes - Held in the Library Computer Lab every other Tuesday. Beginning on Tuesday May 3

1:00: Table Games, Ceramics

Wednesdays:

1:30 PM: Sassy Tappers: Tap dancing for all Seniors, all abilities, from beginners to professional.

Thursdays:

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

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

Thursdays.

* The Knitting and Handwork Group will meet by agreement with those interested in the group. Please call Johanna at 435-657-6250. If you are interested in learning how to knit we are happy to teach you).

Monday Firesides

May 2: "Cameo Club" Dancers

May 9: Clair Provost

May 16: Rob Sorenson Family and Friends

May 23: Closing Social with the M & M's (This will be the final fireside until September)



FREE! Piano Lessons

Every Thursday 10:00 a.m. and 11:00 a.m. Taught by Christie Ackerson. Call Christie at 801-864-6403 for more information.

TRIPS & TOURS

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.. Current paid member will receive first consideration if space is limited. If there is a waiting list anyone who has not paid by the registration will be removed from the list and the spot will be opened up to those on the waiting list.

TUESDAY, MAY 10 is a trip to “Promontory Point” for the *Golden Spike Anniversary*. A stop at the Maddox Café in Brigham City for lunch on your own is also scheduled. Bus Cost: \$10. The bus will leave the center at 8:00 a.m.

THURSDAY, MAY 12 is the school play *Aladdin* scheduled @2pm @ Timpanogos Intermediate School little theater. Free transportation provided, if needed.

FRIDAY, MAY 13 is a **mini-hike @ Soldier Hollow** followed by lunch on your own at the Soldier Hollow Grill. Transportation provided or you may drive yourself (meet by 10:15am).

SATURDAY, MAY 21 is the play *Jane Eyre @ Orem Hale Theater* followed by supper on your own @ Chuck-A-Rama. The bus will leave the center at 2:00 p.m. (**Registration deadline has passed**)

SATURDAY, MAY 21 is a trip to **Wheeler Farm** in SLC. Grandchildren are welcome. Cost is \$5/per person. Lots of activities & demonstrations are scheduled at the farm this day! We will enjoy lunch on your own at Chuck-a-Rama after visiting the farm. **The registration deadline is May 17. The bus will leave the center at 9:00 a.m.**

THURSDAY, JUNE 2 is a “*Pot Luck*” **Lunch @ the Midway Pavilion**. For this *congregate meal* substitute, Meat only will be provided so bring a dish to share!

FRIDAY, JUNE 10 is a **day trip to “This is The Place” Monument**. The cost is \$5 per person. The cost for transportation is \$5 per person. We will have lunch at Chuck-A-Rama after visiting the monument. **The registration deadline is May 5.** The bus leaves at 10:00 a.m.

WEDNESDAY, JUNE 22 is the *Noblett’s Creek Trail walk*. This is an easy 2 mile scenic walk along a natural path/trail. A boxed lunch will be provided.. We are asking for a \$3 donation or the meal. Bus transportation provided @ no cost. The bus will leave the center at 10:30 a.m.

THURSDAY, JUNE 30 *Congregate luncheon* will be a **Dutch Oven Cookout** at the Pavilion on 6 south & 7 east by Perry Rose & Associates. Transportation will be available. \$3 donation is recommended.

SATURDAY, JULY 16 is the play *Peter Pan @ Orem’s Hale Theater*. Grandchildren are welcome to join us! Supper at Chuck-A-Rama following the performance on your own. Check with Marcia regarding children’s ticket prices. The bus will leave the center at 2:00 p.m.

THURSDAY, JULY 21 our annual Swiss Miss lunch at Soldier Hollow, the “Swiss Miss” Royalty will entertain us.

JULY will also feature trips to the Ancient Life Museum @ Thanksgiving Point, a BYU Museum to be Determined.

Future Play Dates @ Orem’s Hale Theater include:

Sept. 10 *See How They Run*

Oct. 22 *Catch Me If You Can*

December *A Christmas Carol*

WEDNESDAY, SEPTEMBER 14 will be our next day trip to Wendover.

For longer Bus Tours, Ship & Cruises, & International Travel check the *Travel Board @ the Senior Center.*

Here are a few highlights: Knight Tours and Cruises is offering some new trips: June 12, 2016, an Alaska Cruise, Oct. 3-9 “The Perfect Autumn Escape” Highlights include, Arches National Park, Mesa Verde National Park, Durango/Silverton Narrow Gauge Train, Albuquerque Hot Air Fiesta and much more, Oct. 12-17, New York and Nov 2-10, 2016 a South Africa Safari. For more information or to register call toll-free 1-877-811-3244 or visit their website at: knighttoursandcruises.com to register or see the variety of tours they offer. **Senior Tours and Travel :June 14 – 16, Jackpot/Wells/ Wendover : Just \$196 *double per person, single add \$80.* **Saturday, July 2 and Saturday August 6, Wyoming Downs day trips.** Call Doreen at 801-568-7700 or visit the website at www.seniortoursofUtah.com for more information. Senior Tours offers a variety of low cost tours for seniors.**

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 2 PM** 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.

From the Director's Desk Ashley Fish



In a recent issue of our Center newsletter I referred to our “doing good” in the world. Several of you have personally shared with me that we are in agreement.

Our nation soon celebrates “National Volunteer Week”. Our local senior volunteers are those who make our Center “run” like it does. Without you, and the service you render, our programs and services would not happen as they do. Thank you.

A wise woman said, “The Challenge, to live up to our better selves, to believe well of our fellow men, and perhaps by doing so to help **create the good**, to experiment, to explore, to change, and to grow.” (Ethel Percy Andrus)

Ms. Andrus is also quoted as saying, “Everyone has some good to do”, and, “**one person** with faith and love for his fellows, is equal to the force of ninety-nine with only selfish interests”. Words of great wisdom, indeed.

Let us continue to move forward thinking more of others and less of ourselves. Doing so will make us happier and better individuals, wouldn't you agree?

Pickle Ball

Join us for “Seniors Pickle Ball” at the Wasatch County Recreation Center. We play Monday through Friday from 9:00AM to Noon. The cost is only \$1 for Wasatch County residents and \$6 for non-residents. Paddle rent is also \$1. Contact Wasatch County Parks and Recreation (Amaria or Jodi) at 657-3240 for more information.



DRIVER SAFETY

AARP Real Possibilities

It Pays to Refresh Your Driving Skills!

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. The AARP Safe Driver Class is being offered at the Senior Center on Tuesday, June 7 from 9:30 a.m. to 3:30 p.m. The cost for the class is \$15 for AARP members and \$20 for non-members. Please call the center to sign up.

Are you over the age of 55?

Do you want to . . .

- > Earn \$200 per month
- > Feel Useful
- > Make Friends
- > Have Fun



Senior Companions

Could be the place for you!



Seniors Serving Seniors

Making Independence a Reality!

Call 801-851-7767 to find out more about this program!

Visit us on the web at www.utahcountyhealth.org/seniorcompanion

SPECIAL LUNCH PROGRAMS

Thursday, May 5: “Cinco de Mayo” Social, Music by “Two for the Show” instrumental and vocal duo from Salt Lake

Tuesday, May 10: “Jus Fer Fun”, Music by Sydney Thiede and friends

Thursday, May 12: Special Mother's Day Lunch, Special performance by “Heart & Soul”, “Two for the Show” Classic Dance and Swing Music. After lunch at 2:00 P.M.: **Timpanogos Middle School Play “Aladdin” at the Middle School Auditorium**

Thursday, May 19: Rocky Mountain Care Center, “Medicare Co-pay relating to Health Care Re-hab”

Tuesday, May 24: Timpanogos Intermediate School- 5th Grade, program and sharing

Thursday, May 26: Music with Stephan Branham, vocal and piano music

Tuesday, May 31: Steve & Kenna Childs, vocal and guitar music

Tuesday, June 7: Krissia Beatty “Miss Utah”: Miss Beatty will speak to us and entertain us and be available to shake your hand.

May Birthdays

Barbara Brown	2
Virginia Smith	3
Phyllis Parcell	6
Claudia Bentley	7
Barbara Brewer	8
Ray Shaw	8
Larry Weiss	8
Vivian Halley	10
Zeniff Hathaway	10
Dawnette Clyde	13
Hilda Patterson	15
Penny Neilson	16
Dale Sweat	17
Neil Anderton	18
Cora Briggs	18
Carol Ellis	18
Peggy Farrer	18
Nancy Hilton	18
Clarence Mahoney	19
Karen Davis	21
Donna Dayton	21
Kathryn Berg	22
Bob McPhie	22
Jeanine Lyons	22
Arlene Burgener	25
Dera Coker	25
Chuck Ackerson	27
Karen Mair	27
Bonnie Henderson	28
Marleen Smith	31



SENIOR CENTER CORPORATE BOARD

Top row: Marvin Rust (Sec/Treas.), Clarence Mahoney (Director), Rhonda Sweat (Pres. Elect), Laura Ribinsky (President), Carroll Lee Hicken (Historian), Glen Hicken (Director), Front Row: Earl Dayton (Director), Martin Bollschweiler (Past Pres.) and Niles Halley (Director), Not shown, Maxine Carlile (Director).

OBITUARIES

Kent Murdock
 Born: August 13, 1927
 Died: March 21, 2016
 Married: Shirley Jean Olsen

Vern C. Thacker
 Born: September 13: 1925
 Died: April 17, 2016
 Married: Suzanne Witt

Jim N. Hamilton
 Born: September 3, 1943
 Died: March 26, 2016
 Married: Cherie Hamilton

Rose Biedel
 Born: October 8, 1949
 Died: April 20, 2016

James Moroni Carroll
 Born: September 19, 1921
 Died: March 31, 2016
 Married: Bessie Fish

Jerry James Motley
 Born: June 21, 1949
 Died: April 20, 2016
 Married: Gay Sulser

Thomas J. Keeling
 Born: December 11, 1927
 Died: February 29, 2016
 Married: Janice Wright



Times Are Changing - To Keep Up, So Are We

Would you prefer to read the newsletter online? Now you can. You can also check out our latest **ACTIVITIES** and **MEAL CALENDARS** and see what the Wasatch County Seniors have been up to lately. Just go online to <http://www.wasatch.utah.gov/Seniors>. If you prefer we can also email the newsletter to you just email Marcia at myoung@wasatch.utah.gov.

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. We shall have lots of beautiful flowers in May because of all our April showers.

May brings us: Date Your Mate Month, Foster Care Month, National BBQ Month, National Bike Month, National Blood Pressure Month, National Hamburger Month, National Photograph Month, National Salad Month and Older Americans Month.

The first week of the month is Nurse's Week, week two is Wildflower Week, week three is National Bike Week and National Police Week and week four is Emergency Medical Services Week.

On May 1st we celebrate May Day. It is a celebration of spring and the coming of summer.

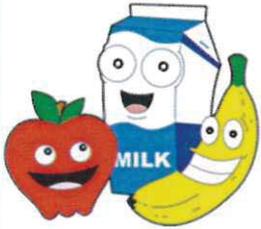
May 5th is Cinco d Mayo. We will be having a Taco Bar this day. Sign up early.

Mother's Day is celebrated on the second Sunday in May, which is May 8th this year. Everybody has a mother and absolutely no one is more special than mom. Sure, dad is really important. And, grandparents too. But moms, they are just the greatest. Often taken for granted, they are our strongest supporter. Happy Mother's Day to all Moms.

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the armed forces. Memorial Day is Monday, May 30th. We will be closed this day.

Please continue to drink your water. Until next time, take care...

Cora Briggs



Caring For You...Caring For Others by Linda Morrison

Women's Signs of Heart Attack

Did you know that women get heart disease at the same rate of men?... What used to be a "male" disease, is now affecting both sexes equally. As you may already know, **heart disease is a bigger health risk than cancer.** Women have different signs of a heart attack than men. It is important that we know what they are. Here are the signs: 1) Vomiting/nausea 2) Shortness of breath with or without chest discomfort 3) Pain in one or both arms, upper back, neck, jaw or stomach 4) Fainting 5) Breaking out in a cold sweat 6) Dizziness or lightheadedness 7) Discomfort or pressure in the center of the chest lasting longer than a few minutes or returning 8) Paleness or clammy skin 9) Inability to sleep 10) Unusual fatigue. If you have any of these symptoms for greater than 5 minutes and unsure as to the cause call your doctor or 911. Sometimes just one or two of these symptoms can indicate a heart attack of sometimes they can go away and return. Remember every minute counts. We need to keep our caregivers health so they can continue providing care for their loved ones. Come join us for more tips and support at our caregiver meeting. Our meeting times and places 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.

Senior Giggles May 2016



WOMEN'S REVENGE

'Cash, check or charge?' I asked, after folding items the woman wished to purchase.

As she fumbled for her wallet, I noticed a remote control for a television set in her purse.

'So, do you always carry your TV remote?' I asked.

'No,' she replied, 'but my husband refused to come shopping with me,

and I figured this was the most evil thing I could do to him legally.'

God took the fragrance of a flower
The majesty of a tree
The gentleness of morning dew
The calm of a quiet sea
The beauty of the twilight hour
The soul of a starry night
The laughter of a rippling brook
The grace of a bird in flight
Then God fashioned from these things
A creation like no other
And when his masterpiece was through
He called it simply – Mother.

-Hebert Farnham



Old Folks are Worth a Fortune

Old folks are worth a fortune: With silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs. I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five gentlemen every day.

As soon as I wake, Will Power helps me get out of bed. Then I go to see John. Then Charley Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed – with Ben Gay. What a life!

P.S. The preacher came to call the other day. He said that at my age I should be thinking about the hereafter. I told him I do – all the time. No matter where I am – in the parlor, upstairs, in the kitchen or down in the basement – I ask myself, "Now, what am I here after?"

