



Wasatch County Senior's Newsletter

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

COUNTY SENIORS ADVISORY BOARD

- Chair: Steve Farrell
 - Vice-Chair: Sharon Jenkins
 - Secretary: Marcia Young
- Regular Members: Steve Farrell (Cnty Cncl Rep.), Lee Ammons, Kaye Bonner, Sharon Jenkins, La-Ree Pedro, Colette Prestwich, Blaine Webster, Marcia Young
- 1st Alternate: Johanna Huijzendveld
2nd Alternate: Jim Kohler

SENIOR CENTER CORPORATE BOARD

- President: Martin Bollschweiler
- Vice- Pres./ President/Elect:
Laura Ribinsky
- Past Pres.: Moroni Besendorfer
- Sec./Treas.: Charles Jenkins
- Historian: Carroll Lee Hicken
- DIRECTORS: Earl Dayton, Maxine Carlile, Glen Hicken, Clarence Mahoney, and Niles Halley

SENIOR CITIZENS DEPT.

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

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. September Events Calendar
9. September Meals Calendar



SPOTLIGHT

BRUCE CHARLES WATTS

Bruce Charles Watts born July 1, 1941 to John Clayton and Mary Christiana Watts. I grew up in Orem, Utah. I attended Sharon Elementary, Geneva Elementary, Lincoln Junior High and Orem High School. I also attended BYU where I graduated with a B.S. degree in Industrial Psychology.

My work career included working at Bethlehem Steel, Norris Industries, Prudential Federal, Hercules Incorporated. After leaving Hercules I started my own mortgage company called Nation Financial for 10 years.

I was married to Alice Goates for 29 years. We had 7 children, 6 boys and 1 daughter. After that marriage ended, I married Karen Williams who has 2 children. I have 6 grand children and Karen has 5.

We are members of the LDS Church, having held many offices and positions. I spent 30 months on an LDS Mission to Denmark, my ancestral land.

After my marriage to Karen, we lived in Pleasant Grove Utah for 20 years before moving to Heber Utah at the end of October 2014.

Physical fitness has been a life time endeavor. We are offering, at no charge, a Health and Mobility program through the Wasatch County Senior Center. We invite anyone regardless of age, to get involved. Contact us at 801-691-6428.

We would like to know everyone and help them to be able to live more abundantly.

Fundraiser for the Wasatch County Senior Center

at the Senior Center
465 E 1200 S Heber



and Boutique

Thursday, and Saturday
September 10th, & 12th
9:00 AM TO 4:00 PM

Friday September 11th, 9:00 AM to 7:00 PM

TRIPS & TOURS



To register call Marcia @ 435-654-4920 by 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.

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

EVENTS COMING UP

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.

SATURDAY, SEPTEMBER 26 is the *Walk to End Alzheimer's Event*. The route is only 2 miles long & is being held @ the shops @ Riverwoods, Provo. Walk registration starts @ 9am & the walk itself begins @ 10:30am. If you are not able or do not want to walk, come and offer your support by just being there.

MONDAY, OCTOBER 19 - 28 is a *Primm/Laughlin/Las Vegas tour* with hostess Doreen Barnes. Call 801-568-7700 to register.

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 on your own. The original "*Phantom of the Opera*" will be showing just in time for Halloween! Cost is \$11/per person includes admission and transportation. Bus departure time is 5pm.

WEDNESDAY NOVEMBER 18 - 20 is the "*Jackpot*" tour with hostess Doreen Barnes of Senior Tours of Utah. Call 801-568-7700 to register.

DECEMBER includes a Day Trip to City 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.

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

September

7 Labor Day

11 Patriot Day

21 International Day of Peace

23 Fall Begins

National Alcohol & Drug Addiction Recovery Month

National Honey Month

National Success Month

Whole Grains Month

National School Success Month

FUNDRAISER YARD SALE AND BOUTIQUE

We are accepting donations of clean, gently used, resaleable items on Sept. 3,4,5, 8 and 9th from 9:00 AM to 3:00 PM. (Please no large appliances) We will also accept cash donations.

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



MEDICARE

Every day we do things that keep us safe, like wearing a seat belt or locking our doors. We also need to guard against identity theft.

Here are some hints:

- Read credit card statements carefully and often.
- 2. Know your payment due dates. If your bill doesn't show up on time, look into it.
- Read health insurance plan statements. Make sure the claims match the care you received.
- Shred any document with personal and financial information.
- Review your credit reports at least once a year. There are three reports available and they are free.
(annualcreditreports.com or call 1-877-322-8228).

If you or someone you know is having trouble paying for your prescription drug costs please call Dawn Loper at Mountainland Association of Governments (801-229-3819) to see if you qualify for assistance.

Dawn Loper
Mountainland Association of Governments.

With summer coming to a close we want to remind you of some upcoming dates. By the end of September you should receive an Annual Notice of Change (ANOC) from your Prescription Drug Plan or your Advantage Plan detailing any changes for the coming year, such as premium or formulary changes. Please read these documents carefully to see if you need to make changes during Open Enrollment which begins October 15th.

Fraud tips: Do not click on unknown links in emails. Do not carry your red, white and blue Medicare card or your Social Security card in your wallet.

Finally, if you or someone you know, have a limited income and want to know if you qualify for Extra Help with prescriptions costs through a Federal program, please call Dawn Loper (Medicare/SHIP counselor) at 801-229-3819.



Payson Salmon Supper

Summer at the Senior Center has been lots of fun. We visited many places, such as the Tulip Festival at

Thanksgiving Point.

The Besendorfer Museum and Ranch in Charleston, The Payson Salmon Supper, the National Ability



Payson Salmon Supper

Tulip Festival



Center in Park City, the Utah Natural History Museum at the U of U, just to name a few.

We have many more activities planned for the coming months. Don't miss out!! Come join us. Watch the Up Up and Away every Wednesday for new and upcoming events.



Besendorfer Museum

Need a Ride?

If you have no way to get to your Medicaid covered services, you can call **LogistiCare at (855)-563-4403**.

Call or get more information online at Memberinfo.logisticare.com. There is no cost for this service if you qualify.

VETERANS: The DAV provides transportation services to the VA Medical Centers and Community Outpatient clinics. Call 800-613-4012 ext. 2003 or 1027.

See the schedule at: http://www.saltlakecity.va.gov/New_Veterans_Transportation_Service_at_VASLCHCS.asp

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.

From the Director's Desk by Ashley Fish



A major portion of our daily operations (Monday through Friday) is producing and delivering a daytime meal – “on wheels”. Led by the team of long-time food service professionals here in the Heber Valley (Brent and Cora Briggs), the meals are prepared and cooked right here in our own full-service kitchen. The same kitchen from which the two delicious meals served in our Dining Room on Tuesdays and Thursdays are prepared and served. These delicious meals, prepared daily, are then delivered by a staff of kind and caring staff – led by Ellen Kudla. The \$3.00 per meal payment is made monthly.

The qualification to receive these meals “on wheels” is NOT based on income (OR LACK THEREOF), but rather by minimum age (60 yrs.) and the inability to drive//operate a vehicle.

If you, or a loved one, qualifies - take advantage of this great service. Call 435-654-4920 for details.

September Birthdays



- Polly Jeffs 3
- Roy Daniels 5
- Doug Hibl 5
- Johanna Wingelaar 5
- Colette Prestwich 6
- Earl Dayton 7
- Douglas Merkley 9
- Vernon Murdock 9
- Grace Broadhead 10
- Patricia Lesmes 10
- Vern Thacker 13
- Bill Berg 14
- Olga Hibl 14
- Dorene May 14
- Bob Giles 17
- Paul Mitchell 17
- Jim Carroll 19
- Leah Mair 19
- Don White 19
- Carroll Lee Hicken 21
- Glade Symes 23
- Joyce Anderson 25
- Rosaura Torres 27
- Gene Cox 30

- | | |
|--|--|
| Mahlon John Barr
Born: March 4, 1945
Died: July 12, 2015 | Mary Coleman Milliner
Born: November 14, 1931
Died: August 15, 2015
Married: Sherman Milliner |
| Lambert Deegan
Born: February 21, 1927
Died: July 16, 2015
Married Judith Deegan | Jeanelle (Jan) Baird Lloyd
Born: June 18, 1931
Died: August 15, 2015
Married: Garn Lloyd |
| Ruby Boehme Pedersen
Born: February 13, 1925
Died: July 24, 2015
Married: Clarence Pedersen | Lester Daybell Simmons
Born: August 2, 1919
Died: August 19, 2015
Married: Wanda Simmons |
| Alyn Kayle Cummings
Born: February 27, 1935
Died: July 27, 2015
Married: Deanna Hector | Norma Nye Bates
Born: June 29, 1929
Died: August 20, 2015
Married: (1) Earl Bates
(2) TJ Lux |
| Fawn Tadd Williams
Born: November 22, 1918
Died: August 3, 2015
Married: Wilbert Johnson | Doris Ford Batty
Born: February 5, 1924
Died: August 21, 2015
Married: Cullen Batty |
| Glen E. Thompson
Born: August 20, 1938
Died: August 6, 2015
Married: Sharon Kay Borne-
man | Gary Steven Bevelouqua
Born: January 18, 1951
Died: August 22, 2015
Married: Sondra Roadfuss |
| Melvin George Larsen
Born: February 22, 1939
Died: August 8, 2015 | |

OBITUARIES

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. September is here. I can't believe how fast this year is going. The year is three fourths over.

September brings us: Classical Music Month, Hispanic Heritage Month, Fall Hat Month, International Square Dancing Month, National Courtesy Month, Baby Safety Month, Honey Month, Self Improvement Month and Better Breakfast Month.

On the first day of September, Tuesday, we will be touring the DUP Museum and having a box lunch at the Heber City Park. We will be serving banana splits for dessert. Please remember to sign up the day before, because we will not be able to fix extras the day of the meal. Come and have some fun with us.

Please, please, please remember our Yard Sale/ Fund Raiser on the 10th, 11th and 12th. Everyone is invited to come and support our Senior Center. When coming please bring a friend, relative or neighbor. We are also accepting cash donations. Also, we are accepting items for the yard sale. Please donate items that are sellable. Hope to see you all here at the center.

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country.

Let us take a moment to remember 9/11 victims and their families. The attacks affected all of us in many ways.

September 26th is our Walk to End Alzheimer's Event. It will be held at the Shops at Riverwoods. For information call the center at 435-654-4920.

Caring for You.....Caring for Others by Linda Morrison



8 Assisted Living Search Mistakes and How to Avoid Them

For the past several months, I have had numerous people call me about assisted living centers. When families and seniors select an assisted living community, it's a life changing decision. You want to get it right the first time. So I did some research and eight common mistakes families make when searching for assisted living and how to avoid them: **1. Not Being Realistic About Current or Future Needs.** Be realistic about you or your loved one's current care needs as well as their anticipated care needs. If your loved one has mild dementia symptoms, it may be prudent to choose a community where dedicated memory care is available. Moving a loved one from facility to facility is not only burdensome and, it can also be emotionally and physically detrimental to the senior. **2. Judging a Book by its Cover.** Sometimes families assume a community is right for their loved one because it has a high price and lavish features, but later realize fancy furniture and beautifully landscaping are not telltale indicators of quality care. This is because *facilities don't provide care; people provide care.* After doing all the comparison and analysis you can, trust your gut instinct about which option is right." **3. Choosing a Community to Match Your Tastes Instead of Your Parent's.** Often the adult child chooses the place that they like most instead of thinking about what their loved one likes. It is best to get their older loved ones as involved as possible in the decisions making process, but if that is not possible, carefully consider his or her personality and preferences rather than your own as you weigh the options. **4. Overplaying the Importance of Proximity.** Sometimes the adult child chooses the nearest community based on the intention of visiting their parent everyday even though another community further away may be a much better fit. Remember that visiting every day is usually an unrealistic expectation to put on yourself. **5. Making a Decision Too Quickly.** Sometimes families are in such a rush to resolve a difficult crisis that they choose the very first open room they find in the very first facility they visit. We recommend that families *visit at least three communities* before making a decision so that they can form a clear picture of the options that are available, how communities differ from one another, and what makes each community unique. After all, in order to make a good choice you need options. **6. Choosing a Community Appropriate for the Parent of Yesterday Instead of the Parent of Today.** Be careful or making arrangements for the mom that you used to know, and not who she has become. It might be misguided for a family to choose a golf oriented senior community for a father who loved the game when he was younger but now has Alzheimer's and arthritis and hasn't played the game in years. **7. Not Reading the Fine Print.** Assisted living contracts are relatively straightforward, but they still can contain confusing legalese, or involve additional fees that aren't completely apparent. *Make sure you understand yours.* **8. Going It Alone.** Many people pride themselves on their independent spirit, but when making a decision this big, it's usually wise to gather multiple perspectives on your senior housing options. If you do find that your loved one is living in an inappropriate senior community, don't be afraid to admit that you may have made the wrong decision. It's better to pivot and make a change rather than digging into a situation that isn't going to work out in the long run.

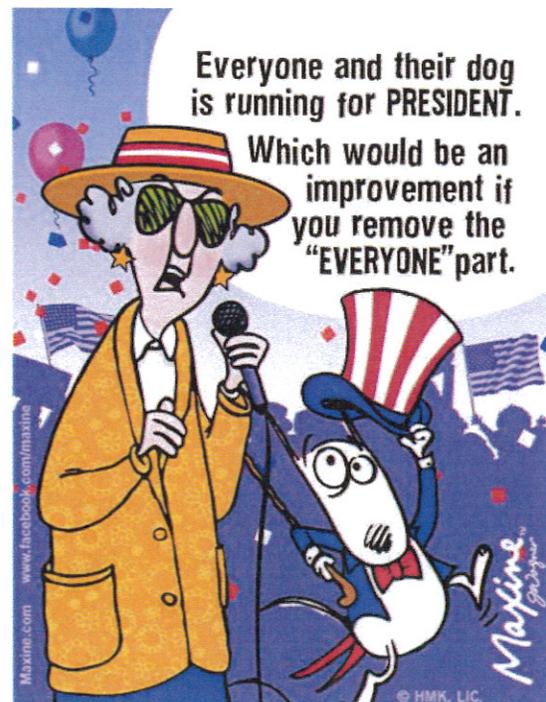
Senior Giggles September 2015

I've sure gotten old!
I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes.
I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92.
Have lost all my friends.
But, thank God, I still have my driver's license.

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turned to the other and said:
'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'
Slim said, 'I feel just like a newborn baby. "Really!? Like a newborn baby?'
'Yep. No hair, no teeth, and I think I just wet my pants.'

Happy Labor Day!

"Sugar why don't you sit down by the table and we'll start supper." Said Dorothy to her Husband of 50 years. "Sure thing," said her husband settling himself down. "Now darling, would you like the soup first or the salad?" Questioned Dorothy. "Umm I guess I'll take the soup." He responded. After a whole meal of one endearing term after another, their guest Bob couldn't contain his curiosity any longer. Bob snuck into the kitchen and asked, "Dorothy do you always talk to your husband like that?" "Bob, I'll be honest with you," Dorothy replied. "It's been five years now, I just can't remember his name, and I am just too embarrassed to ask him!"



Monday	Tuesday	Wednesday	Thursday	Friday	Sat
SEPTEMBER 2015 Calendar - Wasatch County					
<p><i>"Health & Mobility" Fitness Group meets Tuesdays and Thursdays -- at 12:45 p.m. - in Game/Exercise Room</i></p>	<p>1</p> <p>11:30 a.m. "Daughters of the Utah Pioneers" Museum Tour & 12:15p Lunch -- (at the Heber City Park - with "Banana Splits" dessert) Cost: The regular \$3.00 (\$6.00 for "guests")</p> <p>1:30p "Sassy Tappers" (Tap dance classes for Seniors)</p>	<p>2</p>	<p>3 <u>Yard Sale Donations</u> <u>Accepted 9 am to 3 pm</u></p> <p>10 & 11 am. 2 "Piano Classes for Seniors. Contact: Christy Ackerson 12:00 Lunch (visiting & socializing) 12:45 p "Health & Mobility" Focus Group 1:00 p: Bingo, Ceramics, Chess, billiards, handwork,</p>	<p>4</p> <p>Yard Sale Donations Accepted 9 am to 3 pm</p>	<p>5</p> <p><u>Yard Sale Donations</u> <u>Accepted 9 am to 3 pm</u></p>
<p>7</p> <p>LABOR DAY</p>  <p>HOLIDAY (CENTER IS CLOSED)</p>	<p>8 <u>Yard Sale Donations</u> <u>Accepted 9 am to 3 pm</u></p> <p>12:00 Noon Lunch - & Presentation -- Valerie Cummings - ("211 Special Needs" Registry) 12:45p. "Health & Mobility" & "Fall & Balance" Focus Groups 1:30p "Sassy Tappers" (Tap dance classes for Seniors)</p>	<p>9</p> <p>Yard Sale Donations Accepted 9 am to 3 pm</p>	<p>10 10 & 11 am. 2 "Piano Classes for Seniors" Contact: Christy Ackerson YARD SALE - AND BOUTIQUE 9a-3p</p> <p>12:00 Noon - Lunch 12:45p "Health & Mobility" Focus Group 1:00 p: Bingo, Ceramics, Chess, billiards, handwork 4:00 pm: "Caregivers' Chat Time" in the Lounge Area.</p>	<p>11 </p> <p>Patriot Day YARD SALE AND BOUTIQUE 9a-3p Today and Saturday</p>	<p>12</p> <p>YARD SALE - AND BOUTIQUE 9a-3p</p>
<p>14</p> <p>7 p.m. Fireside (New Season Begins) - "Heart & Soul" - (from SLC) - Variety Music</p>	<p>15</p> <p>9:00 a.m. - Breakfast (No lunch today) (Visiting and Socializing)</p> <p>12:45p "Health & Mobility" Focus Group 1:30p "Sassy Tappers" (Tap dance classes for Seniors)</p>	<p>16</p>	<p>17</p> <p>10 & 11 am. 2 "Piano Classes for Seniors" Contact: Christy Ackerson 12:00 Noon - Lunch & "Meet the Candidates"</p> <p>12:45p "Health & Mobility" Focus Group 1:00 p: Ceramics, Chess, billiards & "handwork" 1:30p County Sr. Advsy Board Mtg.</p>	<p>18</p> <p>Hale Ctr. Theatre "Diary of Anne Frank" & dinner @ Chuck-a-Rama (Tomorrow - in Orem - bus leaves at 2pm.)</p>	<p>19</p> <p>Hale Ctr. Theatre 2pm.</p>
<p>21 </p> <p>1:00p Senior Center Corporate Board Mtg.</p> <p>7 p.m. Fireside "County Fair Talent Show" Performers</p>	<p>22</p> <p>12 Noon - Lunch (Music by Joe Young Vocal & Guitar)</p> <p>12:45p "Health & Mobility" & "Fall & Balance" Focus Groups 1:30p "Sassy Tappers" (Tap dance classes for Seniors)</p>	<p>23 Fall Begins</p>  <p>Day Trip to Wendover (Bus leaves Senior Center at 8:30 a.m.)</p>	<p>24</p> <p>10 & 11 am. 2 "Piano Classes for Seniors" Contact: Christy Ackerson 12 Noon - Lunch & Presentation - Tanta Lisa Clayton (Legal Services Assistance) 12:45p "Health & Mobility" Focus Group 1-3 p.m. "Flu Shots" (given by Wasatch County Health Dept.) 1:00 p: Bingo, Ceramics, Chess, "handwork", & billiards</p>	<p>25</p> <p>(Tomorrow !) "Walk to End Alzheimers Disease" & Lunch after - in Provo (Bus leaves Center at 8:30 a.m.)</p>	<p>26</p> <p><u>"Walk to End Alzheimers Disease"</u></p>
<p>28</p> <p>7 p.m. Fireside "Swiss Miss" Royalty 2015 (Musical Medley)</p>	<p>28</p> <p>12:00 Noon - Lunch & Presentation - Probst Family Funeral Home (Pre-Arranging)</p> <p>12:45p "Health & Mobility" Focus Group 1:30p "Sassy Tappers" (Tap dance classes for Seniors)</p>	<p>30</p> <p>Day "Scenic Drive" & Lunch - Out See the changing Fall colors of our beautiful mountains (provide own lunch) (Bus leaves Senior Center at 10 a.m.)</p>	<p>OCTOBER 1 (October 1, 2015) 11:00 A.M. FREE - Hearing Checks & Hearing Aid Cleaning & Consultation (by Utah Audiology -- Dr. LeeAnn Norman, Ph.D.) - in the Lounge</p>		

	Monday	Tuesday	Wednesday	Thursday	Friday
September 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>
		1 <u>(1) Congregate</u> <i>Meal:</i> BOX LUNCH, Hogie Sandwich, Potato Salad, Chips, Banana Splits <u>(2) Meals on Wheels:</u> FISH DINER, Au Gratin Potatoes, Carrots, Pears, Cookie, Roll, 1% Milk	2 CRUNCH TOP HAM AND POTATO CASSEROLE, Mixed Vegetables, Banana, Roll, 1% Milk	3 <u>(1) Congregate</u> <i>Meal:</i> BACON WRAPPED CHICKEN, Potato, Pasta Salad <u>(2) Meals on Wheels:</u> CHICKEN STRIP, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	4 CHEF SALAD w/ RANCH, Orange Wedge, Cracker
4	LABOR DAY  7 LABOR DAY CENTER CLOSED NO MEALS	8 <u>(1) Congregate</u> <i>Meal:</i> SALISBURY STEAK, Mashed Potatoes, Peas, Peaches <u>(2) Meals on Wheels:</u> SALISBURY STEAK, Potatoes, Peas, Peaches, Roll, 1% Milk	9 SPAGHETTI w/ MEAT SAUCE, Corn Cottage Cheese, Pears, Garlic Toast, 1% Milk	10 <u>(1) Congregate</u> <i>Meal:</i> POTATO BAR, Potatoes with Trimmings <u>(2) Meals on Wheels:</u> CHICKEN NUGGETS, Tator Tots, Green Beans, Tropical Fruit, Roll, 1% Milk	11 MEAT LOAF, Potatoes & Gravy, Carrots, Apple Slices, Roll, 1% Milk
	14 CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Peaches, Roll, 1% Milk	15 <u>(1) Congregate</u> <i>Meal:</i> BREAKFAST, Hashbrowns, Poached Eggs, Biscuits & Gravy, Ham, Fruit, Milk/Juice <u>(2) Meals on Wheels:</u> MANDARIN ORANGE CHICKEN over RICE, Stir Fry Vegetables, Orange Wedge, Roll, 1% Milk	16 OVEN BAKED CRISPY CHICKEN, Potatoes & Gravy, Green Beans, Peaches, Roll, 1% Milk	17 <u>(1) Congregate</u> <i>Meal:</i> CHICKEN PARMESAN, Red Potatoes, Green Beans, Fruit <u>(2) Meals on Wheels:</u> PORK CHOP, Potatoes & Gravy, Peas & Carrots, Applesauce, Cookie, Roll, 1% Milk	18 HOT DOG, Corn, Pork-N-Beans, Potato Salad, Watermelon, Bun, Roll, 1% Milk
	21 CHICKEN CUTLET, Potatoes & Gravy, Peas, Fruit Cocktail, Roll, 1% Milk	22 <u>(1) Congregate</u> <i>Meal:</i> LASAGNA, Corn, Green Salad, Garlic Toast <u>(2) Meals on Wheels:</u> CHEESE ENCHILADA, Tator Tots, Mexi Corn, Orange Slices, Chips, Salsa	23 BEEF STROGANOFF over NOODLES, Green Beans, Tapioca Pudding, Peaches, Roll, 1% Milk	24 <u>(1) Congregate</u> <i>Meal:</i> FISH DINNER, Potato Wedges, Carrots, Cole Slaw <u>(2) Meals on Wheels:</u> STUFFED GREEN PEPPERS, Red Potatoes, Green Beans, Cottage Cheese, Pears, Roll, 1% Milk	25 TURKEY SANDWICH, Macaroni Salad, Apple Slices, 1% Milk
	28 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	29 <u>(1) Congregate</u> <i>Meal:</i> MEAT LOAF, Potatoes & Gravy, Green Beans, Cookie <u>(2) Meals on Wheels:</u> HAM DINNER, Mac & Cheese, Baked Beans, Cottage Cheese, Pineapple, Roll & 1%	30 CHICKEN PARMESAN, Red Potatoes, Broccoli, Pears, Roll, 1% Milk	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! COME AND JOIN in WITH US.</i>	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>