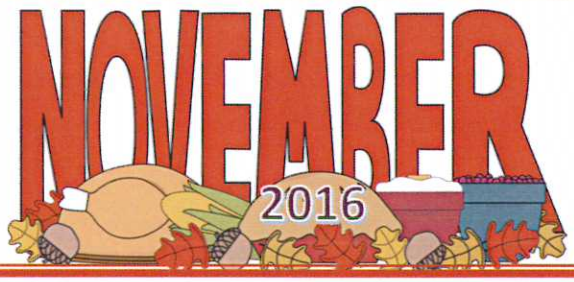
Wasatch County Senior's Newsletter

465 E 1200 S Heber City, Utah—Open M-F 8:30 am—4:00 pm—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, Johanna Huijzendveld, Colette Prestwich, Blaine Webster, Marcia Young,
1st Alternate: Jim Kohler
2nd Alternate: Bonnie Mathews

SENIOR CENTER CORPORATE BOARD

- President: Laura Ribinsky
- Vice- Pres./ President/Elect: Rhonda Sweat
- Past Pres.: Martin Bollschweiler
- Sec./Treas.: Marvin Rust
- 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

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Corporate Advisory Board for Wasatch County Senior Citizens, Inc. ELECTIONS

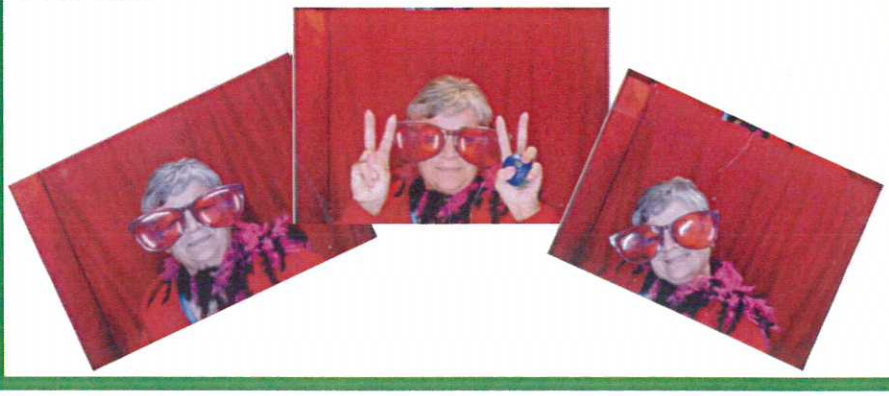
Board of Directors for the Wasatch County Senior Citizens, Inc. (A Utah Non-Profit Corporation) will hold elections in October 2016 To Elect Candidates for the Calendar Year 2017 (Some Longer). For more information and to pick up candidate forms contact Marcia at Senior Citizen's Center office. Seats available are: **Vice President/President Elect:** (1 YR VP, 1 YR Pres., 1YR Past Pres.) Sally Barnes and LaRee Pedro, **One Year Directors** (One Year Directorship. TWO are needed) Roy Daniels, Charles Dews, Lisa Djorsing, Violet Smith. **Elections will be held Thursday October 20, 2016, 8:30 AM through 1:00 PM Thursday, October 27. You can pick up a ballot from Marcia at the front desk. Results will be posted in our "Up Up and Away" article in the Wasatch Wave next week and in the December newsletter.**

SPOTLIGHT

SALLY BARNES

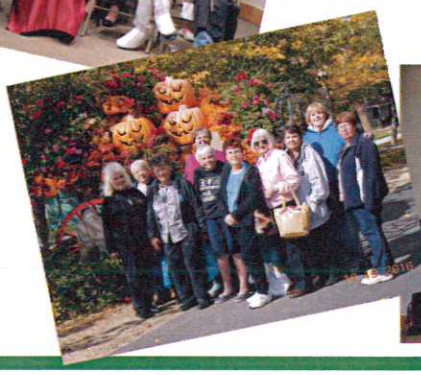
Hi, I am Sally Barnes, I was raised in the Heber Valley. My parents are Ken and Yuleta Gines. I am the fourth of five children. I married my High School Sweetheart. We have two wonderful children and seven amazing grandchildren.

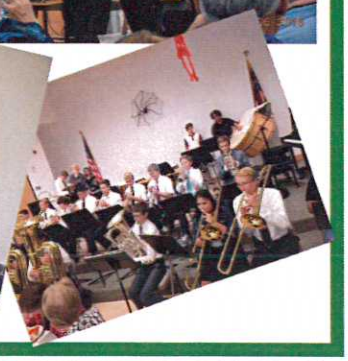
I enjoy gardening, redecorating my home and traveling to Wendover.



October Fun

Wow ! I can't believe October is come and gone already. It has been a busy month here at the Senior Center. Firesides are in full swing, we enjoyed some great music by Lorraine Branham and some of her Friends, Martin Chatterley and Friends also, and Lillian Barrus' piano and violin students. During some of our lunches we heard from the M & M's Senior Band, and the Wasatch High School Band. We joined the "Walk to End Alzheimer's" in Provo and took a day trip to This is the Place Heritage Park. I can't wait to see what the holidays bring.





WEEK DAYS

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

Mondays:

7:00 PM: Fireside: See the line up

Tuesdays:

10:30 a.m.: Chair Exercise Class - Learn exercises to improve your endurance, strength, balance and flexibility.

1:00: Card Games, Ceramics

Thursdays:

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

1:00 pm: Bingo, and Ceramics, Chess and Handwork lessons.

No bingo on the 3rd Thursday

FIRESIDES

Nov. 7: Vocals by Judy Milliner,

Nov. 14: M & M's Senior Band

Nov. 21: Johnson Creek Western Folk Music and Humor

Nov 28: One Voice " A Christmas Welcome"

SPECIAL LUNCH PROGRAMS

Tuesday, November 8: Heber Valley Elementary. A "Veterans Day Salute".

Thursday, November 10: Jus-4-Fun. Sydney Theide and Friends with some "Pop" music and vocals.

Thursday, November 17: Wasatch High School Jazz Band. Thanksgiving Program.

Tuesday, November 22: Clare Mahoney vocals, accompanied by Raneva Lemon.

Tuesday, November 29: Lois Swint, Desiree Ashworth and Marilyn Larsen

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.**

Wednesday, November 9: Christmas Shopping at South Town Mall in Provo. We will have lunch at Chuck-A-Rama after shopping(self pay). The bus will leave the Senior Center at 9:00 a.m. Cost is $4.00 for transporttation. Registration deadline is November 7The mall should be decorated in anticipation of Chrstmas shoppers!

A trip to the **Festival of Trees** is currently under consideration for December.

Saturday, December 10: Hale Center Theater "*A Christmas Carol*". The cost is $25 per person. bus will leave the Senior Center at 4:00 p.m. with a stop for dinner at Chuck-a-Rama after the show. The **registration deadline is Thursday November 17.**
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.

For more information on 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 January 18-25 to Hawaii. February 23-28, Arizona Entertainment tour. April 30-May 5, Pacific Coastal Cruise, June 5-10 Highway 101 Tour (San Francisco to Portland. July 10-17, Calgary Stampede and Canadian Rockies Tour.** For more information or to register call **toll-free 1-877-811-3244 or visit their website at: knighttoursandcruises.com .**
Senior Tours and Travel **is offering : Nov. 15-18 to Jackpot**, a **Christmas Special to Wendover on Dec. 9.** Go to **www.seniortoursofutah.com** or call 801-568-7700 for more information.

alzheimer's association

Educational Series
Hosted by: Wasatch County Senior Center
465 E. 1200 S.
Heber City, Utah

WASATCH COUNTY

Presented by the Alzheimer's Association

10:00am to 11:30am

Dates and Topics

Sept. 13, 2016	*Introduction to the Educational Series*
Oct. 11, 2016	*Know the 10 Signs-Early Detection Matters*
Nov. 8, 2016	*The Basics-Memory Loss, Dementia, and Alzheimer's*
Dec. 13, 2016	*Dementia Conversations-Driving, Doctor Visits, Legal & Financial Planning*
Jan. 10, 2017	*Legal and Financial Planning for Alzheimer's Disease*
Feb. 14, 2017	*Effective Communication Strategies*
Mar. 14, 2017	*Healthy Habits for a Healthier You-Tips from the Latest Research*

Please register for each of the above workshops by calling 1-800-272-3900.

Alzheimer's Association, Utah Chapter | 855 East 4800 South, Suite 100 | SLC, UT 84107 | www.alz.org/utah

MEDICARE

Medicare Open Enrollment is in full swing and beneficiaries have until December 7th to make changes to their Prescription Drug Plan (Part D) or their Advantage Plan (Part C). Beneficiaries should have received notices detailing changes in their current plan for premiums, co-pays, and deductibles. The 2017 plans are available at **www.medicare.gov** under "Find Health & Drug Plans." We can assist with evaluating your options or changing your plan, or you can call your agent or the plan itself. It is against the law for agents to "cold call" you, but they can send materials through the mail. Always protect your personal information. Please call (Dawn Loper: 801-229-3819 or Bonnie Lewis: 801-229-3810) if you need a plan review, or to see if you might qualify for Extra Help with your prescription drug costs.
Dawn Loper
Mountainland Association of Governments
586 E. 800 N.,
Orem, UT 84097 801-229-3819

From the Director's Desk . . . . . *Ashley Fish*

This is the month - in the United States of America - when a day is set aside as a national holiday to "give thanks".

In the spirit of this great holiday (Thanksgiving) season, here's a "short list", not in any particular order, of things for which I'm grateful:

. I'm thankful to be an American and to have been born and raised in this wonderful country.

. I'm thankful we live in this great country where can come and go as we please, even from state to state without having to 'show papers' and documents. And to enjoy the MANY freedoms we do; with which we are endowed by the Constitution and Bill of Rights of our beloved "America".

. I'm thankful for good health.

. I'm thankful for a wonderful spouse and children/grandchildren who love me as much as I love them.

. I'm thankful for all family and extended family.

. I'm thankful for my employment, my work associates, and those new friends whose acquaintances I make regularly.

. I'm thankful for the personal examples of many good people - trying to do what's right - and who live The Golden Rule.

. I'm thankful for clean air to breathe, clean water to drink, plentiful food to eat, a nice bed on which to sleep, and all the other things I/we so often take for granted.

. I'm thankful for the opportunity to be able to assist others who are less fortunate than we and for the resources, health, capacity, and wherewithal to do so.

. I'm thankful for my faith and belief in a Supreme Being and for His goodness to us. As citizens of this great county -- in God we trust.

May we daily be grateful for our blessings and to show our thanks by serving our fellow men and women. Have a Happy Thanksgiving Holiday Season!

Join us on Tuesday Mornings. Everyone can benefit from exercise regardless of age or fitness level. Come join us in learning exercises to improve your endurance, Strength, balance and flexibility. All ability levels are welcome. We meet at 10:30 every Tuesday morning in room 157. Class is taught by Carol Meredith

BASIC COMPUTER CLASS

A Basic computer classes will began on Tuesday, October 11 and continue through November 15. The classes will be held every Tuesday from 10:00 a.m. to 12:00 p.m. in the Library computer lab. The class will be taught by Jim Kohler.

The Boutique

Looking for that special baby gift or handcrafted item? Check out our *Boutique* or ceramics display cabinet at the Senior Center **FIRST**! Baby quilts & wraps, birdhouses, potholders, dish cloths, jar lid grips, scarves, hats, mittens, dolls, ceramic statuary and much more are available. Donations help reimburse expenses & support weekly activities & special events. We have some talented quilters, knitters, crocheters and crafters who donate their time & talents creating special & practical items displayed in the in the lounge area. *Items displayed are changed regularly* as crafters complete their projects, so check it often!

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.

You can learn to do this!
Join the Ceramics class on Thursdays at 1:00 p.m.

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.

CHUCK-A-RAMA

For just a $1 donation to the Senior Center you get a Senior Club card which gives you 20% discount on meals at Chuck-A-Rama.

THURSDAYS *AT 1:00*

Win prizes! *Laugh!*

Have fun! *Make friends!*

Gaye McPhie	2
LaRee Pedro	2
Blaine Webster	3
Vickie Todd	5
Phil Wright	6
Pam Ramult	7
Sharleen Williams	8
Maxine Carlile	9
Kenneth Welch	10
Lala Hatch	14
Charlene Hicken	15
Karen Parcell	16
Lee Ammons	16
Glenice Morgan	19
Kendall Crittenden	20
Palmar Turnblom	20
George Crawford	21
Martin Bollschweiler	22
Ken Speirs	23
Joyce Clark	24
Phyllis Crook	24
Joseph Young	24
Francis Harrison	26
Burt Giles	27
Neal Larsen	29

November Birthdays

OBITUARIES

Reva Epperson Allison
Born: February 23, 1914
Died: September 24, 2016
Married: Daniel Leahy Allison

Ann McNaughtan Neville
Born: September 28, 1940
Died: October 15, 2016
Married: Keith Kendall Neville

Ruth Curry Farrell
Born: June 1, 1937
Died: September 30, 2016
Married: Roy Farrell

Kathryn Axman Jones
Born: February 1, 1929
Died: October 14, 2016
Married: Leslie Alan Jones

Flora Simmons Mecham Dunbar Wilkins
Born: July 21, 1926
Died: October 1, 2016
Married (1) Tom Udel Mecham
(2) Jim Dunbar
(3) Wayne Wilkins

Karen Acklin
Born: May 27, 1948
Died: October 16, 2016
Married: Charles Acklin

FROM CORA'S KITCHEN

To all our Seniors...just a little info from the kitchen. November has arrived bringing us colder weather.

November is: Aviation History Month, Diabetes Awareness Month Native American Heritage Month, Georgia Pecan Month, Peanut Butter Lover Month, Vegan Awareness Month and Sleep Comfort Month.

Don't forget to change your clocks one hour behind on November 6th. It's Daylight Savings Time.

On November 11 at 11:11, 1921, the U.S. France and England each buried an unknown soldier in honor of those who died in World War 1. This began the annual Armistice Day holiday. The time and day was picked because fighting ceased at this time. In 1954, President Eisenhower changed it to Veteran's Day, in honor of those who served and died from all wars.

We will be having our Thanksgiving Dinner on the 17th. Thanksgiving is a time to give thanks for all our blessings. Come and enjoy dinner with us. Please make sure and call ahead to make your reservation, so that we will have enough for everyone.

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

To all of you who volunteer service on behalf of others, the Senior Citizens of Wasatch County say "Thank You"

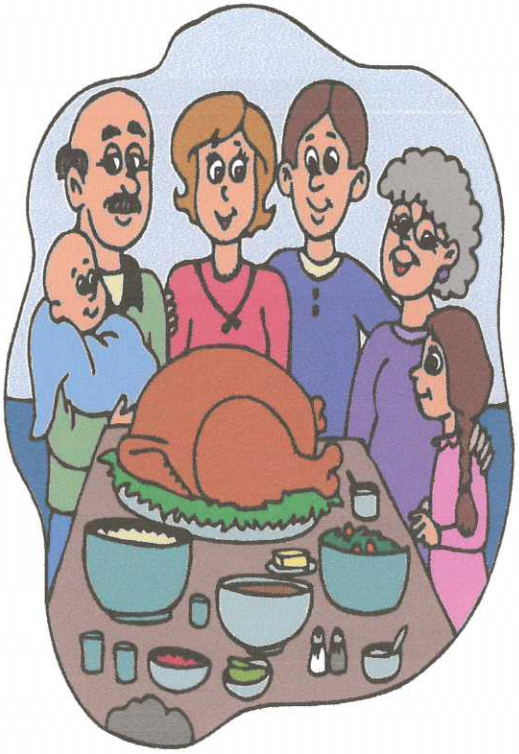
Benefits of Membership at County Senior Center:

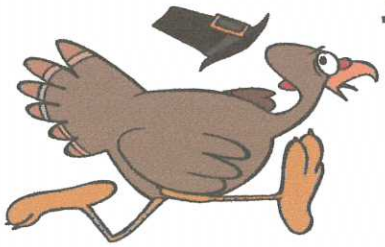
It's only $10.00 for the Entire Year!** *You can take home **Food Donations** including bread and canned goods donations on Tuesdays and Thursdays. *You can win **Prizes at Bingo**! *You can go on **Trips and Tours** with us! *You have access to **Billiards**, **Ceramics Class**, **Exercise Classes**, **Computer Access**, ***Evenings of Music, **Handwork Group**, Gift Shop, **Monthly Newsletter** and **Much, MUCH MORE! Are you 55 or older? We need YOU at the Wasatch County Senior Center! Stop by or call 435-654-4920 for a tour!**

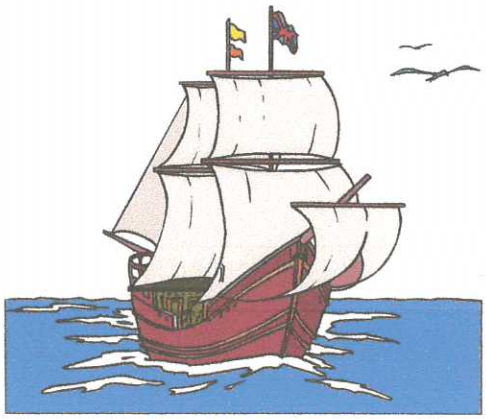
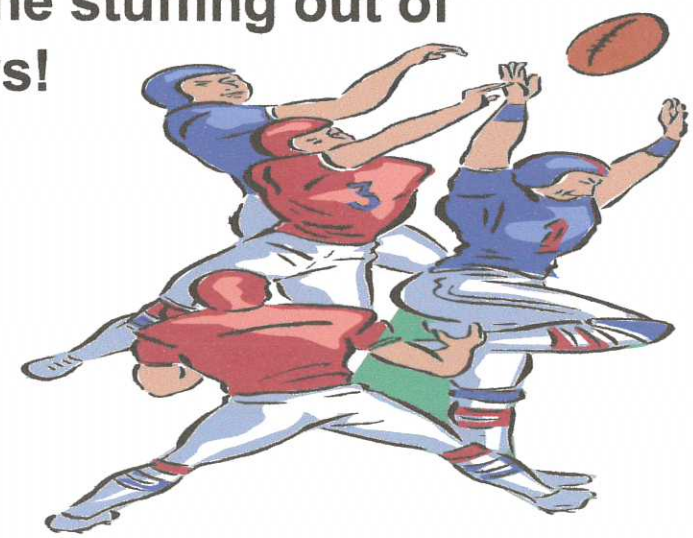
Happy Thanksgiving

May this season be filled with joy and laughter to share with all of your friends and family!

The warmth and closeness that we share brings joy that never ends. That's why through all the months and years we are glad we've stayed friends!





It's time to carve the turkey,
butter the corn, but most of all

Hope that OUR team kicks the stuffing out of the other guys!