SPOTLIGHT
Jean Wootton

Mary Jean Wootton was born in Driggs Idaho on August 18, 1943. She attended Teton High School and Ricks College. Jean graduated with an associate degree in nursing. She later went back to school for a Bachelors degree. Jean married John Wootton in the Salt Lake Temple in 1966. They lived in Salt Lake; Phoenix; Carpinteria, California; Fallbrook, California & Pocatello, Idaho-where John passed away in 2003. Jean then moved to Idaho Falls and lived with her parents until they passed away. In early 2017 she moved to Wallsburg with family. She has worked at several hospitals. After she retired she worked in the Humanitarian Center and made 2-3 quilt tops each week.
From the Director’s Desk . . . . . .

 Summers at our Senior Center bring a variety of events and activities.

- Each year at least one Alumni Class of Wasatch High School holds its “class reunion” here. Cora, Brent and their kitchen staff “cater” a meal selected by the class committee. Already this year the WHS “Class of 1954” has celebrated their 65th year gathering. Another class, or two, have theirs scheduled, as well. Should you wish to schedule a family or group “catered” event here, please contact Cora Briggs for details.

- Our buses are regularly transporting participants to a variety of outings and other events planned by our Activities Coordinator, Candie. A review of those events can be found in our monthly newsletter, including this issue.

- Our usual and popular events - held each week or month - continue. Some that we don’t often call attention to are:
  - The monthly “Book Club” held on the 3rd Thursday morning, hosted by Stefanie Cook, from our associates at The Wasatch County Library.
  - Complimentary piano classes (also held on Thursday mornings) taught by our kind and gifted Christy Ackerson. Call, should you wish to participate and learn a new skill. Classes are free.
  - Our complimentary “Chair Exercise” classes are held every Tuesday morning at 10:30 a.m., led by Ginny Otteson and Alicia Ames. Come join the fun and enjoy the “work out” and socialization.
  - Our group of billiards/pool players meet Monday through Friday, at 1 p.m., to enjoy the fun of being together. We play just for fun, no money required. Come join in and learn the game – there’s always room for new participants of any skill level, even if you are a “beginner”.

- Our card-playing groups usually meet right after lunch on Tuesdays and Thursdays. Should you wish to join and/or start your own group, you are most welcome.

- Have you yet come to join in with our monthly (complimentary, of course) “Movie of the Month” social group? Mondays at 1 p.m. has been the usual day for this – complete with refreshments. Check our calendar for the movie being hosted by the group each month.

- And, last, but not least, is our “Bingo”-playing group. Over the many years, this activity has been one of our most popular weekly social events – also held on Thursday afternoons, after lunch. Proceeds go to the senior center. (Everyone is a “winner” with prizes provided by our inimitable Betty Jones who, by the way, has been coordinator of this activity here at our Senior Center for some 25-30 years.)

Please come join these groups. Again, should you be interested in starting your own group complimentary activity here, please let us know. For any and all activities please call Tiffany, at our Front Desk, or Candie, who will help you schedule and sign up. There’s fun and socialization for everyone!

Ashley Fish

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Did you know that IRS scams ranked #1 among all the senior scams reported to the Senate Aging Committee’s Fraud Hotline last year? And robocalls or unwanted calls ranked second, despite the use of the national Do Not Call Registry? In their recent report, Fighting Fraud: Senate Aging Committee Identifies Top 10 Scams Targeting Our Nation’s Seniors, the United States Senate Committee on Aging identifies these top 10 scams and provides an in-depth overview of the scam and scammers tactics with some case examples. It also reports on current actions being taken to combat the scams, their successes and tips for seniors on how to avoid these scams and where to report them.

**The 10 top scams covered in the report are:**

1) IRS Impersonation Scams
2) Robocalls and Unsolicited Phone Calls
3) Sweepstakes Scams/Jamaican Lottery Scam
4) “Can You Hear Me?” Scams
5) Grandparent Scams
6) Computer Tech Support Scam
7) Romance Scams
8) Elder Financial Abuse
9) Identity Theft
10) Government Grant Scams

To report such scams, you can call the Senate Aging Committee’s Fraud Hotline at 1-855-303-9470. For any Medicare-related fraud, you can call Dawn Loper/MAG Senior Medicare Patrol at 801-229-3819. You can also call Dawn to get information about a government program to help low-income Seniors with their prescription drug costs.
To all our Seniors...just a little info from the kitchen. August, August, August. I can't believe that we are this far into the year. Where has time gone? We must be having fun.

August brings us: Week 1-National Simplify your Life Week, Week 2-National Smile Week, Week 3-Friendship Week, Week 4-Be Kind to Humankind Week.

Thursday the 18th, we will be having our annual “Hamburger Cook Out” at Charleston. It starts at 5:00 p.m. Make sure and call at least the day before, so that we bring enough of everything. It will be a fun time with great entertainment.

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21st as National Senior Citizens Day.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older—places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

- President Ronald Reagan-
August 19, 1988 Proclamation 5847

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.” George Burns

Please remember to drink lots of water. We need it more this time of year. Until next time, take care...Cora Briggs

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**SPECIAL LUNCH PROGRAMS**

- **Thursday, August 1:** Fair Days Grand Marshals Duane & Janet Sweat
- **Thursday, August 8:** “The Impact of Positive Thinking” by Jane & Bob Garretson
- **Tuesday, August 13:** MAG, Medicare, S.S. & Fraud by Dawn Loper
- **Thursday, August 15:** Music by “Country Sunset”
- **Tuesday, August 20:** “Thrive-in-Place” by April Sandberg
- **Thursday, August 22:** “Living Well with Chronic Pain” by Karyn Gingras, RN
- **Tuesday, August 27:** “Estate Planning” by Jeff Daybell, Attorney

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**EVERY WEEK DAY:**

- Billiards, Table Games, Computers, Chess, Checkers, Exercise Room, Reading, Puzzles

**Tuesdays:**

- **10:30 am:** Chair Exercise Class
- **1:00 pm:** Table Games, Ceramics, Billiards

**Thursdays:**

- **9:00, 10:00 & 11:00 am:** Piano Classes taught by Christy Ackerson. Call to schedule a class 801-864-6403
- **1:00 pm:** Bingo, Ceramics, Billiards

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When needing to ride on the Tuesdays and Thursdays “Lunch Bus”, please call the Front Desk 435-654-4920 to make sure it’s “running” that day.

Note: There must be 4 or more RIDERS, each time, or the bus(es) don’t run.
Wasatch County Caregiver Support and Education

Support Group meets at 4:00 pm the 2nd Thursday of each month.
Wasatch Senior Center, 465 E 1200 S, Heber
(435-654-4920)

CHUCK-A-RAMA

Would you like a 20% discount at Chuck-A-Rama?
A $1 donation to the Senior Center will get you a “Senior Club” card which will give you a 20% discount plus after 10 meals get 1 meal free!!
All proceeds go to our Senior Center.

Meals on Wheels

Do you or someone that you care about need meals delivered to your home? The Meals on Wheels program is designed for those who are over the age of 60 years and homebound (do not drive). For more information about the Meals on Wheels program call Tiffany at the Senior Center.

BOUTIQUE

Looking for that special baby gift or handcrafted item?
Check out our Boutique & Ceramic display at the Senior Center FIRST! Baby quilts & wraps, potholders, dish cloths, scarves, hats, mittens, dolls, & variety of ceramics are just a few of the items on display.
Any and all “crafters” are welcome to contribute their “handwork” to the Senior Center Boutique.
Items displayed are changed regularly as crafters complete their projects, so check it often!
(All Proceeds to the Senior Center Activities and the like)

FREE Piano classes on Thursdays at 9, 10 & 11 a.m.
taught by Christy Ackerson
For an appointment

Birthday Cards = Free Lunch!
Your Birthday Card will be mailed to you.
*Don’t forget to make a reservation.
Does not need to be used during your birthday month.

Caregiver Appreciation Dinner
An Evening to Enjoy

Thursday, September 12 from 4:30 – 7 pm
Rocky Mountain Care—The Lodge
544 E 1200 S, Heber City
RSVP by September 9 to 801-229-3804

Senior Treasure Table

Looking for that Special Treasure??
“One person’s junk is another person’s Treasure!”
Feel free to donate anything that is clean and in good condition.
You can take home treasures and you don’t need to donate anything!
The next dates are:
Tuesday, August 6th, and Thursday, August 8th …
Meet you at the Treasure Table!
Any questions please see Lynn Allen
**Senior Giggles**

**How Aging Affects Belt Height...**

*by Don Reynolds*

*Youth Adult Middle Old Age Age*

*A Reynolds Unwrapped Cartoon Collection*

**The Seven Dwarves of Old Age...**

- Napper
- Wrinkly
- Squinty
- Rocky
- Saggy
- Leaky
- Party

**Peanuts**

TROMP TROMP TROMP TROMP

**Why do we have so many antiques in our home?**

I LIKE ANTIQUES

**And you fit right in**

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Activities, Programs & Events
TRIPS & TOURS

To register call Candie @ 435-654-4920 (by the deadline) or sign up & pay at Senior Center. Payments must be made at time of signing up. Current paid members will receive first consideration if space is limited. In the event a trip time/date needs to change we will let you know ASAP. Tickets & activities are non-refundable unless noted otherwise.

*NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.

For costs and information on longer Bus Tours, Cruises, & International trips, check the Travel Table at the Senior Center.

<table>
<thead>
<tr>
<th>Date:</th>
<th>Registration Deadline:</th>
<th>Cost:</th>
<th>Details:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, August 2nd</td>
<td>Closed</td>
<td>$23</td>
<td>Salmon Supper: Payson</td>
</tr>
<tr>
<td>Monday, August 5th</td>
<td>Aug. 2nd</td>
<td>No Cost</td>
<td>Movie: Sully, at Senior Center</td>
</tr>
<tr>
<td>Friday, August 9th</td>
<td>Aug. 8th</td>
<td>On One’s Own</td>
<td>Men’s Breakfast Club Chick’s Café, Heber</td>
</tr>
<tr>
<td>Monday, August 12th</td>
<td>Aug. 9th</td>
<td>$5 Lunch On Own</td>
<td>Taggart’s Luncheon, Morgan</td>
</tr>
<tr>
<td>Saturday, August 17th</td>
<td>Aug. 12th</td>
<td>$17 Meals On Own</td>
<td>Wyoming Downs: Evanston, WY</td>
</tr>
<tr>
<td>Monday, August 19th</td>
<td>Aug. 13th</td>
<td>$8 Each Sign</td>
<td>Wood/Vinyl Craft at Senior Center</td>
</tr>
<tr>
<td>Wednesday August 21st</td>
<td>Aug. 15th</td>
<td>$4 Lunch On Own</td>
<td>Let’s Check It Out: A Tour Of Local Businesses &amp; Lunch</td>
</tr>
<tr>
<td>Monday, August 26th</td>
<td>Aug. 22nd</td>
<td>$15 Meals On Own</td>
<td>Vernal Museums Day Trip: Vernal, UT</td>
</tr>
<tr>
<td>Wednesday, September 4th</td>
<td>Aug. 30th</td>
<td>$17 Lunch On Own</td>
<td>Museum Of Natural History: SLC</td>
</tr>
<tr>
<td>Wednesday, September 18th</td>
<td>Until Full</td>
<td>$20 Includes Buffet</td>
<td>Wendover Fun Bus: Wendover, NV</td>
</tr>
<tr>
<td>Friday, October 4th</td>
<td>August, 28th</td>
<td>$46 Dinner On Own</td>
<td>The Addams Family: Hale Theatre, Sandy</td>
</tr>
<tr>
<td>Saturday, November 9th</td>
<td>August, 30th</td>
<td>$33 Dinner On Own</td>
<td>Ballet West Snow White: Capitol Theater, SLC</td>
</tr>
</tbody>
</table>
Did you know... All Proceeds from our Pop Machine go to support the Senior Center.

- Coke
- Diet Coke
- Pibb Xtra
- Minute Maid Lemonade
- Fanta Orange
- Sprite
- Barg's Root Beer

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**Obituaries**

Janet Rose Fullmer  
Born: March 9, 1943  
Died: July 4, 2019  
Married: Verlan Fullmer

Mary VerDawn Leaky Nelson  
Born: April 17, 1935  
Died: June 26, 2019  
Married: Bonner R Nelson

Darwin (Sid) E. Casper  
Born: January 18, 1938  
Died: July 11, 2019  
Married: Luana Duke Casper

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**Birthday**

- JoAnn McLellan  
- Dan Rider  
- Michael Corollo  
- Tom Melville  
- Kathleen Kendall  
- Mardell Witham  
- Nelda Muir  
- Julie Hardman  
- Linda Rimington  
- Judy Eddins  
- Laurel Rail  
- Helen Knight  
- Eddis Witt  
- Jim Kohler  
- Karen Keeney  
- Mary LeBlanc  
- Mary Noonan  
- Bill Duke  
- Pamela Patrick  
- Mary Patterson  
- Jean Wootton  
- Annette M. McMurdie  
- Sherry Sabol  
- Norma Richardson  
- Sheila Shaw  
- Ralph Mickelson  
- Margaret Schloss  
- Margaret Gooch  
- Joyce Lee  
- Kris Glasgow  
- Blanche Clark  
- Renee Horrocks

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**No Monday Night Firesides in August**