SPOTLIGHT
Marina A. Verden

I was born in Evergreen Park, Illinois on December 12, 1962. Attended William Howard Taft, where I sang in the chorus choir and participated in the pep club, graduated in June 1982.
I was a caregiver to my father, while he was sick until he passed on October 5, 2009. As of November 7th, I will be a breast cancer survivor for 10 years.
My family consists of one sister, Mary (55) and two brothers, Michael (62), Matthew (45). I have three nieces, Kathryn (23), Stephanie (21), Olivia (13) and three nephews, Tommy (22), Johnny (14) and Nick (11).
I take care of two Chihuahuas, Maggie and Lola, who are sisters and 14 years old.
I have taken two cruises and have been to 26 out of the 50 states.
I enjoy reading books, doing crossword puzzles and playing games.
From the Director’s Desk . . . . . .

I often reflect on what I’ve learned in just the recent past - that I didn’t know previously. We’re constantly learning, aren’t we?

Men and women’s quest for knowledge and his/her innate curiosity about things are on-going. Just like using our physical bodies - to stay physically active, we use our minds, intellect and our emotional make-up to keep us alert and mentally charged.

Because our Senior Center is located adjacent to our County’s Library, I often take time to observe those seniors who go in and out of the Library – many to check out reading material. One of our fellow seniors who resides here in our beautiful Valley (with whom I’ve been acquainted since our youth - going on sixty years now) informs me that he reads 2-3 books almost every week! I have great admiration and respect for him because of that. Remarkably, he also regularly volunteers and serves in the community, attends to his civic duties, his faith and family. I know there are others like my friend. I congratulate you for this.

I encourage us all to “stay active” in all aspects of our lives; mentally, physically, emotionally, spiritually, and the like.

As we close the end of yet another remarkable year, we wish each of you peace, happiness and good health. Here’s to another forthcoming great year - 2020!

 Cheers!

Ashley R. Fish

Corporate Board Officers and Directors for 2020:

President – Perry Rose
Vice President/President Elect – Sandy Hansen
Past President – Dennis Allen
Secretary/Treasurer – Marvin Rust
Historian – Carroll Lee Hicken
3 yr. Director – Wayne White
2 yr. Director – Dee Akerley
2 yr. Director – Roy Daniels
1 yr. Director – John Besendorfer
1 yr. Director – Cheryl W. Jones

“We recognize and thank the following for their kind service as members of our advisory Boards:

・ Bonnie Mathews - 4 yrs. service - County Advisory Board Director
・ LaRee Pedro - 3 yrs. service - Corporate Advisory Board Officer
・ Betty Jones - 2 yrs. service - Corporate Advisory Board Director

Our best wishes and expression of appreciation to each of these fine women.

We wish each of them well.”
To all Seniors...just a little info from the kitchen:

From all of us in the kitchen
To all of YOU ....

MERRY CHRISTMAS

and

A VERY HAPPY NEW YEAR!!

December Firesides

December 2: M & M’s Band “Christmas” Concert
December 9: The Magalei Family “A Family Christmas”
December 16: Swiss Chorus and Bell Ringers (In Midway)

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.
435-654-4920

SPECIAL LUNCH PROGRAMS

Tuesday, Dec 3: Music by the TMS Choir
Thursday, Dec 5: Music by the TMS Orchestra
Tuesday, Dec 10: Music by the Daniel Elementary School
Thursday, Dec 12: Music by the Heber Valley Elementary Choir
Thursday, Dec 19: Music with Lorraine Branham & Heidi Burnard

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

For an appointment Call 801-864-6403
The end of Open Enrollment is coming up quickly. Open enrollment ends Saturday, December 7th. Our office will be closed on Friday the 6th and Saturday the 7th. I (Dawn Loper) will be working extended hours for the next two weeks, but the office is closed for the Thanksgiving holiday. I will also be out of the office Monday, December 2nd to help my family with Festival of Trees set-up. We encourage you to use the Plan Finder at: medicare.gov to compare plans. One tip: when comparing plans, the automatic sort for the plans is by the lowest premium cost. That is not always the lowest price for you. You will need to change the sort to the lowest cost for plan premiums plus the cost of the drugs. In that way you will have a more accurate cost to compare. There is no "right" plan for everyone. The best plan for you is the one with the lowest cost, based on your medications. I will be taking calls during this time, but please do not leave a message. Usually I would return all messages within a day or so, but I have so many calls that I can not guarantee that I can return your call quickly. Just be persistent, and patient in calling. The Low Income Subsidy (LIS) program does not have any deadlines. It is open all year around to help Seniors with the costs of their prescription drugs. You can sign up online at: ssa.gov/extrahelp, or call me (after Open Enrollment) and I will assist with the application. There are income and asset levels that must be met, but those levels are higher than for many other programs, such as Medicaid. My number at Mountainland Association of Governments is 801-229-3819. I will not be in Wasatch County again until December 10th, which is after Open Enrollment closes.

DAWN LOPER
SHIP Medicare Counselor
801-229-3819
www.LoveYourLaterLife.org

Obituaries

Stephen Leon Gale
Born: February 19, 1948
Died: October 20, 2019
Married: Madeleine Moulton Gale

Juanita Ross Zenger
Born: August 3, 1925
Died: October 21, 2019
Married: Dean Lamont Zenger

Margery Mae Kiskadden Baum
Born: November 2, 1920
Died: October 21, 2019
Married: Thomas Baum & William Baum

James Merrit Remington
Born: March 9, 1931
Died: October 26, 2019
Married: Gay Remington

Launie Kay Mair
Born: November 13, 1962
Died: November 9, 2019
Married: Rusty Mair

Mildred “Gig” Clair Davis
Born: March 16, 1926
Died: November 11, 2019
Married: Rex “J” Davis

Ronald Boyd France
Born: November 28, 1930
Died: November 14, 2019
Married: Margo Gene Strasser France

William Bill Mair
Born: November 28, 1930
Died: November 3, 2019
Married: Susann Huntsman

Senior Book Club

This group meets at 10:30 a.m. on the third Thursday of each month.

The next meeting will be on December 19.

We are currently reading Three Things About Elsie by Joanna Connan

Call the Senior Center for more information 435-654-4920.
Senior Giggles

I'm old enough to make my own decisions... just not young enough to remember what I decided...

Happy Birthday

Mike Dorsey 1
Laural North 1
Laura Ribinsky 1
Maurice Emerson 2
Claudette Jolly 4
Ann Clarke 4
Carol Davis 6
Mary Ordway 7
Marcia Young 10
Kay Ryan 11

Robert Pelton 12
Marina Verden 12
Joe Hokett 12
Arlene Chandler 14
Bill Price 14
Roy Kendall 14
Cindy Bishop 14
Charles Jenkins 16
Jim Smedley 17
Doris Wolf 17

Crystal Epler 18
Merry Duggin 19
Janette Cimino 20
Vera Smith 21
Betty Brandner 22
Pam Casper 22
David Waterman 22
Annette Young 22
Katherine Couval 23
Kenneth Matsumoji 24
Carol Nielson 24
Jeanine Moss 25
Sidney Ellingford 25
Mary Ann Campbell 26
Mel Ryan 28
Ashley Fish 28
Sharon A. Spencer 29
Ted Schrader 29
Larry Clark 29
Carol Harvey 29
Jalaine Hicken 30
Anthony Yacek 31

We're On Facebook!
Wasatch Senior Citizens Center

SOCK FEST
spread warmth

DONATE NEW SOCKS
in all sizes, styles & colors

Help us spread warmth this season by donating and collecting NEW socks in all sizes, styles and colors. These socks will be donated to many local organizations in need. Donations will be accepted November 1, 2019-January 16, 2020.

Donation Box Located inside the Senior Center

Senior Treasure Table

The next dates are:

Tuesday, December 3rd until
Thursday, December 5th

Any questions please see Lynn Allen
“Apparently there’s no good or bad children anymore...only misunderstood!”

“Whoa, Carl! You been working out?”

“I told you if you kept making faces it would freeze that way.”

“Since the hair dryer incident, Mr. Frosty has pretty much been left a vegetable.”

“You’re not going to blog this...are you Rudolph?”

“Nope, this is going straight to YouTube.”
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>Wednesday, December 4th</td>
<td>Nov. 25th</td>
<td>$10</td>
<td>Festival Of Trees: Sandy</td>
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<tr>
<td>Saturday, December 7th</td>
<td>—</td>
<td>—</td>
<td>Ronnie Milsap: Dejoria Center, Kamas</td>
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<tr>
<td>Monday, December 9th</td>
<td>Dec. 9th</td>
<td>No Charge</td>
<td>Reflexology, Meditation, Yoga Class: Senior Center</td>
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<tr>
<td>Wednesday, December 11th</td>
<td>Dec. 10th</td>
<td>No Charge Lunch On Own</td>
<td>Laps, Laughs, Lunch: Park &amp; Rec / Kneaders</td>
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<tr>
<td>Thursday, December 12th</td>
<td>Dec. 9th</td>
<td>No Charge</td>
<td>Festival Of Lights: Spanish Fork</td>
</tr>
<tr>
<td>Monday, December 16th</td>
<td>Dec. 13th</td>
<td>$13</td>
<td>Luncheon: Hideout Steak House, Heber</td>
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<tr>
<td>Wednesday, December 18th</td>
<td>—</td>
<td>—</td>
<td>High Valley Arts “Elf”: Midway Town Hall</td>
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<tr>
<td>Saturday, January 4th</td>
<td>Dec. 2nd</td>
<td>Adults: $48 Kids (5-17): $27 Lunch On Own</td>
<td>Seussical: Hale Theatre, Sandy (Grandkids Are Welcome)</td>
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<tr>
<td>Wednesday, January 8th</td>
<td>Jan. 6th</td>
<td>$2</td>
<td>Luncheon: Mirror Lake Diner, Kamas</td>
</tr>
<tr>
<td>Wednesday, January 22nd</td>
<td>Jan. 21st</td>
<td>No Charge</td>
<td>Reflexology W/ Bridget: at Senior Center</td>
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