SPOTLIGHT

Ann Clarke

My full name is Margaret Ann Sumzion Clarke. I was born in Pleasant Grove, Utah on December 4, 1941. My mother, Margaret May Thomas grew up in Heber City and my daughter and her family live in the valley now. I graduated from Provo High School in 1960. I was also a Physical Education major at B.Y.U. I was married to Wayne Sabey Clarke for forty-eight years. He passed away two years ago. We enjoyed spending time with our children at our cabin in Timber Lakes, road trips to national parks, and boating in Lake Powell. While married we lived in Springville, Cedar City, and Cottonwood Heights. I worked from home as a beautician for many years. I have four children, fourteen grandchildren, and six great grandchildren. I enjoy traveling and have been to many wonderful places including Europe, Mexico, Canada, China, Thailand, Kenya, Australia, and more. I like to shop, garden and watch the Utah Jazz play.
From the New Corporate Board President . . . . . .

Happy New Year to all of you. I hope your Christmas was great and you were able to enjoy the true meaning with your loved ones gathered around you.

As the incoming President I want to take a moment and say Thank You to our outgoing President Dennis Allen. I hope I will be able serve as well as he has. He will be our Past President and there is no question in my mind that I will be able to go to him with questions and get the right answers. Let me say Thank You to the other board members who give so much for so little. To Ashley Fish, all of the front Office staff and let's not forget the Kitchen staff. Without all of you this organization would fail. God Bless you all and again Thank You.

I am very excited to serve and be apart of this organization. I have been treated so well by all of you. I do not know how I could ever repay any of you. I want all of you to know that I am open to ideas and suggestions that you may have. Let's work together to get more seniors out to lunch and to our programs. As we grow old it is important for us to have a social life and I cannot think of a better place to be than right here with all of you.

I look forward to serving with the new board some who have been serving for a long period of time and some who are new. Welcome, Sandy Hansen as our new Vice President/President Elect. No question that this board is some of the best we could have representing us. I know each and every one of them. I can tell you they have the same goal in mind as I do. That is to be the best at listening to all of you and your ideas and doing what is right for all—not just a few.

My Mother (Betty Rose) told me that she loved each and everyone of you before she passed away many years ago. She made me promise that I would be involved and serve, to the best of ability, all of you when I got old enough to be a member. Well, not sure I am old enough but I am here to fulfill that promise.

May this year be the best for all of us and our families. May we unite and become one, to concur those heavy tasks that we may come across and enjoy together the good times.

Perry Rose

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.
As the new year rolls around we wanted to make you aware of several enrollments that will begin in January. The first is the General Enrollment Period. Every year the General Enrollment Period (GEP) for Medicare occurs between January 1 and March 31. This is the time—and usually the only time—during which those who are otherwise eligible for Medicare Parts A and/or B and failed to enroll when they were first eligible have another opportunity to join. People may use the Medicare GEP to enroll at any time during January, February, or March. Regardless of when they enroll and which parts of Medicare they choose, all coverage will start on July 1. That’s one of the many reasons why it’s so important to sign up for Medicare when first entitled to do so. The second is the Medicare Advantage Open Enrollment Period: You can switch from your Medicare Advantage Plan (excluding Medical Savings Accounts) to another Medicare Advantage Plan, or to Original Medicare with or without a stand-alone prescription drug plan (Part D), during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from January 1 through March 31. Remember, you can only use this enrollment period if you have a Medicare Advantage Plan. Changes made during this period take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Unlike Fall Open Enrollment, you can only make a single change during the MA OEP. If you have questions about either of these enrollments, please call me (Dawn Loper) at 801-229-3819. I will be at the Wasatch Senior Center on January 14, 2020. Please call for an appointment for that day, if needed. I can also give you information about a program called Extra Help for assistance with Medicare prescription costs.

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

Obituaries

Richard L McPhie
Born: December 27, 1946
Died: November 18, 2019
Married: Nancy Thompson

LuWana Moulton Richardson
Born: July 10, 1936
Died: November 25, 2019
Married: LeRoy Richardson

Cindy Montgomery Fitzgerald
Born: December 26, 2019
Died: November 30, 2019
Married: Athel Bonner Fitzgerald II

Beverly Jean St Clair Orton
Born: December 30, 1931
Died: November 30, 2019
Married: Frederick Leroy Orton

Darlene Rasband Bigler
Born: March 26, 1930
Died: December 9, 2019
Married: Adelbert Bigler

Eugene K. Probst
Born: February 10, 1925
Died: December 14, 2019
Married: Darlene Turnbow

Ann (Susan) Best
Born: April 4, 1947
Died: December 17, 2019

Velma Edwards
Born: February 2, 1940
Died: December 17, 2019

Donald John Young
Born: September 17, 1933
Died: December 18, 2019
Married: JeNeal Henderson Young

Monica Bignall Kohler
Born: March 1, 1936
Died: December 21, 2019
Married: Alvah Kohler
To all our Seniors...just a little info from the kitchen. Wow, it is officially 2020. How time flies when we’re having fun.

This month brings us: National Bath Safety Month, National Blood Donor Month, National Braille Month, National Hobby Month, Hot Tea Month, National Oatmeal Month and National Soup Month.

We will be closed January 20th for Martin Luther King Day. Hope it doesn’t snow, so we can enjoy the outdoors. Breakfast will be served the following week on Tuesday the 28th at 10:00 AM.

There will be no Firesides for the month of January. Check the activity calendar for all the fun things Candie has planned. Come and enjoy.

Please remember to keep drinking your water. The air has been dry and we need to keep our bodies hydrated.

Until next time, take care...Cora Briggs

“Today you are you
That is better than true.
There is no one alive who is younger than you.” By: Dr. Seuss

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

FREE Piano classes on Thursdays at 9, 10 & 11 a.m. taught by Christy Ackerson
For an appointment Call 801-864-6403

SPECIAL LUNCH PROGRAMS
Thursday, Jan 2: RMMS Orchestra & Choir
Tuesday, Jan 7: RMMS Band
Thursday, Jan 9: Melissa Werner– Applegate HH&H
Tuesday, Jan 14: Dawn Loper - MAG
Thursday, Jan 16: Coleen Oshier– “Properly disposing of meds”
Tuesday, Jan 21: Jim Lolley– Elk Meadows
Thursday, Jan 23: Music Cary Hobbs & Friends
Thursday, Jan 30: Victoria Royeton– “Senior Companion”

Senior Treasure Table
The next dates are:
Tuesday, January 7th until
Thursday, January 9th

Any questions please see Lynn Allen
**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>Saturday, January 4th</td>
<td></td>
<td></td>
<td><strong>Seussical:</strong> Hale Theatre, Sandy</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td><em>(Grandkids Are Welcome)</em></td>
</tr>
<tr>
<td>Monday, January 6th</td>
<td>Jan. 6th</td>
<td>No Charge</td>
<td><strong>Movie:</strong> “Annie” at Senior Center</td>
</tr>
<tr>
<td>Wednesday, January 8th</td>
<td>Jan. 6th</td>
<td>$2</td>
<td>Luncheon at Mirror Lake Diner: Kamas</td>
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<tr>
<td></td>
<td></td>
<td><strong>Lunch On Own</strong></td>
<td></td>
</tr>
<tr>
<td>Tuesday, January 14th</td>
<td>Jan. 13th</td>
<td>No Charge</td>
<td><strong>Cooking For 1 or 2 Class:</strong> at Senior Center</td>
</tr>
<tr>
<td>Wednesday, January 22nd</td>
<td>Jan. 21st</td>
<td>No Charge</td>
<td><strong>Reflexology:</strong> at Senior Center</td>
</tr>
<tr>
<td>Friday, January 24th</td>
<td>Jan. 23rd</td>
<td>Breakfast</td>
<td><strong>Men’s Breakfast:</strong> Chick’s Café’</td>
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<td></td>
<td></td>
<td><strong>On One’s Own</strong></td>
<td></td>
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<tr>
<td>Tuesday, January 28th</td>
<td>Jan. 24th</td>
<td>No Charge</td>
<td><strong>Limited Tickets</strong></td>
</tr>
<tr>
<td>Friday, January 31st</td>
<td>Jan. 13th</td>
<td>$60</td>
<td><strong>Howie Mandel Comedian Show:</strong> Dejoria Center, Kamas</td>
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<tr>
<td>Monday, February 10th</td>
<td>Jan. 10th</td>
<td>$46</td>
<td><strong>Dinner On Ones Own</strong></td>
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<td></td>
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<td><strong>Hale Theatre, “Bright Star”: Sandy</strong></td>
<td></td>
</tr>
<tr>
<td>Saturday, February 15th</td>
<td>Jan. 30th</td>
<td>$60</td>
<td><strong>Wilson Phillips Concert:</strong> Dejoria Center, Kamas</td>
</tr>
<tr>
<td>Thursday, February 20th</td>
<td>Jan. 6th</td>
<td>$26</td>
<td><strong>Men’s BYU Basketball Game:</strong> Provo</td>
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</table>
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)
**New Years Resolutions**

**In 2020, I am going to…….**

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**America's Top New Year's Resolutions for 2020**

Most popular new year’s resolutions among those planning to make one or several

- Manage finances better: 51%
- Eat healthier: 51%
- Be more active: 50%
- Lose weight: 42%
- Improve mental well-being: 38%
- Improve social connections: 30%
- Learn a new skill: 22%
- Be more eco-friendly: 22%

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**Happy Birthday**

**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.

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**Did you know….All Proceeds from our Pop Machine go to support the Senior Center.**

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<table>
<thead>
<tr>
<th>Name</th>
<th>Birth Year</th>
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</thead>
<tbody>
<tr>
<td>Connie Chapman</td>
<td>1</td>
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<tr>
<td>Susan Kohler</td>
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<tr>
<td>Wende Knight</td>
<td>2</td>
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<tr>
<td>Mark Berg</td>
<td>3</td>
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<td>Donna Smith</td>
<td>3</td>
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<td>Keith Carlile</td>
<td>5</td>
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<tr>
<td>Craig Chapman</td>
<td>5</td>
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<tr>
<td>Ruth Montgomery</td>
<td>5</td>
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<tr>
<td>Rhonda Sweat</td>
<td>5</td>
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<tr>
<td>Lisa Gardner</td>
<td>6</td>
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<tr>
<td>Spencer VanLeeuwen</td>
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<tr>
<td>Bob Kowallis</td>
<td>7</td>
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<tr>
<td>Joan Binggeli</td>
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<tr>
<td>Lorraine Branham</td>
<td>12</td>
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<td>Jeff Kelson</td>
<td>12</td>
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<tr>
<td>Mike McGinn</td>
<td>14</td>
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<td>Marie Fish</td>
<td>15</td>
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<td>Janet Winters</td>
<td>15</td>
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<td>Raneva Lemon</td>
<td>16</td>
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<tr>
<td>Neil Broadhead</td>
<td>18</td>
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<tr>
<td>Viola Simmons</td>
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<td>LaRue Mitchell</td>
<td>20</td>
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<tr>
<td>Lloyd Gonzales</td>
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<tr>
<td>Lester (Dean) Lee</td>
<td>21</td>
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<tr>
<td>Patricia Provost</td>
<td>23</td>
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<tr>
<td>Wayne Hardman</td>
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<tr>
<td>Flo Caldwell</td>
<td>26</td>
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<tr>
<td>Larry B. Duke</td>
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<tr>
<td>Don Huggard</td>
<td>26</td>
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<tr>
<td>Dave Stensrud</td>
<td>26</td>
</tr>
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**Moroni Besendorfer** 27
**Paula Probst** 27
**Brad Simmons** 27
**Caren Mostert** 28
**Nola Mae Bell** 30
**John Besendorfer** 30
**Kelly Jarvis** 30
**Ken Nichols** 30
**Francis Smith** 30
**Senior Giggles**

**MY NEW YEAR’S RESOLUTION WAS GOING TO BE TO QUIT ALL MY BAD HABITS, BUT THEN IT OCCURRED TO ME — NO ONE LIKES A QUITTER!**

Don’t think of it as hot flashes. think of it as your inner child playing with matches!

**Wouldn’t you know it.....Brain Cells Come and Brains Cells Go But Fat Cells Live Forever**

**We are not old! We are recycled teenagers!**

**SENIOR CITIZEN TEXTING CODE...**

- **ADT** - At The Doctors
- **BFF** - Best Friend Fell
- **BW** - Bring The Wheelchair
- **BYOT** - Bring Your Own Teeth
- **FWIW** - Forgot Where I Was
- **GHA** - Got Heartburn Again
- **IMHO** - Is My Hearing-aid On
- **LMDO** - Laughing My Dentures Out
- **TTYL** - Talk To You Louder

**LIZ WANTS ME TO GO FURNITURE SHOPPING WITH HER**

**SHE WANTS TO BUY A CREDENZA**

**I DON’T EVEN KNOW WHAT THAT IS!**

**IT’S ITALIAN FOR “YOUR BACHELOR LIFE IS OVER”**

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