

Wasatch County Seniors Newsletter

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

SENIOR CENTER CORPORATE BOARD 2019

- **President:** Dennis Allen
- **Vice-President:** Perry Rose
- **Past President:** LaRee Pedro
- **Secretary/Treasurer:** Marvin Rust
- **Historian:** Carroll Lee Hicken

Directors: Dee Akerley, John Besendorfer, Maxine Carlile, Betty Jones, Wayne White

Senior Center Department

- **Center Director:** Ashley Fish
- **Food Services Manager:** Cora Briggs
- **Administrative Secretary:** Tiffany Horrocks
- **Activities Coordinator:** Candie Bonner

COUNTY ADVISORY BOARD 2019

- **Chair:** Jim Kohler
- **Vice-Chair:** Sidney Ellingford
- **Secretary:** Marcia Young

Regular Members: Sidney Ellingford, Steve Farrell (County Council Rep.), Jim Kohler, Raneva Lemon, Bonnie Mathews, Linda Middleton, Rick Tatton, Marcia Young
1st Alternate: Mary Johnson
2nd Alternate: Betty Brandner



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SPOTLIGHT

Rex & Sandy Hansen

We are Rex and Sandy Warner Hansen. I decided the easiest way to tell you about us is by dates; we met in 1967 at the pool in Murray Park. In 1969 Rex graduated from Murray High School and I graduated from Central Jr. High School. Rex joined the army in 1969, and we were engaged that year. We were married in 1971 and I graduated from Granite High School in 1972. We have seven children Michael born in 1973, Brandon, Brad & Brooke (Our angel babies) born in 1975, Andrea born in 1976, Julie in 1978 and Phillip in 1980. We have 10 grandchildren and 4 great grandsons. Rex retired from the prison in 2015 and I retired from Wasatch County in October of 2018. I also worked for about 15 years as an EMT on the Wasatch County Ambulance. We love to travel and belong to a motorcycle group called the Temple Riders Association. We have been in 46 of the contiguous 48 states on our motorcycle. We will be heading to Canada with a group of our riding friends this month. We have enjoyed joining in some of the senior activities, and look forward to many more.



From the Director's Desk

Some of the following information may already be familiar.

According to the Annual Report from the State of Utah Division of Aging, Utah continues as the nation's "youngest state". Despite its youthfulness, Utah's population is growing older and living longer. The State of Utah is ranked 6th nationally in population growth for individuals over the age of 65. The Division of Aging projected that Utah's sixty-five and older population will increase by 145% between 2000 and 2030. Nineteen years into this 30-year "projection" the results are proving to be true.

Within the next decade, Utah and Wasatch counties face what has been referred to as the "silver tsunami". According to the 2010 US Census Summary, approximately 51,000 individuals 60 years of age and older reside in Utah and Wasatch Counties. When the projected growth rate of 145% is applied, by 2030 the projected number of individuals residing in these two counties would be what the math implies. We're witnessing it and embracing it.

Many seniors remain active, capable and desirous of providing service to others. Seniors value their independence and studies show that volunteering leads to better health.

As people age, retirement and the loss of spouse and friends leave seniors with time on their hands and less opportunities for spending time with others.

A recent study on volunteering by the Corporation for National and Community Services discovered in order to maintain independence as we age, it is crucial to stay physically active and mentally engaged. The study also found that individuals over the age of 60 who volunteer for "community" service reported higher levels of health and physical well-being than those individuals who did not. Volunteers also had lower mortality rates, even when taking age, health, and gender into account.

Studies also show that continued volunteering by those 75 years and older also illustrate remarkably positive results to one's mental and physical health.

Some of you heard me say 4 1/2 years ago (when I came out of early "retirement" to become the new Director of our beautiful Senior Center) that, "some of my friends think I have 'rocks in my head' for doing so". Here we are these several years later and I continue to enjoy every day of being a part of your lives. Thank you for sharing yours with us.

Stay busy and involved, no matter what you do; playing, traveling, working, socializing, volunteering and serving.

My kind personal regards,

Ashley Fish

To all our Seniors...just a little info from the kitchen. July has arrived. Let's hope we get a lot of sunshine.

We will be closed Thursday, July 4th for Independence Day. Go light off your firecrackers and enjoy a bbq.

On Wednesday the 24th we will be closed to celebrate Pioneers Day. I sometimes wish that some of our youngsters could go back to those days for a while, so that they would appreciate what they have now.

Last month Brent and I got to go to New York City. It was a dream vacation. We had a ball. But we were sure glad to get back to Heber. I think we have it better here than anywhere we've been. Thanks to Monica and Jeneal for covering the kitchen.

Please keep drinking your water. Until next time, take care...Cora Briggs



WEEKDAYS

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

**NO
Firesides
July or August**

SPECIAL LUNCH PROGRAMS

Tuesday, July 9: Dawn Loper- MAG

Thursday, July 11: Steve Marsing- Wasatch Aquatic Center

Thursday, July 18: Picnic Box Lunch at Soldier Hollow/ Swiss Miss Royalty 2019

Thursday, July 25: Music by Stacy Despain

Tuesday, July 30: Dennis Autrey- Senior Care Associates

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.



BIRTHDAYS

Wayne	White	1
Brent	North	2
Russell	Smith	6
Diane	Vincent	6
Kendall	Cowley	7
Connie	Fish	7
Peg	Sabey	7
Donna	Mork	7
Marian	Boscia	9
Carl	Jones	10
Fred	Wingelaar	11
Mary	Freudenberg	11
Barbara	Dews	11
Diana Rae	Lewis	12
Terry	Hoopes	13
Lynn	Reinke	14
Jane	Carson	15
Elda Rae	North	16
Anita	Welsh	16
Anna	Crook	17
Linda	Mattick	18
Pamela	Rutenber	19
Donna	Jones	19
Bea	Burnette	19
Fran	McGrath	20
Glen	Hicken	20
Lynn	Hicken	22
Dennis	Allen	22
Sandra	Penz	23
Toni	Wood	24
Jamie	Jensen	24
Neil	Mahoney	25
Chris	Cooper	25
Maureen	Bradley	26
Brent	Briggs	26
Dixie	Mair	27
Kathy	Davis	27
Johanna	Huijzendveld	27
Annie	Loertscher	28
Joan	Wright	30
Karl Douglas	Nielson	30
Julie	Chatwin	31
Heather	Mickelson	31
Floyd	Marshall	31
Sandra	Marshall	31

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.

Find us on:
facebook

Search for...
Wasatch Senior Citizens Center

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. Proceeds go to our Senior Center.

Wasatch County Caregiver Support and Education

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

Obituaries

Christine Parrish Davis
 Born: March 9, 1946
 Died: May 25, 2019

Vickie Lynne Broadhead
 Born: December 14, 1951
 Died: June 1, 2019

Carol Emma Erickson
 Born: May 20, 1935
 Died: June 9, 2019
 Married: Lee Scheib Erickson

Carol Casper Muterspaugh
 Born: April 26, 1944
 Died: June 4, 2019
 Married: Jack Muterspaugh

Floyd Ellsworth Cox
 Born: December 1, 1929
 Died: May 26, 2019
 Married: Jean Meyer

Valerie Dian Jensen Negm
 Born: November 30, 1960
 Died: June 17, 2019
 Married: Mark A Thompson

Preston W. Smith
 Born: June 20, 1957
 Died: June 16, 2019
 Married: DeAnn Marcellin Smith

Mary Mecham Bellows
 Born: April 5, 1936
 Died: June 19, 2019
 Married: Merrill D. Bellows

Robert W. Madsen
 Born: August 20, 1948
 Died: June 2, 2019
 Married: Jacque Wollard Madsen

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



Benefits of Membership at County Senior Center:

Are you 55 or older?
We need YOU at the Wasatch
County Senior Center!
Stop by for a tour.

*Go places with us including:

Concerts, Theatre,
Museums, Sporting
Events, and Many
Other Trips/Activities!

*At the Center we have:

Bingo, Billiards,
Ceramics/ Glass Etching,
Chair Exercise Classes,
Piano Classes, Computers,
Evenings of Music,
Boutique, Exercise
Equipment, Monthly
Newsletter, Free Lunch for
your Birthday and
MUCH MORE!

**It's only \$10.00 for an
Entire Year!**

SIGN UP OR RENEW NOW!

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)

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 infor-
mation about the Meals on Wheels program
call Tiffany at the Senior Center.

435-654-4920

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, July 9th, and

Thursday, July 11th...

Meet you at the Treasure Table!

Any questions please see Lynn Allen

Activities, Programs & Events

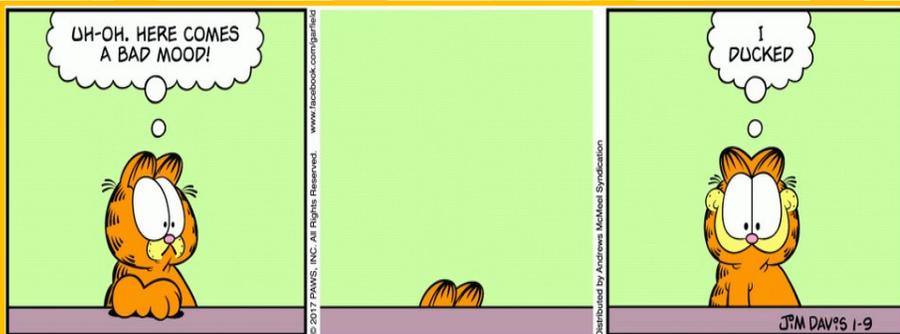


Senior Giggles

Independence Day Lunch



July 2nd @ Noon
Wasatch Senior Center



Panel 1: UH-OH. HERE COMES A BAD MOOD!

Panel 2: I DUCKED

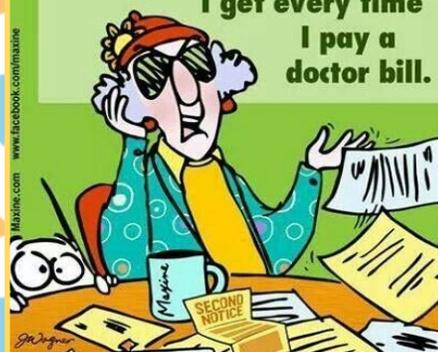
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JIM DAVIS 1-9

Maxine

I wish my health insurance covered the sick feeling I get every time I pay a doctor bill.



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Box Lunch at
Soldier Hollow Nordic Center

2002 Soldier Hollow Lane, Midway UT 84049

Thursday, July 18, 2019 @ Noon

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.

Date:	Registration Deadline:	Cost:	Details:
Monday, July 1st	Closed	\$23 Lunch On Own	Living Planet Aquarium: Sandy
Monday, July 8th	July, 5th	No Charge	Movie "Unbroken": Senior Center
Tuesday, July 9th	July, 8th	No Charge	Diabetes Clinic: Senior Center
Thursday, July 11th	July, 9th	\$8 Dinner On Own	Clark Planetarium: SLC
Friday, July 19th	Full / Closed	\$38 \$3 Lunch Donation Dinner On Own	Pickleville Playhouse: Bear Lake
Saturday, July 20th	July, 12th	\$24 Dinner On Own	Salt Lake Bees Game: SLC
Monday, July 22nd	Full / Closed	\$5 Lunch On Own	Scenic Drive / Taggart's Grill: Morgan
Monday, July 29th	July, 29th	Varies	Grandparent Ceramic Day: Senior Center
Wednesday, July 31st	July, 31st	\$7 Dinner On Own	DUP Museum & Springville Art Museum Quilt Show, Cracker Barrel Restaurant: Springville
Friday, September 13th	August, 14th	\$28 Lunch On Own	Garden Of Quilts: Thanksgiving Point, Lehi
Friday, October 4th	August, 28th	\$46 Dinner On Own	The Addams Family: Hale Theatre, Sandy
Saturday, November 9th	August, 30th	\$33 Dinner On Own	Ballet West Snow White: Capitol Theater, SLC
Saturday, December 7th	Until Sold Out	\$25	Ronnie Milsap Concert: DeJora Center, Kamas