

Wasatch County Seniors Newsletter

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

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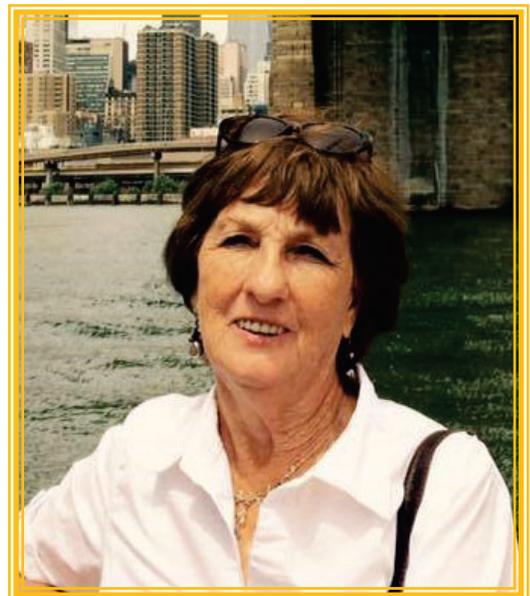
Inside this Issue

1	Spotlight
2	Directors Desk
3	Cora's Kitchen Daily Activities & Programs Firesides
4	Birthday's Obituaries
5	Senior Treasure Table Boutique Piano Lessons
6	Pictures Senior Giggles
7	Trips & Tours
8	Activity Calendar
9	Meal Calendar

SPOTLIGHT

JeNeal Wingelaar

I work in the kitchen with great people. I was born in Richfield, Utah in the back of a car. I lived in Elsinore, Utah where I learned to milk cows and haul hay. This is also where I learned to drive on tractors. I married my husband Fred Wingelaar. We have 3 beautiful girls. We have 12 grandkids & 15 great grandkids. I worked for UP&L for about 40 years then retired and moved to Heber to be close to our kids. I enjoy spending time with our family & traveling. I have enjoyed getting to know all the people at the center.



From the Director's Desk

I recently read an essay, *Humbled Uncertainty*, written by Scott Miller. In this piece Mr. Miller references the extraordinary poem penned by the British Modernist writer, T.S. Eliot, entitled "East Coker". I had not pondered the message in this poem since my college days – some fifty years ago while pursuing my degree at the university. It feels appropriate to share in this column a portion of this remarkable work.

*You say I am repeating
Something I have said before. I shall say it again.
Shall I say it again? In order to arrive there.
To arrive where you are, to get from where you are not,
You must go by a way wherein there is no ecstasy.
In order to arrive at what you do not know
You must go by a way which is the way of ignorance.
In order to possess what you do not possess
You must go by the way of dispossession.
In order to arrive at what you are not
You must go through the way in which you are not.
And what you do not know is the only thing you know
And what you own is what you do not own
And where you are is where you are not.*

It's my belief that those who quietly listen, without hearing themselves talk, "to get where (they) are not" are they who have the most to say and, perhaps, "go by the way of dispossession".

As we travel through life, we learn as we observe. . . . and listen. "(We) must go through the way in which (we) are not". Interesting, isn't it, (in the words of this poem) to ponder that "what you do not know is the only thing you know" and "where you are is where you are not"? It seems to me that living into our years of later life gives us a better understanding of ourselves, and others.

Ashley Fish

'One Ring' Phone Scam

For illegal robocallers, the goal isn't always getting you to answer. Sometimes, it's getting you to call back.

Every so often, your phone may ring once and then stop. If that happens to you, and you do not recognize the number, do not return the call. You may be the target of a "one-ring" phone scam.

One-ring calls may appear to be from phone numbers somewhere in the United States, including three initial digits that resemble U.S. area codes. But savvy scammers often use international numbers from regions that also begin with three-digit codes –for example, "649" goes to the Turks and Caicos and "809" goes to the Dominican Republic. Such scammers may often use spoofing techniques, as well, to further mask the number in your caller ID display.

If you call any such number, you risk being connected to a phone number outside the U.S. As a result, you may wind up being charged a fee for connecting, along with significant per-minute fees for as long as they can keep you on the phone. These charges may show up on your bill as premium services.

Variations of this scam rely on phony voice-mail messages urging you to call a number with an unfamiliar area code to "collect a prize" or to notify you about a "sick" relative.

How to avoid this scam

- Don't answer or return any calls from numbers you don't recognize.
- Before calling unfamiliar numbers, check to see if the area code is international.
- If you do not make international calls, ask your phone company to block outgoing international calls on your line.
- Always be cautious, even if a number appears authentic.

Filing a complaint

If you are billed for a call you made as a result of this scam, first try to resolve the matter with your phone company. If you are unable to resolve it directly, you can file a complaint with the FCC at no cost. You have multiple options for filing a complaint with the FCC:

- File a complaint online at consumercomplaints.fcc.gov
- By phone: 1-888-CALL-FCC (1-888-225-5322); TTY: 1-888-TELL-FCC (1-888-835-5322); ASL:1-844-432-2275
- By mail (please include your name, address, contact information and as much detail about your complaint as possible):
Federal Communications Commission
Consumer and Governmental Affairs Bureau
Consumer Inquiries and Complaints Division
445 12th Street, S.W.
Washington, DC 20554

DAWN LOPER

SHIP Medicare Counselor

801-229-3819/ www.LoveYourLaterLife.org



To all our Seniors...just a little info from the kitchen. I think spring is here. Being June, you would think it would be warmer. Oh, well.

Flag Day is always celebrated on June 14th. It is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation...one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride.

Father's Day, June 16th. Let's give a shout out to all the wonderful men who are dads and also step-dads. Happy Father's Day!

I have to mention that June 18th, is Fishing Day. It reminds me of Clarence Mahoney. A true fisherman. A duck, a skunk and a deer went out for dinner at a restaurant one night. When it came time to pay, the skunk didn't have a scent, the deer didn't have a buck so they put the meal on the duck's bill.

Please remember to 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

Firesides

NO

Firesides

June, July or August

SPECIAL LUNCH PROGRAMS

Tuesday, June 4: Colleen Oshier- Wasatch Mental Health

Tuesday, June 11: Dawn Loper-M.A.G

Thursday, June 13: "Fathers Day" Social and Music with "Starlord Duo"

Tuesday, June 18: Matt Brower- Heber City Manager

Thursday, June 20: "Picnic" Lunch at the Cobblestone Homeowner Pavilion

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.



BIRTHDAY

Mary	Chystek	2
Nyda	Harrison	3
Kaye	Bonner	4
Susan	Singley	4
Susy	Epperson	5
Judy	Maedel	8
Jack	Locklear	10
Thomas J.	MacNaughtan	11
June	Tatton	11
Keith	Fortie	12
Maxine	Snyder	14
David	Todd	14
Cindy	Krebs	16
Margery	Clark	19
James	LuJan	19
James W.	Ritchie	19
Allan	Carlile	19
Geraldine	Hughes	20
Dorena	Young	21
Julie	Bell	22
Marilyn	Bethers	22
Brenda	Child	22
Mary Ann	Giles	22
Nelda	McNeil	22
Delores	Meik	23
Lois	Mahoney	24
Shawna	Jeffs	25
Karen	Letsinger	25
June	Muir	25
Lola	Walker	25
Judy	Simmons	27
Patsy	Druce	28
Flossie	Lopez	28
Shirley	Lythgoe	28
Sheldon	Case	29
Nelly Roloni	Kubota	30

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



DeWayne Julander
Born: June 10, 1938
Died: April 14, 2019
Married: Joyce Burgener

Lavern Casper Ellis
Born: August 5, 1934
Died: April 19, 2019
Married: Royal Val Ellis

Allyson Fluckiger Lyle
Born: August 5, 1953
Died: April 17, 2019
Married: Brad Lyle

Lester Gene Gilbert
Born: August 28, 1949
Died: May 15, 2019
Married: Lauren Roberts Gilbert

John Keith Thomas
Born: December 24, 1928
Died: April 30, 2019
Married: Pauline (Polly) Paul Thomas

Wanda Webb
Born: January 27, 1933
Died: April 21, 2019
Married: William Hal Webb

Stephen Dwight Bunnell
Born: September 23, 1944
Died: May 3, 2019
Married: Deanna Ruth Dillon Bunnell

Marilyn Alder Rasband
Born: May 2, 1942
Died: May 10, 2019
Married: J. Lynn Rasband

Robert (Bob) Eugene Miller
Born: October 9, 1930
Died: May 15, 2019
Married: Diane Whitaker Miller

Delores (Dee) Maria Ingels
Born: December 9, 1935
Died: May 14, 2019
Married: Thomas Ingels

Joyce "Jeannie" Park Kuerbis
Born: March 23, 1940
Died: May 3, 2019
Married:

**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.

Donations support weekly activities & special events. We have talented quilters, knitters, crocheters and crafters who donate their time & talents creating special one of a kind items. They are displayed in the lounge area.

Items displayed are changed regularly as crafters complete their projects, so check it often!

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



TREASURE!!

T is for Treasure

A is for All of us can bring things to Donate!

B is for Be the first one to check out the Treasures!

L is for Lots of things to choose from!!

E is for Everyone is invited to take treasures home from our Treasure Table, even if you didn't bring anything.

The next dates are Tuesday June 4th, and Thursday June 6th...

Meet you there!



Everything is FREE every month.

Any questions please call.

Lynn Allen 435-654-4252

Activities, Programs & Events



Senior Giggles



*"My wife says I talk in my sleep.
But I'm skeptical.
No one at work has ever mentioned it."*



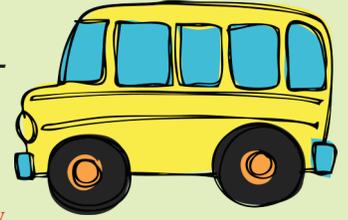
A thief broke
into my house
last night.

He started
searching for
money...

So I woke up and searched with him!

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, June 3rd	June, 3rd	On One's Own	Bowling: Holiday Lanes, Heber
Monday, June 10th	June 7th	\$2 Dinner On Own	LDS Picture Studio/Dinner At Denny's, Provo
Wednesday, June 12th	June 11th	\$3 Lunch On Own	Fairy Festival: Gardner Village, SLC
Friday, June 21st	June, 18th	\$3	Utah State Capitol Tour, SLC
Monday, June 24th	June, 21st	No Charge	Movie: Father Of The Bride, Senior Center
Tuesday, June 25th	June, 24th	No Charge	Fire Safety Course: Senior Center
Monday, July 1st	June, 27th	\$23 Lunch On Own	Living Planet Aquarium: Sandy
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	July, 19th	\$5	Scenic Drive / Taggart's Grill: Morgan
Friday, August 2nd	June, 25th	\$23	Payson Salmon Supper: Payson
Friday, September 13th	July 14th	\$28	Garden Of Quilts: Thanksgiving Point, Lehi
Saturday, December 7th	Until Sold Out	\$25	Ronnie Milsap Concert: Dejora Center, Kamas