



465 East 1200 South  
Heber, UT 84032  
Phone: 435-654-4920

2024



## **SPOTLIGHT** **Dale & Linda Sweat**



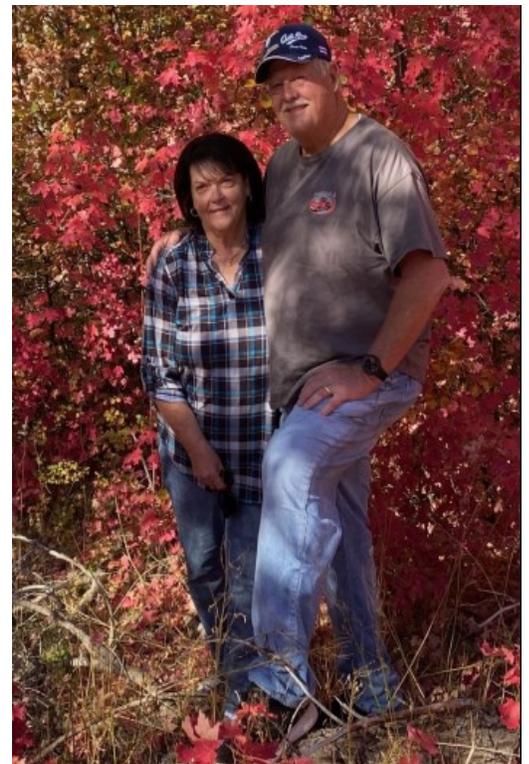
Dale and Linda grew up in Heber Valley. Their families of origin go back to the Heber Valley for generations. Their childhoods were similar. They recall massive snowfall, ice skating on icy roads and tubing on Lindsay's Hill. They spent a lot of time climbing trees, playing baseball and riding horses. Linda has 1 brother and 1 sister. Dale grew up with 3 brothers and 1 sister. Dale was very shy but not on the football field. He played defensive tackle and center. He desperately needed a date for the letterman's banquet. He asked Linda Davis and that was their first date. A second date occurred before graduation. Dale then attended Utah State with a football scholarship. A church mission took him to England. After returning he attended BYU and graduated. He married Carol West and settled in West Jordan. He worked with the handicapped & later was employed by Marriott Hotels. Carol passed away in 2008. Together they had 4 daughters.

Linda graduated from high school and Snow College. She attended Weber State. She left Weber to accept a job in Hawaii. Homesickness brought her back to Heber. She then married and has 2 daughters and 2 sons. In 2004 Linda divorced and became a single mother who is working and enjoying her family. After working many years at the Wagon Wheel and Internal Revenue Service she spent 20 years working and then retired from Wasatch County School District as a school bus driver.

Fast forward to the year 2012. This finds Dale a widower of 4 years who is lonely, Linda is a single mother of 9 years, and she is lonely. Their kids insisted they needed to be on Facebook. Dale remembers having 2 dates with Linda and hopped on Facebook to look for her. There she was and he asked her out for their 3<sup>rd</sup> date on December 12, 2012. Hence their new beginning!

They were married on Valentine's Day 2014. This blended family of 8 children with spouses, 25 grandchildren & 4 great grandchildren gets together often for parties, holidays, cruises, camping and just hanging out. Serving a church mission on Temple Square together was also a choice experience for them.

They both love coming to the Senior Center and appreciate all those who work so hard to make it the great place that it is.



## Cora's Corner

To all our Seniors...just a little info from the kitchen. Here it is, November. Winter is arriving along with Christmas. But, let's not forget Thanksgiving.

The Center will be closed Monday, November 11<sup>th</sup> for Veterans Day. Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered. Veterans Day is the day set aside to thank and honor ALL those who served honorably in the military-in wartime or peacetime. In fact, Veterans Day is largely intended to thank LIVING veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served - not only those who died - have sacrificed and done their duty. Thank you.

We will be serving our Thanksgiving meal on Thursday 21<sup>st</sup>. Make sure and reserve your place or cancel if you're on the list and can't make it. It helps us to have enough food and not too much. This is a time to give thanks for family, friends and our furry friends.

The only thing we never get enough of is love;  
And the only thing we never give enough of is love.  
Henery Miller



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

Francis Harrison JR	1	Rhea Carlson	13
Tom Covas	2	Andrea Hallows	13
Gay McPhie	2	Suzette Thompson	16
LaRee Pedro	3	Ruth Parrish	18
Latifa Rainbow	3	Kristine Mecham	20
Kit Brinkhurst	4	Robertta Skelton	22
Vickie Todd	5	Elaine Hursaker	25
Judith Nicholas	6	David Fell	26
Pam Ramult	7	Francis Harrison	26
Maria Gunderson	8	Dorothy Stockard	26
Sharleen Williams	8	Phil Lyons	29
Laurie Reed	10		





# Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Friday, November 2nd	Sign Up Closed	PRCA Rodeo- Heber Indoor Arena	1:00 P.M.	\$10
Wednesday, November 6th & 20th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Wednesday, November 6th	Limited Space	Cranberry Sauce & Salsa Class—USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Friday, November 8th	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M.	\$5
Tuesday, November 12th	—	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, November 13th	Limited Tickets	Beauty & The Beast — Sandy Hale	2:30 P.M.	\$73 Dinner On Your Own
Friday, November 15th	Limited Space	Children Justice Center Tour & Presentation	10:00 A.M.	\$1
Tuesday, November 19th	Limited Space	Drawing Class @ Senior Center	3:30 P.M.	\$5
Wednesday, November 20th	Full	Beauty & The Beast — Sandy Hale	4:30 P.M.	\$64 Dinner On Your Own
Friday, November 22nd	November 20th	Tour of Tom Whitaker Museum and Lunch @ Lupita's—Midway	10:00 A.M.	\$2 Lunch On Your Own
Monday, November 25th	November 22nd	Orem Cinemark: "Wicked"	2:30 P.M.	\$7 Snacks On Your Own
Saturday, November 30th	Sign Up Soon For Best Seating Options	Carpenter's Platinum Christmas Show @ Ideal Playhouse, Heber	5:30 P.M.	\$26

## Remember!

For more information stop by or call the Senior Center.  
Payments must be made at the time of sign up.

## Cranberry Sauce & Salsa

**Date: Wednesday, November 6th**

**Time: 10:00 A.M. or 2:00 P.M.**

**Cost: \$5**

**Limited Space.....Sign Up Soon!**

We will learn to make homemade cranberry sauce and salsa, just in time for the Holidays! Class will be taught by Tricia at the USU campus extension.

Everything will be provided for the class.



55 S. 500 E. Heber

( Located in the same build as the Health Department)

## OIL PAINT CLASS

**When: Friday, November 8th**

**Time: 10:00 A.M.**

**Where: Senior Center Craft Room**

**Cost: \$5**

**Sign Up By: Until Full (Limited Space)**



Jeremy Nelson will be teaching this oil paint class. Don't let this beautiful picture fool you, it's easier than you think! Picture will be 11 X 14. All supplies will be provided for this class. If you can, bring an apron!

## LINE DANCING CLASS

**Date: Tuesday, November 12th**

**Time: 7:00—8:00 P.M.**

**Cost: \$5**

**Where: Senior Center**

Sam Burt is going to teach us how to line dance! So, come mingle and kick up your boots ( or shoes ) to your favorite country songs. Class will be held in the senior center auditorium



## Children's Justice Center Tour & Small Presentation

**Date: Friday, November 15th**

**Time: 9:45 A.M. (meet at senior center)**

**Cost: \$1**

**Sign Up Deadline: November 14th**



We will meet at the senior center and take the bus to the CJC. They will give us a tour of the facility and also do a small talk/presentation on "how to talk to your grandchildren"

## Drawing Class

When: Tuesday, November 19th

Time: 3:30 P.M.

Where: Senior Center

Cost: \$5

Sign Up By: October 15th

Sam Burt is the art teacher at Timpanogos middle school will be teaching us basic drawing skills. Everything you need for this class will be provided.

Class will take approximately 1.5 hours.



## Tom Whitaker Cabin & Lunch @ Lupitas—Midway

When: November 22nd

Time: 10:00 A.M. Cabin 11:30 P.M. Lunch

Where: Meet @ Senior Center

Cost: \$2 Lunch On Your Own

Sign Up By: Limited Space

We will meet at the senior center and take the bus to Tom's cabin/museum in Midway. Afterwards, we will stop at Lupita's for lunch.



## Cinemark Movie—Orem

Date: Monday, November 25th

Time: 2:30 (bus leaves center)

Cost: \$7 Snacks On Your Own

Movie: Wicked

Sign Up Deadline: November 22nd



After two decades, the beloved and enduring stage musical makes its journey to the big screen as a spectacular, generation-defining cinematic event. The untold story of the witches of Oz stars Cynthia Erivo as Elphaba, a young woman, misunderstood because of her unusual green skin, who has yet to discover her true power, and Ariana Grande as Glinda, a popular young woman, gilded by privilege, who has yet to discover her true heart. As they forge an unlikely friendship, their extraordinary adventures will see them fulfill their destinies as Glinda the Good and the Wicked Witch of the West. Wicked is the first chapter of a two-part immersive, cultural celebration. Wicked Part Two is scheduled to arrive in theaters on November 21, 2025.

MOVIE RUNS 2 h 40 m

## THE IDEAL PLAYHOUSE — HEBER THE CARPENTER'S PLATINUM CHRISTMAS SHOW

When: Saturday, November 30th

Time: 5:30 P.M.

Cost: \$26

Sign Up By: ASAP For Best Seating Options

"Carpenters Platinum" is as good as it gets when you need to experience a Karen Carpenter concert. They respectfully play "The Carpenter's" catalog and they represent the entire range of the original artist's vision in their stage show. Mixing the playlist of "The Carpenter's" catalog they keep the show driving forward while playing all the best hits of both their ballads and up beat



tunes. The deftly display that the original band was noted for both their original songs and their insightful renditions of their favorite covers of other great bands.

This event will be held at our own Heber "The Ideal Playhouse" the former Ideal Movie Theater, located at 113 N. Main Street, Heber. This will be a self drive activity.



# November Trivia

HOW MANY WORDS CAN YOU MAKE FROM

# THANKSGIVING

Using each letter only once, see how many different words can you make out of "THANKSGIVING." Write as many words as you can on the lines below.



- |           |           |
|-----------|-----------|
| 1. _____  | 16. _____ |
| 2. _____  | 17. _____ |
| 3. _____  | 18. _____ |
| 4. _____  | 19. _____ |
| 5. _____  | 20. _____ |
| 6. _____  | 21. _____ |
| 7. _____  | 22. _____ |
| 8. _____  | 23. _____ |
| 9. _____  | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

**Return complete trivia by November 26th for you chance to win a \$20 gift card. Be sure to leave your name and number!**

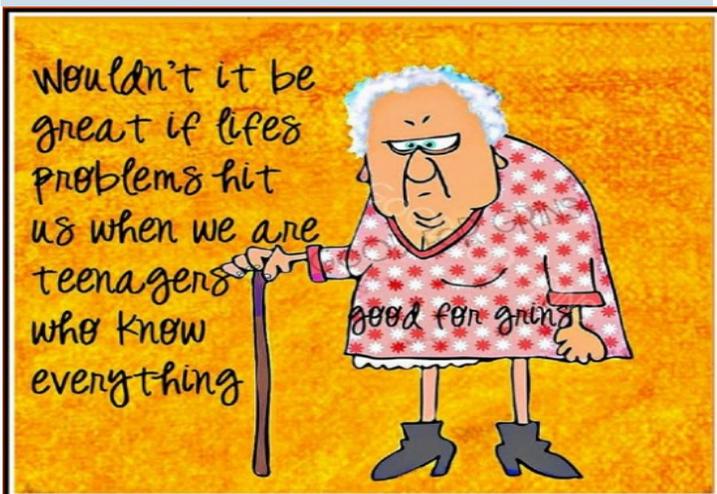
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

# Are you **Red** or **Blue**?

I don't care. We are all Americans and are blessed to be in this country. I hope everyone votes. I told my kids from the time they were small that I don't care how you vote, just vote. Most of my kids lean differently than I do politically but I still tell them "Go Vote". One of my kids said to me the other day that her vote doesn't matter so why bother. My giant bald head turned bright red and the veins in my neck started popping out! "How many times have I said you have to vote"? I know sometimes it feels like it doesn't matter but it does! Especially in the local elections. We are lucky that we live in a small county where we can easily get access to our county and city officials. Take advantage of that fact. They sincerely want to hear what you have to say. October 22<sup>nd</sup>, they held a meeting here at The Center just to get feedback about current issues. We had a pretty good turnout, about 50 people, but that's a tiny percentage of our population.

Get involved! There are some pretty big decisions being considered by our local elected officials. If you don't let your opinions be known you better not complain when things don't go the way you would like. Our officials are not mind readers. Call them, email them, go to meetings. DO IT! I double dog dare you!

*~Mike*



## HOOKED ON BOOKS

We are currently reading:

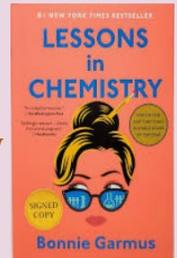
The Keepers of Lost Things

By: Ruth Hogan

Next month book :

Lessons in Chemistry

By: Bonnie Garmus



Please join us every third Thursday of the month @ 10:30 for Hooked on Books.

If you like to read and talk about a great book this is the place to be. Come visit, chat and make some new friends while reading the best books.

This months gathering is November 21st

Resource Phone Numbers:

Driver License Division: 801-965-4437

Health Department: 435-654-2700

Heber Hospital: 435-654-2500

High Valley Transit: 435-246-1538

MAG: 801-229-3800

Meals On Wheels: 435-654-4920

Poison Control: 800-222-1222

Sherriff's Office: 435-654-1411

### SENIOR CENTER TEAM

- Center Director: Mike Winward
- Food Service Manager: Cora Briggs
- Administrative Secretary: Luara Mair
- Activities Coordinator: Candie Bonner
- Meals On Wheels Driver: Tom Greer
- Food Service: Brent Briggs, Karin Jentzsch, Jill Ford

# Thanksgiving

WORD SEARCH

R	U	G	Z	L	L	G	N	I	F	F	U	T	S	F
S	U	N	P	W	U	F	R	T	G	Q	D	E	A	S
E	B	I	L	U	M	F	U	A	F	Z	I	L	E	R
V	A	V	S	T	M	R	K	H	T	R	L	O	J	E
S	E	I	H	W	K	P	C	N	R	I	T	D	T	H
M	H	G	T	E	E	D	K	E	A	A	T	Y	R	T
I	O	S	Y	Q	J	E	B	I	T	H	L	U	A	A
R	L	K	Z	X	U	N	T	O	N	N	T	X	D	G
G	I	N	A	B	A	E	P	O	F	Q	P	H	I	E
L	D	A	V	R	L	X	V	F	E	A	S	T	T	C
I	A	H	C	B	S	E	Y	L	I	M	A	F	I	O
P	Y	T	B	H	M	A	G	E	U	D	D	S	O	R
O	T	O	P	B	P	L	Y	M	O	U	T	H	N	N
U	G	L	E	E	I	P	I	R	I	M	H	Q	B	T
C	O	R	N	U	C	O	P	I	A	J	Z	R	B	Y

- |          |            |              |
|----------|------------|--------------|
| FALL     | THANKFUL   | NOVEMBER     |
| GATHER   | TURKEY     | PLYMOUTH     |
| HOLIDAY  | CORNUCOPIA | STUFFING     |
| PILGRIMS | FAMILY     | THANKSGIVING |
| PUMPKIN  | GOBBLE     | CRANBERRIES  |
| CORN     | GRATITUDE  | POTATOES     |
| FEAST    | PIE        | TRADITION    |



# Thanksgiving

WORD SEARCH

R	U	G	Z	L	L	G	N	I	F	F	T	S	F	
S	U	N	P	W	U	F	R	T	G	Q	D	E	A	S
E	B	I	L	M	F	U	A	F	Z	I	L	E	R	
V	A	V	S	T	M	R	K	H	T	R	L	O	J	E
S	E	I	H	W	K	P	C	N	R	I	T	D	T	H
M	H	G	T	E	E	D	K	E	A	A	T	Y	R	T
I	O	S	Y	Q	J	E	B	I	T	H	L	U	A	A
R	L	K	Z	X	U	N	T	O	N	N	T	X	D	G
G	N	A	B	A	E	P	O	F	Q	P	H	E		
L	D	A	V	R	L	X	V	F	E	A	S	T	T	C
P	A	H	C	B	S	E	Y	L	I	M	A	F		
P	Y	T	B	H	M	A	G	E	U	D	D	S	O	R
O	T	O	P	B	P	L	Y	M	O	U	T	H	N	N
U	G	L	E	E	I	P	I	R	I	M	H	Q	B	T
C	O	R	N	U	C	O	P	I	A	J	Z	R	B	Y

FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
PILGRIMS	FAMILY	THANKSGIVING
PUMPKIN	GOBBIE	CRANBERRIES
CORN	GRATITUDE	POTATOES
FEAST	PIE	TRADITION



**FREE** piano lessons every Thursday following lunch at 1:00

If you are interested, contact **Margaret 435-654-2876**



## American Mahjong

Are you interested in playing American Mahjong?? We will be playing every Friday at 1:00 P.M at the Center! We would love to have you.



## In Loving Memory

Joyce Stewart

Born: July 3, 1930

Died: September 17, 2024

Married: Vaughn Wootton

Later: Pete Coleman then Ike Stewart

Paula Marie Anderson-Tregaskis

Born: April 9, 1941

Died: September 27, 2024

Married: Stephen Anderson

Later: Glade Tregaskis

Vicky Gail Larsen

Born: August 7, 1958

Died: October 14, 2024

Married: John Larsen

Glenn Adolf Hafen

Born: February 10, 1941

Died: September 22, 2024

Married: Linda Hafen

David Harold Wright

Born: May 1, 1953

Died: October 10, 2024

Married: Ganien Wright



## Recipe Of The Month

### Brownie In A Mug

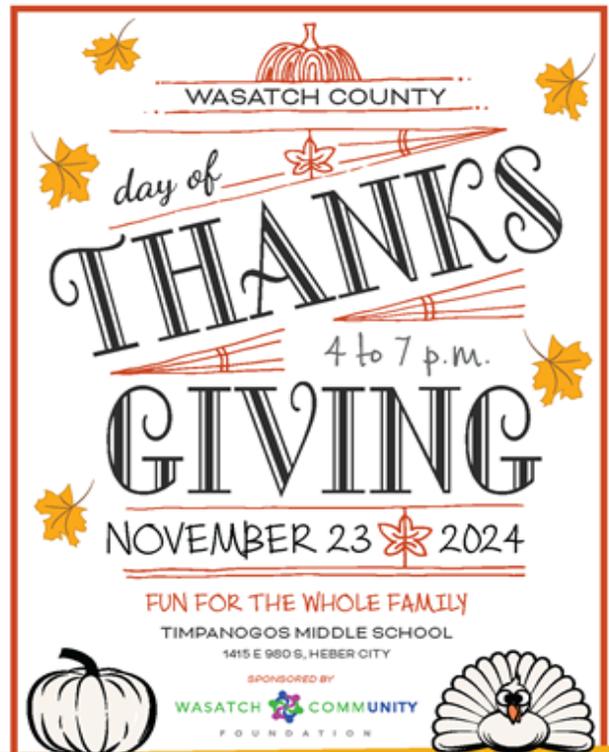


#### Ingredients:

- 4 Tbsp. unsweetened cocoa powder
- 4 Tbsp. all-purpose flour
- 6 Tbsp. light brown sugar
- 1/2 tsp. instant espresso granules, optional
- 1/8 tsp. kosher salt
- 5 Tbsp. whole milk
- 5 Tbsp. butter, melted
- 1/4 tsp. vanilla extract
- 4 Tbsp. semisweet chocolate chips
- Vanilla ice cream, for serving

#### Instructions:

1. Into a 12-ounce microwave-safe mug, add the cocoa powder, flour, sugar, espresso granules (if using), and salt. Stir with a fork. Add the milk, butter, and vanilla, and stir with a fork until smooth. Stir in 3 tablespoons of the chocolate chips. Use a damp paper towel to wipe excess batter off the sides of the mug.
2. Microwave for 2 minutes 45 seconds on high, then sprinkle remaining 1 tablespoon chocolate chips on top. Let the brownie stand for 2 minutes before eating. Serve warm with vanilla ice cream.



COMMUNITY GATHERING  
WITH FOOD, FREE WINTER CLOTHING, ACTIVITIES,  
PRIZE DRAWINGS, AND ENTERTAINMENT. WHILE SUPPLIES LAST.  
ENJOY A TRADITIONAL THANKSGIVING DINNER ORGANIZED BY  
THE WASATCH HIGH SCHOOL PRO-START CULINARY PROGRAM.

DONATIONS  
ACCEPTED AT  
THE DOOR.



Enhabit's Chaplin, Denise, will be leading our grief support group. Light refreshments will be served. Gathering for November will be Wednesday the 6th & 20th at 2:00 P.M.



# NOVEMBER ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p><b>ALL DAY – EVERY WEEKDAY</b></p> <ul style="list-style-type: none"> <li>• Exercising</li> <li>• Reading</li> <li>• Computers</li> <li>• Billiards</li> <li>• Piano</li> <li>• Puzzles</li> <li>• Games</li> <li>• Craft Room</li> <li>• Ping Pong</li> </ul>	 <p><b>Piano Lessons</b></p> <p>Please Contact Margaret Schloss 435-654-2876</p>	<p><b>NO TREASURE TABLE THIS MONTH</b></p> <p>Due To Election &amp; Holidays</p>		<p><b>1</b></p> <p>1:00 Cards — Bridge 1:00 American Mahjong</p> <hr/> <p><b>2 Saturday</b></p> <p>1:00 PRCA Rodeo @ Wasatch Event Center</p>
<p><b>4</b></p>  <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p><b>5</b></p> <p>12:00 Lunch 1:00 Stepping On</p>  <p><b>ELECTION DAY</b></p>	<p><b>6</b></p> <p>11:00 Lunch &amp; Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group</p> <p>10:00 &amp; 2:00 Cranberry Sauce &amp; Salsa Class</p>	<p><b>7</b></p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p><b>8</b></p> <p>10:00 Oil Paint Class</p>  <p>1:00 Cards — Bridge 1:00 American Mahjong</p>
<p><b>11</b></p> <p><b>CLOSED</b></p>  <p><b>VETERANS DAY</b></p>	<p><b>12</b></p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Stepping On 2:00 Caregiver Support Group </p> <p>7:00 Line Dancing</p>	<p><b>13</b></p> <p>11:00 Lunch &amp; Bowling at Holiday Lanes 12:00 Cards—Bridge 2:00 Grief Support Group</p> <p>2:30 Sandy Hale Beauty &amp; The Beast Trip #1</p>	<p><b>14</b></p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p><b>15</b></p> <p>10:00 Children Justice Center</p>  <p>1:00 Cards — Bridge 1:00 American Mahjong</p>
<p><b>18</b></p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p><b>19</b></p>  <p>10:00 Breakfast 10:30 Chair Exercise 1:00 Step On Class 3:30 Drawing Class</p> 	<p><b>20</b></p> <p>12:00 Cards—Bridge</p> <p>4:30 Sandy Hale Beauty &amp; The Beast Trip #2</p>	<p><b>21</b></p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>  <p><b>Thanksgiving Lunch</b></p>	<p><b>22</b></p>  <p>10:00 Tom's Cabin &amp; Lunch @ Lupita's-Midway</p> <p>1:00 Cards— Bridge 1:00 American Mahjong</p>
<p><b>25</b></p> <p>2:30 Orem Cinemark- "Wicked"</p>  <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p><b>26</b></p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class</p>	<p><b>27</b></p> <p>12:00 Cards—Bridge</p>	<p><b>28</b></p> <p><b>CLOSED</b></p> <p>happy THANKSGIVING</p>	<p><b>29</b></p> <p><b>CLOSED</b></p> <hr/> <p><b>30 Saturday</b></p> <p>5:30 Carpenter's Platinum @ Ideal Playhouse</p>



**MEALS ON WHEELS**  
**\*\*LUNCHEON MENU\*\***  
 ( served every Tuesday and Thursday)  
 Please call ahead to serve your spot for meals  
 on Tuesday and Thursday  
 435-654-4920  
 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>CHICKEN CUTLET, potatoes &amp; gravy, peas, pears &amp; roll</b>
<b>4</b> <b>CHICKEN DRUM-MET, potatoes &amp; gravy, peas &amp; carrots, tropical fruit &amp; roll</b>	<b>5</b> <b>CHICKEN FRIED STEAK, potatoes &amp; gravy, corn, pears &amp; roll</b>  <b>PORK CHOP, potatoes &amp; gravy, green beans &amp; applesauce</b>	<b>6</b> <b>BEEF STROGANOFF, over NOODLES, green beans, fruit cocktail &amp; roll</b>	<b>7</b> <b>ROAST PORK, potatoes &amp; gravy, carrots, applesauce &amp; roll</b>  <b>BAKED CHICKEN, rice pilaf, carrots &amp; peaches</b>	<b>8</b> <b>HAM SANDWICH, potato salad, pineapple &amp; chips</b>
<b>11</b> <b>CLOSED</b> in observation of the holiday  	<b>12</b> <b>STUFFED PEPPERS, potatoes, corn, peaches &amp; roll</b>  <b>SALISBURY STEAK, potatoes, mixed vegetables &amp; tropical fruit</b>	<b>13</b> <b>FISH, potatoes &amp; gravy, mixed vegetables, tatar sauce, pears &amp; roll</b>	<b>14</b> <b>CHICKEN NOODLE SOUP, tator tots, green beans, orange wedge, cookie &amp; cracker</b>  <b>CREAM OF POTATO SOUP, chicken croissants, fruit &amp; chips</b>	<b>15</b> <b>BBQ RIBLET, mac &amp; cheese, carrots, tropical fruit &amp; roll</b>
<b>18</b> <b>CHICKEN STRIPS, potatoes &amp; gravy, carrots, tropical fruit &amp; roll</b>	<b>19</b> <b>BEEF STEW, tator tots, green beans, pudding &amp; peaches</b>  <b>BREAKFAST, hash-browns, egg, sausage, biscuit &amp; gravy, fruit , juice/milk</b>	<b>20</b> <b>SPAGETTI w/MEAT SAUCE, corn, pears, cottage cheese &amp; roll</b>	<b>21</b> <b>CRUNCH TOP HAM &amp; POTATO CASSE-ROL, mixed vegetables, orange wedge &amp; roll</b>  <b>TURKEY DINNER w/TRIMMINGS</b> 	<b>22</b> <b>CHICKEN CORDON BLEU, potatoes &amp; gravy, peas, applesauce &amp; roll</b>
<b>25</b> <b>SALISBURY STEAK, potatoes, green beans, pears &amp; roll</b>	<b>26</b> <b>TURKEY, potatoes &amp; gravy, peas &amp; carrots, pumpkin pie &amp; roll</b>  <b>CHEF SALAD w/ ranch, mandarin oranges</b>	<b>27</b> <b>CHEFS SALAD w/ ranch, mandarin oranges &amp; cracker</b>	<b>28</b> <b>CLOSED</b> 	<b>29</b> <b>CLOSED</b> 

**Wasatch County Senior Citizens**

(435) 654-4920

465 East 1200 South

Heber City, Utah 84032

*Return Service Requested*

Non-Profit Organization

US POSTAGE

PAID

Heber City, Utah

Permit No. 2