



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

☘ 2025

SPOTLIGHT

Mary Endner

I was born in Provo Utah and raised in Roosevelt, Utah. I attended Union High School and Utah State University, Roosevelt Campus. I received my master's degree in education. I taught Kindergarten and Fourth Grade in Myton and Roosevelt, Utah. I moved to Glenwood Springs, Colorado and earned an endorsement in accounting. I worked in accounting in Glenwood Springs, Colorado, Butte Montana and Heber City. In 2014 I moved to Utah to be close to my family. I like coming to the senior center and spending time with all of you. I am so thankful that we have a place like this to come to. I appreciate all of the people who work here and they do such a great job.





cora's corner

To all our Seniors...just a little info from the kitchen. Here it is March. Winter should be leaving us soon.

Mardi Gras (Fat Tuesday) is celebrated March 4th. It is a time to eat all of the meat and fatty foods before Lent starts. A day of excess merrymaking.

Ash Wednesday starts March 5th. It is the first day of Lent, a holy day of prayer and fasting in many Western Christian denominations. On this day, ashes are typically applied in the shape of a cross on the foreheads of believers as a symbol of mortality and penance. It occurs 46 days before Easter Sunday.

Lent is observed by fasting, not eating meat on certain days or giving up something one enjoys until Easter.

Don't forget daylight savings on March 9th. It's when we turn our clocks ahead one hour so that it stays light longer.

St. Patrick's Day is March 17th. We will be celebrating Thursday, March 13th. Remember to wear your green on this day. Also, call ahead to reserve your spot. Come and have fun!

March 20th is the first day of spring. Can't wait for the sun to shine and flowers to grow.



Please remember to keep drinking your water. No excuse, we have plenty of snow to not run dry. Until next time, take care...Cora Briggs



Dee Akerly	2	Paul Searle	8	Susan Angle	23
Gail Lopez-Allen	2	Ruby Jaques	9	Connie Kummer	23
Myrna Kowallis	2	Carolyn Ritchie	14	David Deeken	24
Kyle Probst	2	Josephine Gibson	18	Kathryn Cole	26
Catherine Moore	3	Brenda Christensen	19	LeeAnn Cooper	27
Jenafyn Morden	3	Donna Guyer	19	Phyllis Hronek	28
Diane Miller	4	Jerry Duke	21	Neil Hifton	30
Jolene Cox	8	Dave Wade	22		

March Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Saturday, March 1st	Limited Space Sign Up Soon	Martina & Shania Tribute Heber Valley Entertainment	5:00 P.M.	\$26
Monday, March 3rd	Closed	Ruth Hale Theater: Cinderella	5:00 P.M.	\$42
Tuesday, March 4th & 18th	—	Line Dancing @ Senior Center	7:00	\$5
Wednesday, March 5th & 19th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bow- ling On Your Own
Friday, March 7th	March 6th	Out To Brunch Day N Nite Cafe—Heber	10:00 A.M.	Brunch On Your Own
Monday, March 10th	March 7th	Orem Cinemark: Last Breath	 TBD	\$8 Snacks On Your Own
Tuesday, March 11th	Limited Space	Drawing Class @ Senior Center	3:30 P.M.	\$6
Friday, March 14th	Limited Space Sign Up Soon	Guys And Dolls Heber Valley Entertainment	7:00 P.M.	\$16
Wednesday, March 19th	Limited Space	Cooking Class— Copycat Little India Butter Chicken & Naan USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Friday, March 21st	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M. or 2:00 P.M.	\$10
Wednesday, March 26th	Closed	Ruth Hale Theater: Jersey Boys	4:30 P.M.	\$30 Dinner On Your Own
Friday, April 25th	Limited Space Sign Up Soon	Frank & Marilyn Tribute Heber Valley Entertainment	5:00 P.M.	\$32

Remember!

Activities are posted all month at the Senior Center, stop in often to see what is new before things fill up. For more information stop by or call 435-654-4920

Payments must be made at the time of sign up.

Activities are non-refundable unless you find someone to take your place.



THE IDEAL PLAYHOUSE — HEBER



Martina McBride & Shania Twain Tribute

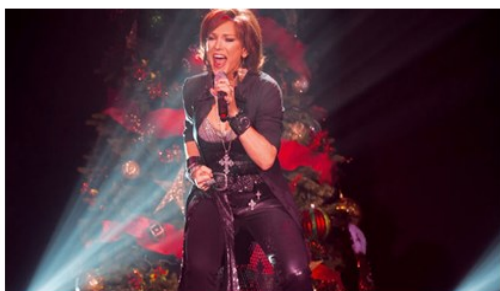
When: Saturday, March 1st

Time: 5:00 P.M.

Cost: \$26

Sign Up By: **ASAP For Best Seating Options**

Stacey Whitton Summers, on loan from "Legends in Concert" (Las Vegas), will grace our stage with her unforgettable impressions of Martina McBride and Shania Twain all in one night. It will be beautiful country and rock - just like we like it here!



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.

LINE DANCING CLASS

Date: Tuesday, March 4th

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



BRUNCH AT DAY-N-NITE CAFE

Date: Friday, March 7th

Time: 10:00 A.M. (Meet At The Cafe)

Sign Up By: March 6th

Cost: Pay For Your Own Meal

Address: 454 N. Main Street (Heber Valley Mall)



EGGS 'N' WHATNOT

Mushroom Toast egg, wild mushrooms, cream, shallot, arugula, pecorino romano	17.00	Western Omelet choice of meat, cheese and veggies	18.00
Avocado Toast egg, avocado, tomato, arugula, pickled red onion	15.00	Huevos Rancheros eggs, pork, chipotle salsa, queso fresco, sour cream, avocado	19.00
Eggs, Your Way eggs, choice of ham, bacon, or sausage, toast, hashbrowns	16.00	Omelette * risotto, omelette, house aioli, okonomi-sauce, fried potato ribbon	21.00
Steak 'n' Eggs eggs, top sirloin, smashed potatoes, Spanish-style salsa verde	25.00		

SANDWICHES

Served with fries or side salad

Chef's Monte Cristo * sourdough, honey ham, Swiss, jalapeno jam	17.00	Korean BBQ Sandwich brioche bun, fried chicken, Korean BBQ sauce, pickled veg	19.00
Korean BBQ Sandwich brioche bun, fried chicken, Korean BBQ sauce, pickled veg	19.00	Grilled Cheese sourdough, Swiss & cheddar, candied onion	18.00
Croque Madame egg, sourdough, honey ham, Swiss, dijon, bechamel	18.00		

Serving up New American cuisine with a twist, we're your go-to spot for breakfast, brunch, and lunch. Our menu is not just a list of dishes, it's a labor of love, crafted with care and attention to detail. It features everything from classic dishes to innovative creations that will keep you coming back for more.

Cinemark Movie—Orem

Date: Monday, March 10th

Time: TBD (Afternoon Matinee)

Cost: \$8 Snacks On Your Own

Movie: Last Breath (Based On A True Story)

Sign Up Deadline: March 7th



A heart-pounding film that follows seasoned deep-sea divers as they battle the raging elements to rescue their crewmate trapped hundreds of feet below the ocean's surface. Based on a true story, LAST BREATH is an electrifying story about teamwork, resilience, and a race against time to do the impossible.



Drawing Class

When: Tuesday, March 11th

Time: 3:30 P.M.

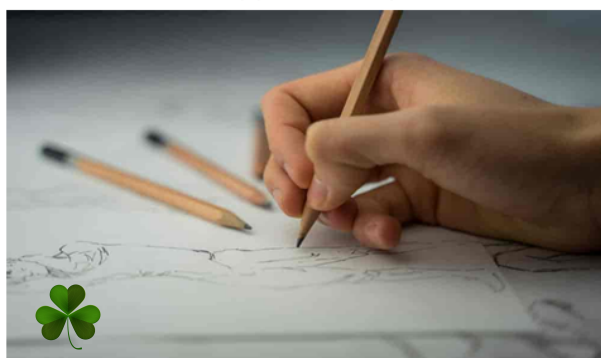
Where: Senior Center

Cost: \$6

Sign Up By: Limited Space

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.



THE IDEAL PLAYHOUSE — HEBER GUYS AND DOLLS

When: Friday, March 14th

Time: 7:00 P.M.

Cost: \$16

Sign Up By: ASAP For Best Seating Options



Set in Damon Runyon's mythical New York City, *Guys and Dolls* is an oddball romantic comedy. Gambler, Nathan Detroit, tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck; meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for fourteen years.

Nathan turns to fellow gambler, Sky Masterson, for the dough, and Sky ends up chasing the straight-faced missionary, Sarah Brown, as a result. *Guys and Dolls* takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong.

Frank Loesser's brassy, immortal score makes *Guys and Dolls* a crowd pleaser. The large cast features both a variety of ensemble and star roles. This show is a treat for audiences and performers of any age.

This musical 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.

LINE DANCING CLASS

Date: Tuesday, March 18th

Time: 7:00—8:00 P.M.

Cost: \$5

Where: Senior Center

Donna Bronson 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



Little India

Butter Chicken & Naan Bread

Date: Wednesday, March 19th

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

Cost: \$5

Limited Space.....Sign Up Soon!



We will learn to make Little India's Butter Chicken & Naan!

Tricia from USU extension will be teaching the class. All supplies will be provided for you.



55 S. 500 E. Heber
(Located in the same build as the Health Department)

Oil Paint Class

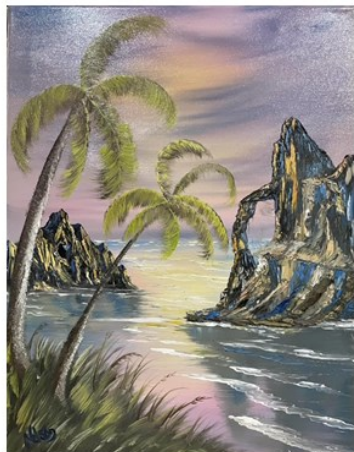
When: Friday, March 21st

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

Where: Senior Center Craft Room

Cost: \$10

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!

THE RUTH HALE THEATRE JERSEY BOYS

Date: Wednesday, March 26th

Time: 4:30 P.M. (Bus To Leave Center)

Cost: \$30

Dinner: Jim's Cafe

Sign Up By: Limited Tickets



Embark on The Four Seasons' incredible journey from New Jersey underdogs to 1960s rock sensations. With iconic tunes such as "Sherry," "Big Girls Don't Cry," and "Walk Like a Man," this musical smash is a joyous and awe-inspiring look at the story behind their fame- now presented with a new PG-rated script.

THE IDEAL PLAYHOUSE — HEBER Ring A Ding In The Spring With Frank & Marilyn

When: Friday, April 25th

Time: 5:00 P.M.

Cost: \$32

Sign Up By: ASAP For Best Seating Options

Ring a ding ding in the spring with Las Vegas's favorite dynamic duo Marilyn Monroe and Frank Sinatra. Come listen to ol' blue eyes serenade you, tell jokes, and schmaltz up the joint with the lovely Miss Marilyn Monroe. This dynamic duo will knock your socks off!




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.

Come play Canasta!

Group plays every
Monday at 1:00 P.M.



All levels of experience
welcome, even beginners who
want to learn. 





March Trivia

How many clovers  can you find in the newsletter?

Total Found: _____


Return trivia for your chance to win a \$20 gift card by *March 25th*.

Name: _____

Phone: _____

NOT THE WORLDS LARGEST PUZZLE... BUT CLOSE TO IT!!!

We want your help putting together the world's almost largest puzzle! This beauty is 52110 pieces, 23 feet long and 7 feet wide. Be a part of this fun project and put a few (or a lot) pieces together.

It will be located in the front lobby of the Senior Center to work on. We will assemble and display the puzzle in the County Fair the end of July. 



SHOUT OUT !!!

THANK YOU LAUREL RAIL!!!

Thanks for the countless hours on working on the quilts for the community and always doing it with a smile



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

Happy March to all you Heberbillies,



Let's pray March brings some heat to the valley. I am ready to warm up.

I'm excited to start goofing off in the garden, riding my bike and motorcycle. Can't wait to goof off at the lake and see if I can still fit into my Speedo. (There's an image that we all will want to forget)

Hopefully this month I will be able to announce that we are officially the Best Center in the state. Earlier this year we entered a contest as part of the Utah Recreation and Parks Association to prove that we ROCK. We should know the results the second week of March. Although I am certain we will win, we all know that we are number one on the planet.

Thanks to everyone for making this the best Center. See you soon.

~Mike



HOOKED ON BOOKS

This month's book :

HAMNET

By: Maggie O'Farrell

Next Month's book:

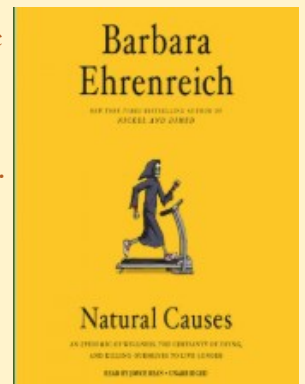
All Creatures Great and Small

By: James Herriot

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 month's gathering is
March 20th



AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

AARP will be at the Wasatch County Senior Center every Wednesday in the month of March.

**Please call ahead to get
your appointment
435-654-4920**

St. Patrick's Day Word Search



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

Find the words in the puzzle. Words are hidden →, ↓, and ↘.



DANCE

JIG

POT OF GOLD

FOUR-LEAF CLOVER

LEPRECHAUN

RAINBOW

GOLD COINS

LUCKY

SAINT

GOOD LUCK

MAGIC

SEVENTEENTH

GREEN

MARCH

SHAMROCK

HARP

MUSIC

ST. PATRICK'S DAY

IRELAND

ORANGE

WISH

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
 Wasatch Senior Center: 435-654-4920

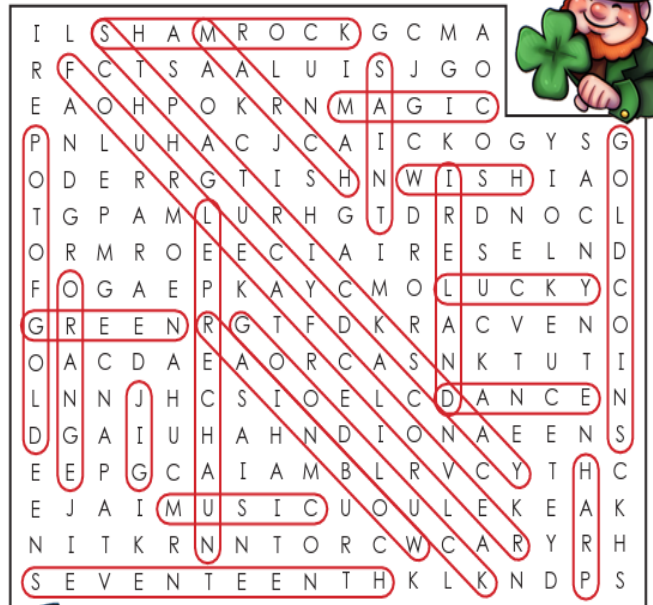
FREE piano lessons every Thursday
 following lunch at 1:00

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



SOLUTION

St. Patrick's Day Word Search



Find the words in the puzzle. Words are hidden →, ↓, and ↘.



DANCE	JIG	POT OF GOLD
FOUR-LEAF CLOVER	LEPRECHAUN	RAINBOW
GOLD COINS	LUCKY	SAINT
GOOD LUCK	MAGIC	SEVENTEENTH
GREEN	MARCH	SHAMROCK
HARP	MUSIC	ST. PATRICK'S DAY
IRELAND	ORANGE	WISH

In Loving Memory



Renee Lee Norrocks

Born: August 8, 1947

Died: January 15, 2025

Married: Thomas N Norrocks

Maroni "Ron" Besendorfer

Born: January 27, 1927

Died: February 2, 2025

Married: Karma Rasband

Robert McKnight

Born: July 7, 1943

Died: January 28, 2025

Married: Rhoda Lee Wilson

Kent Hiatt

Born: July 12, 1925

Died: February 17, 2025

Married: Billie McAfee



Caregiver SUPPORT GROUP



Every 2nd Tuesday
at 2 p.m.

Wasatch Co. Senior Center
465 E 1200 S, Heber City

Call 385-204-9544 or
fweinman@magutah.gov.

Come gather and have
meaningful discussions with
other caregivers facing
common issues and
concerns.





Learn more at
magutah.org/caregiver



Denise from Enhabit will be leading our grief support group. Light refreshments will be served. Gatherings for March will be Wednesday the 5th and 19th at 2:00 P.M.



ACTIVITY calendar

Mon	Tue	Wed	Thu	Fri
<p>ALL DAY – EVERY WEEKDAY</p> <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Games • Craft Room 	<p><u>Piano Lessons</u></p>  <p>Please Contact Margaret Schloss 435-654-2876</p>			<p>Saturday 1st</p>  <p>5:00 Martina & Shania Trib- ute@ Ideal Theatre</p>
<p>3</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge 5:00 Ruth Hale Cinderella</p> 	<p>4</p> <p>Treasure Table</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 7:00 Line Dancing</p> 	<p>5</p>  <p>11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group</p>	<p>6</p> <p>Treasure Table</p> <p>9:00 Yoga 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>7</p> <p>10:00 Brunch @ Day-N-Nite Café</p> <p>1:00 Cards — Bridge</p>
<p>10</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge Orem Cinemark "Last Breath" Time TBD</p> 	<p>11</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Caregiver Support Group  3:30 Drawing Class</p> 	<p>12</p>  <p>1:00 Cards—Bridge</p>	<p>13</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>  <p>St Patrick's Lunch</p>	<p>14</p> <p>1:00 Cards — Bridge 7:00 Guys & Dolls @ Ideal Theatre</p> 
<p>17</p>  <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>18</p> <p>10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 7:00 Line Dancing</p> 	<p>19</p>  <p>11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group</p> <p>USU Cooking Class 10:00 or 2:00</p>	<p>20</p> <p>9:00 Yoga 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>21</p> <p>10:00 & 2:00 Oil Paint Class</p>  <p>1:00 Cards — Bridge</p>
<p>24</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge</p>	<p>25</p> <p>10:30 Chair Exercise 12:00 Breakfast 1:00 Bunco</p>	<p>26</p> <p>1:00 Cards—Bridge</p> <p>4:30 Ruth Hale Jersey Boys</p> 	<p>27</p> <p>9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 1:00 Piano</p>	<p>28</p> <p>1:00 Cards — Bridge</p>
<p>31</p> <p>1:00 Cards—Canasta 1:00 Duplicate Bridge 7:00 M & M Band Performance</p>				



MEALS ON WHEELS

LUNCHEON MENU

(served every Tuesday and Thursday)

Please call ahead to save your spot for meals



on Tuesday and Thursday

435-654-4920

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN FRIED STEAK, potatoes & gravy, peas, mixed fruit & roll	4 BEEF STEW, tator tots, green beans, peaches & roll VEGETABLE BEEF SOUP, sandwich, chips & peaches	5 BEEF & RICE MED-LEY, corn, tropical fruit & roll	6 PORK CHOP, potatoes & gravy, carrots, applesauce & rolls CHEESE ENCHILADA, corn, beans, fruit, chips & salsa	7 SEASONED BAKED CHICKEN , rice pilaf, carrots, orange wedge & roll
10 FISH, potatoes, green beans, tartar sauce, peaches & roll	11 CHICKEN CORDON BLEU, potatoes & gravy, peas & carrots, pears & roll HOT TURKEY SANDWICH, potatoes & gravy, fruit cock-	12 SPAGETTI w/ MEAT SAUCE, corn, salad w/ranch, mandarin oranges & roll	13 BEEF & BEAN BURRITO, tator tots, Spanish rice, cantaloupe, chips & salsa ST PATTY'S HAM, red potatoes, carrots, cabbage, pineapple & roll	14 MANDARIN ORANGE CHICKEN over RICE, stir fry veggies, egg roll, orange wedge & roll
17 HAM, red potatoes, carrots, cabbage, pineapple & roll 	18 BBQ RIBLET, mac & cheese, pork-n-beans, peaches & roll BREAKFAST, hash-browns, eggs, ham, french toast, fruit, juice/milk	19 ROAST BEEF, potatoes & gravy, green beans, applesauce & roll	20 MACARONI & BEEF, mixed vegetables, cottage cheese, pears & roll CHICKEN SANDWICH, potatoes salad, mixed fruit & chips	21 TURKEY SANDWICH, potato salad, tropical fruit & chips
24 CHICKEN CUTLET, potatoes & gravy, peas, mixed fruit & roll	25 CRUNCH TOP POTATO CASSEROLE, mixed vegetables, banana & roll PORK CHOP, potatoes & gravy, mixed vegetables, applesauce & roll	26 CHICKEN & BROCCOLI ALFREDO, carrots, pears & roll	27 SALISBURY STEAK, potatoes, peas & carrots, peaches & roll FISH, baked potato, green beans, tartar sauce, tropical fruit	28 CREAM OF POTATO SOUP, chicken nugget, green beans, tropical fruit & roll
31 CHICKEN STRIPS, potatoes, mixed vegetable, peaches & roll				

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