



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

**2025**

*SPOTLIGHT*

## **VAL JEFFS**

**I was born on September 7th, 1927, in Mohrland Utah. I was raised for seven years in Spring Canyon; they are both ghost towns now. I spent the rest of his life, except for the military time, in and around Salt Lake City UT. I graduated at 16, I was too young to join the Army or Navy. I then enlisted in the Merchant Marines. I also sailed on the SS Rainbow. It was an ammunition ship. They delivered to islands all over the South Pacific. Hundreds of tons. I was in the Philippines when Japan surrendered. I stayed in service until 1947 and was honorably discharged.**

**I married Dorothy Nelson in 1948, and we had three sons Sid, Scott, and Randy Jeffs which gave me three daughters-in-laws 6 grandchildren 7 great grandchildren and 2 great great grandchildren.**

**When the war in Korea started, I enlisted in the Air Force. I served four years active duty, then four years reserve. I then served on an air training base, Oklahoma. Also, one year air sea rescue squadron on a B47 SAC base in French Morocco. And wing Headquarter on survival training base in Nevada. He was honorably discharged, rank S/Sgt.**

**My civilian careers were 15 years pharmaceutical sales and 15 years advertising sales. I then retired but after his wife Dorothy passed away in 1999, he went back to work in 2001 as a school crossing guard. He worked as a crossing guard for 10 years before retiring for a second time at the age of 85.**

**I am 97 years old I live in Heber with my grandson and his wife and three great grandchildren.**



## Cora's Corner

To all our Seniors...just a little info from the kitchen. WOW! What a great birthday party. When you turn "100" we'll do the same for you. May has arrived with sunny warm days. Let's enjoy.

Cinco de Mayo is celebrated on the 5th of May, which is a Monday. We will be celebrating on the 1st. Again, please sign up early. It's going to be a blast!

Mother's Day is May 11th. We will be serving our luncheon on the 8th. Let's honor all mothers for everything they have done and everything they still do.

We will be closed on Monday, May 26th, to celebrate Memorial Day. Check around for all the activities available to do in the valley.

Please remember to drink your water. It's getting that time of year when you need to increase your intake.

Until next time, take care...Cora Briggs



Theresa Santoro	2	Sharron Re	17	Cheri Munden	22
Virginia Randquist	3	Dale Sweat	17	Jeanine Lyons	23
Jill Ringger	7	Ron Clarkson	18	Denton Theide	23
Roger Warner	7	Sarah Ellis	18	Evelyn Saudners	24
JoAnn Batty	8	Nancy Hilton	18	Laural Spenser	24
Terry Lee	10	Dale Beeman	19	Cynthia Bull	27
Linda Middleton	11	Marie DeBono	19	Glen Burgener	27
Valorie Rodriquez	11	Clarence Mahoney	19	Karen Mair	27
MaryAnn Anderson	12	Sherry Snyder	19	Alfa Florez	28
Lynnie Casper	12	Jill Johnson	20	Rosie Parker	29
Yvette Gallagher	13	Joan Paiva	20	Joyce Coleman	30
Jill Moon	13	Donna Dayton	21	Jan Mclauhlin	30
Rex Hansen	14	Tony Morales	21	Nancy Villaverde	30
Darlene Luke	15	Kathryn Berg	22	Cynthia Theobald	31



# LOOKING AHEAD-FAIR DAYS 2025

**WANTED:** Do you can, bake, quilt, crochet, garden, do photography, make jewelry, flower arrangements, wood or leather work or some other amazing thing you want to share? Well, we want you to display it in this year's Fair Days Exhibit!! It is easy peasy, just bring it in to the Center and Candie will help take care of the rest!



**BIG OLE PUZZLE:** We will be entering in another HUGE puzzle this year. Last year it was the spotlight of the show and everyone was talking about it for months after. We need to have it finished by July and volunteers to help assemble the final masterpiece at the exhibits. Let me know if you are interested.



**DISCOUNTED TICKETS:** Park & Recreation has given you a special pre-sale discount for the best seats in the house to the Thursday night Rodeo & Derby. These events sell out quickly, especially the seats that have been set aside for you. Orders need to be placed with us by May 22nd with a limit of 2 per member. (SEE ACTIVITY FLYER FOR MOR DETAILS)



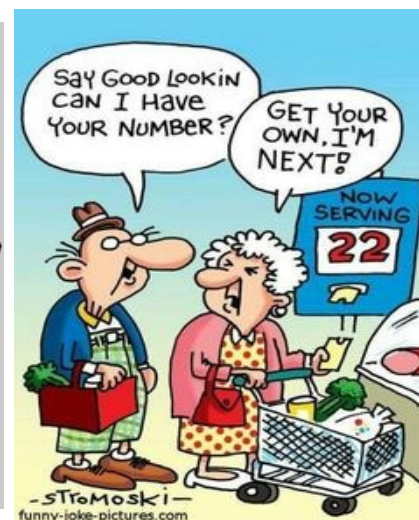
You folks are amazing!! Let me know if I can help or if you have any questions. 435-654-1220

 **Candie**

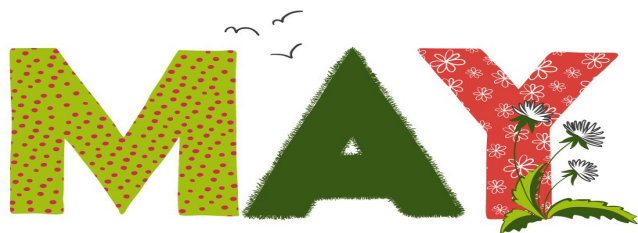


"You are older than I am. How come your nose isn't turning gray?"

**WE LOVE  
OUR  
SENIORS!**







# Activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Friday, May 2nd	Limited Space	Bear River Bird Refuge & Lunch at Madox	8:30 A.M.	\$8 Lunch On Your Own
Monday, May 5th Tuesday, May 20th	—	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, May 7th & 21st	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Friday, May 9th	Limited Space	Paper Flower Craft @ Senior Center	10:00 A.M.	\$5
Monday, May 12th	April 18th	Orem Cinemark: Raising The Bar	TBD	\$8 Snacks On Your Own
Tuesday, May 13th	Limited Space	Drawing Class @ Senior Center	3:30 P.M.	\$6
Wednesday, May 14th	Limited Space	Sandy Hale- Finding Neverland	4:30 P.M.	\$67
Friday, May 16th	Limited Space	Wood Flower Pot Craft @ Senior Center	10:30 A.M.	\$25
Monday, May 19th	Limited Space	Cooking Class—Copycat “Café Rio” USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Thursday, May 22nd	May 15th	“Elvis” @ Ideal Theater, Heber	5:00 P.M.	\$26
Friday, May 23rd	Limited Space	Watercolor Gift Cards Class @ Senior Center	2:00 P.M.	\$3
Wednesday, May 28th	May 23rd	Out Lunch Oakley Diner— Oakley	11:00 A.M.	\$2 Lunch On Your Own
Monday, June 2nd	Limited Space	Needle Felting Garland Class @ Senior Center	10:00 A.M.	\$10

## Remember!

New activities are posted all month at the Center. Stop in often to see what is new before things fill up. For more information stop by the Center 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.

## Bear River Migratory Bird Refuge

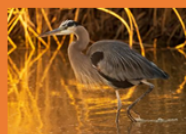
**Date:** Friday, May 2nd

**Time:** 8:30 a.m. (Bus To Leave Center)

**Lunch:** Maddox (On Your Own)

**Cost:** \$8

**Sign Up By:** Limited Space



We will be traveling to the Bear River Migratory Bird Refuge in Brigham City to do an auto tour through the 12 mile loop in the heart of the Refuge.

After the tour, we will have lunch at Maddox!

### Itinerary

8:30 Leave Senior Center

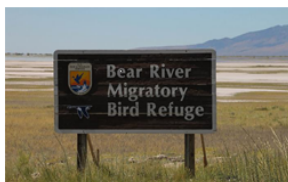
10:00 Arrive At Bird Refuge

11:45 Leave Bird Refuge

12:00 Arrive At Maddox

1:00 Leave Maddox

2:30-3:00 Arrive At Senior Center



## Paper Bag Flowers

**When:** Friday, May 9th

**Time:** 10:00

**Where:** Senior Center

**Cost:** \$5

**Sign Up By:** (limited space)



Jill & Karen ( the cute ladies in the kitchen) will be teaching us how to make these fun paper bag flowers. You will make one of each size flower. All supplies will be provided for the class, however if you have a pair of scissors, bring them.

## LINE DANCING

**Dates:** Monday, May 5th w/ Sam

**Tuesday May 20th w/ Donna**

**Time:** 7:00—8:00 P.M.

**Cost:** \$5 Each Class

**Where:** Senior Center

Come mingle and kick up your boots ( or shoes ) to your favorite country songs. Classes will be held in the senior center auditorium.

Class is for all levels, beginners welcome!



## Cinemark Movie—Orem

**Date:** Monday, May 12th

**Time:** TBD (Afternoon Matinee)

**Cost:** \$8 Snacks On Your Own

**Movie:** Raising The Bar

**Sign Up Deadline:** May 9th



In 1908, Eighth grader Alma Richards quits school. He doesn't see the point in going when he could be working as a ranch hand. A chance encounter with a Michigan State Professor sets Alma back on the road to education, which in turn leads him to more than he's ever dreamed of including a trip to the Stockholm Olympics competing in High Jump for a Gold Medal.

## Drawing Class

**When:** Tuesday, May 13th

**Time:** 3:30 P.M.

**Where:** Senior Center

**Cost:** \$6

**Sign Up By:** Limited Space, Sign Up Soon

Sam Burt is the art teacher at Timpanogos middle school will be teaching basic drawing skills. Everything you need for this class will be provided. Class will take approximately 1.5 hours.



## Sandy Hale Theatre Finding Neverland

**Date:** Wednesday, May 14th

**Time:** 4:30 P.M.

**Cost:** \$67

**Dinner:** Sizzler

**Sign Up By:** Limited Space

A Regional Premiere! ... Broadway's poignant musical flies to HALE's magical Centre Stage! J.M. Barrie - a struggling playwright - has just produced his latest failure when he meets a young mother with small boys. Two of them are Peter and Michael. Their playful imaginations of pirates, of fairies and of adventure inspire a new play where none grow old. A gloriously sweet and wondrous telling of the beginnings of Neverland. The music is souligniting. The story will warm your heart! By Knee, Graham, Frankel, Barlow, Kennedy and Korie. A splendid, new theatrical treasure. Fly to the theatre!!!



## Flower Pot Craft

**When:** Friday, May 16th

**Time:** 10:30

**Where:** Senior Center

**Cost:** \$25

**Sign Up By:** (limited space)



Cynthia will be teaching us how to make this cute wooden flower pot. All supplies will be provided for the class, however if you have an apron bring it.

Measures approximately 32"x21"

## Copycat Café Rio Sweet Pork Salad

**Date:** Monday, May 19th

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

**Cost:** \$5

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



We will learn to make delicious Café Rio sweet pork salad.

Tricia from USU extension will be teaching the class at the extension kitchen. All supplies will be provided for you. This is a self drive activity.

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



## THE IDEAL PLAYHOUSE — HEBER

### Elvis Presley Tribute Concert

**When: Thursday, May 22nd**

**Time: 5:00 P.M.**

**Cost: \$26**

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

Join us for an unforgettable night of nostalgic music with Las Vegas' best Elvis tribute artist, Travis Allen! Travis & the band will take us through several eras of Elvis's music - from his early roots, to the '68 Comeback Special, to Live from Hawaii. If you love rock n roll, don't miss the King!



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.

## Watercolor Class

**When: Friday, May 23rd**

**Time: 2:00 P.M.**

**Cost: \$3**

**Sign Up By: Limited Space**



Come paint with Kathy Carr!

We will be doing watercolor pansies on gift cards.

Everything you need for this class will be provided, but you may want to bring an apron.

Class will take approximately 1.5 hours.

## LUNCH AT THE OAKLEY DINER

**Date: Wednesday, May 28th**

**Time: 11:00 A.M. (Bus Leaves Center)**

**Cost: \$2 (Lunch On Your Own)**

**Sign Up By: May 27th**

We will take a beautiful ride to Oakley and enjoy lunch at the Oakley Diner. Average prices for the restaurant are \$10-\$15 and has a variety of sandwiches, wraps, nachos, soup, fish & chips and more!



## Needle Felting Class

**When: Monday, June 2nd**

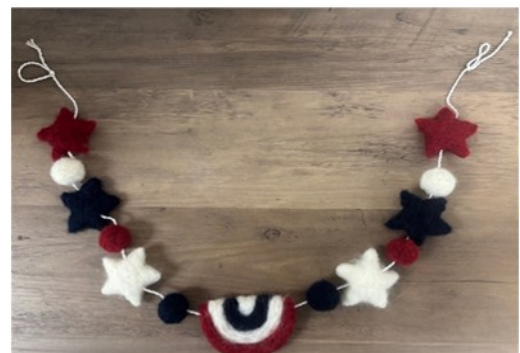
**Time: 10:00**

**Where: Senior Center**

**Cost: \$10**

**Sign Up By: (limited space)**

Amy from the USU extension will be teaching us how to do needle felting! We will be making this cute patriotic garland. All supplies will be provided for the class.



## Wasatch County Derby

**Date:** Thursday, July 24th

**Time:** 7:00 P.M.

**Cost:** \$15 (Limit 2 Per Person)

**Deadline:** Thursday, May 22nd

Wasatch Park & Recreation is offering Wasatch County Senior Center discounted pre-sale tickets for our Seniors. They will be grouped together in the Stadium Seating. Limited number of tickets are available (limit of 2 tickets per person).

Tickets are for Thursday night only.



## Mountain Valley Stampede Rodeo

**Date:** Thursday, July 31st

**Time:** 7:00

**Cost:** \$12

**Deadline:** Thursday, May 22nd



Wasatch Park & Recreation is offering Wasatch County Senior Center discounted pre-sale tickets for our Seniors. They will be grouped together in the Stadium Seating. Limited number of tickets are available (limit of 2 tickets per person).

Tickets are for Thursday night only.



## THE RUTH HALE THEATRE

### AN AMERICAN IN PARIS

**Date:** Wednesday, June 18th

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

**Cost:** \$30

**Dinner:** Feast Buffet

**Sign Up By:** Limited Tickets



Inspired by the 1951 Academy Award-winning film, this enchanting musical fable revolves around a young American soldier, a lovely French girl, and a resilient European city. Dazzling choreography and a ravishing Gershwin score with hits like "I Got Rhythm", and "S Wonderful" make for a unique and memorable evening of theater!

## 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.













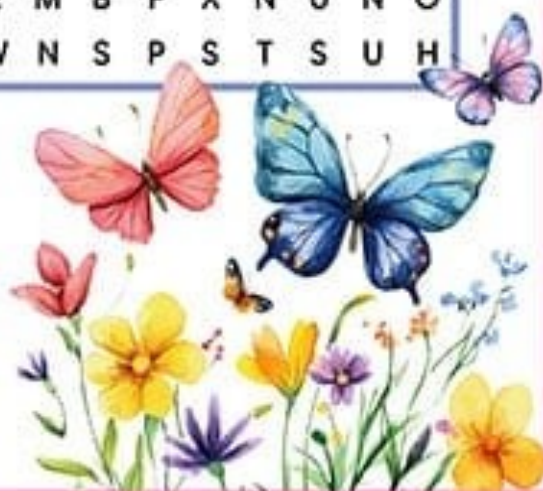
# SPRING



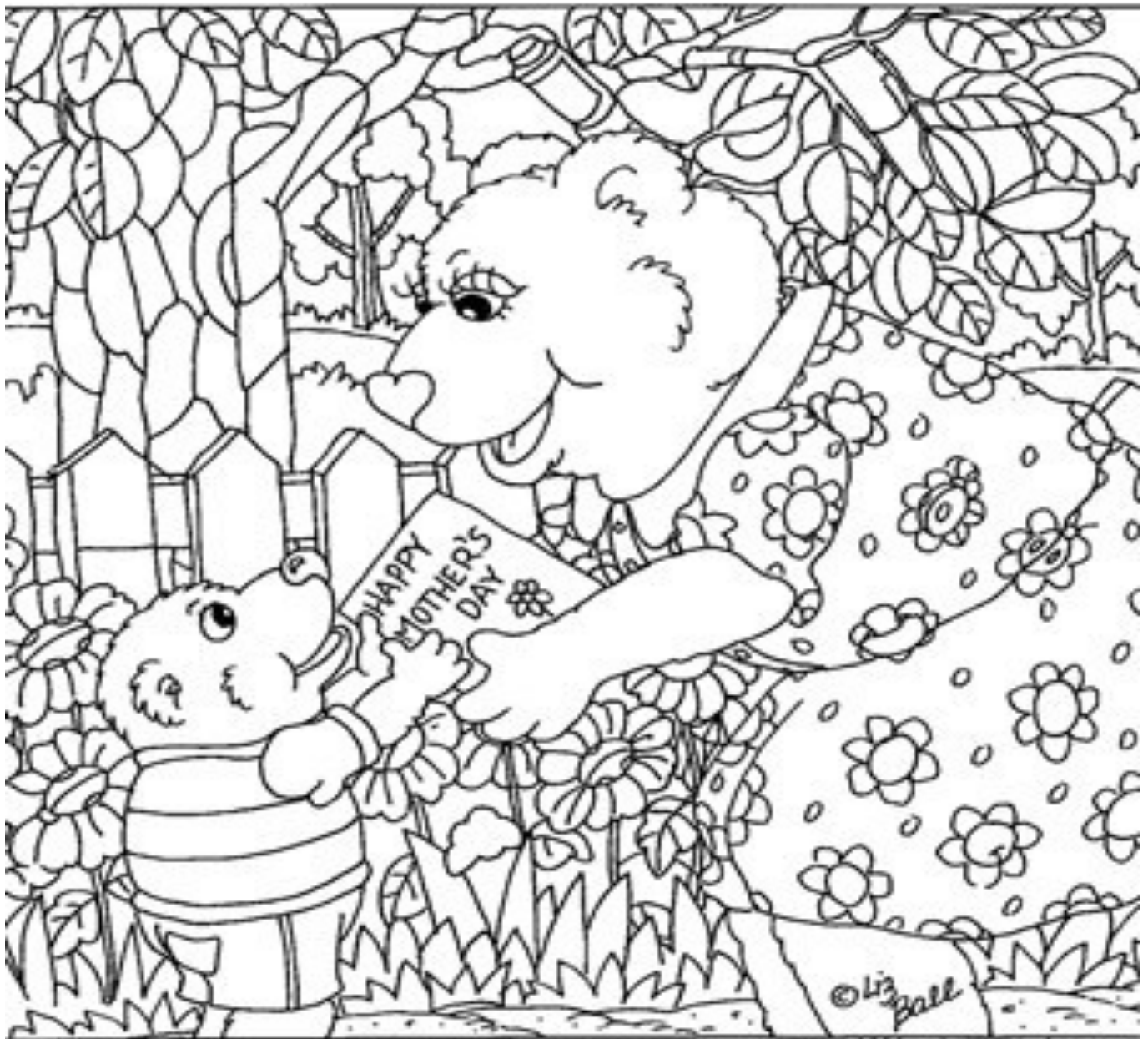
BIRDSONG  
 BLOOM  
 BLOSSOM  
 BREEZE  
 BUNNY  
 BUTTERFLY  
 CHIRPING  
 DAFFODIL  
 DUCKLING

GARDEN  
 GRASS  
 LADYBUG  
 LEAFBUD  
 MEADOW  
 NEST  
 PICNIC  
 PUDDLE  
 RAINBOW

RAINDROP  
 ROBIN  
 SEEDLING  
 SPRINGTIME  
 SPROUT  
 SUNSHINE  
 THAW  
 TULIP  
 UMBRELLA



# May Trivia—Hidden Pictures



www.hiddenpicturepuzzles.com



Return trivia by May 28th for your chance to win a \$20 gift card!

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



## 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, Jeneal Wingelaar

## Let's Party!!!

May 1st -Cinco De Mayo  
Lunch & Mariachi Band!

Bring some extra dollars to tip if  
you are able.



May 8th- Mothers Day  
Lunch & Entertainment.



JUST A FRIENDLY REMINDER TO SIGN UP EARLY FOR LUNCH  
TO RESERVE YOUR SPOTS.

We are very excited to have our Seniors  
Farmers market back this year!

Farmer Fred will be returning with his  
wonderful vegetables and fruits this year.  
Watch for flyers in the newsletter and ap-  
plications will be available soon.



## HOOKED ON BOOKS

THIS MONTH'S BOOK :

Dancing at the Rascal Fair

BY: Van Dine

NEXT MONTH'S BOOK:

POWDER DAYS

BY: Heather Hansman

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 VIS-  
IT, CHAT AND MAKE SOME NEW  
FRIENDS WHILE READING THE BEST  
BOOKS.

THIS MONTH'S GATHERING IS

May 15 @ 10:30



ANSWER KEY



BIRDSONG  
BLOOM  
BLOSSOM  
BREEZE  
BUNNY  
BUTTERFLY  
CHIRPING  
DAFFODIL  
DUCKLING

GARDEN  
GRASS  
LADYBUG  
LEAFBUD  
MEADOW  
NEST  
PICNIC  
PUDDLE  
RAINBOW

RAINDROP  
ROBIN  
SEEDLING  
SPRINGTIME  
SPROUT  
SUNSHINE  
THAW  
TULIP  
UMBRELLA



SUPERSTARWORKSHEETS

May 2025  
**HEALTH REMINDER**

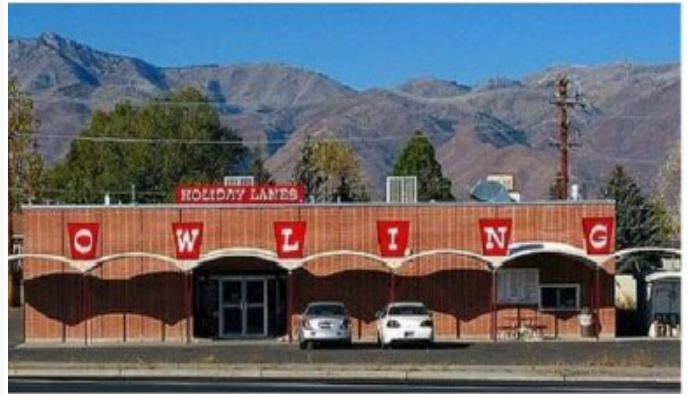
**Stay Strong This Season: A Friendly Reminder  
About the COVID-19 Vaccine**

As we grow older, staying healthy becomes more important than ever—especially when it comes to protecting ourselves from serious illness. If you are 65 and older, one small and simple way you can significantly reduce your risk of hospitalization and severe illness is to stay updated on COVID-19 vaccinations.

If you haven't had a recent COVID-19 vaccine or aren't sure if you're up to date, consider checking in with your health provider, doctor, or pharmacist. We're here to support you in staying healthy and protected. Don't hesitate to reach out with any questions – we're just a phone call away!

Warmly,

**Wasatch County Health Department**  
55 South 500 East, Heber, UT 84032  
435-657-3307



## **Let's Go Bowling**

**First & Third Wednesday  
Of Every Month**

**Meet At Bowling Alley.**

**11:00 A.M.**

**565 N. Main Street,  
Heber**

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**

## **In Loving Memory**



**No Obituaries this month**

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

If you are interested, contact

**Margaret 435-654-2876**





# Farwell Sidney Ellingford



**Sidney is leaving us for a year to serve a mission in Vancouver Canada.**

**We are deeply grateful for the time and effort Sidney has dedicated to the senior center.**

**Her dedication to Meals on Wheels has made a significant difference in our community.**

**Sidney will be greatly missed, We wish you the very best.**



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](http://magutah.org/caregiver)



Denise from Enhabit will be leading our grief support group. Light refreshments will be served.

Gatherings for May will be :

Wednesday the 7th and 21st at  
2:00 P.M.

## Come play Canasta!

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



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



# ACTIVITY CALENDAR





Mon	Tue	Wed	Thu	Fri
<b>ALL DAY – EVERY WEEKDAY</b> <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>• Craft Room</li> <li>• Ping Pong</li> </ul>		<b>Piano Lessons</b>  <b>Please Contact Margaret Schloss</b> <b>435-654-2876</b>	<b>1</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano  <b>Cinco De Mayo Lunch</b>	<b>2</b> <b>8:30 Bear River Bird Refuge</b>  1:00 Cards — Bridge
<b>5</b> 1:00 Cards—Canasta 1:00 Duplicate Bridge <b>7:00 Line Dancing</b> 	<b>6</b> <b>Treasure Table</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco	<b>7</b>  <b>11:00 Lunch &amp; Bowling at Holiday Lanes</b> 1:00 Cards—Bridge <b>2:00 Grief Support Group</b>	<b>8</b> <b>Treasure Table</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano  <b>Mother's Day Lunch</b>	<b>9</b> <b>10:00 Paper Flower Craft Class</b>  1:00 Cards — Bridge
<b>12</b> 1:00 Cards—Canasta 1:00 Duplicate Bridge <b>Orem Cinemark Raising The Bar Time TBD</b> 	<b>13</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco 2:00 Caregiver Support Group  <b>3:30 Drawing Class</b> 	<b>14</b> <b>4:30 Sandy Hale "Finding Neverland"</b>  1:00 Cards—Bridge	<b>15</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano	<b>16</b> <b>10:30 Wood Flower Pot Craft Class</b>  1:00 Cards — Bridge
<b>19</b> <b>USU Cooking Class "Café Rio"</b> <b>10:00 or 2:00</b>  1:00 Cards—Canasta 1:00 Duplicate Bridge	<b>20</b> 10:30 Chair Exercise <b>12:00 Breakfast</b> 1:00 Bunco <b>7:00 Line Dancing</b> 	<b>21</b>  <b>11:00 Lunch &amp; Bowling at Holiday Lanes</b> 1:00 Cards—Bridge <b>2:00 Grief Support Group</b>	<b>22</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano <b>5:00 "Elvis" @ Ideal Theater</b>	<b>23</b> <b>10:00 &amp; 2:00 Water Color Class</b>  1:00 Cards— Bridge
<b>26</b> <b>CLOSED</b> 	<b>27</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco	<b>28</b> <b>11:00 Lunch @ Oakley Diner</b>  1:00 Cards—Bridge	<b>29</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano	<b>30</b> 1:00 Cards—Bridge





**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
			<b>1</b> <b>LASAGNA, corn, mixed fruit &amp; roll</b>  <b>TACO BAR w/ trimmings</b>	<b>2</b> <b>FISH, potato, carrots, applesauce &amp; roll</b>
<b>5</b> <b>CHEESE ENCHILADA, tatertots, beans, orange wedge, salsa &amp; chips</b>	<b>6</b> <b>GROUND ROUND, potatoes &amp; gravy, mixed vegetables, peaches &amp; roll</b>  <b>GROUND ROUND, potatoes &amp; gravy, green beans &amp; peaches</b>	<b>7</b> <b>SPAGETTI, w/ MEAT SAUCE, green beans, cottage cheese, pears &amp; roll</b>	<b>8</b> <b>TUNA CASSEROLE, peas tropical fruit &amp; roll</b>  <b>MOTHER'S DAY LUNCH</b>	<b>9</b> <b>SEASONED BAKE CHICKEN, rice pilaf, carrots, mixed fruit &amp; roll</b>
<b>12</b> <b>CHICKEN FRIED STEAK, potatoes &amp; gravy, carrots, mandarin oranges &amp; roll</b>	<b>13</b> <b>MACARONI &amp; BEEF, green beans, peaches &amp; roll</b>  <b>PULLED PORK SANDWICH, coleslaw, pineapple &amp; chips</b>	<b>14</b> <b>PIGS in a BLANKET, corn, pork-n-beans, jell-o, pears &amp; chips</b>	<b>15</b> <b>CHICKEN PARMASEN, red potatoes, green beans &amp; tropical fruit</b>  <b>CRUNCH TOP POTATO &amp; HAM CASSEROLE, mixed vegetables &amp; banana pudding</b>	<b>16</b> <b>TURKEY SANDWICH, potato salad, mixed fruit &amp; chips</b>
<b>19</b> <b>CHICKEN CUTLET, potatoes &amp; gravy, peas, pears &amp; roll</b>	<b>20</b> <b>BBQ RIBLET, mac&amp;cheese, pork-n-beans, cookie, peaches &amp; roll</b>  <b>BREAKFAST, hash-browns, eggs, bacon, french toast, fruit, milk/juice</b>	<b>21</b> <b>ROAST PORK, potatoes &amp; gravy, carrots, applesauce &amp; roll</b>	<b>22</b> <b>CREAM OF POTATO SOUP, chicken nuggets, mixed vegetable, orange wedge &amp; roll</b>  <b>CHEF SALAD w/ ranch, mandarin oranges</b>	<b>23</b> <b>CHEF SALAD w/ RANCH, mandarin oranges &amp; crackers</b>
<b>26</b> <b>CLOSED FOR MEMORIAL DAY</b> 	<b>27</b> <b>CHICKEN CORDON BLEU, potatoes &amp; gravy, peas, tropical fruit &amp; roll</b>  <b>FISH, potatoes, green beans &amp; peaches</b>	<b>28</b> <b>STUFFED GREEN PEPPERS, potato, corn, pears &amp; roll</b>	<b>29</b> <b>PORK CHOP, potatoes &amp; gravy, carrots, applesauce &amp; roll</b>  <b>MACARONI &amp; BEEF, corn &amp; pears</b>	<b>30</b> <b>SALISBURY STEAK, potato, green beans, peaches &amp; roll</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