

2025

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

## Spotlight

Terry Marie Titcomb

I was born December 13, 1957 in Heber City Utah. I was raised in both Heber and Peoa, Utah. My mother living in Peoa where I attended South Summit schools from kindergarten to my 10<sup>th</sup> grade year, then to where my father lived in Heber to finish my Schooling and Graduated High School in 1976. After Graduated I worked at Zions bank in Heber, then moved to Provo, Utah and work at Zions bank in Provo. I lived with roommates that attended BYU. I attended Church on the BYU campus, that's where I met my Husband Roger Reed. We had four amazing children, Jason, Christine, Katherine, Brett. Roger and I moved to DeRidder, Louisiana a couple of weeks after Jason was born in 1979 leaving Utah the only place I knew to a place that seemed like another country. We then moved to Tempe Arizona just a couple of weeks after Christine was born in 1981. We moved there a couple of years only to move to Houston Texas for work. We lived there for 18 Years. Katherine (Katie) was born 1983 and Brett was born in 1987, both in the Houston area. For the most part I was a stay-at-home mom, however I worked in the schools serving lunch to the students, when all my kids were in school.

In 2002 I moved back home to Heber. My first Job after moving back was at Nitro Pak Emergency Supplies & Food Storage, was a very enjoyable job. I met and Married Daniel Rider in 2004. We were married for 10 years. In 2006 I worked at the Wave office as a customer service representative taking in ads to be in the newspaper and helping with copy needs. In 2012 I worked as Direct care Staff to support Individuals with special needs, disabilities at the Day program. Mostly supporting the individuals in the community going to places of interest like museum's, etc. The job was very rewarding. I loved to see the smiles and just getting to know them Individually.

At this time of my life now I enjoy retirement. I so enjoy coming to the Senior Center where I have met many great friends. What a great place to come to with so many activities to choose from. Really puts a smile on my face.





## Cora's Corner



To all our Seniors...just a little info from the kitchen. June has arrived so fast and smooth. Gliding into summer I hope.

We celebrate Father's Day on Sunday the 15th. We will be serving our luncheon on the 12th to honor these wonderful men. Please remember to sign up at least the day before.

The Center will be closed on the 16th to celebrate Juneteenth. Juneteenth is the official emancipation of enslaved people in Texas on June 19, 1865, marking the end of slavery in the United States. It is celebrated as a day to honor freedom, community and resilience. It's also a time for reflection on the ongoing struggles for equality and justice.

Tuesday 24th, we will be having a fun time celebrating Pink Flamingo Day. Not sure what we're serving, but remember it is breakfast. Please, if you're not able to attend call and cancel. We don't want to waste food. Wear pink!!!

Want to Thank our people who worked hard to get our Cinco de Mayo party shaken. It was a blast. Hope to continue it.

Please remember to drink your water. It does help in so many ways. Until next time, take care...Cora Briggs



Janice Homer	1	Denise Darling	19	Delores Meik	23
Ed Mason	1	Shelly Hokanson	19	Lois Mahoney	24
Rick Parker	2	James Ritchie	19	Karen Bassett	25
Susy Epperson	5	Geraldine Hughes	20	June Muir	25
Mary Giles	5	Reint Smit	21	Debbie Sweat	25
Scott Parker	5	Marilyn Bethers	22	Nancy Mace	26
Judith Maedel	8	Christian Kimball	22	Viola Nelson	27
Allison Salisbury	8	Mary Endner	23	Judy Simmons	27
Sue Urban	11	Kathleen Franke	23	Jolene Mecham	30
Bonnie Wilson	13				
David Todd	14				
Anna Hilton	16				
David Turner	16				
Byron Villaverde	16				
Debra Proctor	17				



# Wasatch County Senior Farmers Market

This year we want **EVERYONE** to have the chance  
to receive fresh produce

Come Fill Out Your Self-Declaration Forms

## Thursday May 29th

## 11AM - 1PM


## Lobby of the Senior Center

- Must be 60 years of age or older
- You'll receive \$50 in vouchers
- Use ONLY at the Senior Center on Thursdays (June - Oct)
- Tentative start date for market - June 19<sup>th</sup>
- Monthly income fall in the categories below

Income Eligibility for Wasatch County Senior Farmers Market				
Household Size		State Voucher	WC Reduced Voucher \$20	WC Full Price Voucher \$50
		Income	Income	Income
1	Annual Monthly Weekly	\$0 - \$28,953 \$0 - \$2,413 \$0 - \$557	\$28,954 - \$31,300 \$2,414 - \$2,608 \$558 - \$602	Above \$31,300 Above \$2,608 Above \$602
2	Annual Monthly Weekly	\$0 - \$39,128 \$0 - \$3,261 \$0 - \$753	\$39,129 - \$42,300 \$3,261 - \$3,525 \$754 - \$813	Above \$42,300 Above \$3,525 Above \$813
3	Annual Monthly Weekly	\$0 - \$49,303 \$0 - \$4,109 \$0 - \$949	\$49,304 - \$53,300 \$4,110 - \$4,442 \$950 - \$1,025	Above \$53,300 Above \$4,442 Above \$1,025
4	Annual Monthly Weekly	\$0 - \$59,478 \$0 - \$4,957 \$0 - \$1,144	\$49,479 - \$64,300 \$4,958 - \$5,358 \$1,145 - \$1,237	Above \$64,300 Above \$5,358 Above \$1,237
5	Annual Monthly Weekly	\$0 - \$69,653 \$0 - \$5,805 \$0 - \$1,340	\$69,654 - \$75,300 \$5,806 - \$6,275 \$1,341 - \$1,448	Above \$75,300 Above \$6,275 Above \$1,448



# activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Monday, June 2nd	Limited Space	Needle Felting Class @ Senior Center	10:00 A.M.	\$10
Wednesday, June 4th & 18th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Tuesday, June 10th	—	Line Dancing @ Senior Center	7:00 P.M.	\$5
Wednesday, June 11th	Limited Space	 Cooking Class—Copycat "CAVA" USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Friday, June 13th	Limited Space	Oil Paint Class @ Senior Center	10:00 A.M. Or 1:00 P.M.	\$10
Wednesday, June 18th	Limited Space	Ruth Hale: An American In Paris	4:30 P.M.	\$30 Dinner On Your Own
Friday, June 20th	Limited Space	Heber Light & Power Tour	9:45 A.M.	\$2
Monday, June 23rd	June 20th	Orem Cinemark: The Last Rodeo	TBD	\$8 Snacks On Your Own
Tuesday, June 24th	—	Drawing Class @ Senior Center	3:30	\$6
Wednesday, June 25th	June 20th	Holiday Wreath @ Senior Center	10:00 A.M.	\$15
Friday, June 27th	Limited Space	Out Lunch: Taggart's Grill	10:30 A.M.	\$3 Lunch On Your Own
Friday, June 30th	Limited Space	Watercolor Gift Cards Class @ Senior Center	9:00 A.M. or 10:30 A.M.	\$3
Monday, July 7th	Limited Space	Ruth Hale: The Play That Goes Wrong	5:00 P.M.	\$30 Dinner On Your Own
Friday, August 1st	June 1st	Payson Salmon Supper	TBD	\$27

## 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.



## Needle Felting Class

**When:** Monday, June 2nd

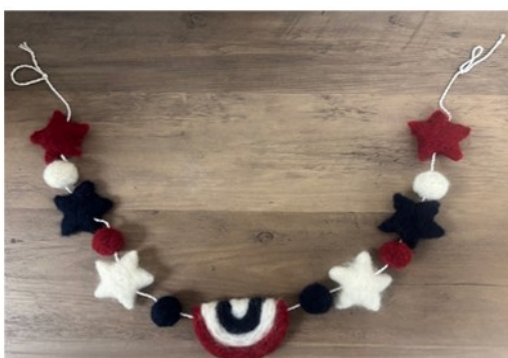
**Time:** 10:00

**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.



## LINE DANCING

**Date:** Tuesday June 10th

**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!



## Copycat CAVA

### *Mediterranean Grain Bowls*

**Date:** Wednesday, June 11th

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

**Cost:** \$5

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

**Note:** This is a self drive activity.



This year we are doing restaurant “copycat” recipes! This month is CAVA Mediterranean Grain Bowls. Class will be taught by Tricia at the USU extension. Everything you need will be provided.

55 S. 500 E. Heber

( Located in the same build as the Health Department)

## Oil Paint Class

**When:** Friday, June 13th

**Time:** 10:00 A.M. Or 1:00 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.

PAINTING WILL BE DETERMINED, BUT THEY ARE ALWAYS AMAZING!

PAINTING WILL BE 11 X 14. ALL SUPPLIES WILL BE PROVIDED FOR THIS CLASS.

**IF YOU CAN, BRING AN APRON!**

Painting To Be Determined.....

## 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!

## Heber Light & Power Tour

**Date:** Friday, June 20th

**Time:** 9:45 A.M. (Bus Leaves Center)

**Cost:** \$2

**Limited Space, Sign Up Soon**

Let's go on a wild adventure and explore Heber Light & Power. We'll meet at the center, hop on the bus, and head to the main operation center, where we'll get the grand tour of dispatch and natural gas power plants. Then we'll cruise over to the Lake Creek Hydro plant and wrap things up at the Lower Snake Creek Hydro plant. *As we embark on this ridiculously educational tour, designed to enlighten us about the inner workings of our local power company, just remember, **no soapboxing allowed.***



## Cinemark Movie—Orem

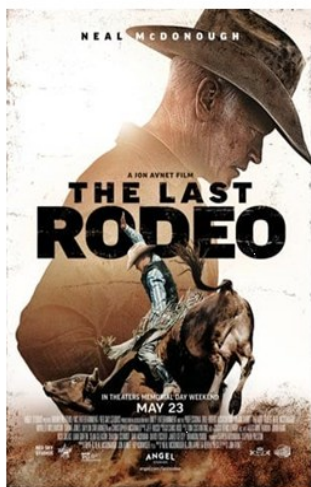
**Date:** Monday, June 23rd

**Time:** TBD (Afternoon Matinee)

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

**Movie:** The Last Rodeo

**Sign Up Deadline:** June 20th



To save his grandson, a retired rodeo star enters a high-stakes bull-riding competition. Along the way, he confronts his past, discovers faith, and proves that true courage lies in family.



## Drawing Class

**When:** Tuesday, June 24th

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

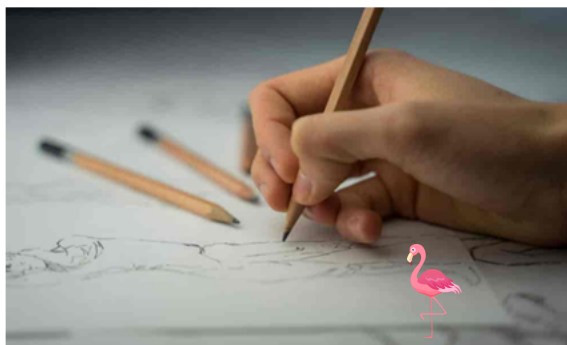
**Where:** Senior Center

**Cost:** \$6

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

David Weaver will be teaching basic drawing and sketching skills. Everything you need for this class will be provided.

Class is approximately one hour.



## Holiday Wreath

When: Wednesday, June 25th

Time: 10:00

Where: Senior Center

Cost: \$15

Sign Up By: (limited space)



Cynthia will be teaching us how to make this cute Holiday wreath. All supplies will be provided for the class.

## Watercolor Class

When: Monday, June 30th

Time: 9:00 A.M. or 10:30 A.M.

Cost: \$3

Sign Up By: Limited Space



Come water paint with Kathy Carr! We will be 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 hour.

## THE RUTH HALE THEATRE

### THE PLAY THAT GOES WRONG

Date: Monday, July 7th

Time: 5:00 P.M. (Bus To Leave Center)

Cost: \$30

Dinner: Pizza Pie Cafe

Sign Up By: Limited Tickets



A Broadway and West End smash! Join the chaos of this show-within-a-show where on opening night of 'The Murder at Haversham Manor', everything goes hilariously wrong. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's a riotous evening of comedy that can't be missed!



Date: Friday, August 1st

Time: 2:30-3:30 Depending On Reservation Time

Cost: \$27

Sign Up By: May 30th

Salmon, grilled over dried fruit wood fires, baked potato, corn on the cob, salad, roll, and a cookie. Great entertainment throughout the evening! Tickets were pre-purchased, so they are non-refundable unless you can find someone to take your place. Price includes ticket and transportation.









# Wasatch County Senior Center

We're excited to have you join our community.  
Please fill out the form below to become a member.

## Personal Information:

- Name: \_\_\_\_\_
- Address: \_\_\_\_\_
- Email: \_\_\_\_\_
- DOB: \_\_\_\_\_
- Phone Number: \_\_\_\_\_
- Emergency Contact: \_\_\_\_\_
- Preferred way of receiving newsletter

☐ Email      ☐ Mail      ☐ Renewal      ☐ New Membership

- Volunteer: ☐ Bus Driver      ☐ Other

Please let us know how you would like to help \_\_\_\_\_

- Interests: \_\_\_\_\_

## Fun Questions:

- If you could have any superpower, what would it be? \_\_\_\_\_
- What's your favorite hobby? \_\_\_\_\_
- Tell us a fun fact about yourself: \_\_\_\_\_

**Annual Memberships are Due July 2025.**  
**Please return this form to the Senior**  
**Center**

# United States

All the words listed are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

ALABAMA  
 ALASKA  
 ARIZONA  
 ARKANSAS  
 COLORADO  
 DELAWARE  
 FLORIDA  
 GEORGIA  
 HAWAII  
 ILLINOIS  
 INDIANA  
 KANSAS  
 LOUISIANA  
 MAINE  
 MARYLAND  
 MICHIGAN  
 MONTANA  
 NEVADA  
 NEW JERSEY  
 NEW MEXICO  
 NEW YORK  
 OKLAHOMA  
 OREGON  
 RHODE ISLAND  
 VERMONT  
 VIRGINIA  
 WISCONSIN  
 WYOMING

## CHANGE ONE

Change one letter in each of these two words to form a common two-word phrase. Example:  
 HAT DOT. Answer: HOT DOG

TWITCH IN

# June Trivia—Find The Flamingos

How many flamingos can you find in the  
newsletter?



Total Found: \_\_\_\_\_

Return trivia by June 24th for your chance to win a \$20 gift card!

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

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

Cut Here

**Wear Pink on June 24th**

FOR NATIONAL PINK FLAMINGO DAY!!

*The Pinkiest Person Will Win a Prize!*

## **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.



You folks are amazing!! Let me know if I can help or if you have any questions. 435-654-4920

*Candie*

### 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

### 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

### MORNING BOOK CLUB

#### THIS MONTH'S BOOK :

POWDER DAYS

BY: HEATHER HANSMAN

#### NEXT MONTH'S BOOK:

ESCAPE ARTIST

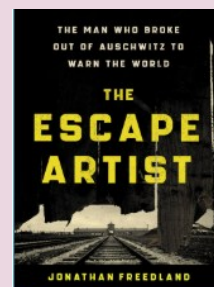
BY: JONATHAN FREEDLAND

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

JUNE 17TH @ 10:30



## In Loving Memory

### \*Rolf Sandberg

Born: February 20, 1936

Died: April 10, 2025

### \*Rhea Carlson

Born: November 11, 1941

Died: May 6, 2025

Married: Dale Carlson

### \*Marleen Smith

Born: May 31, 1936

Died May 13, 2025

Married Arthur Smith



The Summit & Wasatch Caregiver Coalition presents

## SUNSHINE & SONGS SENIOR / CAREGIVER PICNIC

**Tuesday, June 17th**  
**11 AM - 1 PM**

**Summerhouse Farms**

2001 West 1200 South  
Heber City, Utah 84032



ENJOY A FREE LIGHT  
LUNCH AND MUSIC  
by Kristin Lloyd  
aka KRAZY ANI

HOSTED BY

Lynden Legacy  
Foundation

RSVP to register for lunch  
[magutah.gov/picnic](http://magutah.gov/picnic)  
Or call 801.229.3808

FOR FAMILY CAREGIVERS AND SENIORS



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

If you are interested, contact

**Margaret 435-654-2876**



## MIKE'S BLURB

Do y'all remember that song by Bobby McFerrin, "Don't worry be happy"? If you do remember it the tune will now be stuck in your head all day. I can hear you whistling it right now. What a great song and a great attitude about life. Well, to a certain degree. "Landlord say the rent is late. Might have to litigate. Don't worry, be happy". Maybe you should pay your bills so that you don't end up sleeping in a van down by the river. Maybe worry just a little bit less.

The Center is a great place to forget about your worries for a while and have some fun with good friends. Get in here pronto and "Don't worry" for a bit.

See y'all soon, Mike

## New Strength Training Class!

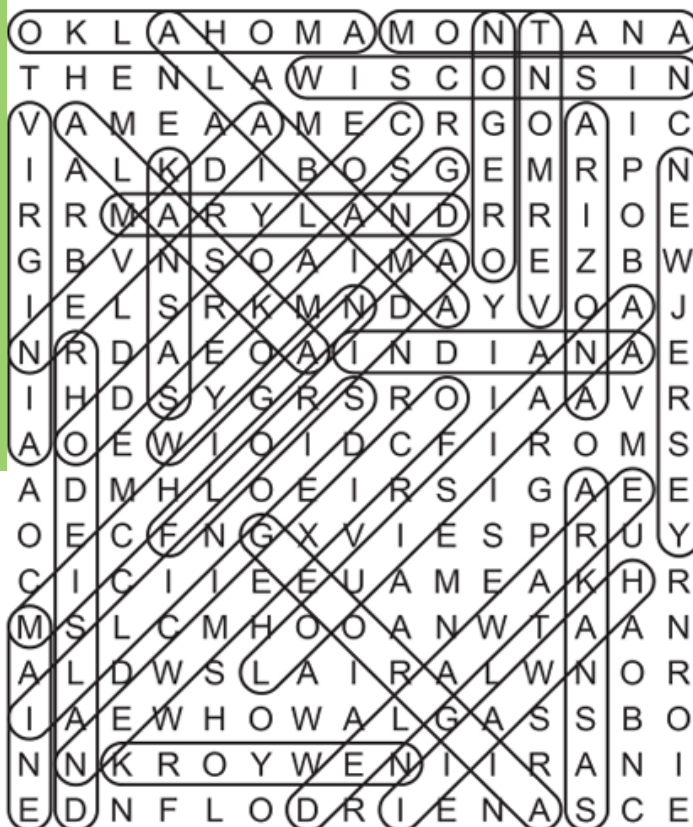
GET STRONGER & HEALTHIER!

CLASS WILL BE HELD every Friday at 10:00 a.m. BY CATHERINE MOORE.

BRING A WATER BOTTLE AND TOWEL.



## Solution: United States



CHANGE ONE SWITCH ON



**Let's Go Bowling**  
**First & Third Wednesday**  
**Of Every Month**  
**Meet At Bowling Alley.**

**11:00 A.M.**  
 565 N. Main Street,



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



Denise from Enhabit will be lead-  
ing our grief support group. Light  
refreshments will be served.  
Gatherings for June will be :  
Wednesday the 4th and 18th 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.*



# JUNE ACTIVITY Calendar

Mon	Tue	Wed	Thu	Fri
<b>2</b> <b>10:00 Needle Felting Class</b>  1:00 Cards—Canasta 1:00 Duplicate Bridge	<b>3</b> <b>Treasure Table</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco	<b>4</b>  <b>11:00 Lunch &amp; Bowling at Holiday Lanes</b> 1:00 Cards—Bridge <b>2:00 Grief Support Group</b>	<b>5</b> <b>Treasure Table</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano	<b>6</b> 10:00 Strength Training Class 1:00 Cards — Bridge
<b>9</b> 1:00 Cards—Canasta 1:00 Duplicate Bridge	<b>10</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco 2:00 Caregiver Support Group  <b>7:00 Line Dancing</b> 	<b>11</b> <b>USU Cooking Class "CAVA"</b> 10:00 or 2:00  1:00 Cards—Bridge	<b>12</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano <b>Father's Day Lunch</b>	<b>13</b> <b>10:00 &amp; 1:00 Oil Paint Class</b>  10:00 Strength Training Class 1:00 Cards — Bridge
<b>16</b> <b>Closed</b> 	<b>17</b> 10:30 Chair Exercise <b>12:00 Lunch</b> 1:00 Bunco	<b>18</b>  <b>11:00 Lunch &amp; Bowling at Holiday Lanes</b> 1:00 Cards—Bridge <b>2:00 Grief Support Group</b> <b>4:30 Ruth Hale "An American In Paris"</b>	<b>19</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano	<b>20</b> <b>9:45 Heber Light &amp; Power Tour</b>  10:00 Strength Training Class 1:00 Cards — Bridge
<b>23</b> <b>Orem Cinemark "The Last Rodeo"</b> <b>Time TBD</b>  1:00 Cards—Canasta 1:00 Duplicate Bridge	<b>24</b> 10:30 Chair Exercise <b>12:00 Breakfast</b> 1:00 Bunco <b>PINK FLAMINGO DAY WEAR PINK!!!!</b>  <b>3:30 Drawing Class</b> 	<b>25</b> <b>10:00 Wreath Class</b>  1:00 Cards—Bridge	<b>26</b> 9:00 Yoga 10:30 Tai Chi <b>12:00 Lunch</b> 1:00 Bingo 1:00 Piano	<b>27</b> <b>10:30 Lunch Taggart's Grill</b>  10:00 Strength Training Class 1:00 Cards — Bridge
<b>30</b> <b>9:30 &amp; 10:30 Water Color Class</b>  1:00 Cards—Canasta 1:00 Duplicate Bridge			<b>Piano Lessons</b>  <b>Please Contact Margaret Schloss</b> <b>435-654-2876</b>	<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>



**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**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>TACO BAKE</b> , tator tots , corn, pears, salsa & chips	<b>3</b> <b>ROAST BEEF</b> , potatoes, & gravy, carrots, applesauce & roll  <b>PORK CHOPS</b> , potatoes & gravy, mixed vegetables, applesauce	<b>4</b> <b>BEEF STROGANOFF</b> OVER NOODLES, mixed vegetables, tropical fruit & roll	<b>5</b> <b>HAM SANDWICH</b> , potato salad, pineapple & chips  <b>CHICKEN CUTLET</b> , potatoes & gravy, peas, tropical fruit	<b>6</b> <b>CHICKEN CORDON BLEU</b> , potatoes & gravy, green beans, peaches & roll
<b>9</b> <b>SALISBURY STEAK</b> , potatoes, carrots, pears & roll	<b>10</b> <b>CHICKEN CUTLET</b> , potatoes & gravy, peas, mixed fruit & roll  <b>SALISBURY STEAK</b> , potatoes & gravy, green beans & mixed fruit	<b>11</b> <b>FISH</b> , potatoes & gravy, green beans, tartar sauce, peaches & roll	<b>12</b> <b>CHICKEN MALIBU</b> , potatoes & gravy, peas & carrots, pears & roll  <b>FATHER'S DAY LUNCH</b> <b>CHICKEN CORDON BLEU W/ TRIMMINGS</b>	<b>13</b> <b>HAM SANDWICH</b> , potato salad, pineapple & chips
<b>16</b>  <b>Closed in observation of the holiday</b>	<b>17</b> <b>BBQ RIBLET</b> , mac & cheese, pork-n-beans, cookie & applesauce  <b>GRILLED HAM &amp; CHEESE</b> , potato salad, watermelon & chips	<b>18</b> <b>TOMATO SOUP</b> , green beans, tator tots, peaches & roll	<b>19</b> <b>TURKEY</b> , potatoes & gravy, peas, mixed fruit & roll  <b>CHICKEN PAR-MASEN</b> , red potatoes, mixed vegetables & pears	<b>20</b> <b>MEAT LOAF</b> , potatoes & gravy, peas & carrots, pears & roll
<b>23</b> <b>CHICKEN STRIPS</b> , potatoes, peas, banana & roll	<b>24</b> <b>BEEF STEW</b> , tator tots, green beans, peaches & roll  <b>BREAKFAST</b> , pastries and all the breakfast fixings <b>(wear pink)</b>	<b>25</b> <b>LASAGNA</b> , corn cottage cheese, pears & roll	<b>26</b> <b>PORK CHOPS</b> , potatoes & gravy, carrots, applesauce & roll  <b>FISH</b> , au gratin potatoes, carrots & peaches	<b>27</b> <b>MANDARIN ORANGE CHICKEN</b> OVER RICE, egg roll, stir fry vegetables, orange wedge & roll
<b>30</b> <b>CHICKEN BRUM-METTS</b> , potatoes & gravy, peas & carrots, tropical fruit & roll				

**Wasatch County Senior Citizens**  
(435) 654-4920  
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