

# JULY

**Wasatch County Senior Citizens**  
**465 East 1200 South Heber City UT 84032**  
**435-654-4920**



# 2025

## ★ ★ Spotlight ★ ★ David & Vicki Todd ★ ★

David Todd and Vickie Knight Batty Todd are proud to call Heber Valley home, both having been born and raised in this beautiful area with deep family roots. Their ancestors were among the early settlers of the valley. Dave's great-grandfather, Thomas Todd, traveled to Utah with the Martin Handcart Company and built a cabin in Old Fort Heber. Dave's grandfather, William Russell Wherritt, was one of Heber Valley's first doctors. Vickie's grandparents were also pioneers of community service—they owned and operated one of the first mortuaries in the valley, the Olpin Mortuary. Joseph and Violet Olpin also started and operated the first ambulance service for Wasatch County.

Both David and Vickie attended the old North School Elementary. Although Dave was five years older, the two knew each other and their families were well-acquainted. Their early school days were filled with cherished friendships and memories. Dave grew up with one older sister, Judy. Both siblings graduated from Wasatch High School. David excelled academically and athletically—he played football, basketball, and ran track. In 1965, he went on to play football at Dixie College, later running track at Weber College. He earned his bachelor's degree in Physical Education from Utah State University. In 1969, Dave was drafted into the U.S. Army and served in Vietnam, receiving an honorable discharge in 1971. Upon returning, he was accepted into the University of Utah's Physical Therapy program and graduated as a licensed PT in 1973. Vickie grew up with three brothers, a younger sister, and a neighborhood full of boys. To survive the rough-and-tumble fun, she proudly became a tomboy. Fighting and playing with the boys, she declared, was far better than playing with dolls!

At Wasatch High School, Vickie was a strong academic student. In the late 1960s, athletic opportunities for girls were limited. The only school-sanctioned activities for girls were the drill team, cheer team, and cheerleading. Vickie chose cheerleading and enjoyed her time on the squad during her junior year. She graduated with the class of 1970.

Next came Dixie College, where Vickie earned a scholarship. There, her inner tomboy returned—Dixie offered sports for women, and Vickie eagerly participated in as many as she could. Her enthusiasm and talent were recognized when she was awarded Dixie's "All-Around Athlete of the Year" in 1972, along with her diploma. Vickie married her high school sweetheart, LaMar Batty, and they were thrilled to welcome their daughter, Mistie. Vickie worked various jobs to support LaMar as he pursued a master's degree in Psychology. Tragically, LaMar passed away from cancer just two months before graduation. Vickie made sure he received his degree posthumously from BYU. With the help of family and friends, Vickie returned to school, earning a scholarship to BYU and graduating in 1981 with a degree in Elementary Education.

Fate brought Dave and Vickie back together while out jogging in 1982. They married that same year and welcomed two sons, Dean and Bart, completing their family of five. Today, Dave and Vickie enjoy being active members of the Senior Citizens Center. Though they once joked they'd never be old enough to attend, they now treasure the friendships and wonderful experiences they've gained there.

They want to thank everyone who works so hard to make the Senior Center such a special place. It's a community of kindness, joy, and lifelong memories.



# Cora's Corner

**To all our Seniors...just a little info from the kitchen. Welcome to July. We are starting the second part of the year.**

**We start the first of the month closing on Friday the 4th of July. The Center will be closed and no meals delivered. Come join us on the 3rd to celebrate. Remember we won't be doing fireworks, but will be serving a fun lunch. Call in advance to reserve your spot.**

**Pioneer Day commemorates July 24, 1847 – the day when Brigham Young and the first Mormon pioneers arrived in the Salt Lake Valley after an arduous journey across multiple states. The Center will be closed on this day. We will be celebrating on the 23rd. Come join us for lunch.**

**Thursday 24th begins our Wasatch County Fair with Demolition Derby and ending August 2nd with Mountain Valley Stampede Rodeo. There are many things to see and do in between those dates. Lets have some fun!!!**

**Remember to drink your water faithfully. The heat dries us up. Until next time, take care...  
Cora Briggs**

|                 |    |                  |    |                    |    |
|-----------------|----|------------------|----|--------------------|----|
| Lesa Coleman    | 2  | DianaRae Lewis   | 12 | Saundra Hall       | 23 |
| Brent North     | 2  | Shanna Horner    | 13 | Judy Milliner      | 23 |
| Shanna Arnold   | 3  | Sue Loertscher   | 13 | Jan Renard         | 24 |
| Joan Scanlon    | 3  | Butch Hoffman    | 14 | Chris Cooper       | 25 |
| Elaine Madson   | 4  | Joe Re           | 14 | Donna Wetsel       | 25 |
| Richard White   | 4  | John Scanlon     | 14 | Maureen Bradley    | 26 |
| Keith Horner    | 5  | Diana Hammock    | 15 | Becky Cox          | 26 |
| Earl Dickerson  | 6  | Pamela Rutenbuer | 19 | Kathy Davis        | 27 |
| Nancy Geisler   | 7  | Glen Hicken      | 20 | Kywoglin Dickerson | 27 |
| Donna Mork      | 7  | Fran McGrath     | 20 | Holly Cedarstrom   | 28 |
| Tracy Terry     | 7  | Kandy Adams      | 21 | Anne Loertscher    | 28 |
| Arnie Repta     | 8  | Mary Applegate   | 21 | Karen Searle       | 28 |
| Marian Boscia   | 9  | Mark Smith       | 21 | Carolyn Webb       | 28 |
| Glade Tregaskis | 10 | Dennis Allen     | 22 | John Zimmerman     | 30 |
| Carol Bonner    | 12 | Bill Rice        | 22 | Sandra Marshall    | 31 |

happy  
BIRTHDAY



# July Trivia!



Complete and return trivia to the senior center by July 29th for your chance to win a \$20 gift card!

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

## *Fourth of July* **WORD SCRAMBLE**

WFORRIESK

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PEIEDDEENCNN

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DAREPA

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EFOMEDR

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FGLA

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NPCCII

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URMSEM

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EIBTLR

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ERACMA

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NITEUD STTSEA

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JUYL

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PTTOIARCI

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RASTS

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# JULY activities & Trips

| DATE                       | Registration Deadline        | EVENT  | TIME                       | COST                                |
|----------------------------|------------------------------|--|----------------------------|-------------------------------------|
| Tuesday, July 1st          | —                            | Line Dancing @ Senior Center                                 | 7:00 P.M.                  | \$5                                 |
| Wednesday, July 2nd        | Limited Space                | Cooking Class-<br>Copycat "Magnolia" Scones<br>USU Extension | 10:00 A.M.<br>or 2:00 P.M. | \$5                                 |
| Wednesday, July 2nd & 16th | —                            | Lunch & Bowling—Holiday Lanes,<br>Heber                      | 11:00 A.M.                 | Lunch & Bowl-<br>ing On Your<br>Own |
| Monday, July 7th           | Limited Space                | Ruth Hale: The Play That Goes<br>Wrong                       | 5:00 P.M.                  | \$30<br>Dinner On<br>Your Own       |
| Tuesday, July 8th          | Limited Space                | Drawing/Sketching Class @<br>Senior Center                   | 3:30 P.M.                  | \$6                                 |
| Wednesday, July 9th        | Limited Space                | Out To Bruch:<br>Mirror Lake Diner- Kamas                    | 10:00 A.M.                 | \$2<br>Brunch On<br>Your Own        |
| Friday, July 11th          | Limited Space                | Fire Station 51 Tour<br>Heber                                | 10:15 A.M.                 | \$2                                 |
| Monday, July 14th          | July 11th                    | Orem Cinemark: Jurassic Park-<br>Rebirth                     | TBD                        | \$8<br>Snacks On<br>Your Own        |
| Friday, July 18th          | Limited Space                | Watercolor Class @ Center                                    | 10:00 A.M.<br>or 1:00 P.M. | \$10                                |
| Monday, July 21st          | Limited Space                | Watercolor Workshop @ Center                                 | 10:30 A.M.                 | \$5                                 |
| Tuesday, July 22nd         | July 16th                    | Hewey Lewis & The News Tribute<br>@ Ideal Playhouse, Heber   | 5:00 P.M.                  | \$26                                |
| Thursday, July 24th        | Limited Tickets<br>Available | Wasatch County Derby<br>@ County Fair Grounds                | 7:00 P.M.                  | \$15                                |
| Wednesday, July 30th       | By 10:00 A.M.<br>July 30th   | Movie at Avon Theater Heber<br>"The Last Rodeo"              | 2:00 P.M.                  | \$7                                 |
| Thursday, July 31st        | Limited Tickets<br>Available | Mountain Valley Stampede Rodeo<br>@ County Fair Grounds      | 7:00 P.M.                  | \$12                                |

## 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.



## LINE DANCING

**Date:** Tuesday July 1st

**Time:** 7:00—8:00 P.M.

**Cost:** \$5 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 “Magnolia” Scones

**Date:** Wednesday, July 2nd

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

**Cost:** \$5

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



We will learn to make “Magnolia” scones!

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 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!

## Drawing/Sketching Class

**When:** Tuesday, July 8th

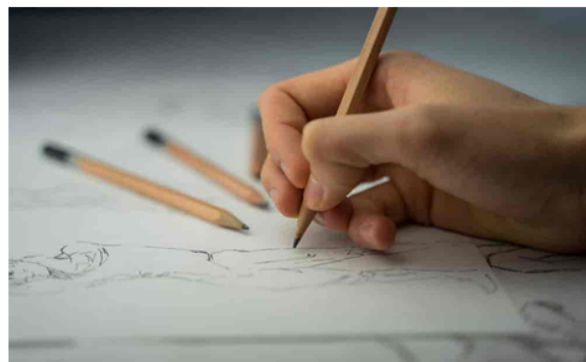
**Time:** 3:30 P.M.

**Where:** Senior Center

**Cost:** \$6

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

David will be teaching basic drawing and sketching skills. Everything you need for this class will be provided. Class will take approximately 1 hour.



## BRUNCH AT MIRROR LAKE DINER

Date: Wednesday, July 9th  
Time: 10:00 (Bus Leaves Center)  
Sign Up By: Limited Space  
Cost: \$2 (Pay For Your Own Meal)



Great ride, food and company!  
Join us for "brunch" at Mirror Lake Diner in Kamas. Bus will leave at 10:00 A.M.



## NEW FIRE STATION 51 TOUR

DATE: FRIDAY, JULY 11TH  
TIME: 10:15 A.M. (BUS LEAVES CENTER)  
COST: \$2  
LIMITED SPACE, SIGN UP SOON

Lets take a tour of Wasatch County's newest fire station "Station 51". We will meet at the senior center and go as a group. Tour will take approximately 45-60 minutes. Just a heads up, If they receive a call during your tour, everyone will need to leave the station.



## Orem Cinemark

Date: Monday, July 14th  
Time: TBD  
Cost: \$8 Snacks On Your Own  
Movie: Jurassic World– Rebirth  
Sign Up Deadline: July 11th



A new Jurassic is born as an extraction team races to the most dangerous place on Earth, an island research facility inhabited by the worst dinosaurs left behind. Led by covert operations expert Zora Bennett (Scarlett Johansson), the mission to secure genetic material from three colossal creatures becomes complicated when Zora's team encounters a shipwrecked civilian family. Stranded together on this forbidden island, they come face-to-face with a sinister, shocking discovery that has been hidden from the world for decades.

## Watercolor Paint Class

When: Friday, July 18th  
Time: 10:00 A.M. or 1:00 P.M.  
Where: Senior Center Craft Room  
Cost: \$10  
Sign Up By: Until Full (Limited Space)

WATERCOLOR. SOMETHING FOR EVERYONE. FROM ADVANCED TO BEGINNER, THERE IS MUCH TO LEARN. WE WILL FOCUS ON COLOR MIXING, VARIOUS WASH TECHNIQUES, GLAZING AND FUN TRICKS OF THE TRADE. THE FORMAT



IS TEACHER LEAD DEMOS WITH STEP BY STEP INSTRUCTIONS. EVERYTHING YOU NEED WILL BE PROVIDED FOR THE CLASS.

INSTRUCTOR: SHANOA ALLOWITZ  
OWNER OF ALCHEMY ART SCHOOL



## Watercolor Workshop

**When: Monday, July 21st**

**Time: 10:30 A.M.**

**Cost: \$5**

**Sign Up By: Limited Space**

Come paint with Kathy Carr! We will be watercolor painting Heber Valley! Everything you need for this class will be provided, but you may want to bring an apron. Workshop will take approximately 1 hour.



## Movie: Heber Avon Theater

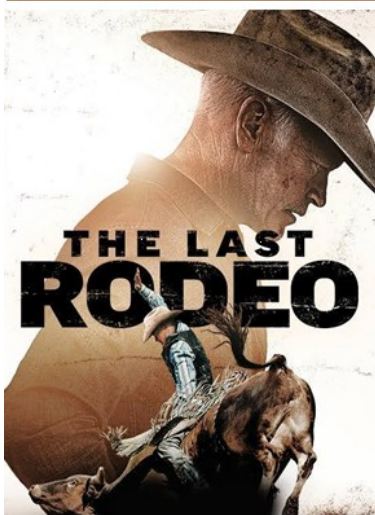
**Date: Wednesday, July 30th**

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

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

**Movie: The Last Rodeo**

**Sign Up Deadline: July 29th**



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. **This will be a self drive activity.**

## THE IDEAL PLAYHOUSE — HEBER The Heart of Rock and Roll - a Huey Lewis & The News Tribute

**When: Tuesday, July 22nd**

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

**Cost: \$26**

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

America's #1 tribute to 80s legends Huey Lewis & The News has been The Heart of Rock & Roll. After seeing them live, Sean Hopper, founding member of HLN called it, "A surreal experience. Their attention to detail, both vocally and every other way is astounding." Come party with Huey like it's 1985!



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.



## Let's Go Bowling

**First & Third Wednesday  
Of Every Month**

**Meet At Bowling Alley.  
Lunch & Bowling Starting At 11:00**

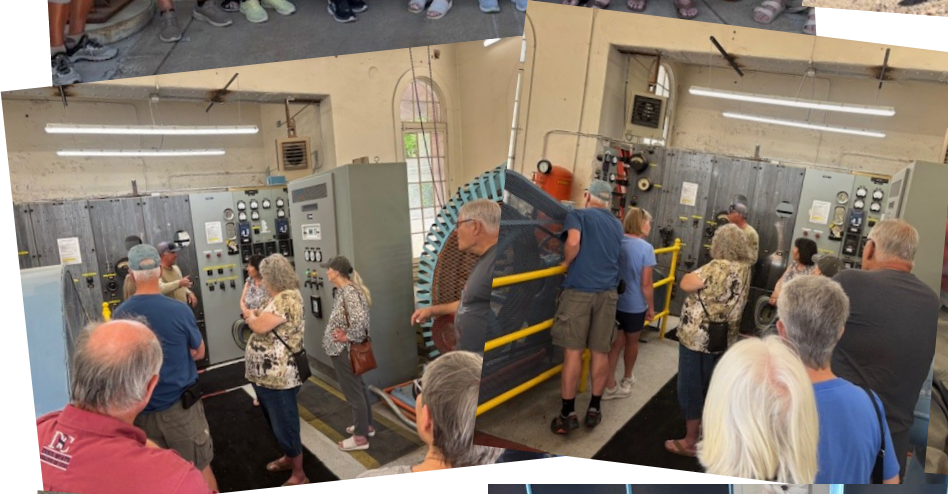


**Lunch And Bowling On Your Own.**

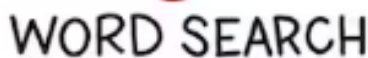












|           |                  |                  |                   |
|-----------|------------------|------------------|-------------------|
| AMERICA   | FIREWORKS        | LAND OF THE FREE | STATUE OF LIBERTY |
| BARBECUE  | FLAG             | MAJESTIC         | STRIPES           |
| BEAUTIFUL | FOURTH OF JULY   | MILITARY         | UNCLE SAM         |
| BLUE      | FREEDOM          | RED              | USA               |
| BRAVE     | INDEPENDENCE DAY | STARS            | WHITE             |

.....



## MIKE'S BLURB

This year we started asking a new question on the membership renewal form. We just asked you to share something interesting about you. We thought it was no big deal but as it turns out we have learned some fascinating things about our members. Here is just a smattering of information we gleaned from our "boring" members.

One of our lady's kissed Willie Nelson on the lips. Someone elbowed Ronald Reagan in the head. Someone found a dead body frozen in the snow while hiking Mt. Timpanogos. Another person won \$5,000 on the Family Feud TV show.

This is just a handful of examples of the crazy things you did not know about the people you come hang out with here. I can only imagine what other skeletons lurk in the history of our members. So, whether or not you are already a member we would love to find out what craziness is buried in your past. Come in and fill out the membership form and unburden yourself.

Can't wait to hear more about you,

~Mike



July 2025

## HEALTH REMINDER

### Stay Safe This Season - Check Your Tdap Status

With the arrival of warm weather, many of us are spending more time outdoors working on projects around the yard. These activities can sometimes lead to minor cuts or wounds, which is why it's important to make sure you're protected with a current Tdap vaccine.

The Tdap vaccine protects against Tetanus, Diphtheria, and Pertussis (whooping cough). Pertussis can be especially serious for older adults, so staying up to date is essential for your health and safety.

If you haven't received a Tdap vaccine in the last 5 years, or if you're unsure of when you last had one, please contact the Wasatch County Health Department. We're here to help you stay protected—give us a call today!

Warmly,


**Wasatch County Health Department**


55 South 500 East, Heber, UT 84032

435-657-3307



## IT'S HERE!!! 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 between **July 7-22nd** 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. **Assembly day will be July 23rd** 

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 :

ESCAPE ARTIST

BY: JONATHAN FREEDLAND

### NEXT MONTH'S BOOK:

THE RENT COLLECTOR

BY: CAMERON WRIGHT

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

JULY 17TH @ 10:30



## In Loving Memory

Mary Parcell

Born: February 23, 1923

Died: May 29, 2025

Married Glade Parcell

Jessie Ellen Nye Shirk

Born: April 22, 1943

Died: June 15, 2025

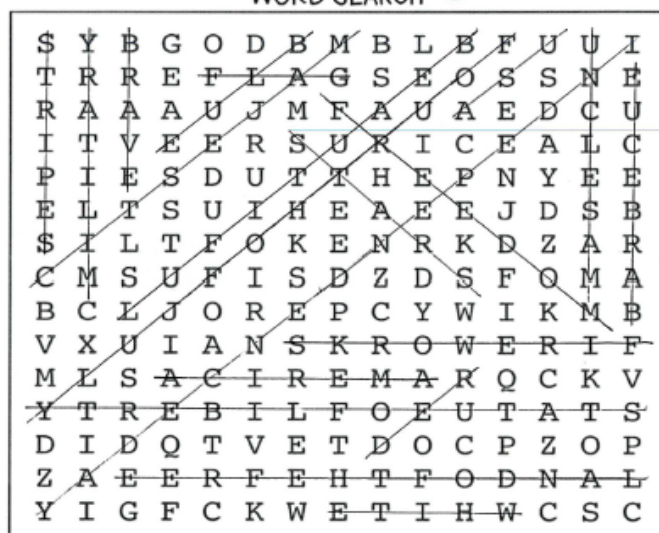


Jerry LaMar Christensen

Born: January 29, 1941

Died: June 17, 2025

Married: Carolyn Christensen



|           |                  |                  |                   |
|-----------|------------------|------------------|-------------------|
| AMERICA   | FIREWORKS        | LAND OF THE FREE | STATUE OF LIBERTY |
| BARBECUE  | FLAG             | MAJESTIC         | STRIPES           |
| BEAUTIFUL | FOURTH OF JULY   | MILITARY         | UNCLE SAM         |
| BLUE      | FREEDOM          | RED              | USA               |
| BRAVE     | INDEPENDENCE DAY | STARS            | WHITE             |

Hidden Message:

God Bless America





## 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)



MEMBERSHIPS are DUE THIS MONTH.  
THEY are \$12 Year. STOP BY say HI  
and renew your MEMBERSHIP FOR  
CONTINUED FUN THIS year

## Strength Training Class!

GET STRONGER & HEALTHIER!

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

BRING A WATER BOTTLE AND TOWEL.

## Come play Canasta!

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



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



Denise from Enhabit will be leading  
our grief support group. Light refresh-  
ments will be served. Gatherings for  
July will be :

Wednesday the 2nd and 16th at 2:00



# ACTIVITY calendar

| Mon   | Tue   | Wed   | Thu  | Fri   |
|---|---|---|--|---|
| <b>Piano Lessons</b><br><br>Please Contact<br>Margaret<br>Schloss<br>435-654-2876  | <b>1</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>7:00 Line Dancing<br>  | <b>2</b><br><br><b>11:00 Lunch &amp; Bowling at Holiday Lanes</b><br>1:00 Cards—Bridge<br><b>2:00 Grief Support Group</b><br>USU Cooking Class<br>"Magnolia" Scones<br>10:00 or 2:00 | <b>3</b><br>9:00 Yoga<br>10:30 Tai Chi<br><b>11:00 Farmer Market</b><br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Piano<br><b>4th Of July Lunch</b>   | <b>4</b><br><b>CLOSED</b><br>  |
| <b>7</b><br><b>5:00 Ruth Hale The Play That Goes Wrong</b><br><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge            | <b>8</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>2:00 Caregiver Support Group <br><b>3:30 Drawing Class</b><br> | <b>9</b><br><br><b>10:00 Brunch @ Mirror Lake Diner</b><br>1:00 Cards—Bridge   | <b>10</b><br>9:00 Yoga<br>10:30 Tai Chi<br>11:00 Farmer Market<br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Piano                                     | <b>11</b><br><br><b>10:15 Fire Station 51 Tour</b><br>10:00 Strength Training Class<br>1:00 Cards — Bridge   |
| <b>14</b><br><br><b>Orem Cinemark Jurassic World—"Rebirth" Time TBD</b><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge | <b>15</b><br>10:30 Chair Exercise<br><b>12:00 Breakfast</b><br>1:00 Bunco   | <b>16</b><br><br><b>11:00 Lunch &amp; Bowling at Holiday Lanes</b><br>1:00 Cards—Bridge<br><b>2:00 Grief Support Group</b>   | <b>17</b><br>9:00 Yoga<br>10:30 Tai Chi<br>11:00 Farmer Market<br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Piano                                     | <b>18</b><br><b>Watercolor Class 10:00 or 1:00</b><br><br>10:00 Strength Training Class<br>1:00 Cards — Bridge                                       |
| <b>21</b><br><b>10:30 Watercolor Workshop</b><br><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge                       | <b>22</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br><b>Pioneer Day Lunch</b><br>5:00 Hewey Lewis Concert<br><b>Last Day To Bring In Fair Day Entries</b>   | <b>23</b><br><b>9:00 Puzzle Assembly @ Fair Grounds</b><br>1:00 Cards—Bridge  | <b>24</b><br><b>CLOSED</b><br><br><b>PIONEER DAY 7:00 Derby</b> | <b>25</b><br>10:00 Strength Training Class<br>1:00 Cards — Bridge   |
| <b>28</b><br><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge   | <b>29</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco   | <b>30</b><br>1:00 Cards—Bridge<br><b>2:00 Heber Avon Theater "The Last Rodeo"</b><br>  | <b>31</b><br>9:00 Yoga<br>10:30 Tai Chi<br>11:00 Farmer Market<br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Piano<br><b>7:00 Rodeo</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   |
|--|--|---|---|--|
|  | <p>1</p> <p><b>CHICKEN FRIED STEAK</b>, potatoes &amp; gravy, green beans, orange wedge &amp; roll</p> <p><b>STUFFED CABBAGE</b>, red potatoes, corn &amp; tropical fruit</p>                                | <p>2</p> <p><b>HAM</b>, mac &amp; cheese, pork-n-beans, pineapple &amp; roll</p>        | <p>3</p> <p><b>BAKED CHICKEN</b>, potatoes &amp; gravy, peas, peaches &amp; roll</p>  <p><b>HOT DOG w/ TRIMMINGS</b></p>            | <p>4</p> <p><b>CLOSED</b></p>  <p><b>Observation of the holiday</b></p> |
| <p>7</p> <p><b>CHICKEN CORDON BLEU</b>, potatoes &amp; gravy, peas, peaches &amp; roll</p>     | <p>8</p> <p><b>CREAM OF POTATO SOUP</b>, mixed fruit, chicken nuggets, mixed fruit &amp; crackers</p> <p><b>HOT TURKEY SANDWICH</b>, potatoes &amp; gravy, salad w/ ranch &amp; fruit salad</p>              | <p>9</p> <p><b>SPAGHETTI w/ MEAT SAUCE</b>, corn, cottage cheese, pears &amp; roll</p>  | <p>10</p> <p><b>CHEESE ENCHILADA</b>, tator tots, beans, orange wedge, chips &amp; salsa</p>  <p><b>POTATO BAR w/ TIMMINGS</b></p> | <p>11</p> <p><b>FISH</b>, au gratin potatoes, green beans, tartar sauce, tropical fruit &amp; roll</p>   |
| <p>14</p> <p><b>SALIBURY STEAK</b>, potatoes, carrots, pears &amp; roll</p>                    | <p>15</p> <p><b>BEEF STEW</b>, tator tots, green beans, cookie, applesauce &amp; roll</p> <p><b>BREAKFAST</b>, hash-browns, eggs, bacon, pancakes, fruit juice or milk</p>                                   | <p>16</p> <p><b>MACARONI &amp; BEEF</b>, corn, cottage cheese, pineapple &amp; roll</p> | <p>17</p> <p><b>PULLED PORL SANDWICH</b>, coleslaw, watermelon &amp; chips</p> <p><b>BOX LUNCH</b>, chicken croissant w/ trimmings</p>  | <p>18</p> <p><b>CHICKEN PARMASEN</b>, red potatoes, mixed vegetables, tropical fruit &amp; roll</p>  |
| <p>21</p> <p><b>STUFFED GREEN PEPPER</b>, potatoes, green beans, tropical fruit &amp; roll</p> | <p>22</p> <p><b>PORK CHOP</b>, potatoes &amp; gravy, carrots, applesauce &amp; roll</p>  <p><b>PIZZA w/ TRIMMINGS</b></p> | <p>23</p> <p><b>HOT DOG</b>, corn, pork-n-beans, potato salad</p>                       | <p>24</p> <p><b>CLOSED</b></p> <p><b>HAPPY PIONEER DAY</b></p>    | <p>25</p> <p><b>TURKEY SANWICH</b>, macaroni salad, tropical fruit &amp; chips</p>   |
| <p>28</p> <p><b>CHICKEN CUTLET</b>, potatoes &amp; gravy, green beans, peaches &amp; roll</p>  | <p>29</p> <p><b>BBQ RIBLET</b>, mac &amp; cheese, pork-n-beans, cookie, applesauce &amp; roll</p> <p><b>HAM WRAP</b>, potato salad, fruit &amp; chips</p>  | <p>30</p> <p><b>BEEF CHOW MEIN</b>, egg roll, rice, orange wedge &amp; roll</p>         | <p>31</p> <p><b>CHEF SALAD w/ RANCH</b>, mandarin oranges, crackers</p> <p><b>FISH</b>, au gratin potatoes, green beans, peaches</p>  |   |

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