

Wasatch County Senior Citizen

465 East 1200 South

Heber City UT 84032

435-654-4920

August

SPOT LIGHT – Edward Mason

Hi, my name is Edward Mason. I am fairly new to the Seniors joining just last fall. I was born in Heber on June 1, 1947, although we lived in Park City. At the time my dad worked in the mines in Park City. When I was in kindergarten we moved to TAD (Tooele Army Depot) Park City where my dad worked until 1965. That same year I graduated from high school and my dad retired from Tooele Army Depot (TAD) And we moved back to Heber where my grandmother lived. I was Married to Deanna Luke on December 21. 1966 while on leave from The US Army. After getting married we moved to California where I was stationed at Fort Ord going to Personnel School. After graduating I was stationed at Fort Knox Kentucky where we formed An Air Cavalry unit for deployment to Vietnam (designated C Troop, 7th Squadron, 17th Air Cavalry) where I served from September 1967 to September 1968 where I was awarded a Bronze Star, Air Medal, and foreign service medals. Also promoted to rank of Sp5, E-5. Upon Returning to the US I was stationed at Fort Benning, Georgia. They had no slot for my MOS (Military Occupation Specialty) so they assigned me to a National Guard Unit from Mass. Where I worked on keeping busy jobs until my discharge in September 1969. When Deanna and I returned to Heber and started a family. Upon returning to Heber I was employed by Turner Building Supply where I worked until February 2011 at Uintah Planing Mill as Plant Manager, Chief Accountant, and Mill Worker if needed. Deanna and I had 4 children. Our oldest Deana teaches 4th grade in Draper, our next child Lynn he has his own business L&L Repair in Heber, our next child Brandon Works for Park City Corp running one of their water treatment plants. Our baby Jodie works for Redmond Salt. My beloved wife Deanna past away on October 3, 2024 after almost 60 years of marriage.

I have enjoyed getting to know some of the Seniors since then and I hope to meet all of you before I go.



Cora's Corner

To all our Seniors...just a little info from the kitchen. It's been a busy time getting ready for our county fair. We will be closed half a day on August 1st to enjoy the fair. There will be no meals served.

School will be starting this month. Be aware of the student drivers. Some of them think they own the road. The roads are busier around our area when school starts. Just be careful.

As many of you know, Tom Bonner of the Parks and Rec Department is retiring after many years of dedication to the community. We are going to miss him. If you didn't know, the Senior Center is under the direction of Parks and Rec. They are great to work with us.

Enjoy August, before the weather starts changing. It's been quite hot and dry. Does that mean we will have a wet fall or lots of snow? Only Mother Nature knows.

Remember to drink your WATER. Especially in this hot dry weather.

Shakespeare once said:

I cried when I had no shoes,

But I stopped crying when I saw a man without legs.

Life is full of blessings,

Sometimes we don't value it! Until next time, take care...Cora Briggs



Nanette Hjelm	1	Mary Patterson	17	Lillian Maziarz	27
Sally Lutz	1	Brent Sweat	19	Walter Ludlow	29
Tom Melville	5	Kathy Adams	20	Julie Lundskog	29
Kathleen Kendall	7	Scott Clayburn	20	Mary Loue Terry	29
Margaret Krubsack	7	Pam Coombs	21	Jill Ford	30
Larry Finnegan	8	Norma Richards	21	Allan Heins	30
Cathy Scroggins	8	Brenda Smith	21	David Klein	30
Scott Blackburn	9	Joe Tesch	21		
Susan Clyde	9	Sylvia White	22		
Julie Hardman	10	Cynthia Bingham	23		
Linda Rimington	10	Margaret Schloss	23		
Laurel Rail	11	Lisa Arnold	24		
Richard Cohen	12	Tara Fell	24		
Jim Kohler	12	Joyce Lee	24		
Michelle Cregor	15	Kris Glasgow	25		
Nancy Melton	17	Tom Fowler	26		



August Trivia!

Complete and return trivia to the senior center by July 28th for your chance to win a \$20 gift card!

Name: _____ Phone: _____



FINISH THE LINE TRIVIA



21. I heard it through the ____.

22. Run around like a chicken with ____.

23. Well, I'll be a monkey's ____.

24. God willing and the creek ____.

25. Let's paint the town ____.

26. Cool as a ____.

27. The apple of my ____.

28. When in Rome ____.

29. Sleeping like a ____.

30. By hook or by ____.

31. The fruit of one's ____.

32. They were dropping like ____.

33. Sleep tight, don't let the bed ____.

34. Sailed through with ____.

35. Not in my back ____.

36. Like taking candy from a ____.

37. There's plenty of other fish in ____.

38. Give credit where ____.

39. Went over like a ton of ____.

40. Out of the frying pan and into ____.



activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Tuesday, August 1st	CLOSED	Salmon Supper @ Payson	2:45 P.M.	\$27
Monday, August 4th	---	Pick Up Fair Day Entries & Winnings	Between 9:00-11:00 A.M.	—
Tuesday, August 5th	---	Line Dancing @ Center	7:00 P.M.	\$5
Wednesday, August 6th & 20th	---	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Friday, August 8th	Limited Space	Oil Paint Class @ Center	10:00 A.M. or 1:00 P.M.	\$10
Monday, August 11th	August 8th	Orem Cinemark: Freakier Friday	3:00 P.M.	\$8 Snacks On Your Own
Tuesday, August 12th	Limited Space	Drawing/Sketching Class @ Senior Center	3:30 P.M.	\$6
Wednesday, August 13th	Limited Space	Sandy Hale Theatre: Footloose	4:30 P.M.	\$70 Dinner On Your Own
Friday, August 15th	Limited Space	Watercolor Class @ Center	10:00 A.M. or 1:00 P.M.	\$10
Friday, August 22nd	Limited Space	Out To Lunch: Soldier Hollow Midway	11:00 A.M.	\$2 Brunch On Your Own
Monday, August 25th	Limited Space	Cooking Class—Copycat "Applebee's" Fiesta Lime Chicken USU Extension	10:00 A.M. or 2:00 P.M.	\$5
Wednesday, August 27th	Limited Space	Ruth Hale Theater: Something Rotten	5:00 P.M.	\$30 Dinner On Your Own
Friday, August 29th	Limited Space	UVU Roots Of Knowledge— Orem	10:00 A.M.	\$2
Friday, September 5th	Limited Space	Fire Station 51 Tour #2	9:45 A.M. Meet @ Center	\$2

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 August 5th

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!



Oil Paint Class

When: Friday, August 8th

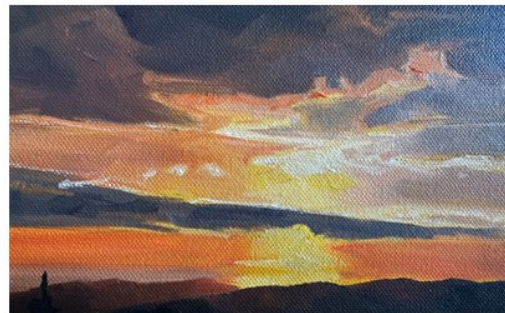
Time: 10:00 A.M. or 1:00 P.M.

Where: Senior Center Craft Room

Cost: \$10

Sign Up By: Until Full (Limited Space)

OIL PAINTING. SOMETHING FOR EVERYONE. FROM ADVANCED TO BEGINNER, THERE IS MUCH TO LEARN. WE WILL FOCUS ON COLOR MIXING, VARIOUS 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:
SHARON ALLOWITZ
OWNER OF
ALCHEMY ART
SCHOOL

Cinemark Movie—Orem

Date: Monday, August 11th

Time: 3:00 (Bus Leaves Center)

Cost: \$8 Snacks On Your Own

Movie: Freakier Friday

Sign Up Deadline: August 8th



The premise of "Freakier Friday" revolves around a body-swap scenario, continuing the story of Tess and Anna Coleman from the original "Freaky Friday." This time, Anna is about to get married, and she and Tess find themselves swapping bodies again, but with different family members. Anna switches with her teenage daughter, Harper, while Tess ends up in the body of her future granddaughter-in-law, Lily.

Drawing/Sketching Class

When: Tuesday, August 12th

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.



Sandy Hale Theatre Footloose

Date: Wednesday, August 13th

Time: 4:30 P.M.

Cost: \$70

Dinner: Sizzler

Sign Up By: Limited Space

Off the Heels of Its 40th Anniversary! A boot-stomping good time! Filmed in Utah, the cult classic movie launched a joyous, high-kicking Broadway musical. Now fans can't get enough of big town rebel Ren McCormack, landing in a small, sleepy town where dancing is taboo. Ren upends sleepy Beaumont, into a dancing frenzy and finds love along the way! Famous music! ...Footloose ... Let's Hear it for the Boy ... Almost Paradise! All about loving change, friendship and family. By Tom Snow, Dean Pitchford, Walter Bobbie, AND Kenny Loggins.



Watercolor Paint Class

When: Friday, August 15th

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

Lunch at Soldier Hollow– Midway

Date: Friday, August 22nd

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

Sign Up By: August 21st

Cost: \$2 Pay For Your Own Meal



Let's go on a little ride and have lunch at the Soldier Hollow Grill in Midway! We will meet and leave the Center at 11:00 A.M. Please be sure to sign up to we have a count so we can give them a heads up.



THE CLUB
AT SOLDIER HOLLOW

Copycat Applebee's

Date: Monday, August 25th

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

Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make Applebee's "Fiesta Lime Chicken"! 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

SOMETHING ROTTEN!

Date: Wednesday, August 27th

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

Cost: \$30

Dinner: Zuppa's Cafe

Sign Up By: Limited Tickets



Brace for laughs as Shakespeare, Broadway showtunes, and breakfast collide in this uproarious farce. Hilarity ensue when down-on-their-luck brothers Nick and Nigel Bottom challenge the Bard himself by writing the world's first musical. Winner of Best Musical and hailed by Time Out New York as "the funniest musical comedy in at least 400 years."

Roots Of Knowledge

Date: Friday, August 29th

Time: 10:00 A.M. (Bus To Leave Center)

Cost: \$2

Sign Up Deadline: August 27th

Roots of Knowledge is a permanent stained glass display completed in 2016 at Utah Valley University in Orem, Utah, United States. The creation of the exhibit was designed and overseen by stained glass artists Tom Holdman and Cameron Oscarson. It took over 12 years and cost \$4.5 million to complete.

We will not be stopping for lunch this trip.



NEW FIRE STATION 51 TOUR

Date: Friday, September 5th

Time: 9:45 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.



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.







NEW



WASATCH
— C O U N T Y —



Expanded Property Tax Relief for Seniors

If you are 66 or older with an income less than **\$63,934**, you may now qualify for up to \$1,000 in property tax credits.

Who's Eligible?

- Age 66+ by Dec. 31, 2025
- Own and live in your home
- Income under \$63,934

Required Documents:

- 2024 tax return
- Application form
 - Online at wasatchcounty.gov/property-tax-relief or pick up a copy at the Senior Center or Clerk/Auditor's Office.

Apply by **Sept. 1, 2025**, for the credit to appear on your tax notice. Final deadline: Dec. 31, 2025.

Need help Applying? Join us for in-person assistance at the Wasatch Senior Center:

- **August 21 at 1 p.m.**

Questions? Contact the Clerk/Auditor's Office at **435-657-3190**.

Desserts Word Search

A	P	U	D	D	I	N	G	F	D	M	P	L	O	F
I	C	E	C	R	E	A	M	U	G	O	S	I	B	R
C	O	H	C	O	C	A	T	D	H	U	T	E	R	U
C	A	K	E	P	F	O	M	G	N	S	R	P	O	I
H	B	C	H	E	F	R	O	E	U	S	U	I	W	T
O	K	B	U	S	S	L	U	K	R	E	F	E	N	M
C	U	P	C	A	K	E	A	L	I	S	F	E	I	I
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BROWNIE
CAKE
CHEESECAKE
CHOCOLATE
COBBLER
COOKIE
CUPCAKE
DOUGHNUT

FLAN
FRUIT
FUDGE
ICE CREAM
MILKSHAKE
MOUSSE
PARFAIT
PASTY

PIE
PUDDING
SMORES
SORBET
SUNDAE
TART
TRIFLE
TRUFFLE



CRAYONSANDCRAVINGS.COM



August 2025 HEALTH REMINDER

Seasonal Fruits & Veggies: A Simple Health Boost

Eating fresh fruits and vegetables is one of the easiest ways to invest in a healthier, more vibrant life. Seasonal produce isn't just good for you—it's bursting with benefits that can make a big difference in how you feel.

Better Taste – Seasonal produce is harvested at its peak, which means it's fresher, juicier, and more flavorful.

Higher Nutritional Value – Freshly picked fruits and vegetables retain more nutrients, making them more beneficial for your body.

Lower Cost – When produce is in season, it's more abundant, which often means lower prices at the store or farmers market.

As you go through the month, challenge yourself to add more of these seasonal options to your meals: apricots, apples, avocados, bananas, beets, bell peppers, berries, melons, corn, cucumbers, carrots, eggplant, garlic, herbs, lemons, mangos, onions, peaches, and peas.



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

MIKE'S BLURB

The Senior Center would like to thank Tom Bonner for the direction and support he has given to us over the last four years since we became part of the Parks and Recreation Department. Tom is retiring after 30 years as Director of the department. I learned that he is the only Parks and Rec. Director there has ever been in Wasatch County. He took Parks and Rec. from a couple guys and a soccer ball to the amazing programs we all enjoy today.

Thank you, Tom, for your service to the county and especially your support of the seniors.

You will be missed.





"He'll take a dozen long-stemmed roses."

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 :

THE RENT COLLECTOR

BY: CAMERON WRIGHT

NEXT MONTH'S BOOK:

TUESDAYS WITH MORRIE

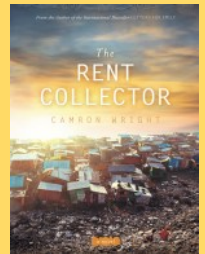
BY: MITCH ALBOM

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

AUGUST 21ST @ 10:30



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

In Loving Memory

JIMMY LEE GREER

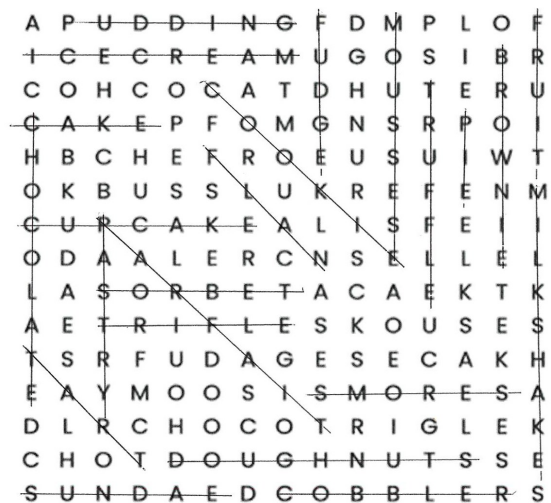
Born: December 4, 1931

Died: July 4, 2025

Married: Marie Thomas Greer



Desserts Word Search



BROWNIE	FLAN	PIE
CAKE	FRUIT	PUDDING
CHEESECAKE	FUDGE	SMORES
CHOCOLATE	ICE CREAM	SORBET
COBBLER	MILKSHAKE	SUNDAE
COOKIE	MOUSSE	TART
CUPCAKE	PARFAIT	TRIFLE
DOUGHNUT	PASTY	TRUFFLE



CRAYONSANDDRAWINGS.COM



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



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.









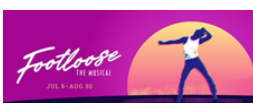






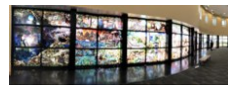


Denise from Enhabit will be leading
our grief support group. Light refresh-
ments will be served. Gatherings for
August will be :

Wednesday the 6th & 20th at 2:00 P.M.



ACTIVITY calendar





Mon	Tue	Wed	Thu	Fri
Piano Lessons  Please Contact Margaret Schloss 435-654-2876	ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Craft Room • Ping Pong 			1 10:00 Strength Training Class 2:45 Payson Salmon Supper Center Closes at 12:00
4  9:00–11:00 A.M. Pick Up Fair Days Entries 1:00 Cards—Canasta 1:00 Duplicate Bridge	5 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 7:00 Line Dance 	6  11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group	7 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Piano	8 10:00 or 1:00 Oil Paint Class  10:00 Strength Training Class 1:00 Cards — Bridge
11 3:00 Orem Cinemark Freakier Friday  1:00 Cards—Canasta 1:00 Duplicate Bridge	12 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 2:00 Caregiver Support Group 3:30 Drawing Class 	13 4:30 Sandy Hale "Footloose"  1:00 Cards—Bridge	14 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Hamburger Cookout 1:00 Bingo 1:00 Piano	15 Watercolor Class 10:00 or 1:00  10:00 Strength Training Class 1:00 Cards — Bridge
18  1:00 Cards—Canasta 1:00 Duplicate Bridge	19 10:30 Chair Exercise 12:00 Breakfast 1:00 Bunco	20  11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group	21 9:00 Yoga 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Piano	22 11:00 Lunch @ Soldier Hollow  10:00 Strength Training Class
25 10:00 or 2:00 Cooking Class Fiesta Lime Chicken  1:00 Cards—Canasta 1:00 Duplicate Bridge	26 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco	27 5:00 Ruth Hale "Something Rotten"  1:00 Cards—Bridge	28 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Piano	29 10:00 UVU Orem Roots Of Knowledge  10:00 Strength Training Class 1:00 Cards — Bridge

August

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
				1 CLOSED FOR FAIR DAYS
4 CHICKEN CUTLET, potatoes & gravy, peas, mixed fruit & roll 	5 RAVIOLI, corn, cottage cheese, pineapple & roll BBQ RIBLET, mac & cheese, pork-n-beans, applesauce and cookie	6 TACO BAKE, tator tots, mixed vegetables, orange wedge, chips & salsa	7 CRUNCH TOP HAM & POTATO CASSE-ROLE, carrots, peaches & rolls CHEESE EN-CHILADA, corn, fruit, chips & salsa	8 FISH, au gratin potatoes, green beans, tartar sauce, tropical fruit & roll
11 CHICKEN CORDON BLEU, potatoes & gravy, peas & carrots, peaches & roll	12 BBQ RIBLET, mac & cheese, pork-n-beans, applesauce, cookie & roll NAVAJO TACO, chili, cheese, Denver mix, lettuce, tomato & salsa	13 SEASONED BAKED CHICKEN, rice pilaf, mixed vegetables, pears & roll	14 BEEF STROGANOFF over/ NOODLES, green beans, mixed fruit & roll  HAMBURGER COOKOUT w/ trimmings	15 SALISBURY STEAK, potatoes, carrots, tropical fruit & roll
18 CHICKEN FRIED STEAK, potatoes & gravy, carrots, mixed fruit & roll	19 CHICKEN SALAD, fruit & crackers  BREAKFAST, hashbrowns, eggs, sausage, biscuit, fruit juice & milk	20 LASAGNA, corn, salad w/ ranch, mandarin oranges & roll	21 MEATLOAF, potatoes & gravy, green beans, pears & roll HOT BEEF SANDWICH, potatoes & gravy, salad w/ ranch, apple pie	22 CHICKEN STRIPS, pork-n-beans, mixed vegetables, potato salad, peaches & roll
25 BEANS & FRANKS, tator tots, mac & cheese, pudding, peaches & roll	26 PICANTE CHICKEN, red potatoes, mixed vegetables, orange wedge & roll FISH, potato, carrots & mixed fruit	27 SHEPERD'S PIE, green beans, pears & roll	28 ROAST PORK, potatoes & gravy, carrots, applesauce & roll BAKED CHICKEN, potatoes & gravy, peas & carrots & peaches	29 TURKEY SANDWICH, pasta salad, fruit & chips 

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