



2025



Wasatch County Senior Center~

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

Shirley Vee Zane

On September 20, 1948 Ed and Ellene Andrews welcomed their sixth child into the world. They named her Shirley Vee and her two sisters and three brothers along with two half-brothers began spoiling her rotten! I was born in the Powell Wyoming hospital which shortly became the "Old Folks Home" and I delighted in telling people that my parents were so old that I was born in an old folks home! My father was 58 and my mother 33. My half brothers were close in age to my mother. We lived on a farm about 6 miles west of Deaver, Wyoming (population 102). Our home was equipped with electricity but we did not have indoor plumbing. Our neighbors two miles away had a water pump in their house and gas lights. Because my birthday was after Sept. 15th and school did not start until after labor day, I was nearly seven when I started school. We went to school in Deaver where the graduating classes averaged 6-8 students. We were the first to be picked up by the school bus at 7:00 and the last to be dropped off about 4.

We moved from the farm to the "big town" of Lovell (pop. 2000) when I was ten years old. I really did not like the big town and it took me a while to adjust. My mother did not drive and I am sure that my father was preparing her for the time when he would not be there to drive her around. He died when I was 13. I graduated from High School in 1967. Just a couple months after my mom married my step-dad, Dalphon Anderson. The first summer after High School I worked in Atherton, Missouri while staying with a cousin. I taught myself to sew when I was 12 and by the time I was 14 I was making all my clothes, my mother's and my grandmother's.

I attended Ricks College for three semesters, working in Puyallup, Washington the summer after my first year at Ricks. In February 1969 I married Wendell Bray, who left for his second term in Vietnam ten days after we got married. I lived in Casper, Wyo. with his mother Hazel while he was in Vietnam. Hazel and I were best friends until she died. We lived in Casper after he returned home and had three sons, Lee, Troy, and Matt. We were married for eight years. While I was a single mom, I and a friend opened a Pre-School for one year, then her husband was transferred so I sold the pre-school supplies to another woman and went to work for a Periodontist as office manager. I worked for him six years until I married Harry Zane and moved to Billings where we lived for 6 years and had two daughters, Amber and Erin. We moved to Heber City in 1989 where I felt we had come home the first time I drove into the valley! After the girls started school I did some substitute teaching and then went to work for the County where I worked for ten years.

I have enjoyed retirement and my sewing machine for the last fifteen years. I am still sewing, mostly quilts, several days each week hoping to have one for each grandchild by the time I die. We have fifteen grandchildren and a batch of great-grandchildren. Our kids are scattered around the country: Lee in Washington D.C.; Amber in Illinois; Troy in Wyoming; Matt in Eagle Mountain and Erin in Heber. So, it gives us the opportunity to make some road trips to visit them. We enjoy getting together with all of our friends while participating in the activities at the Senior Citizen's Center!



Cora's Corner

To all our Seniors...just a little info from the kitchen. Wow, what a rain storm we had the other day. It was refreshing. September has arrived too soon, seems like summer hasn't really happened. It has flown by.

We will be closed on September 1st, for Labor Day. Labor Day is a federal holiday in the United States celebrated on the first Monday of September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements in the United States. It's been observed for 143 years.

On September 16th we will be having a surprise party. Don't know what's happening yet but it will be fun. Just make sure you sign up early because we will not take late calls.

Remember to check the activity list. We will be having some students from Soldier Hollow come and play ping pong with you. Come and have some fun chasing the ball. I plan on playing cuz I love ping pong. I'm not very good but I have fun playing.

Remember to drink your water. It's good for you. Until next time, take care...Cora Briggs

Something to think about:

Your fingers have finger tips but your toes don't have toe tips,

Yet you can tiptoe but not tiptfinger.



Gwyn Purvis	2	Mary Johnson	13	Susanna Florez	26
Polly Jeffs	3	Kaye Dawn Epps	14	Gary Young	30
Attilio DiMarco	4	Delilia Jackson	15		
Dale Carlson	5	Tom Tuite	17		
Colette Prestwich	6	Dorothy Giles	19		
Val Jeffs	7	Cheryl Jones	20		
Dixie Galbraith	8	Shirley Zane	20		
Tom Horrocks	8	Caroll Lee Hicken	21		
Joan Abbot	9	Marvin Rust	21		
Sue Larean	9	Myrna Vernon	24		
Beverly Probst	10	William Cain	25		
Sandy Hansen	12				



September Trivia!

Complete and return trivia to the senior center by September 23rd for your chance to win a \$20 gift card!

Name: _____ Phone: _____



Fall FACT OR FICTION



DECIDE IF EACH STATEMENT IS FACT OR FICTION
THE MOST CORRECT ANSWERS WINS!

1. BRITISH USE THE WORD "FALL" WHILE AMERICANS USE "AUTUMN"
A. FACT B. FICTION _____
2. THE HARVEST MOON WAS THE ORIGINAL BEGINNING OF FALL
A. FACT B. FICTION _____
3. FALL IS CAUSED BY THE EARTHS TILT NOT DISTANCE FROM THE SUN
A. FACT B. FICTION _____
4. EXTRA WEIGHT GAIN AROUND FALL IS CAUSED BY FOOD NOT LACK OF SUN
A. FACT B. FICTION _____
5. PUMPKIN SPICE ACTUALLY HAS NOTHING TO DO WITH PUMPKINS
A. FACT B. FICTION _____
6. THE COLOR CHANGE IN LEAVES IS CAUSED BY CHLOROPHYL
A. FACT B. FICTION _____
7. MORE PEOPLE GO FROM SINGLE TO RELATIONSHIPS IN FALL THAN OTHER SEASONS
A. FACT B. FICTION _____
8. ANCIENT PEOPLE WORE HALLOWEEN COSTUMES TO CELEBRATE THE DEAD
A. FACT B. FICTION _____
9. BIRDS CAN MIGRATE AS FAST AS 55 MILES AN HOUR IN THE FALL
A. FACT B. FICTION _____
10. "LEAF PEEPING" IS A FALL ACTIVITY THAT CAN BRING UP TO \$3 BILLION TO NEW ENGLAND STATES
A. FACT B. FICTION _____

September activities & Trips

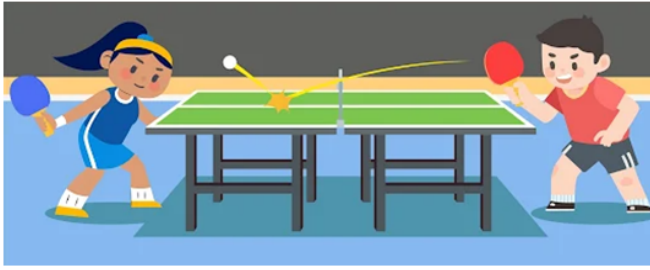
DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, September 3rd & 17th	—	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Friday, September 5th	Limited Space	Fire Station 51 Tour—Heber	9:45 A.M. Meet @ Center	\$2
Friday, September 5th & 19th	-----	Ping Pong @ Center	10:00 A.M.	No Charge
Monday, September 8th	Limited Space	Oil Paint Class @ Center	10:00 A.M. or 1:00 P.M.	\$10
Wednesday, September 10th	Limited Space	Cooking Class—Copycat ""Zuppa's" Pesto Chicken Sandwich	10:00 A.M. or 2:00 P.M.	\$5
Friday, September 12th	Limited Space	Flower Arrangement Class @ Center	1:00 P.M.	\$25
Monday, September 15th	September 12th	Orem Cinemark: Downton Abby	TBD	\$8 Snacks On Your Own
Tuesday, September 16th	Limited Space	Drawing/Sketching Class @ Senior Center	3:30 P.M.	\$6
Monday, September 22nd	Limited Space	Watercolor Class @ Center	10:00 A.M. or 1:00 P.M.	\$10
Wednesday, September 24th	Limited Space	Sandy Hale Theatre: Sister Act	4:30 P.M.	\$70 Dinner On Your Own
Friday, September 26th	Limited Space	Strawberry Salmon Run & Lunch @ Daniel's Summit	9:30 A.M..	\$2 Lunch On Your Own
Monday, September 29th	Limited Space	Heber Valley Historic Home Tour	10:00 A.M.	\$13 Includes Box Lunch
Wednesday, October 1st	Limited Space	Ruth Hale Theater: Flowers For Mrs. Harris	5:00 P.M.	\$30 Dinner On Your Own

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

A current membership & payments must be made at the time of sign up.

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



Let's Play Ping Pong With Soldier Hollow School's 8th Graders!!

**The Following Friday's
From 10:45-11:30 at
The Senior Center.**

**. September 5th
. September 19th**

*Bragging Rights Will Be Awarded! Let's Give Them Some Fun
Competition! They Are Excited To Play With Us.*

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.



Oil Paint Class

When: Monday, September 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: SHANOA ALLOWITZ OWNER OF ALCHEMY ART SCHOOL

Copypcat "Zuppas" Pesto Chicken Sandwiches

Date: Wednesday, September 10th

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

Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make "Pesto Chicken Sandwiches" from Zuppas!

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)**

FLOWER ARRANGEMENT WORKSHOP

When: Friday, September 12th

Time: 1:00 P.M.

Cost: \$25

Sign Up By: Limited Space

Learn from White House holiday decorator, Farah Sanders, owner of Huckleberry Lane Farm. Discover how to make that grocery store bouquet into a professional design perfect for get togethers, a gift, holidays, and more. Supplies provided, bring your own clippers to cut your flowers.



Drawing/Sketching Class

When: Tuesday, September 16th

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.



Cinemark Movie—Orem Downton Abbey

Date: Monday, September 15th

Time: TBD (Afternoon Matinee)

Cost: \$8 Snacks On Your Own

Sign Up By: September 12th



DOWNTON ABBEY: THE GRAND FINALE, the cinematic return of the global phenomenon, follows the Crawley family and their staff as they enter the 1930s. When Mary finds herself at the center of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.

Watercolor Paint Class

When: Monday, September 22nd

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

Sandy Hale Theatre Sister Act

Date: Wednesday, September 24th

Time: 4:30 P.M.

Cost: \$70

Dinner: Sizzler

Sign Up By: Limited Space

The Broadway Smash Hit Musical Comedy ... disco dances its way from the hit movie to stages all around the world! Deloris - a sassy nightclub singer - witnesses a murder. To keep her safe from thugs, cops hide her away in a convent. Unhappily disguised as a nun she tries to blend in but things are way too tranquil and the convent choir is horrible. How she turns timid Sisters into a divine, powerhouse of harmony and avoids the thugs is heavenly fun! This is a habit you could get used to! Showstopping music and score by Alan Menken, Glen Slater and Cheri & Bill Steinkellner! Join the choir and dance in the aisles!



SALMON RUN & LUNCH

When: Friday, September 26th

Time: 9:30 (Bus Leaves Center)

Cost: \$2

Lunch: Daniel's Summit Grill (On Your Own)

Sign Up By: September 24th

Strawberry has a strong kokanee population, and **fish run up the Strawberry River to spawn**. We will go see them at the U.S. Forest Service visitor center at Strawberry Reservoir. Afterwards, we will have lunch at the Daniel's Summit Grill.



Heber City Historic Home Tour



When: Monday, September 29th

Time: 10:00 A.M.

Cost: \$13 (Includes Boxed Lunch)

Sign Up Deadline: Limited Space



Historic Home Tour – Heber Valley

Join us for an afternoon of exploring the rich history of the Heber Valley! We'll meet at the Senior Center to board the bus for a guided tour of historic homes in the area. Rachel Kahler will accompany us and share fascinating stories and insights at each stop. We'll wrap up the tour with a **boxed lunch at the City Park**.

THE RUTH HALE THEATRE FLOWERS FOR MRS. HARRIS

Date: Wednesday, October 1st

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

Cost: \$30

Dinner: Pizza Pie Cafe

Sign Up By: Limited Tickets



A charming new musical based on the beloved film "Mrs. Harris Goes to Paris"! When housekeeper Ada Harris discovers something breathtaking, she sets off on a journey that will change her life. From post-war London to magical Paris, Ada's presence transforms others, yet she grapples with releasing her past. Can she allow her life to bloom?





SEPTEMBER

*September
national days
word search
printable
from Always
the Holidays*

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

**PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY**

**PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY**

**VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY**

HOME REPAIRS

For low-income residents of Summit, Utah & Wasatch counties

Single-Family Home Repair Program (SFHRP) assists homeowners with major or minor home repairs, improve accessibility, and increase home energy efficiency.

ELIGIBLE REPAIRS

- Roof replacement
- Update plumbing, heating, and cooling
- Electrical systems
- Replace siding
- Replace broken or inefficient windows
- Eliminate health and safety hazards
- Reduce overcrowding
- Add accessibility features
- And more!

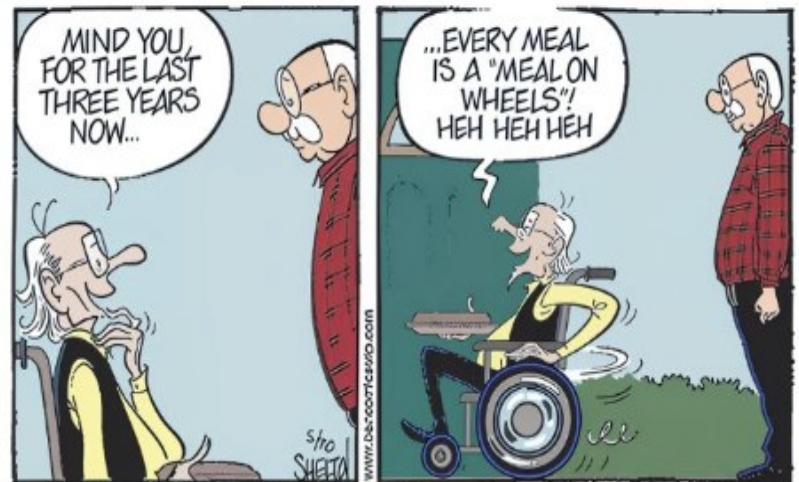
ELIGIBILITY

- Own the land and dwelling unit and occupy the unit as a primary residence
- Earn less than 80% of the county Area Median Income (AMI)
- Have current homeowners insurance
- Be up to date on property taxes
- Live in Summit, Wasatch, or Utah counties

To see if you qualify, visit:
magutah.org/housing-rehab
 801-229-3847



MAG
COMMUNITY & ECONOMIC
DEVELOPMENT



A MESSAGE FROM MARGARET
ABOUT PIANO LESSONS.....

SCHOOL IS STARTING SO BACK TO
PRACTICING!

TO SCHEDULE YOUR FREE THURSDAY
LESSONS CALL:

CELL: 385-207-8527

HOME: 435-654-2876

ALL SKILL LEVELS WELCOME.

DO YOU ENJOY DOING CERAMICS?



DID YOU KNOW WE
HAVE SOME OF OUR
OWN MOLDS WE CAN
POUR AND HAVE OUR
OWN KILNS?

STOP IN ON TUESDAYS & THURSDAYS
AT 1:00 TO PAINT, FIRE, POUR AND
MINGLE .

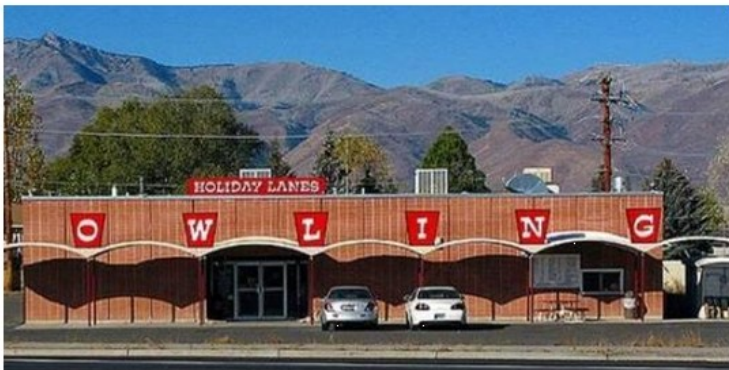
Free Basic Computer Skills Class For Seniors



Classes will be every Tuesday starting October 7th through October 28th from 10:30 to 11:30 a.m.

Class will be held in the Library lab.
Instructed by Jim Kohler.

Sign up at the senior center.
Class is free of charge.



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.

September Lunch Programs & Entertainment

TUESDAY'S

2ND: ROB SORENSON-VIOLIN

9TH: JOHNSON CREEK- COUNTRY DUO

16TH: TONY SUMMERHAYS- one Man Band

23RD: BANK OF UTAH - FRAUD

30TH: ANDREA AMUNDSON-HARPIST

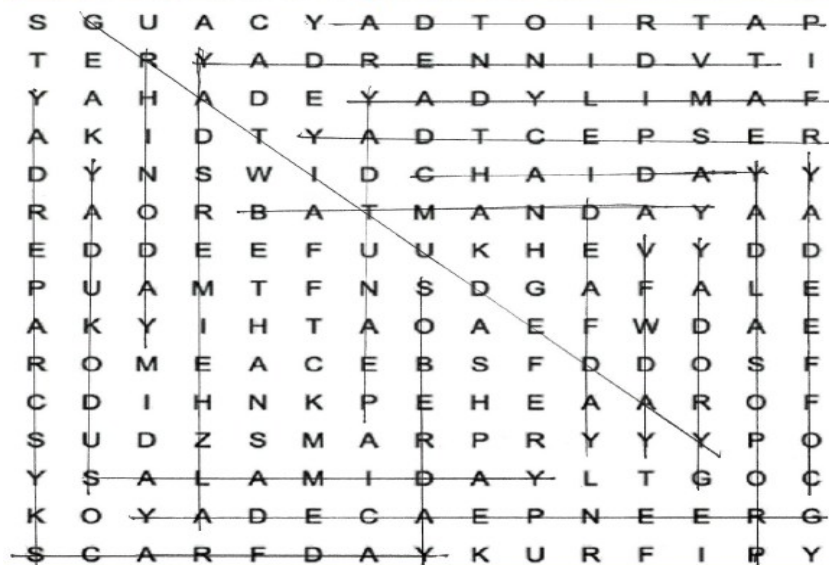
THURSDAY'S

4TH: MAKE FRIENDS AND VISIT

11TH: ALAN WEBBER-PIANO

18TH: CRAZY ANNIE-KRISTIN LLOYD

25TH: EDWARD JONES-EDISON CHRISTOPHERSON



PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY

PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY

VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY

September 2025

HEALTH REMINDER

Happy Healthy Aging Month!

Healthy aging month serves as a reminder that as we age, our minds and bodies change. Having a healthy lifestyle can help you deal with those changes and even help prevent some common age-related health problems. Here are **4 things you can do** to age healthy:

Eat & Drink Healthy- Choose fruits, veggies, whole grains, lean protein, and low-fat dairy. Limit fats, cholesterol, and processed foods. Stay hydrated with water.

Move More, Sit Less- Try to walk or do moderate activity about 20-30 minutes a day, and do muscle-building activities, like carrying groceries, a couple of times a week. Talk with your doctor before starting something new.

Get Regular Checkups- Screenings catch health issues early and support long-term wellness. Meet with your Doctor Regularly.

Care for Your Brain- There are several activities you can do to help protect your brain against Dementia. Stay social, active, well-rested, and smoke-free.



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



MIKE'S BLURB

Welcome to September. Of course, I have heard the phrase “Time moves faster the older you get”. I’m not really sure that I understood it until the last few years. Suddenly everything is moving at warp speed. Summer is over, school has started again, and the leaves are already turning colors. Next time you drive to Park City look to the west just as you cross River Road and you will see a few trees that have turned red and yellow. My dear sweet wife is not helping. She is a few years younger than me and is taking way too much joy in constantly pointing out that I will be 60 years old in 6 months. It doesn’t help that my knees sound like aliens when I get out of a chair or that my doctor told me last week I am fatter than I have ever been. The solution should be that I join the gym and train for a Triathlon but I had a better idea...I grabbed a bag of my favorite potato chips, kicked back in my Lazy-Boy and watched a movie.

They say the first step to recovery is acceptance, so I accept!! Y’all have a great Fall and enjoy the speed of everything changing.

Resource Phone Numbers:

Driver License Division: 801-965-4437

Health Department: 435-654-2700

Heber Hospital: 435-654-2500

High Valley Transit: 435-246-1538

MAG: 801-229-3800

Meals On Wheels: 435-654-4920

Poison Control: 800-222-1222

Sherriff's Office: 435-654-1411

Wasatch Senior Center: 435-65-4920

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

MORNING BOOK CLUB

THIS MONTH'S BOOK :

TUESDAYS WITH MORRIE

BY: MITCH ALBOM

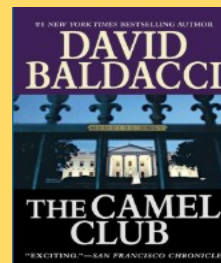
NEXT MONTH'S BOOK:

THE CAMEL CLUB

BY: DAVID BALDACC

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
ING THE BEST BOOKS.



THIS MONTHS GATHERING IS
SEPTEMBER 18 @ 10:30

In Loving Memory

Joyce Crook Lawton

Born: July 23, 1949

Died: July 25, 2025

Married : Doug Lawton

Glen Irwin Hicken

Born: July 20, 19

Died: July 30, 2025

Married Carroll Lee Hicken

Larose Hiatt

Born: October 18, 1943

Died: July 31, 2025

Married: Robert Hiatt

Linden Maxfield

Born: April 6, 1927

Died: August 3, 2025

Married: Wilma Maxfield



Senior Flu Clinic

Roll Up with Ease
Let's Fight this Flu Disease

**Tuesday
September 30th**

**11-1PM
@Senior Center**

**Bring Insurance
Information**



Denise from Enhabit will be leading our grief support group. Light refreshments will be served. Gatherings for September will be :

Wednesday the 3rd & 17th at 2:00 P.M.



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



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.

SEPTEMBER

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
1  Happy Labor Day! WE'RE CLOSED	2 10:30 Chair Exercise 12:00 Breakfast 1:00 Bunco 1:00 Ceramics	3  11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group	4 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	5 9:45 Fire Station 51 Tour  10:00 Strength Training Class 10:45 Ping Pong 11:30 Chess Club 1:00 Cards — Bridge
8 10:00 or 1:00 Oil Paint Class  1:00 Cards—Canasta 1:00 Duplicate Bridge	9 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Ceramics 2:00 Caregiver Support Group	10 10:00 or 2:00 Cooking Class Zuppa's Chicken Pesto Sandwich  1:00 Cards—Bridge	11 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	12 10:00 Strength Training Class 11:30 Chess Club 1:00 Cards — Bridge  1:00 Flower Arrangement Class
15 Orem Cinemark "Downton Abbey" Time TBD  1:00 Cards—Canasta 1:00 Duplicate Bridge	16 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Ceramics Lunch Party!!  3:30 Drawing Class	17  11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group	18 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	19 10:00 Strength Training Class 10:45 Ping Pong 11:30 Chess Club 1:00 Cards — Bridge
22 Watercolor Class 10:00 or 1:00  1:00 Cards—Canasta 1:00 Duplicate Bridge	23 10:30 Chair Exercise 12:00 Breakfast 1:00 Bunco 1:00 Ceramics	24 1:00 Cards—Bridge 4:30 Sandy Hale "Sister Act" 	25 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	26  9:30 Salmon Run & Lunch 10:00 Strength Training Class 11:30 Chess Club 1:00 Cards — Bridge
29 10:00 Heber Historic Tour  1:00 Cards—Canasta 1:00 Duplicate Bridge	30 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Ceramics		Piano Lessons  Please Contact Margaret Schloss H: 435-654-2876 C: 385-207-8527	ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Craft Room • Ping Pong

SEPTEMBER




MEALS ON WHEELS ***LUNCHEON MENU***

(served every Tuesday and Thursday)
Please call ahead to save your spot for
meals on
Tuesday and Thursday

2025

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<div>1</div> <div>CLOSED</div> <div>In observance of the holiday</div> <div></div>		<div>2</div> <div>FISH, potato, green beans, tartar sauce, peaches & roll</div> <div>SALIBSURY STEAK, potatoes & tropical fruit</div>		<div>3</div> <div>CHICKEN FRIED STEAK, potatoes & gravy, carrots, pears & roll</div>		<div>4</div> <div>CHICKEN PARMESAN, red potatoes, mixed vegetables, tropical fruit & roll</div> <div>HAM SANDWICH, potato salad, chips & banana splits</div>		<div>5</div> <div>CHICKEN CHOW MEIN over NOODLES, rice, egg roll, orange wedge & roll</div>	
<div>8</div> <div>BBQ RIBLET, mac & cheese, pork & beans, mixed fruit, cookie & roll</div>		<div>9</div> <div>PORK CHOP, potatoes & gravy, green beans, applesauce & roll</div> <div>CHICKEN STRIPS, fries, pasta salad &</div>		<div>10</div> <div>SPAGHETTI w/meat sauce, corn, cottage cheese, pears & roll</div>		<div>11</div> <div>SLOPPY JOES, potato salad, peaches & chips</div> <div>SALAD BAR w/ trimmings</div> <div></div>		<div>12</div> <div>CHICKEN CORDON BLEU, potatoes & gravy, carrots, tropical fruit & roll</div>	
<div>15</div> <div>SALISBURY STEAK, potato, carrots, peaches & roll</div>		<div>16</div> <div>BEEF STEW, tator tots, green beans, pudding, pears & roll</div> <div>PARTY LUNCH !!</div> <div></div>		<div>17</div> <div>BAKED CHICKEN, potatoes & gravy, peas & carrots, mixed fruit & roll</div>		<div>18</div> <div>MACARONI & BEEF, corn, cottage cheese, pineapple & roll</div> <div>MEATLOAF, potatoes & gravy, mixed vegetables & applesauce</div>		<div>19</div> <div>CREAM OF POTATO SOUP, peas, chicken nuggets, orange wedge & roll</div>	
<div>22</div> <div>CHICKEN CUTLET, potato, green beans, tropical fruit & roll</div>		<div>23</div> <div>HAM, potatoes & gravy, carrots, pineapple & roll</div> <div>BREAKFAST, hashbrowns, eggs, ham, pastries, fruit, juice/milk</div>		<div>24</div> <div>CHICKEN STRIPS, mixed vegetables, pork-n-beans, potato salad, peaches & roll</div>		<div>25</div> <div>BURRITO w/ CHILL, corn, cantaloupe, chips & salsa</div> <div>VEGETABLE BEEF SOUP, chicken croissants & peaches</div>		<div>26</div> <div>CHEF SALAD, w/ ranch, mandarin oranges & crackers</div>	
<div>29</div> <div>STUFFED GREEN PEPPERS, potato, green beans, tropical fruit & roll</div>		<div>30</div> <div>CHICKEN MALIBU, potatoes & gravy, peas & carrots, peaches & roll</div> <div>FISH, potato, carrots & pears</div>		<div></div>		<div></div>		<div></div>	

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Wasatch County Senior Citizens
(435) 654-4920
465 East 1200 South
Heber City, Utah 84032
Return Service Requested

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