



2025

Wasatch County Senior Center

465 East 1200 South Heber Ut 84032 435-654-4920

Hi, My name is Nancy Mace

I WAS BORN JUNE 26 1959 AT PORTER MEMORIAL HOSPITAL IN COLORADO. I AM A WIDOW AND CURRENTLY LIVE IN WALLSBURG WITH MY COUSIN GARY. I HAVE 3 KIDS 6 GRANDKIDS 2 BROTHERS AND 1 SISTER. I LOVE TO SEW, COOK AND SPEND TIME WITH MY FAMILY AND FRIENDS. SOME OF MY TRAITS ARE BEING CONSIDERATE OF OTHER PEOPLE'S FEELINGS. I LOVE HELPING PEOPLE WHEN I CAN. MY FAVORITE HOLIDAY IS THANKSGIVING. MY FAVORITE MUSIC IS ROCK 'N' ROLL. I USED TO LOVE TO GO ROCK

HUNTING BUT I DON'T GET AROUND AS WELL AS I USED TO OR I WOULD STILL DO IT. I AM SO THANKFUL FOR THE OPPORTUNITY TO BE ABLE TO COME TO THE SENIOR CENTER. I HAVE MET SO MANY WONDERFUL PEOPLE THERE. THE MOST IMPORTANT THING IN MY LIFE IS HAVING A RELATIONSHIP WITH JESUS CHRIST WITHOUT HIM I WOULDN'T BE WHERE I AM TODAY. HE HAS BLESSED ME BEYOND MEASURE.



Cora's Corner

To all our Seniors...just a little info from the kitchen. The leaves are changing colors. They didn't start out very colorful, but they are bright and vivid now. October brings us many changes in the weather. We don't know what to expect except that it is getting cooler.

Monday, October 13th, we will be closed for Columbus Day. Columbus Day is celebrated in the United States as a federal holiday to commemorate Christopher Columbus's 1492 arrival in the Americas, marking the beginning of European exploration, colonization and culture exchange with the "New World".

We will be celebrating Halloween on the 30th. Wear your costume and win a prize. Come have some fun with us. Remember to sign up for lunch early and if you cannot come please cancel.

I would like to take this time to say 'THANKS' to our crew here at the Center. We have the best group. They go up and above to create a great place for our Seniors.

Please keep drinking your water. This time of year I like to drink my water room temperature. I don't think the temperature matters as long as you keep drinking it.

Until next time, take care...Cora Briggs



To care for those who once cared for us

Is one of Life's Highest Honors

Brenda Shaffer	2	Paula Travis	15	Sydney Theide	25
Belva Ford	3	Steve Stokes	16	Jean McGuire	26
Linda Sweat	3	Roger Shaw	19	John Bell	27
Sherri Price	4	Davidene Zimmerman	19	Jonna Cressell	27
Loydene Roylance	4	Dixie Baker	20	Ruth Jarvis	28
Dale Jones	8	Ted Dutranych	20	Kay Rust	28
Paula Baker	11	Randie Higgs	20	Lynn King	30
Gordon Spencer	11	Gary Otteson	20		
Debbie VanLeeuwen	11	Romaine Murdock	22		
Loas Wood	10	Sharlene Zoolakis	23		
Lorraine Brownlee	13	AnnaLue Williams	24		
Jean North	13	Ginny Otteson	25		



October Trivia!

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

Name: _____ Phone: _____

Halloween Word Scramble

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO

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LABKC

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OLSETENK

--	--	--	--	--	--	--	--

NTHAEDU EUHOS

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ATHPNOM

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RIMG EPERAR

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AUONDLCR

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Q. What is a witch's favorite food?

--	--	--	--	--	--	--



activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Wednesday, October 1st & 15th	---	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Wednesday, October 1st	Limited Space	Flowers For Miss Harris-Ruth Hale Theater	5:00 P.M.	\$30 Dinner On Your Own
Friday, October 3rd & 24th	-----	Ping Pong @ Center	10:45	No Charge
Monday, October 6th	Trip Full	Heber Historic Home Tour	10:00 A.M.	\$13 Includes Box Lunch
Monday, October 6th	Limited Space	Oil Paint Class @ Center	1:00 P.M.	\$10
Wednesday, October 8th	Limited Space	Acrylic Paint Class @ Center	11:00 A.M.	\$5
Wednesday, October 8th	October 6th	The Addams Family- TVT Heber	7:00 P.M.	\$10
Friday, October 10th	October 8th	"Big River" Ideal Theater	7:00 P.M.	\$16
Tuesday, October 14th	Limited Space	Drawing/Sketching Class @ Senior Center	3:30 P.M.	\$6
Wednesday, October 15th	Limited Space	Cooking Class- Copycat "Panera" Broccoli Cheddar Soup	10:00 A.M. or 2:00 P.M.	\$5
Saturday, October 18th	Limited Space	"Who Are You" Who Tribute Ideal Theater- Heber	5:00 P.M.	\$26
Monday, October 20th	Limited Space	Watercolor Class @ Center	1:00 P.M.	\$10
Monday, October 27th	October 24th	Orem Cinemark: Truth & Treason	TBD	\$8 Snacks On Your Own
Wednesday, October 29th	October 22nd Limited Space	Personalized Water bottle Workshop @ Center	1:00 P.M.	\$10 Per Bottle
Friday, November 7th	November 3rd	The Traveling Wilbury's @ Ideal Theater	5:00 P.M.	\$26
Wednesday, November 19th	October 17th	Sandy Hale Theater: "Frozen"	4:30 P.M.	\$70 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.

THE RUTH HALE THEATRE

FLOWERS FOR MRS. HARRIS

Date: Wednesday, October 1st

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

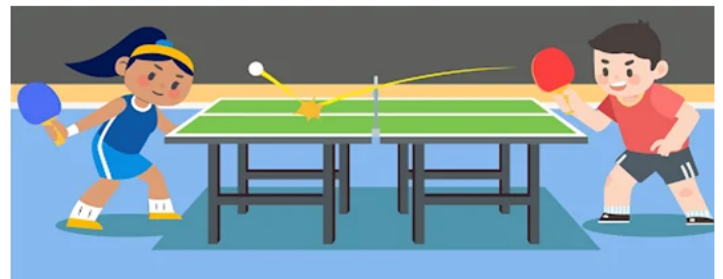
Cost: \$30

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?



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.

- October 3rd
- October 24th

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

Heber City Historic Home Tour

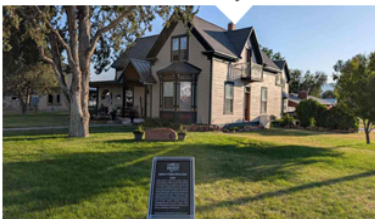


When: Monday, October 6th

Time: 10:00 A.M.

Cost: \$13 (Includes Boxed Lunch)

Sign Up Deadline: Limited



TRIP FULL

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.

Oil Paint Class

When: Monday, October 6th

Time: 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

Acrylic Paint Workshop

When: Wednesday, October 8th

Time: 11:00 A.M.

Cost: \$5

Sign Up By: Limited Space



Come paint with Kathy Carr! We will be painting a fall acrylic wooden 6"x6" sign. Everything you need for this class will be provided, but you may want to bring an apron. Class will take approximately 1.5 hours.



TIMPANOGOS VALLEY THEATER

The Addams Family

Date: Wednesday, October 8th

Time: 7:00 P.M. (Self Drive Activity)

Cost: \$10

Sign Up By: October 6th

The Addams Family, a comical feast that embraces the wackiness in every family, features an original story and it's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before – keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.



This event will be held at the Timpanogos Valley Theater located at 113 N. Main Street, Heber. This will be a self drive activity.

THE IDEAL PLAYHOUSE — HEBER

BIG RIVER

THE ADVENTURES OF HUCKLEBERRY FINN

When: Friday, October 10th

Time: 7:00 P.M.

Cost: \$16

Sign Up By: ASAP For Best Seating Options

Twain's timeless classic sweeps audiences down the mighty Mississippi.

Propelled by an award-winning score from Roger Miller, the king of country and bluegrass music, this jaunty journey provides a brilliantly theatrical celebration of pure Americana.



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.

Drawing/Sketching Class

When: Tuesday, October 14th

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.



Copycat Panera Broccoli Cheddar Soup

Date: Wednesday, October 15th

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

Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make yummy Panera's Broccoli Cheddar Soup!

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



55 S. 500 E. Heber

(Located in the same build as the Health Department)

THE IDEAL PLAYHOUSE — HEBER "Who Are You" a tribute to the music of "The Who"

When: Saturday, October 18th

Time: 5:00 P.M.

Cost: \$26

Sign Up By: ASAP For Best Seating Options

Who Are You, boasts a complete repertoire of Who favorites ranging from the early classics like "I Can't Explain" and "Magic Bus," to songs from their more mature years like "Baba O'Riley" and, of course, "Who Are You." Featuring Carl Dixon (lead singer of The Guess Who).



This event will be held at our own Heber "The Ideal Playhouse" the former Ideal Movie Theater, located at 113 N. Main Street, Heber. This will be a self drive activity.

Watercolor Paint Class

When: Monday, October 20th

Time: 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 demos with step by step instructions. Everything you need will be provided for the class.



INSTRUCTOR: SHANOA ALLOWITZ
owner of ALCHEMY ART
SCHOOL

Cinemark Movie—Orem

Date: Monday, October 27th

Time: TBD (Afternoon Matinee)

Cost: \$8 Snacks On Your Own

Movie: Truth & Treason

Sign Up Deadline: May 9th



As World War II rages, a teenage boy in Germany is forced to confront a terrible truth—loyalty to his country now means loyalty to a lie. When his trusted bishop urges obedience to the Nazi regime, he begins to question everything. And after his Jewish friend is taken away, he secretly listens to banned radio broadcasts and launches a resistance, exposing the truth. But in a nation ruled by fear, defiance comes at a cost—and as the regime closes in, he must decide what it truly means to be a good German.

Personalized Water Bootle Workshop

When: Wednesday, October 29th

Time: 1:00 P.M.

Where: Senior Center

Cost: \$10

Sign Up By: (limited space)



Did you know the senior center has a hydration station where you can fill your water bottle? Help us go green and bring your personalized bottle with you!

Come personalize a stainless steel water bottle with Mary!

Bottle Details: Versatile 2-in-1 Lid: 22 ounces insulated water bottle is equipped with a straw for easy drinking and a direct drinking spout for easy pouring or drinking; Easy access to beverages, whether hot coffee or cold drinks.

Your Personalization Choices: First name, last name or initials.

Titanic: The Exhibition

Date: Monday, November 3rd

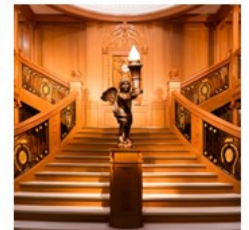
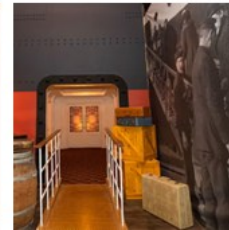
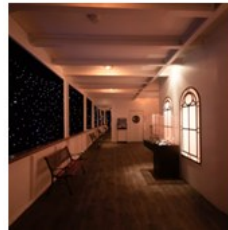
Time: 2:15 P.M.

Cost: \$26

Sign Up By: Limited Space



Titanic: The Exhibition is an interactive experience that tells the tale of the design, creation, launch, maiden voyage, and tragedy of the largest and most luxurious ship in the world at the time. Step inside vast, beautiful recreations of the ship's interior, hear music from the era and immerse yourself in the story of the real passenger whose boarding pass you hold. You'll find relics that survived the sinking of the Titanic and items from her sister ships; then prepare to walk above a sea floor complete with sand and broken artifacts.



THE IDEAL PLAYHOUSE — HEBER The Traveling Wilbury's

When: Saturday, November 7th

Time: 5:00 P.M.

Cost: \$26

Sign Up By: ASAP For Best Seating Options

THE TRAVELING WILBURYS REVUE plays the music of the super-group that happened when GEORGE HARRISON invited TOM PETTY, ROY ORBISON, BOB DYLAN, and JEFF LYNNE to "get together and write some songs." Featuring "Here Comes The Sun," "Won't Back Down," "Pretty Woman," "Like A Rolling Stone," and many more!



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.

Sandy Hale Theatre FROZEN

Date: Wednesday, November 19th

Time: 4:30 P.M.

Cost: \$70

Dinner: Sizzler

Sign Up By: Limited Space

Disney's Blockbuster Comes to HALE's Magical Stage!!! Loved the world over!... Sisters Elsa and Anna join with all their fantastic friends... Prince Hans, Kristoff, Sven and Olaf as they spring to life as never before! All the fabulous songs... Do You Want to Build a Snowman? ... For the First Time in Forever ... Love is An Open Door ... Let it Go... AND - remember - true Love's kiss! Music and Lyrics by Kristen Anderson-Lopez and Robert Lopez, and Book by Jennifer Lee. Don't get left out in the cold! Book Now. This will sell out!



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

One in four people age 65 or older has a fall each year.



Don't be one of them!

Falls Prevention workshop Series with Guest speakers

Senior Center 1st Tuesday of the month at 1:00 pm - 2:00 pm

10/7/2025 Exercise / Physical Therapy / Sam Murphy
Start a home exercise program

11/4/2025 Home Hazards/ Occupational Therapy / Jill Hurley

12/2/2025 Inclement Weather and Footwear Kristin Anderson

01/6/2026 Vision / Eye Dr / Dr Sietz

02/3/2026 Medications / Pharmacist / Stacy Hall

03/3/2026 What to do if you fall ? / EMS

04/7/2026 What did we learn ? / Prizes / Kristin Anderson

Contact Kristin Anderson 435-657-3502 for more info

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.

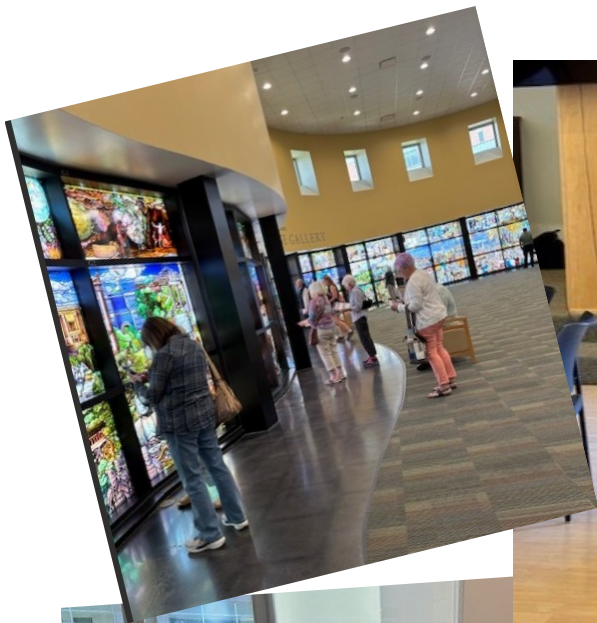
DO YOU ENJOY DOING CERAMICS?



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 .





You are Invited to

HALLOWEEN Party

Join us for a spooky
Halloween bash! Costumes, food,
fun, and surprises

October 30, 2025
12:00 pm

Wear your costume and come
join the fun!!

© Randy Glasbergen / glasbergen.com



"I CAN'T GO TO THE MOVIES WITH YOU, ELENORE.
I'M STILL GROUNDED FOR SOMETHING I DID IN 1937!"

Candy Corn...

Candy corn was invented in the 1880s by George Renninger and was originally called "Chicken Feed" before being produced by Goelitz Candy Company (now Jelly Belly) around the turn of the century. More than 35 million pounds are made each year, yet the recipe has remained largely unchanged since its creation. Originally a year-round "penny candy," candy corn became a fall staple in the 1950s when it was included in trick-or-treat bags.

National Candy Corn Day: October 30th is recognized as National Candy Corn Day.



AUTUMN

WORD SEARCH



WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES

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



TIME FOR A MEDICARE CHECK UP

**MEDICARE OPEN ENROLLMENT
OCTOBER 15 - DECEMBER 7**

Get free, unbiased advice during Medicare Open Enrollment with a SHIP counselor to help you select the coverage plans that are best for you.

A local Medicare counselor can help you:

- Compare your current Medicare health or drug plan with other Medicare plan choices
- Sign up for a new plan
- Find unbiased information while avoiding high-pressure sales tactics

magutah.gov/medicare or 801-229-3819

Serving Summit, Utah
& Wasatch counties



AUTUMN WORD SEARCH



WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES



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.

October 2025

HEALTH REMINDER

National Dental Hygiene Awareness Month

Did you know that how you choose to eat influences not only your general health but also your oral health too? Your eating habits play an important role in preventing chronic and oral diseases. Recent studies among an elderly population found a significant association in dental status and the nutrients they consumed. We asked some local dentists what their biggest tips would be for our Senior Population in regards to reducing their risk for oral health diseases, tooth decay, etc. Here was their

top 4 tips.

- 1 Stay hydrated with **WATER**.
- 2 Decrease how much **processed sugars** you eat.
- 3 Use a **fluoride rinse**.
- 4 Increase your consumption of **FIBER** from plant foods such as fruits, vegetables, whole-grains.

Best,



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

50 Years Ago.... October 1975

How many of these events do you remember?

- October 1st: Muhammad Ali defeats Joe Frazier in the “Thrilla in Manila” for the heavyweight championship title!
- October 7th: A Federal Appeals Court judge reversed a deportation order for John Lennon, allowing him to stay in the United States.
- October 11th: The first episode of the American television sketch comedy show *Saturday Night Live* (originally titled *NBC’s Saturday Night*) premiered.
- October 16th: American GOES satellite launched, and takes first weather photos on October 25th.
- October 21st: The U.S. Coast Guard Academy enrolled its first female cadets.
- October 22nd: The Soviet Venera 9 spacecraft successfully landed on Venus, becoming the first lander to transmit images from the surface of another planet.
- October 25th: Daredevil Evel Knievel performed a famous motorcycle jump over 14 Greyhound buses at Kings Island amusement park.

MIKE’S BLURB



It's official. Summer is over and Autumn has arrived. It really is a beautiful time of year here in our valley. I love watching the mountains change colors as the nights become cooler. The smell of the grass at the high school football games (now it's the smell of Astro Turf at the games.) How about the smell of the grass at grandkids soccer games. Pumpkin pie and 4 billion leaves piling up around your trees and the sweet sound of your wife screaming "Go rake up the 4 billion leaves piling up around the trees". (I'm sure your wife's scream is soft and soothing, not that high pitched screech that bores a hole into the base of your skull.

Happy Autumn to you all from everyone here at The Center.



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 :

THE CAMEL CLUB

BY: DAVID BALDACC

NEXT MONTH'S BOOK:

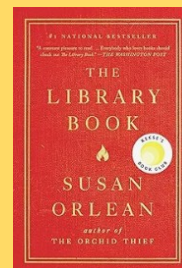
THE LIBRARY BOOK

susan orlean

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
OCTOBER 16 @ 10:30



In Loving Memory

Arlene Horrocks

Born: November 16, 1933

Died: August 11, 2025

Married: LeRoy Horrocks

Janet Lorrienne Raby

Born: October 3, 1955

Died: September 2, 2025

Married: Robert D Raby

Wayne Webster Bonner

Born: January 17, 1932

Died: August 23, 2025

Married: Shirley Ray Smith



October Lunch Programs & Entertainment

TUESDAY'S

7TH- OSMOND FAMILY

14TH-CAMEO CLUB

21ST-M & M BAND

28TH- Dale CARLSON-POETRY

THURSDAY'S

2ND- VISIT WITH FRIENDS

9TH - JOHNSON CREEK

16TH- ALISSA AMUNDSEN- HARPISIT

23RD-CAMMARATA



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



Denise from Enhabit will be leading
our grief support group. Light re-
freshments will be served. Gather-
ings for October will be :

Wednesday the 1st & 15th at 2:00

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.

OCTOBER


ACTIVITY Calendar

Mon	Tue	Wed	Thu	Fri
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 	1 11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group 5:00 Ruth Hale "Flowers For Mrs. Harris"	2 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	3 10:00 Strength Training 10:45 Ping Pong 11:30 Chess Club 1:00 Cards — Bridge
6 10:00 Heber Historic Tour 1:00 Oil Paint Class 1:00 Cards—Canasta 1:00 Duplicate Bridge	7 Treasure Table 10:30 Chair Exercise 10:30 Computer Class 12:00 Lunch 1:00 Bunco 1:00 Ceramics 1:00 Fall Prevention Workshop	8 11:00 Acrylic Paint Workshop 7:00 The Addams Family @ Timpanogos Valley Theater 1:00 Cards—Bridge	9 Treasure Table 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	10 10:00 Strength Training 11:30 Chess Club 1:00 Cards — Bridge 7:00 "Big River" @ Ideal Theater Heber
13 CLOSED 	14 10:30 Chair Exercise 10:30 Computer Class 12:00 Lunch 1:00 Bunco 1:00 Ceramics 2:00 Caregiver Support Group 3:30 Drawing Class	15 11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group 10:00 or 2:00 Cooking Class "Panera Soup"	16 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	17 10:00 Strength Training 11:30 Chess Club 1:00 Cards — Bridge <hr/> 18 Saturday → 5:00 "The Who Tribute" Ideal Theater Heber
20 1:00 Watercolor Class 1:00 Cards—Canasta 1:00 Duplicate Bridge	21 10:30 Chair Exercise 10:30 Computer Class 12:00 Breakfast 1:00 Bunco 1:00 Ceramics	22 10:00 Heber Historic Tour 1:00 Cards—Bridge	23 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	24 10:00 Strength Training 10:45 Ping Pong 11:30 Chess Club 1:00 Cards — Bridge
27 Orem Cinemark "Truth & Treason" Time TBD 1:00 Cards—Canasta 1:00 Duplicate Bridge	28 10:30 Chair Exercise 10:30 Computer Class 12:00 Lunch 1:00 Bunco 1:00 Ceramics	29 1:00 Personalized Water bottle Class 1:00 Cards—Bridge	30 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano Halloween Lunch	31 10:00 Strength Training 11:30 Chess Club 1:00 Cards — Bridge

October

MEALS ON WHEELS
*****LUNCHEON MENU*****
 (served every Tuesday and Thursday)
 Please call ahead to save
 your spot for meals
435-654-4920

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 LASAGNA, corn, cottage cheese, pears & roll	2 BEEF CHOW MEIN, egg roll, rice, orange wedge & roll PORK CHOP, potatoes & gravy, peas & ap- plesauce	3 FISH, potatoes, green beans, tater sauce, peaches & roll
6 CHICKEN CORDON BLUE, potatoes & gravy, peas, peaches & roll	7 ROAST BEEF, pota- toes & gravy, car- rots, fruit pie & roll CRUNCH TOP HAM & POTATO CASSE- ROLE, mixed veg- gies & fruit	8 CHEESE ENCHI- LADA, beans, corn, cantaloupe, chips & salsa	9 CHICKEN PARME- SAN, red potatoes, green beans, pears & roll PICANTE CHICKEN, red potatoes, green beans & peaches	10 TURKEY SANDWICH, potato salad, mixed fruit & chips
13 Closed in observation of the holiday 	14 CHICKEN FRIED STEAK, potatoes & gravy, carrots, peaches & roll CHILI BURGER w/ fries, salad w/ ranch & fruit	15 MACARONI & BEEF SOUP, ta- tor tots, mixed veggies, ap- plesauce & crackers	16 CHICKEN STRIPS, potatoes & gravy, peas & carrots, pears & roll CHICKEN ENCHILA- DA, beans, corn & water melon	17 HAM, potatoes & gra- vy, green beans, pine- apple & roll 
20 SALISBURY STEAK, potatoes, carrots, tropical fruit & roll	21 BBQ RIBLETS, pork & beans, mac & cheese, applesauce, cookie & roll BREAKFAST, hash- browns, eggs, sau- sage, waffles, fruit & juice	22 BEEF STROGA- NOFF over NOO- DLES, green beans, mixed fruit & roll	23 MANDARIN ORANGE CHICKEN over RICE, egg roll, vegetables, orange wedge & roll TURKEY SANDWICH, potato salad, orange & chip	24 GREEN PEPPER, pota- toes & gravy, mixed vegetables, peaches & roll
27 CHICKEN CUT- LET, potatoes & gravy, peas, mixed fruit & roll	28 CRUNCH TOP HAM & POTATO CASSE- ROLE, mixed vege- tables, peaches & roll FISH, potato, peas, tropical fruit	29 SEASONED BAKED CHICKEN, rice pilaf, car- rots, pears & roll	30 BEEF-N-RICE MEDLEY, green beans, tropical fruit & roll HALLOWEEN LUNCH HOT DOGS w/ trimmings 	31 HOT DOGS, pork-n- beans, corn, fruit, bun & chips 

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

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