



## Wasatch County Senior Center

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



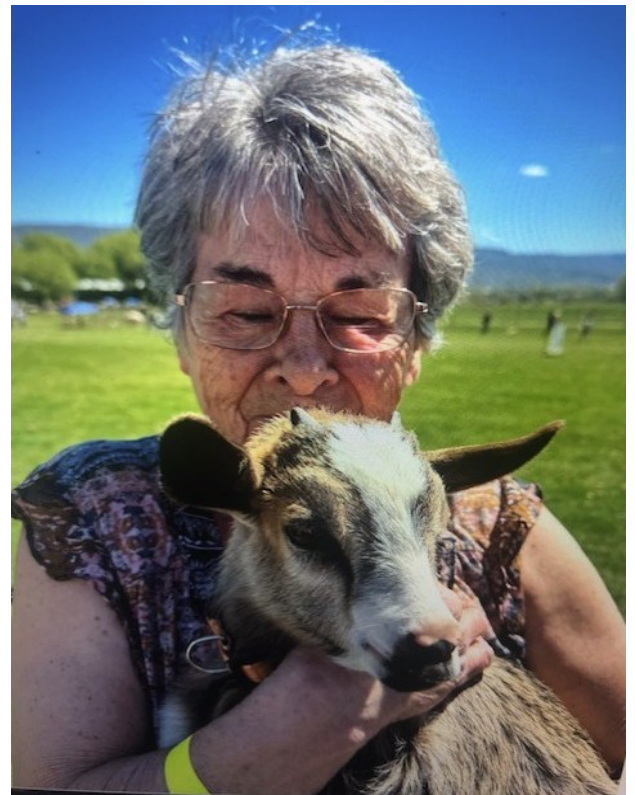
Hello everyone.

**My name is Diana Hammock.**

I was born in California and lived there until 2003 when we moved to Utah after retirement. My husband and I were married in 1962 and enjoyed 62 years of marriage before he passed away in January 2025. We have two wonderful daughters Kim and Cheryl both married with families. Our son passed away from leukemia in 1979. We have three grandsons and two great grandsons. I have a lab doodle named Max who is 3 years old and lots of company for me now.

I worked as a cosmetologist from 1962 until 1999 when I finally retired. I have always loved sewing and working in my yard. Since moving to Midway I grow a nice vegetable garden also. I also love to read and prefer nonfiction books. We bought our first home in Park City Utah in 2003. We moved to Midway 9 years ago and love the small town. I love the seasons in Utah and can not imagine living anyplace else right now. I started coming to the senior center for lunch and some activities after my husband died. It has been nice to meet new friends. The grief group at the senior center has been a big help for me also.

I am looking forward to the holidays with family and friends.



# Cora's Corner

To all our Seniors...just a little info from the kitchen. November has arrived bringing chilly days and colder nights. Winter is here.

Veterans Day is a federal holiday in the United States, observed officially on November 11, regardless of the day of the week on which it falls. Veterans Day is an important day set aside to honor and show appreciation for ALL who have served in the United States military – in wartime or peacetime, living or deceased.

On both Veterans Day and Memorial Day, it's customary to spend time remembering and honoring the countless veterans who have served the United States throughout the country's history. However, there is a distinction between the two holidays:

Veterans Day is the day set aside to thank and honor ALL who have served, living or deceased, but in particular the living veterans among us.

Memorial Day specifically commemorates the men and women who died while serving their country and made the ultimate sacrifice.

The Center will be closed on this day.

We will be closed for Thanksgiving on November 27th and 28th. We will be serving our Thanksgiving luncheon on Thursday, 20th, here at the Center. Be sure to sign up, no late walk-ins.

Please remember to keep drinking your water. Until next time take, care...Cora Briggs

"The key to everything is patience. You get the chicken by hatching the egg...not by smashing it."



|                  |   |                   |    |                  |    |
|------------------|---|-------------------|----|------------------|----|
| Francis Harrison | 1 | Nadine Turner     | 8  | Anita Allen      | 20 |
| Mark Provost     | 1 | Sharleen Williams | 8  | Kristine Mecham  | 20 |
| Vicky Yearout    | 1 | Annette Barfield  | 12 | Kelli Klanderud  | 20 |
| Tom Covas        | 2 | Lil Ginsberg      | 12 | Joyce Clark      | 24 |
| LaRee Pedro      | 3 | Cheryl Long       | 12 | David Fell       | 26 |
| George Zoolakis  | 3 | Andrea Hallows    | 13 | Francis Harrison | 26 |
| Kit Brinkhurst   | 4 | Jan Rand          | 13 | Phil Lyons       | 29 |
| Vickie Todd      | 5 | Eileen Boshard    | 14 |                  |    |
| Pam Ramult       | 7 | Suzette Thompson  | 16 |                  |    |
| Maria Gunderson  | 8 | Liz Stevens       | 19 |                  |    |



# November Trivia!

Complete and return trivia to the senior center by November 25th for your chance to win a \$20 gift card!

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

How many turkeys can you find in the newsletter? Return



this top portion and your count to the Senior Center by November 19th to be put in the drawing for a \$25 gift card.

*Winner will be announced at the Thanksgiving lunch!*

# Of Turkeys found \_\_\_\_\_



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# November activities & Trips

| DATE                           | Registration Deadline | EVENT                                                | TIME                       | COST                                                                                      |
|--------------------------------|-----------------------|------------------------------------------------------|----------------------------|-------------------------------------------------------------------------------------------|
| Monday, November 3rd           | Limited Space         | Oil Paint Class @ Center                             | 1:00 P.M.                  | \$10                                                                                      |
| Monday, November 3rd           | Trip Full             | Titanic Exhibit- Sandy                               | 2:15 P.M.                  | \$26                                                                                      |
| Wednesday, November 5th        | Limited Space         | Midway Fish Hatchery & Bakery                        | 9:30 A.M.                  | \$2<br>Lunch/Goodies<br>On Your Own                                                       |
| Wednesday, November 5th & 19th | ---                   | Lunch & Bowling—Holiday Lanes, Heber                 | 11:00 A.M.                 | Lunch & Bowling<br>On Your Own                                                            |
| Friday, November 7th           | November 3rd          | The Traveling Wilbury's @ Ideal Theater              | 5:00 P.M.                  | \$26                                                                                      |
| Friday, November 7th & 21st    | -----                 | Ping Pong @ Center                                   | 10:45                      | No Charge                                                                                 |
| Saturday, November 8th         | While Tickets Last    | PRCA Rodeo- Event Center, Heber                      | 1:00 P.M.                  | \$15                                                                                      |
| Monday, November 10th          | Limited Space         | Watercolor Class @ Center                            | 1:00 P.M.                  | \$10                                                                                      |
| Wednesday, November 12th       | Limited Space         | Senior Expo— Sandy                                   | 9:30 A.M.                  | \$2                                                                                       |
| Friday, November 14th          | Limited Space         | Craft: Wooden Nativity                               | 10:30 A.M.                 | \$18                                                                                      |
| Monday, November 17th          | Limited Space         | Cooking Class-<br>Copycat Texas Roadhouse Rolls      | 10:00 A.M.<br>or 2:00 P.M. |  \$5 |
| Tuesday, November 18th         | Limited Space         | Drawing/Sketching Class @ Senior Center              | 3:30 P.M.                  | \$6                                                                                       |
| Wednesday, November 19th       | Limited Space         | Sandy Hale Theater: "Frozen"                         | 4:30 P.M.                  | \$70<br>Dinner On Your Own                                                                |
| Friday, November 21st          | Limited Space         | Heber Historic Home Tour                             | 10:00 A.M.                 | \$3                                                                                       |
| Monday, November 24th          | November 21st         | Orem Cinemark: Wicked- For Good                      | TBD                        | \$8<br>Snacks On Your Own                                                                 |
| Wednesday December 3rd         | Limited Space         | Charlie & The Chocolate Factory<br>Ruth Hale Theater | 4:30 P.M.                  | \$30<br>Dinner On Your Own                                                                |
| Wednesday, December 10th       | Limited Space         | BYU Christmas Jazz Assembly-<br>Provo                | 4:30 P.M.                  | \$12<br>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.

## Titanic: The Exhibition

Date: Monday, November 3rd

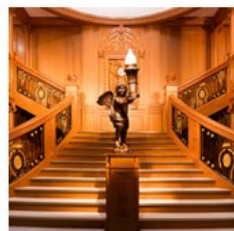
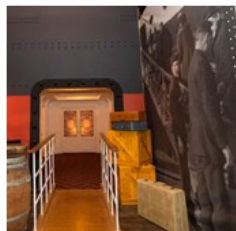
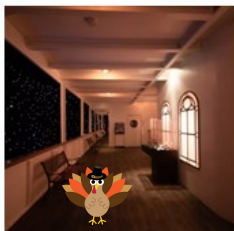
Time: 2:15 P.M.

Cost: \$26

Sign Up By: Limited Space



The exhibition is an interactive experience that tells the tale of the design, construction, launch, maiden voyage, and the 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.



## Midway Fish Hatchery Tour & Midway Bakery

Date: Wednesday, November 5th

Time: 9:30 a.m.

Cost: \$2

Lunch/Goodies: Midway Bakery

We will meet at the Senior Center at 9:30 a.m. We will take the bus as a group to Midway for a tour the Fish Hatchery! We will stop at Midway Bakery for lunch and or goodies before heading back to the Senior Center



## Oil Paint Class

When: Monday, November 3rd

Time: 1:00 P.M.

Where: Senior Center Craft Room

Cost: \$10

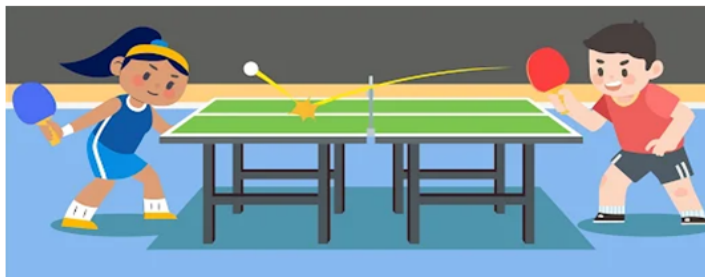
Sign Up By: Until Full (Limited Space)



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



## 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.

- November 7th
- November 21st

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

## 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.

## PRCA Circuit Finals Rodeo

**Date: Saturday, November 8th**

**Time: 1:00 P.M.**

**Cost: \$15**

**Deadline: While Supplies Last!**



This rodeo is a "last chance" for some cowboys and cowgirls to qualify for the NFR finals in Vegas. You will see the best of the best at this show! Wasatch Park & Recreation is offering our senior center discounted tickets for the Saturday matinee.

This will be a self drive activity held at the indoor arena.



Circuit Finals Tickets For Sat, Nov. 8th MATINEE SHOW 1:00pm.



## Watercolor Paint Class

**When: Monday, November 10th**

**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 lead demos with step by step instructions. Everything you need will be provided for the class.



INSTRUCTOR: SHANOA ALLOWITZ  
OWNER OF ALCHEMY ART SCHOOL

## SENIOR EXPO

**Date: Wednesday, November 12th**

**Time: 9:30 A.M. (Bus Leaves Center)**

**Cost: \$2**

**Sign Up By: November 6th**



We will travel to the Mountain America Expo in Sandy. Bus will leave at 9:30 and will return approximately 1:30. Concessions will be available for purchase at the event.

### Activities:

- Bingo (prizes for 400+)
- Medicare: explore your options
- Medicaid & low income resources
- Caregiver retreat & trainings
- Financial access/planning
- Massage station

### Senior Recourses:

- Housing Options
- Care Services
- Government Resources
- How To Pay For It All
- Instant Home Price Quote
- Medicare Prescription Audit (to Reduce Cost)
- Respite/Senior Day Services
- Property Tax Reduction (for Ages 66+)
- Free Medicaid Applications
- VA Benefits Help

### Health Screenings:

- Vaccinations, Flu Shots, etc
- Dementia/ Cognitive test
- Blood sugar test
- Blood pressure
- Balance test
- Medication review
- Grip test
- Fall risk reduction

## Nativity Craft

When: Friday, November 14th

Time: 10:30

Where: Senior Center Craft Room

Cost: \$18

Sign Up By: Limited Space

JOIN US IN MAKING THIS SWEET WOODEN NATIVITY. CYNTHIA WILL BE TEACHING THIS CRAFT CLASS. ALL SUPPLIES WILL BE PROVIDED TO MAKE YOUR PROJECT. CLASS WILL TAKE APPROXIMATELY 1.5 HOURS.



## Copycat Texas Roadhouse

### Rolls & Cinnamon honey butter

Date: Monday, November 17th

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

Cost: \$5

Limited Space.....Sign Up Soon!

Note: This is a self drive activity.



This year we are doing restaurant "copycat" recipes! This month is Texas Roadhouse rolls. Class will be taught by Tricia at the USU extension. Everything you need will be provided.

55 S. 500 E. Heber

( Located in the same build as the Health Department)

## Drawing/Sketching Class

When: Tuesday, November 18th

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

### 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!



## Heber City Historic Home Tour

**When: Friday, November 21st**

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

**Cost: \$3**

**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.

## Orem Cinemark— Wicked

**Date: Monday, November 24th**

**Time: 2:45 P.M.**

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

**Movie: Wicked– For Good**

**Sign Up Deadline: Friday, November 21st**



Now demonized as the Wicked Witch of the West, Elphaba lives in exile in the Ozian forest, while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good.

## THE RUTH HALE THEATRE CHARLIE & THE CHOCOLATE FACTORY

**Date: Wednesday, December 3rd**

**Time: 4:30 P.M. (Bus To Leave Center)**

**Cost: \$30**

**Dinner: Feast Buffet**

**Sign Up By: Limited Tickets**



A magical musical adaptation of the famous book and hit movie. The world-famous Willy Wonka is opening the gates to his mysterious factory...but only to a lucky few. Young Charlie Bucket and four other golden ticket winners will embark on a life-changing journey through Wonka's world of pure imagination.

## JAZZ ASSEMBLE– IT'S CHRISTMAS TIME @ BYU

**Date: Wednesday, December 10th**

**Time: 4:30 (Bus To Leave Center)**

**Cost: \$12**

**Dinner: Brick Oven Pizza**

**Sign Up By: Limited Tickets**



Come fill your ears and hearts with joyful Christmas tunes set in delightfully jazzy ways. This concert will help set the tone for your Christmas holidays!

We will travel to Provo for dinner at Brick Oven Pizza then over to the BYU!

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 1<sup>st</sup> 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

## Come play Canasta!

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



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

### 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.



## 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.*



## Daylight Saving Time Ends

set your clocks back an hour





# FALL

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| V | H | C | O | M | D | N | Y | Q | M | X | I | P | G | T | A | K | F | P | B | V |
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ACORN  
APPLE  
AUTUMN  
BONFIRE  
CHESTNUT  
CIDER  
CORNUCOPIA  
CRANBERRY  
CRISP

FESTIVAL  
FOLIAGE  
FOOTBALL  
GOURD  
HALLOWEEN  
HARVEST  
HAYRIDE  
LEAVES  
MAPLE

NOVEMBER  
ORANGE  
ORCHARD  
PUMPKIN  
RAKE  
SCARECROW  
SQUASH  
SUNFLOWER  
SWEATER



# November Blurb

Winter seems to be here already and it's time to get ready. Time for snow tires, snow shovels and snow blowers. But it is NOT time for Christmas music! Good grief. I was in the car the other day just scanning radio stations when suddenly there was Christmas music playing. My first thought was that it was a joke or a commercial, but it was not. Come on people. Let's enjoy that old fashioned Holiday that Norman Rockwell made that famous painting of... THANKSGIVING! Does anyone remember that holiday? I really enjoy that day and I don't think we should just skip over it. I know that the stores can't sell as many giant blow up turkeys as they do reindeer and Rudolph, but it is a pretty great day. Personally, I think that it is important that we take a little bit of time and remember everything we are grateful for. I have been blessed with amazing kids, grandkids and I happen to be married to my best friend. That is just a few of the things that I often take for granted throughout the year but on Thanksgiving I take just a little time to think about things that I often forget. For me it's a nice time to thank God for all my blessings. One of those things I am grateful for is the opportunity to be around all of you. Thank you for sharing a little bit of your time with me and allowing me to get to know you and to do a few fun things with you.



Happy Thanksgiving,

~Mike

## 20<sup>TH</sup> ANNUAL CAREGIVER CONFERENCE

for those caring for a senior loved one



Scan to  
learn more

NOVEMBER 1<sup>ST</sup>  
9 AM - 3:30 PM

BYU Conference Center  
or virtual



**Dr. Craig Manning**

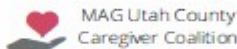
Keynote Speaker  
Bestselling Author &  
Mental Strength Coach

### FREE ADMISSION

Breakfast & lunch provided to in-person registrants. Seating is limited.

### REGISTER TODAY

magutah.gov or 801-229-3818



## HEAT



Serving Summit, Utah, & Wasatch counties

### Get help with your utility bills

The Home Energy Assistance Target (HEAT) program helps low-income households with their energy costs.

#### Income Eligibility

| Household Size | Monthly Income Limit |
|----------------|----------------------|
| 1              | \$1,883              |
| 2              | \$2,555              |

For each additional person, add \$673.

#### Required Documentation

- A copy of your power and heat bills.
- Proof of ALL income received by all household members in the month prior to the month of your application.
- Proof of any eligible medical expenses, child support and alimony you paid in the month prior to the month of your application.
- Proof of disability, if applicable.
- Additional documentation, if required.

Scan for application  
or to learn more:



**MAG**  
COMMUNITY & ECONOMIC  
DEVELOPMENT

478 South Geneva Rd  
Vineyard, UT 84059  
801-229-3855  
magutah.org/HEAT

# 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](http://magutah.gov/medicare) or 801-229-3819

Serving Summit, Utah  
& Wasatch counties



**Sign up for a one on one consultation on  
Wednesday November 5th to check availability.  
Call the Senior Center to check for availability**

**435-654-4920**



# FALL



ACORN  
APPLE  
AUTUMN  
BONFIRE  
CHESTNUT  
CIDER  
CORNUCOPIA  
CRANBERRY  
CRISP

FESTIVAL  
FOLIAGE  
FOOTBALL  
GOURD  
HALLOWEEN  
HARVEST  
HAYRIDE  
LEAVES  
MAPLE

NOVEMBER  
ORANGE  
ORCHARD  
PUMPKIN  
RAKE  
SCARECROW  
SQUASH  
SUNFLOWER  
SWEATER



**SUPERSTARWORKSHEETS**

## 2025 Municipal Elections

**Election day** is Tuesday, Nov. 4, 7 a.m. – 8 p.m.

**Early voting** will be held at the Wasatch County Administration Building 25 N. Main, Heber City Tuesday, Oct. 28 through Friday, Oct. 31, 9 a.m. to 4 p.m.

**Drop boxes** will be open 24 hours a day, starting Wednesday, Oct. 15 until Tuesday, Nov. 4, at 8 p.m.

- Wasatch County Administration Building (rear parking lot drive up) 25 N. Main Street, Heber City
- Midway City Offices (rear drive up) 75 N. 100 W., Midway
- Charleston Town Hall (front parking lot) 3454 W. 3400 S., Charleston
- Hideout Town Office (front parking lot) 10860 N. Hideout Trail, Hideout
- Wasatch County Library (front drive up) 465 E. 1200 S., Heber

**Ballot Processing:** Daily from 9 a.m. to 5 p.m., as needed starting Monday, Oct. 20.



# VOTE



# 50 Years Ago.... November 1975



How many of these events do you remember?

- November 3rd: "*Good Morning America*" The long-running ABC morning news show premiered its first episode.
- November 4th: The first nationally syndicated radio call-in show: "*Nitecaps*," hosted by Herb Jepko, became the first nationally syndicated call-in radio show in the U.S.
- November 8th: The underdog story of Daniel "Rudy" Ruettiger began on November 8, when the undersized walk-on played for the Notre Dame football team in the final moments of a game. His story was later immortalized in the film *Rudy*.
- November 10th: The freighter *SS Edmund Fitzgerald* sank in Lake Superior on resulting in the loss of all 29 crew members.
- November 20th: Former California Governor Ronald Reagan announced his candidacy for the Republican presidential nomination challenging Ford.
- November 20th: dictator Francisco Franco died in Madrid, ending nearly 40 years of authoritarian rule. He was succeeded by King Juan Carlos I, who began steering Spain toward a democratic transition.





WASATCH  COMMUNITY  
FOUNDATION

• A DAY OF •

# Thanks giving

TIMPANOGOS MIDDLE SCHOOL **NOV. 22 4-7PM**  
**FREE COMMUNITY EVENT**  
**THANKSGIVING DINNER & FAMILY FUN**

COMMUNITY GATHERING WITH FOOD, FREE WINTER CLOTHING, ACTIVITIES,  
PRIZE DRAWINGS, AND ENTERTAINMENT. WHILE SUPPLIES LAST.  
ENJOY A TRADITIONAL THANKSGIVING DINNER ORGANIZED BY THE  
WASATCH HIGH SCHOOL PROSTART CULINARY PROGRAM.

## 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 LIBRARY BOOK

SUSAN ORLEAN

NEXT MONTH'S BOOK:

THE PERSONAL LIBRARIAN

BY: MARIE BENEDIT & VICTORIA CHRISTOPHER MURRAY

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  
NOVEMBER 20TH @ 10:30



## In Loving Memory



Barbara Brown

Born: May 2, 1944

Died: October 3, 2025

Violet Smith

Born: April 13, 1927

Died: October 15, 2025

Flo Caldwell

Born: January 26, 1941

Died: October 2025

Liz Stevens

Born: November 11, 1944

Died: October 14, 2025



# November Lunch Programs & Entertainment

## TUESDAY'S

4TH: DALE CARLSON ~ POETRY

18TH: ROB SORENSON ~ MUSICAL INSTRUMENT

25TH: TONY SUMMERHAYS -ONE MAN BAND



## THURSDAY'S

6TH: CAMEO CLUB

13TH: ALISSA AMUNDSEN-HARPIST

20TH CARL HOBBS & KEN MCCONNELL



November 2025

# HEALTH REMINDER

## Make Breakfast a Healthy Habit

Have you ever stopped to consider what eating a balanced morning breakfast can do for your health? Research shows that individuals who eat breakfast have improved energy levels, concentration, better moods, and have better appetite control through out the day. In a study of over 30,000 participants they discovered that adults who skipped breakfast more likely to have a poor diet and type two diabetes. Here is some **easy ideas you can try for breakfast** to make it a priority that blesses your health and well-being:

- **Apple** with Nut Butter
- **Whole-Grain Avacado Toast**
- **Whole-Grain Cereal** with Milk
- **Veggie Omlet**
- **Greek yogurt** with berries and granola
- **Chia Pudding**
- **Banana Oat Pancakes**
- **Oatmeal** with chopped nuts and fruit
- **Green Smoothie**

Have a booming breakfast month,



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



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

Wednesday the 5th & 19th at 2:00



## 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.**



# ACTIVITY calendar

| Mon                                                                                                                                                                                             | Tue                                                                                                                                                                                                                      | Wed                                                                                                                                                                        | Thu                                                                                                                                    | Fri                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>Piano Lessons</u></p>  <p>PLEASE CONTACT<br/>MARGARET SCHLOSS<br/>H: 435-654-2876<br/>C: 385-207-8527</p> | <p>ALL DAY – EVERY<br/>WEEKDAY</p> <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> </ul> |                                                                                                                                                                            |                                                     |                                                                                                                                                        |
| <p>3</p> <p>1:00 OIL PAINT CLASS<br/>1:00 CARDS–CANASTA<br/>1:00 DUPLICATE BRIDGE<br/>2:15 TITANIC EXHIBIT</p>                                                                                  | <p>4</p> <p>TREASURE TABLE<br/>10:30 CHAIR EXERCISE<br/>12:00 LUNCH<br/>1:00 BUNCO<br/>1:00 CERAMICS<br/>1:00 FALL PREVENTION CLASS</p> <p>ELECTION DAY– GO VOTE!!</p>                                                   | <p>5</p> <p>10:00 FISH HATCHERY<br/>11:00 LUNCH &amp; BOWLING AT<br/>HOLIDAY LANES<br/>1:00 CARDS–BRIDGE<br/>2:00 GRIEF SUPPORT GROUP</p> <p>9:00-2:30 MEDICARE APPTS.</p> | <p>6</p> <p>TREASURE TABLE<br/>9:00 YOGA<br/>10:30 TAI CHI<br/>12:00 LUNCH<br/>1:00 BINGO<br/>1:00 CERAMICS<br/>1:00 PIANO</p>         | <p>7</p> <p>10:00 STRENGTH TRAINING<br/>10:45 PING PONG<br/>11:30 CHESS CLUB<br/>1:00 CARDS – BRIDGE<br/>1:00 MAHJONG<br/>5:00 TRAVELING WILBURY'S</p> |
| <p>10</p> <p>1:00 CARDS–CANASTA<br/>1:00 DUPLICATE BRIDGE<br/>1:00 WATERCOLOR CLASS</p>                                                                                                         | <p>11</p> <p><b>CLOSED</b></p> <p>★ HAPPY ★<br/><b>VETERANS DAY</b><br/>HONORING ALL WHO SERVED</p>                                                                                                                      | <p>12</p> <p>9:30 SENIOR EXPO– SANDY<br/>1:00 CARDS–BRIDGE</p>                                                                                                             | <p>13</p> <p>9:00 YOGA<br/>10:30 TAI CHI<br/>12:00 LUNCH<br/>1:00 BINGO<br/>1:00 CERAMICS<br/>1:00 PIANO</p>                           | <p>14</p> <p>10:00 STRENGTH TRAINING<br/>10:30 NATIVITY CRAFT<br/>11:30 CHESS CLUB<br/>1:00 CARDS – BRIDGE<br/>1:00 MAHJONG</p>                        |
| <p>17</p> <p>10:00 COOKING CLASS<br/>1:00 CARDS–CANASTA<br/>1:00 DUPLICATE BRIDGE<br/>2:00 COOKING CLASS</p>                                                                                    | <p>18</p> <p>10:30 CHAIR EXERCISE<br/>12:00 BREAKFAST<br/>1:00 BUNCO<br/>1:00 CERAMICS<br/>3:30 DRAWING CLASS</p>                                                                                                        | <p>19</p> <p>11:00 LUNCH &amp; BOWLING AT<br/>HOLIDAY LANES<br/>1:00 CARDS–BRIDGE<br/>2:00 GRIEF SUPPORT GROUP<br/>4:30 FROZEN– SANDY HALE</p>                             | <p>20</p> <p>9:00 YOGA<br/>10:30 TAI CHI<br/>12:00 LUNCH<br/>1:00 BINGO<br/>1:00 CERAMICS<br/>1:00 PIANO</p> <p>THANKSGIVING LUNCH</p> | <p>21</p> <p>10:00 STRENGTH TRAINING<br/>10:45 PING PONG<br/>11:30 CHESS CLUB<br/>1:00 CARDS – BRIDGE<br/>1:00 MAHJONG</p>                             |
| <p>24</p> <p>OREM CINEMARK–<br/>WICKED: FOR GOOD<br/>1:00 CARDS–CANASTA<br/>1:00 DUPLICATE BRIDGE</p>                                                                                           | <p>25</p> <p>10:30 CHAIR EXERCISE<br/>12:00 LUNCH<br/>1:00 BUNCO<br/>1:00 CERAMICS</p>                                                                                                                                   | <p>26</p> <p>10:00 STRENGTH TRAINING<br/>1:00 CARDS–BRIDGE</p>                                                                                                             | <p>27</p> <p><b>CLOSED</b></p>                     | <p>28</p> <p><b>CLOSED</b></p>                                    |

# November

2025



## MEALS ON WHEELS \*\*\*LUNCHEON MENU\*\*\*

(served every Tuesday and Thursday)

Please call ahead to save your spot for meals

435-654-4920

| MONDAY                                                                                                                                                                         | TUESDAY                                                                                                                                                          | WEDNESDAY                                                                       | THURSDAY                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3</p> <p>CHICKEN CUTLET, potatoes &amp; gravy, peas, peaches &amp; roll</p>                                                                                                 | <p>4</p> <p>SALISBURY STEAKS, potato, green beans, mixed fruit &amp; roll</p> <p>CHICKEN FRIED STEAK, potatoes &amp; gravy, mixed fruit &amp; pears</p>          | <p>5</p> <p>TACO BAKE, ta-tor tots, corn, orange wedge, chips &amp; salsa</p>   | <p>6</p> <p>HAM, mac &amp; cheese, pork-n-beans, pineapple &amp; roll</p> <p>PULLED PORK SANDWICH, potato salad, orange wedge &amp; chips</p>                                                               | <p>7</p> <p>FISH, potatoes &amp; gravy, carrots, tropical fruit, tartar sauce &amp; roll</p>  |
| <p>10</p> <p>CHICKEN CUTLET, potatoes &amp; gravy, peas, tropical fruit &amp; roll</p>                                                                                         | <p>11</p> <p>Closed in observance of the holiday</p>                           | <p>12</p> <p>RAVOLI, corn, cottage cheese, pineapple &amp; roll</p>             | <p>13</p> <p>PORK CHOP, potatoes &amp; gravy, carrots, applesauce &amp; roll</p> <p>CREAM OF BROCCOLI SOUP, grilled cheese &amp; peaches</p>                                                                | <p>14</p> <p>CHICKEN CHOW MEIN, egg roll, rice, orange wedge &amp; roll</p>                                                                                                      |
| <p>17</p> <p>GLAZED CHICKEN WINGS, fires, mixed vegetables, orange wedge &amp; roll</p>                                                                                        | <p>18</p> <p>BBQ RIBLET, mac &amp; cheese, pork-n-beans, applesauce, cookie &amp; roll</p> <p>BREAKFAST, hashbrowns, eggs, bacon, pancake, fruit, milk/juice</p> | <p>19</p> <p>SPAGETTI w/ MEAT SAUCE, corn, cottage cheese, pears &amp; roll</p> | <p>20</p> <p>CREAM OF POTATO SOUP, chicken nuggets, peas, mixed fruit &amp; roll</p>  <p>TURKEY DINNER w/ trimmings</p> | <p>21</p> <p>PICANTE CHICKEN, red potatoes, green beans, peaches &amp; roll</p>                                                                                                  |
| <p>24</p> <p>CHICKEN FRIED STEAK, potatoes &amp; gravy, green beans, peaches &amp; roll</p>  | <p>25</p> <p>TURKEY w/ DRESSING, potatoes &amp; gravy, peas &amp; carrots &amp; pumpkin pie</p> <p>FISH, potato, carrots &amp; tropical fruit</p>                | <p>26</p> <p>CHEF SALAD w/ ranch, mandarin oranges, crackers</p>                | <p>27</p> <p>Closed for the Holiday</p>                                                                                 | <p>28</p> <p>Closed for the Holiday</p>                                                     |

**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