



WASATCH COUNTY SENIOR CENTER
465 EAST 1200 SOUTH
HEBER, UT 84032
435-654-4920

SPOT LIGHT

Sharon Carlson

Hello, my name is Sharon Kaye Dawson Carlson. I was born to parents of French ancestry on both sides of the Naval Hospital in New London, Connecticut. Daddy was in the Navy, coming home from the war in a submarine when he received the telegram from my mom telling him a baby girl was born at 2:15 at Christmas Eve! Daddy's telegram back, "Happy, don't name her until I get home!" West Harwich Cape Cod were my first early memories. When I was six Daddy was transferred to point Mugu. Daddy had a home built for us in Vineyard Estates, while we lived in Military Housing.



Oxnard High School was where I graduated from. Daddy was transferred to Fort Douglas, I used my scholarships to attend Westminster College majoring in Music and English. Those times at college are one of the life's high spots. Going on tour with College Concert Choir, we performed in major cities from Reno down to the coast Sausalito, San Francisco and others like La Cruces before coming home.



My family moved to Midway. I joined them and met Paul Dean Carlson, who was instantly in love with! Dean and I were married June 4, 1965. He was the love of my life! Life in the mountains is so different from the beach! Riding our horses, snowmobiling, skiing, camping, hunting, fishing and target shooting were our play times... a wonderful, happy life.!

After selling our home in Midway, we built our home in Wallburg, so peaceful. Life was good until my beloved Dean died in 2020. My chickens don't give a lot of love so I now have four dogs, my loving fur babies! I can't believe I am almost 80!

Where does the time go?

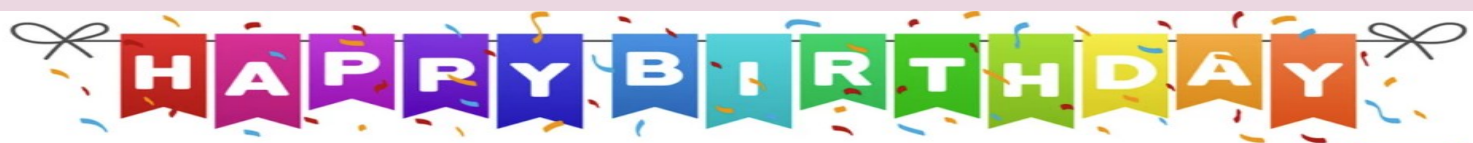
Cora's Corner

To all our Seniors...just a little info from the kitchen. Welcome to the year of 2026!!! WOW. Can't believe I've lived this long. I must be doing something right or not. I wish you HEALTH and HAPPINESS throughout this year.

We will be closed on Monday the 19th, to honor Martin Luther King Jr. Day. We celebrate Martin Luther King Jr. Day to honor the life, achievements and legacy of the iconic civil rights leader who championed equality, justice and nonviolent social change encouraging Americans to reflect on racial justice and dedicate the day to community service, reflecting his dream of a "Beloved Community". This federal holiday marks his birthday (Jan. 15) on the third Monday in January, recognizing his crucial role in ending segregation and promoting civil rights through peaceful protest, inspiring people of all backgrounds.

Please remember to keep drinking your water. It will help you by rinsing out the bastuff, so they say. I still have a little badness in me. Until next time, take care...

~Cora Briggs



Connie Carlson	1	Carolyn Sweat	9	Lloyd Gonzales	21
Connie Chapman	1	Jim Farris	11	Allie Meacham	21
Mark Berg	3	MarvaLee Edwards	12	Kenneth Evans	22
Linda Nichols	5	Robert Lubelski	13	Paul Henry	25
Susan Oquendo	6	Marilee Alm	14	Terry Hammond	27
Spencer VanLeeuwen	6	Kristen Peix	14	Jacquie Thacker	27
Tonya Melton	7	Marie Fish	15	Robbie Davis	29
Joan Binggeli	8	Raneva Lemon	16	Nola Mae Bell	30
Virginia Deeken	8	Debra Wilmeth	16	John Besendorfer	30
Lynn Fautin	8	Rosemary Pitt	18	Kelly Jarvis	30
Wendy Kullinger	8	Viola Simmons	19	Jim Madson	31

January Trivia!

Complete and return trivia to the senior center by January 29th for your chance to win a \$25 gift card!

Name: _____ Phone: _____



In the big picture, find these objects.



banana



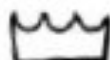
needle



fishhook



pencil



crown



toothbrush



open book



tack



sock



butter knife



crescent moon



carrot



pear



slice of pizza



activities & Trips

DATE	Registration Deadline	EVENT	TIME	COST
Monday, January 5th	Limited Space	Watercolor Class @ Center	10:00 AM	\$10
Wednesday, January 7th & 21st	Just Show Up	Lunch & Bowling—Holiday Lanes, Heber	11:00 A.M.	Lunch & Bowling On Your Own
Wednesday, January 7th	Limited Space	Drawing Class @ Center	3:30 P.M.	\$6
Thursday, January 8th	January 5th	Utah Symphony @ Noorda, Orem	4:30 P.M.	\$30
Friday, January 9th	Sign Up Soon For Best Seats	Tyler Bryce @ Ideal Theater	7:30 P.M.	\$24
Monday, January 12th	Limited Space	Hand Pottery—Rope Bowl	10:00 A.M.	\$10
Wednesday, January 14th	Limited Space	Chocolate Tasting & Tour- Ritual Chocolate, Charleston	1:15 P.M.	\$25
Friday, January 16th	January 15th	Brunch @ Zermatt, Midway	10:00 A.M.	\$1 Brunch On Your Own
Friday, January 23rd	Limited Space	Heber Historic Home Tour	10:00 A.M.	\$3
Monday, January 26th	Just Show Up	Tap Dance With Nicole @Senior Center Auditorium	11:00 A.M.	No Charge
Monday, January 26th	Limited Space	Forever Plaid- Ruth Hale Theater	4:30 P.M.	\$30 Dinner On Your Own
Wednesday, January 28th	Limited Space	Cooking Class- Sheet Pan Fajitas	10:00 A.M. or 2:00 P.M.	\$5
Friday, January 30th	Limited Space	Acrylic Paint Workshop- Small Wood Signs	11:00 A.M.	\$5
Saturday, January 31st	TBA	Polynesian Performance & Optional Dinner @ Avon Theater- Heber	TBA	TBA
Wednesday, February 11th	Limited Space	BYU Theatre Ballet: Romeo & Juliet	4:30 P.M.	\$22 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 & payment must be made at the time of sign up. Activities are non-refundable unless you find someone to take your place.

Watercolor Paint Class

When: Monday, January 5th

Time: 10:00 A.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 AL-LOWITZ OWNER OF ALCHEMY ART SCHOOL

Drawing/Sketching Class

When: Wednesday, January 7th

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.



UTAH SYMPHONY

Tchaikovsky's Symphony No. 1 at The Noorda

Date: Thursday, January 8th

Time: 4:30 P.M.

Cost: \$30

Dinner: Golden Corral

Deadline: Limited Tickets Available

As January brings a frosty embrace, Tchaikovsky's "Winter Dreams" Symphony delights with its exploration of the season's enchanting beauty—and the 26-year-old composer's budding talents. Written early in his career, this work hints at the iconic style that would go on to define Tchaikovsky's masterpieces.

Based on a short story, Rachmaninoff's *The Rock* evokes the meaningful chance meeting of a lonely older man and a young woman on a stormy night. From there, we glide into Mozart's Piano Concerto No. 23, where returning guest pianist Awadagin Pratt expertly showcases the piece's emotional interplay by balancing lighthearted bliss with moments of deep introspection.



THE IDEAL PLAYHOUSE — HEBER

Tyler Bryce

EMMY-AWARD WINNING COMEDIAN, SINGER & IMPRESSIONIST

When: Friday, January 9th

Time: 7:30 P.M.

Cost: \$24

Sign Up By: ASAP For Best Seating Options

Get ready for an unforgettable night of comedy, music, and world-class entertainment with Tyler Bryce, the Emmy-winning comedian, singer, and impressionist whose dynamic performances have captivated audiences nationwide.



Don't miss your chance to experience his high-energy, laugh-out-loud show LIVE—grab your tickets now and secure your seat for a performance that audiences are calling must-see entertainment.

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.

Hand Pottery- Rope Bowl

When: Monday, January 12th

Time: 10:00 A.M.

Where: Senior Center Craft Room

Cost: \$10

Sign Up By: Until Full (Limited Space)

SHANOA WILL BE TEACHING US HOW TO MAKE HAND POTTERY ROPE BOWLS! EVERYTHING YOU NEED WILL BE PROVIDED FOR THE CLASS. YOU WILL COME BACK ON A LATER DATE TO PAINT AFTER THEY HAVE BEEN FIRED.



RITUAL CHOCOLATE TASTING, PAIRING & TOUR

DATE: WEDNESDAY, JANUARY 14TH

TIME: 1:15 P.M. (BUS LEAVES CENTER)

COST: \$25

LIMITED SPACE, SIGN UP SOON

WE WILL MEET AT THE CENTER AND TAKE THE BUS TO RITUAL CHOCOLATE IN CHARLESTON. THIS IS LIKE A WINE TASTING & PAIRING BUT WITH CHOCOLATE! AN IN-DEPTH BEAN-TO-BAR TASTING EXPERIENCE, WHERE YOU LEARN ABOUT OUR PARTNER CACAO FARMS, SEE THE ENTIRE CHOCOLATE MAKING PROCESS, AND, OF COURSE, EAT LOTS OF CHOCOLATE!



BRUNCH AT ZERMATT- MIDWAY

Date: Friday, January 16th

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

Sign Up By: January 15th

Cost: \$1 (Pay For Your Own Meal)

LET'S GO CHECK OUT THE Z'S RESTAURANT AT THE ZERMATT RESORT!
BUS WILL LEAVE THE SENIOR CENTER AT 10 A.M.
SEE ATTACHED MENU.



ZERMATT+UTAH
be inspired



Heber City Historic Home Tour



When: Friday, January 23rd

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.

THE RUTH HALE THEATRE

FOREVER PLAID

Date: Monday, January 26th

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

Cost: \$30

Dinner: Feast Buffet

(There Is Also A Mexican Grill & Subway In The Same Parking Lot)

Sign Up By: Limited Tickets



A jukebox jam from the beyond!

On their way to the biggest gig of their careers, four hopeful singers' lives are cut short by a sudden bus crash—only to return from the afterlife for one last shot at the spotlight. Bursting with 1950s classics, sharp suits, and heartfelt hilarity, *Forever Plaid* is a nostalgic, laugh-filled celebration of second chances.

Cooking Class—Sheet Pan Fajitas

Date: Wednesday, January 28th

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

Cost: \$5

Limited Space.....Sign Up Soon!

We will learn to make Sheet Pan Fajitas! 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)

Acrylic Paint Workshop

When: Friday, January 30th

Time: 11:00 A.M.

Where: Senior Center Craft Room

Cost: \$5

Sign Up By: Limited Space

Come paint with Kathy Carr! We will be painting a winter 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 one hour.



BYU THEATRE BALLET: ROMEO & JULIET

Date: Wednesday, February 11th

Time: 4:30 (Bus To Leave Center)

Cost: \$22

Dinner: Brick Oven Pizza

Sign Up By: Limited Tickets



Experience the timeless romance and heartache of *Romeo & Juliet* as Theatre Ballet brings this beloved tragedy to life onstage. With breathtaking choreography, stunning costumes, and Prokofiev's powerful score, this production captures the passion, drama, and tragic fate of Shakespeare's star-crossed lovers. This 70-minute, family-friendly adaptation is the perfect way to celebrate Valentine's Day. Don't miss this unforgettable performance filled with elegance, intensity, and emotion!

PREVENT DIABETES

NATIONAL DIABETES PREVENTION PROGRAM: A PROVEN LIFESTYLE CHANGE PROGRAM

IN THIS PROGRAM YOU WILL LEARN HOW TO:



ARE YOU ELIGIBLE FOR THIS FREE PROGRAM?

- ☒ 18 years of age or older
- ☒ Have a Body Mass Index (BMI) of ≥ 25
- ☒ No previous diagnosis of Type 1 or Type 2 Diabetes
- ☒ Meet at least one of the indicators below.

MEET ONE OF THE FOLLOWING:

- A1c Score range between (5.7-6.4)
- Diagnosis of prediabetes or Gestational Diabetes Mellitus
- Scored a high risk on the CDC Prediabetes Risk Test.



WCHDto.short.gy/E2vPY3

NATIONAL
DIABETES
PREVENTION
PROGRAM

WASATCH COUNTY
HEALTH DEPARTMENT



Caregiver SUPPORT GROUP

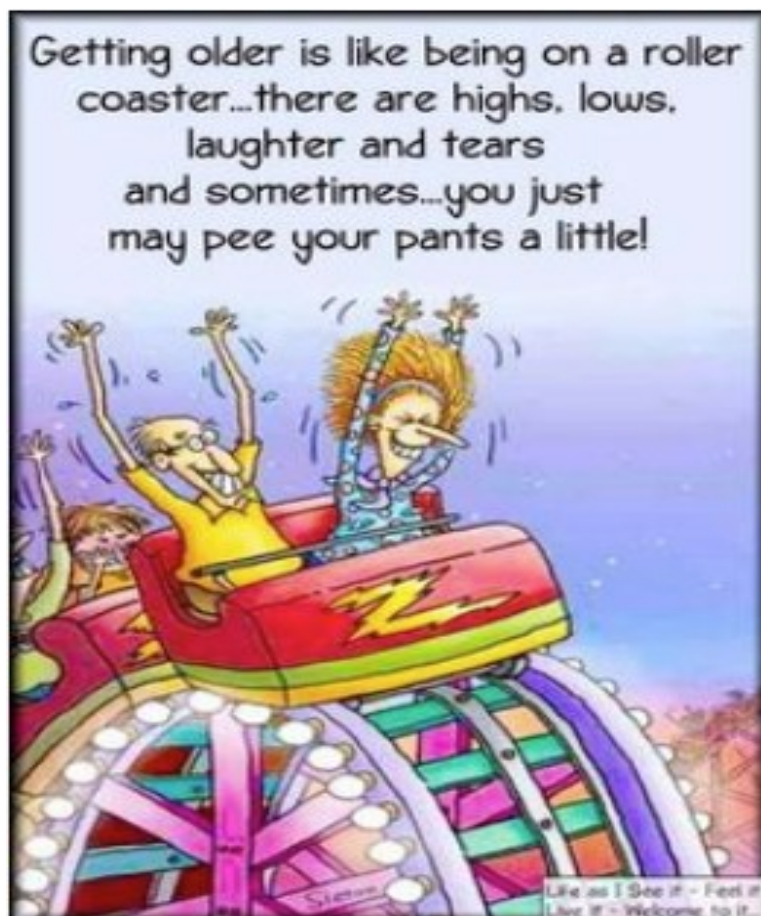
Every 2nd Tuesday
at 2 p.m.

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



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

Starting January 2026 Wasatch Senior Center with the generous support of Wasatch Community Foundation will be offering an *Aging Adult Supplemental Nutrition Program*.

This program will allow qualifying individuals to receive up to two cases per month at a discounted price.
(\$20 per case)

To qualify you must be:

- 60 years of age.
- Bring in a current doctor script/note that you are in need of supplemental nutrition.

For more information, contact the Senior Center
435-654-4920

ENSURE FOR SENIORS



*January
national
days
word
search*



*Printable
from
Always
the
Holidays*

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

MARTIN LUTHER KING JR DAY
 PUZZLE DAY
 ORGANIZE YOUR HOME DAY
 DAY OF PEACE
 KOREAN AMERICAN DAY
 POPCORN DAY
 CURRIED CHICKEN DAY
 SPOUSES DAY
 HOT BUTTERED RUM DAY
 PEANUT BUTTER DAY
 HOT TEA DAY

HOT CHOCOLATE DAY
 STICKER DAY
 MILK DAY
 DAISY DAY
 SEEING EYE DOG DAY
 NEW YEARS DAY
 BIRD DAY
 HYPNOTISM DAY
 PIE DAY
 HAT DAY
 CARNATION DAY

IRISH COFFEE DAY
 SNOWMAN DAY
 VISION BOARD DAY
 SHORTBREAD DAY
 BIRD DAY
 BLOODY MARY DAY
 SPAGHETTI DAY
 KETO DAY
 WORK HARDER DAY
 BEAN DAY
 BACKWARDS DAY
 FIG NEWTON DAY

Mike's Blurb

It never fails that when the new year arrives it seems to have gone faster than the year before. 2026 is no exception. This year for me, however, is scary! The year my dear, sweet, kind wife has been teasing me about for quite a few years. I will turn 60 in February. I know that doesn't seem terribly old to some of you but I'm guessing when y'all turned 60 it felt old. My wife takes great joy in the fact that I am 4 years older than her and loves pointing it out to me. My children are quite enjoying it also and are quick to ask me questions about what it was like when the automobile was invented or the Wright brothers made that first flight. So, if you find me crying a little bit during the first week of February you will know why.

Now on to a much happier note, 2025 was a pretty amazing year here at the Senior Center. We did lots of new things and welcomed a lot of new friends. It is always so nice when new people join us and say that they expected a boring bunch of OLD people sitting around watching Lawrence Welk re-runs. Instead, they find a huge group of really fun, interesting people enjoying new experiences and sharing their talents and interests with new people. 2026 will be even better with lots of laughing, new experiences, new friends and more fun times.

I am so grateful to be blessed to share some time with all of you. It is so much fun to get to know you. Thank you for all your contributions to me and the amazing community we have here in this valley. Let the party begin!

Mike

January Lunch Programs & Entertainment TUESDAY'S

6TH: GEORGE HANSON

13TH: VISIT WITH FRIENDS

20TH: ROB BARNETT

27TH: ALISSA AMUNDSON

THURSDAY'S

8TH: VISIT WITH FRIENDS

15TH: KRISTEN LLOYD

22ND: ED MASON

29TH: SHAUNA CLARK

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.



Denise from Enhabit will be leading our grief support group. Light refreshments will be served. Gatherings for January will be :
Wednesday the 7th & 21st at 2:00 P.M.



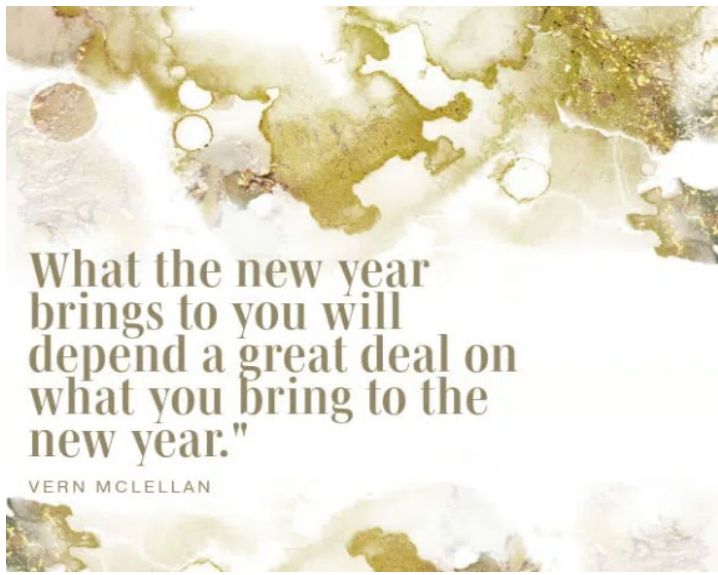
**WE DON'T STOP PLAYING BECAUSE WE
GROW OLD. WE GROW OLD BECAUSE WE
STOP PLAYING.**

- GEORGE BERNARD SHAW -





HAPPY
NEW YEAR



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, Mickey Ekker
Jill Ford, Jeneal Wingelaar

In Loving Memory...

Julie Beth Bell

Born: June 22, 1957

Died: December 5, 2025

Married: Allan Bell

Harry Pedro

Born: February 26, 1937

Died: December 20, 2025

Married LaRee Pedro

Glade Tregaskis

Born: July 10, 1932

Died: December 20, 2025

Married: Paula Tregaskis

MORNING BOOK CLUB

THIS MONTH'S BOOK :

THE PERSONAL LIBRARIAN

BY: MARIE BENEDIT & VICTORIA CHRISTOPHER MURRAY

NEXT MONTH'S BOOK:

THE WAGER

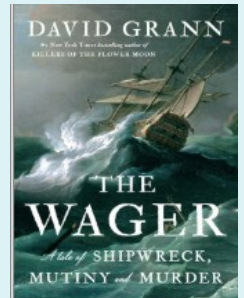
BY: DAVID GRANN

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

January 15 @ 10:30



January
national
days
word
search

Printable
from
Always
the
Holidays

MARTIN LUTHER KING JR DAY	HOT CHOCOLATE DAY	IRISH COFFEE DAY
PUZZLE DAY	STICKER DAY	SNOWMAN DAY
ORGANIZE YOUR HOME DAY	MILK DAY	VISION BOARD DAY
DAY OF PEACE	DAISY DAY	SHORTBREAD DAY
KOREAN AMERICAN DAY	SEEING EYE DOG DAY	BIRD DAY
POPCORN DAY	NEW YEARS DAY	BLOODY MARY DAY
CURRIED CHICKEN DAY	BIRD DAY	SPAGHETTI DAY
SPOUSES DAY	HYPNOTISM DAY	KETO DAY
HOT BUTTERED RUM DAY	PIE DAY	WORK HARDER DAY
PEANUT BUTTER DAY	HAT DAY	BEAN DAY
HOT TEA DAY	CARNATION DAY	BACKWARDS DAY
		FIG NEWTON DAY

JANUARY

ACTIVITY calendar

Mon	Tue	Wed	Thu	Fri
ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> Exercising Reading Computers Billiards Piano Puzzles Craft Room Ping Pong 	<p><u>Piano Lessons</u></p>  <p>PLEASE CONTACT MARGARET SCHLOSS H: 435-654-2876</p>		<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>10:00 STRENGTH TRAINING 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG</p>
<p>5</p> <p>10:00 WATERCOLOR CLASS 1:00 CANASTA 1:00 BRIDGE</p>	<p>6</p> <p>TREASURE TABLE 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 1:00 FALL PREVENTION CLASS</p>	<p>7</p> <p>11:00 LUNCH & BOWLING AT HOLIDAY LANES 1:00 BRIDGE 1:00 PINOCHE 2:00 GRIEF SUPPORT GROUP 3:30 DRAWING CLASS</p>	<p>8</p> <p>TREASURE TABLE 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO 4:30 UTAH SYMPHONY</p>	<p>9</p> <p>10:00 STRENGTH TRAINING 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG 7:30 TYLER BRYCE-IDEAL THEATER</p>
<p>12</p> <p>10:00 HAND POTTERY CLASS 1:00 CANASTA 1:00 BRIDGE</p>	<p>13</p> <p>10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 2:00 CAREGIVER SUPPORT</p>	<p>14</p> <p>1:00 BRIDGE 1:00 PINOCHE 1:15 RITUAL CHOCOLATE-TASTING & PAIRING</p>	<p>15</p> <p>9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO</p>	<p>16</p> <p>10:00 STRENGTH TRAINING 10:00 BRUNCH @ ZERMATT 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG</p>
<p>19</p> <p>CLOSED</p>  <p>MARTIN LUTHER KING DAY</p>	<p>20</p> <p>10:30 CHAIR EXERCISE 12:00 BREAKFAST 1:00 BUNCO 1:00 CERAMICS</p>	<p>21</p> <p>11:00 LUNCH & BOWLING AT HOLIDAY LANES 1:00 BRIDGE 1:00 PINOCHE 2:00 GRIEF SUPPORT GROUP</p>	<p>22</p> <p>9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO</p>	<p>23</p> <p>10:00 STRENGTH TRAINING 10:00 WEBER HISTORIC TOUR 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG</p>
<p>26</p> <p>11:00 TAP DANCE 1:00 CANASTA 1:00 BRIDGE 4:30 RUTH HALE-FOREVER PLAID</p>	<p>27</p> <p>10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS</p>	<p>28</p> <p>10:00 COOKING CLASS 1:00 BRIDGE 1:00 PINOCHE 2:00 COOKING CLASS</p>	<p>29</p> <p>9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO</p>	<p>30</p> <p>10:00 STRENGTH TRAINING 11:00 ACRYLIC WORKSHOP 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG</p>
				<p>31</p> <p>7:00 LUAU & DINNER-AVON THEATER</p>



MEALS ON WHEELS

* **LUNCHEON MENU** *

(served every Tuesday and Thursday)

Please call ahead to save your spot for meals
435-654-4920

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 	2 FISH , potatoes & gravy, carrots, tartar sauce, tropical fruit & roll 
5 BBQ RIBLET , mac & cheese, pork-n-beans, applesauce, cookie & roll	6 RAVIOLI , corn, pineapple & roll **SEASONED BAKED CHICKEN , rice pilaf, carrots & mixed fruit	7 SHEPARD'S PIE , green beans, tropical fruit & roll	8 BAKED CHICKEN , potatoes & gravy, peas, pears & roll **HOT BEEF SANDWICH , potatoes & gravy, salad w/ranch & apple pie	9 SALISBURY STEAK , potatoes, carrots, peaches & roll
12 CHICKEN FRIED STEAK , potatoes & gravy, carrots, peaches & roll	13 CHICKEN MALIBU , potatoes & gravy, peas, tropical fruit & roll **CHICKEN NOODLE SOUP , sandwich & fruit	14 SPAGETTI w/ MEAT SAUCE , corn, mixed fruit & roll	15 MEATLOAF , potatoes & gravy, mixed vegetables, applesauce & roll **TACO BAKE , tator tots, corn, apple, chips & salsa	16 TURKEY SANDWICH , potato salad, orange & chips
19 	20 CHICKEN CORDON BLEU , potatoes & gravy, peas, pears & roll **CHICKEN MALIBU , potatoes & gravy, peas & peaches	21 HAM , mac & cheese, pork-n-beans, pineapple & roll	22 ROASTY BEEF , potatoes & gravy, carrots, applesauce & roll **MEATLOAF , potato, green beans & pears	23 CHICKEN STRIPS , green beans, baked beans, potato salad, mixed fruit & roll
26 BEANS & FRANKS , potatoes wedge, corn, pudding, peaches & roll 	27 CHICKEN PARMESAN , potatoes, mixed vegetables, pears & roll **BREAKFAST , french toast, eggs, bacon, fruit, juice/milk	28 CHICKEN NOODLE SOUP , tator tots, peas, tropical fruit & crackers	29 PORK CHIPS , potatoes & gravy, green beans, applesauce & roll **FISH , potato, mixed vegetables, tartar sauce & applesauce	30 CHOW MEIN , egg roll, rice, orange wedges 

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