

Wasatch County Senior Center

465 East 1200 South

Heber, Ut 84032



FEBRUARY

SPOT LIGHT 2026

JoLene Mecham



I was born June 30th 1941 in Fillmore Utah, named Mary JoLene Edwards. I have six sisters and one brother, I loved growing up in a large family.

My sisters and I have traveled a lot together and had a lot of fun. My oldest sister passed away in October of last year. My brother passed nine years ago, I miss them very much.

I lived in Kearns Utah as a teenager where I met my husband LaVerl (Rick) Mecham at the Frostop. We were married December 26th 1958. We have four awesome kids, three daughters and one son. We lived in

the Salt Lake area for twenty four years where we raised our three oldest kids.

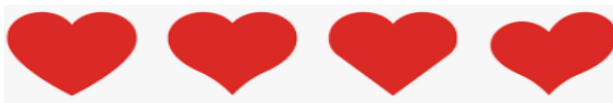
In August of 1982 we moved to Wallsburg where our youngest daughter grew up. My husband drove truck for Consolidated Freightways and I was very fortunate to be able to stay home with the kids, working only very short times.

We love living in Wallsburg, we have been blessed to have three of our four kids living next door to us. We have sixteen grandkids and twenty four greats, they have brought so much joy into our lives, we love them very much.

I have always wanted a red, stick shift Ford Mustang convertible, a few years ago I made that dream come true! I love to drive it, often showcasing local royalty and even Santa!

After fifty six years of marriage my husband sadly passed away from cancer. I miss him very much.

I enjoy being social and interacting with others young and old. I may have to get old but I refuse to grow up! It has been fun coming to the senior center and getting to know some of you, I look forward to getting to know the rest of you!



Cora's Corner



To all our Senior\$...just a little info from the kitchen. Another month has crept up on us. February is a fun and short month.

We will be celebrating Valentine's Day on Thursday, the 12th. It's a fun time to make Valentine's boxes, receive cards and treats and roses from your secret admirers. Please remember to sign up early. Come and have fun with us. Happy Valentine\$ to ALL!

President Day will be celebrated on Monday, the 16th. We celebrate two presidents: Washington and Lincoln. George Washington's birthday is the 22nd and Abe Lincoln's is the 12th. The Center will be closed, no meals served.

Please remember to drink your water, even though the weather is not warm. Add some lemons or cucumbers to change the taste a little. Until next time, take care...Cora Briggs

Chet Maziarz	1	Steve Santoro	11	Shirley Worth	17
Roland Metsch	1	Dolores Alfaro	14	Nancy Davis	21
Carla Tibbits	1	Bonnie Horam	14	Debra Anderson	22
Tracy Beveridge	4	Marcia Kraatz	14	Richard Cressell	22
Diana Bahde	6	Connie Graeber	17	Jolynn Nimmo	23
Joan Kohler	7			Beverley Sincock	24
Barbara Murdock	7			Valerie Sweat	25
Diana Witt	7			Jackie Anderson	28
DiAnn Turner	9				



UPCOMING ACTIVITIES & TRIPS

DATE	Registration Deadline	EVENT	TIME	COST
MONDAY, FEBRUARY 2ND	LIMITED SPACE	WATERCOLOR CLASS @ CENTER	10:00 A.M.	\$10
MONDAY, FEBRUARY 2ND	LIMITED SPACE	OREM CINEMARK: "MERCY"	TBA	\$8 SNACKS ON YOUR OWN
Wednesday, FEBRUARY 4TH & 18TH	JUST SHOW UP	LUNCH & BOWLING HOLIDAY LANES, HEBER	11:00 A.M.	LUNCH & BOWLING ON YOUR OWN
FRIDAY, FEBRUARY 6TH	LIMITED SPACE	VALENTINE FLOWER CLASS @ CENTER	10:00 A.M.	\$20
SATURDAY, FEBRUARY 7TH	FEB. 4TH	RE-VIBE LIVE: AVON THEATER-HEBER	2:00 P.M.	\$36
MONDAY, FEBRUARY 9TH	LIMITED SPACE	OIL PAINT CLASS @ CENTER	10:00 A.M.	\$10
Wednesday, FEBRUARY 11TH	LIMITED SPACE	BYU THEATRE BALLET: ROMEO & JULIET	4:30 P.M.	\$22 Dinner on your own
TUESDAY, FEBRUARY 17TH	LIMITED SPACE	DRAWING CLASS @ CENTER	3:30 P.M.	\$6
FRIDAY, FEBRUARY 20TH EVERY 3RD FRIDAY EACH MONTH	---	"MY STORY" JOURNALING @ CENTER	11:00 A.M.	\$20 ONE TIME SET UP
SATURDAY, FEBRUARY 21ST	SIGN UP SOON FOR BEST SEATING	GOOD VIBES-BEACHBOY TRIBUTE AVON THEATER-HEBER	5:00 P.M.	\$31
MONDAY, FEBRUARY 23RD	JUST SHOW UP	TAP DANCE WITH NICOLE @ SENIOR CENTER AUDITORIUM	11:00 A.M.	NO CHARGE
Wednesday, FEBRUARY 25TH	LIMITED SPACE	COOKING CLASS- EGG ROLL IN A BOWL @ USU extension-Heber	10:00 A.M. OR 2:00 P.M.	\$5
MONDAY, MARCH 9TH	LIMITED SPACE	RUTH HALE THEATER: FIDDLER ON THE ROOF - PLEASANT GROVE	4:30 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!

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. FOR MORE INFORMATION STOP BY THE CENTER OR CALL 435-654-4920

Watercolor Paint Class

When: Monday, February 2nd

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 ALLOWITZ owner of ALCHEMY
ART SCHOOL

Cinemark Movie—Orem

Date: Monday, February 2nd

Time: TBD (Afternoon Matinee)

Cost: \$8 Snacks On Your Own

Movie: Mercy

Sign Up Deadline: Limited Space



Set in the near future when capital crime has increased, **MERCY** follows a detective (Pratt) who is accused of a violent crime and is forced to prove his innocence.

Huckleberry Lane Farm Presents
Valentine Floral Class
Wasatch County Senior Center

Create using fresh flowers

Feb 6
10:00 am

465 East 1200 South, Heber City

\$20

Take Home A Beautiful Arrangement

Supplies Included
Bring Your Own Clippers

435-654-4920

Call to Sign Up
Ages 55+

\$12 Membership Fee Applies



AVON THEATER — HEBER **RE-VIBE: Live on Stage**

When: Saturday, February 7th

Time: 2:00 P.M.

Cost: \$36

Sign Up By: ASAP For Best Seating Options

Re-Vibe – Live

Straight from Branson, Missouri—one of America's most iconic live-entertainment destinations—**Re-Vibe** brings a high-energy, award-winning, feel-good concert experience to the Avon Theater. Known for their tight harmonies, dynamic musicianship, and engaging stage presence, Re-Vibe delivers a fun, polished show packed with familiar favorites, upbeat energy, and moments that connect with



audiences of all ages. This is the kind of live performance Branson audiences love—and now it's coming to Heber City. Great live music in a small theater that packs a lot of punch!

This event will be held at the Avon Theater, located at 94 South Main Street, Heber.
This will be a self drive activity.

Oil Paint Class

When: Monday, February 9th

Time: 10:00 A.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

Drawing/Sketching Class

When: Tuesday, February 17th

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.



BYU THEATRE BALLET: ROMEO & JULLIET

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!

"My Story" Journaling

When: Friday, February 20th

(The Third Friday Of Each Month)

Time: 11:00 A.M.

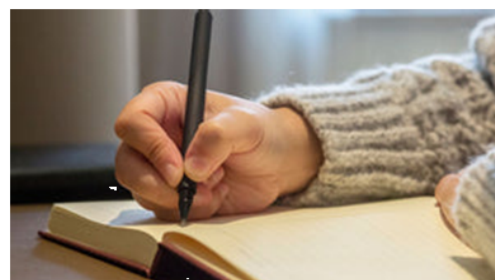
Where: Senior Center Classrooms

Set Up Cost: \$20

KATHY CARR WITH WASATCH COMMUNITY FOUNDATION WILL LEAD THIS CLASS!

YOU'LL LEARN HOW TO TELL YOUR STORY AND WHERE TO BEGIN. YOU'LL RECEIVE A GUIDED JOURNAL THAT WILL HELP WRITING YOUR STORY EASIER. INITIAL COST IS \$20. THAT WILL INCLUDE YOUR ARCHIVAL JOURNAL & PEN (WONT FADE AND WILL LAST DECADES TO COME) ALONG WITH A NOTEBOOK TO TAKE HOME TO WRITE MEMORIES DOWN.

CLASSES WILL BE MONTHLY AND AT NO COST. EACH CLASS WILL HIGHLIGHT A DIFFERENT TIME OF YOUR JOURNEY.



AVON THEATER — HEBER Beach Boy Tribute Concert

When: Saturday, February 21st

Time: 5:00 P.M.

Cost: \$31

Sign Up By: **ASAP For Best Seating Options**

COMING FROM VEGAS! THIS HIGH-ENERGY SHOW CELEBRATES THE MUSIC OF THE BEACH BOYS IN OUR NEWLY-RENOVATED, INDOOR DRIVE-IN-THEMED AVON THEATER! ENJOY THE IMAGERY OF THE SUN AND SURF AROUND YOU AS YOU LISTEN TO THE ANTHEMS, SURF GUITAR SHREDS AND OCEAN-DEEP HARMONIES REPRODUCED RIGHT BEFORE YOUR EYES!



This event will be held at the Avon Theater, located at 94 South Main Street, Heber.
This will be a self drive activity.

LET'S GET TAPPING

Date: Monday, February 23rd

Time: 11:00

Cost: No Charge

Where: Senior Center

Tap into fun with this tap dance class!

You can bring tap shoes or your regular shoes will work just fine too! You can do this class either in a chair or standing up.

Class will be held in the senior center auditorium.

Class is for all levels, beginners welcome!



COOKING CLASS—30 MINUTE MEALS egg roll in a bowl

Date: Wednesday, February 25th

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

Cost: \$5

LIMITED SPACE.....SIGN UP SOON!



WE WILL LEARN TO MAKE EGG ROLL IN A BOWL!

TRICIA FROM USU EXTENSION WILL BE TEACHING THE CLASS AT THE EXTENSION KITCHEN. ALL SUPPLIES WILL BE PROVIDED FOR YOU.

THIS IS A SELF DRIVE ACTIVITY.

55 S. 500 E. HEBER
(LOCATED IN THE SAME BUILD AS THE HEALTH DEPARTMENT)

THE RUTH HALE THEATRE FIDDLER ON THE ROOF

Date: Monday, March 9th

Time: 4:30 P.M. (BUS TO LEAVE CENTER)

Cost: \$30

Dinner: PIZZA PIE CAFE

SIGN UP BY: LIMITED TICKETS



TEVYE, A DEVOTED FATHER AND MILK-MAN, MUST NAVIGATE LOVE, FAMILY, AND FAITH IN A CHANGING RUSSIA. WITH A SOARING SCORE INCLUDING TRADITION AND SUNRISE, SUNSET, THIS CELEBRATED MUSICAL IS A POIGNANT AND POWERFUL TALE OF ENDURANCE, HOPE, AND TRADITION!

FEBRUARY TRIVA!

COMPLETE AND RETURN TRIVIA TO THE SENIOR CENTER BY FEBRUARY 26TH FOR YOUR CHANCE TO WIN A PRIZE!

Name: _____ Phone: _____

WHAT ADVICE WOULD YOU GIVE
YOUR YOUNGER SELF?

CUT HERE →



Let's Go Bowling

**First & Third Wednesday
Of Every Month**

Meet At Bowling Alley.

Lunch & Bowling Starting At 11:00



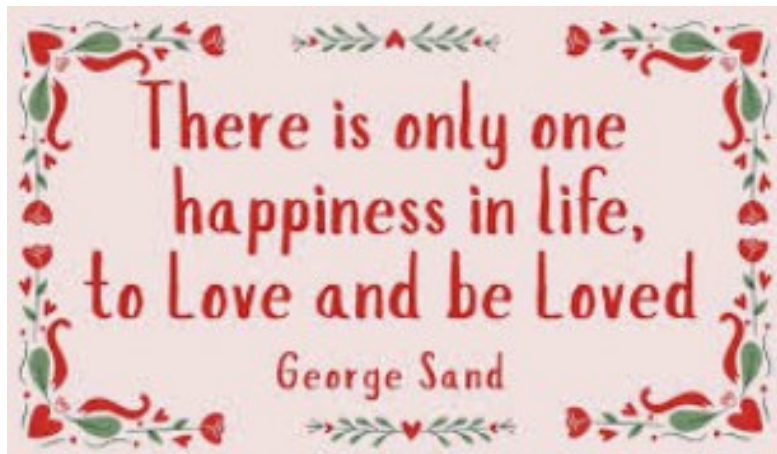
Lunch And Bowling On Your Own.

Come play Canasta!

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



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



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



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



Valentine Mailbox Contest!

Be creative and Make a Valentine Mailbox! Mailboxes will be on display at the Senior Center for everyone to view and fill.

- Decorate any type of container.
 - MUST have an opening big enough for a Valentine treat to fit inside. Put your name on the box!
 - Bring your box in by Feb. 11th for display and judging.
 - All participants will receive a Valentine treat from the Senior Center team!
 - Anyone is welcome to put a Valentine treat or card in the boxes.
- ♥ Prize will be awarded to most creative mailbox on Feb. 12th



AARP Free Tax Help

Every Wednesday February 4th
Through April 1st.

Call or Stop in The Senior Center
to Schedule Your Appointment.

435-654-4920

AARPSM
Tax-AideTM

Happy February!

Normally this is the month of my favorite holiday, Groundhog Day! It's also the title of one of the greatest movies of all time, also named "Groundhog Day" with Bill Murray. This year I don't want to have a day like the movie. If you haven't seen the movie, the character played by Bill Murray is stuck reliving Groundhog Day over and over and over. The reason I don't want to be stuck reliving this month is because it's the month I turn 60 years old. My dear, sweet, loving wife and my children have been taking great joy in pointing out that I am hitting this milestone birthday. I need to come up with a really good prank to play on all of them to show that being 60 comes with some pretty great perks. So please call me if you have any ideas about how to turn the tables on my wife and kids.

Have a great February and don't forget to watch the movie Groundhog Day.

Mike

February Lunch Programs & Entertainment Tuesday's

3rd: Visit With Friends

10th: Tony Summerhays

17th: Dale Carlson

24th: Johnson Creek

Thursday's

5th: Visit With Friends

12th: Valentines Lunch

19th Ed Jones: Brain Games

26th: Alan Weber

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 February will be :
Wednesday the 4th & 18th at 2:00 P.M.



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

- GEORGE BERNARD SHAW -

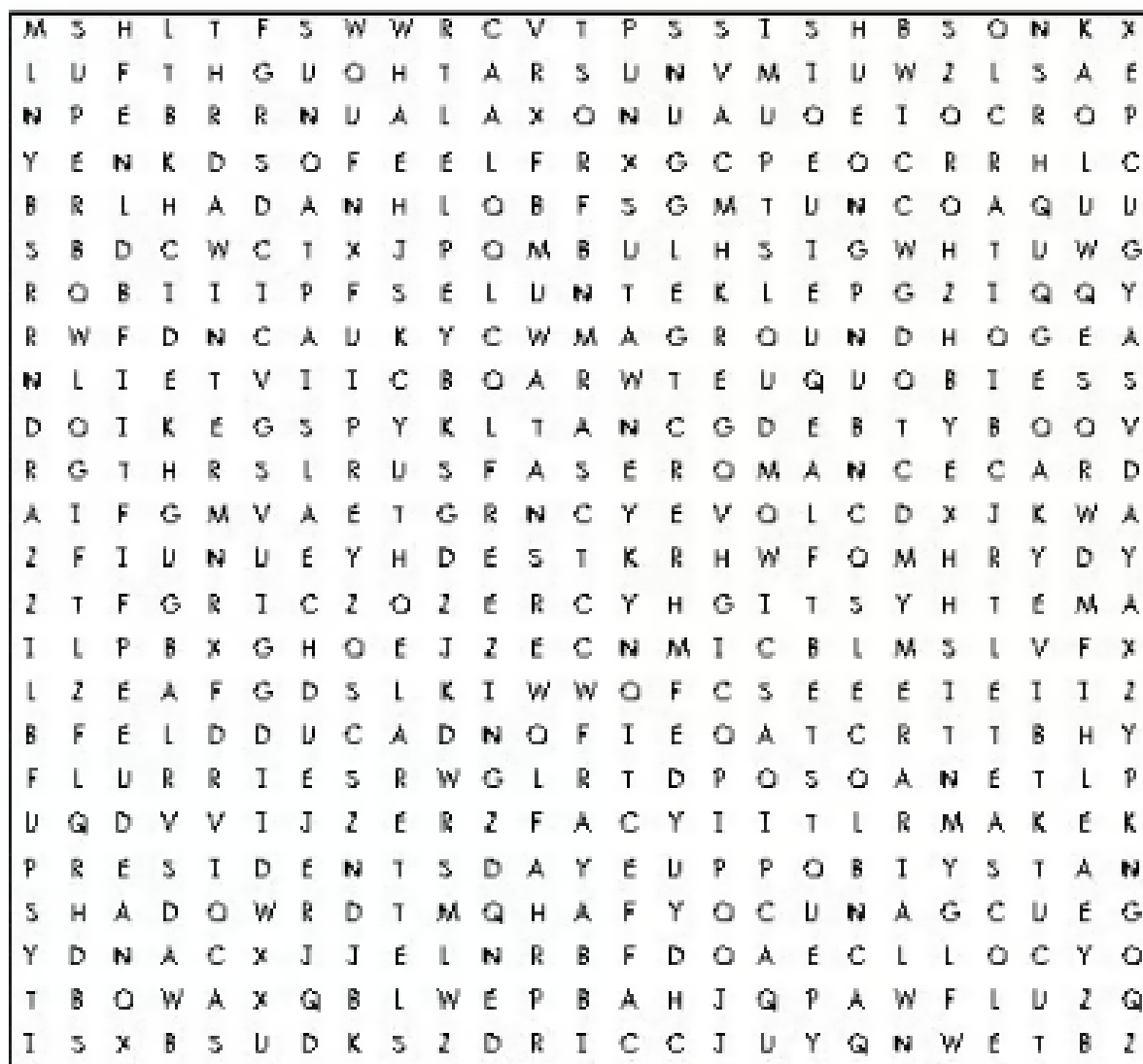




February



Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!



AFFECTION
AMETHYST
AQUARIUS
ARROW
BEMINE
BLACK HISTORY
BLIZZARD
BOUQUET
BOW
CANDY

CARD
CHOCOLATE
COLD
CUDDLE
CUPCAKE
CUPID
FEBRUARY
FLOWERS
FLURRIES
FOOTBALL

FREEZING
FROST
GIFT
GROUNDHOG
HEART
HIBERNATE
HUG
ICICLE
KISS
LEAPYEAR

LETTER
LINCOLN
LOVE
PHIL
PIECES
PRESIDENTSDAY
PUNKSUTAWNEY
ROMANCE
ROSE
SHADOW

SMITTEN
SMOOCH
SNOW
SNUGGLE
SUPER BOWL
SWEETHEART
THOUGHTFUL
VALENTINE
WASHINGTON
WINTER

You're Only As Old As You Remember You Are

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...



Edith "Kit" Brinkhurst

Born: November 4, 1928

Died: January 2, 2026

**Married: George Wall, later
Kenneth Brinkhurst**

MORNING BOOK CLUB

THIS MONTH'S BOOK :

GOOD FOR A GIRL

BY: LAUREN FLESHMAN

NEXT MONTH'S BOOK:

FINLAY DONOVAN IS KILLING IT

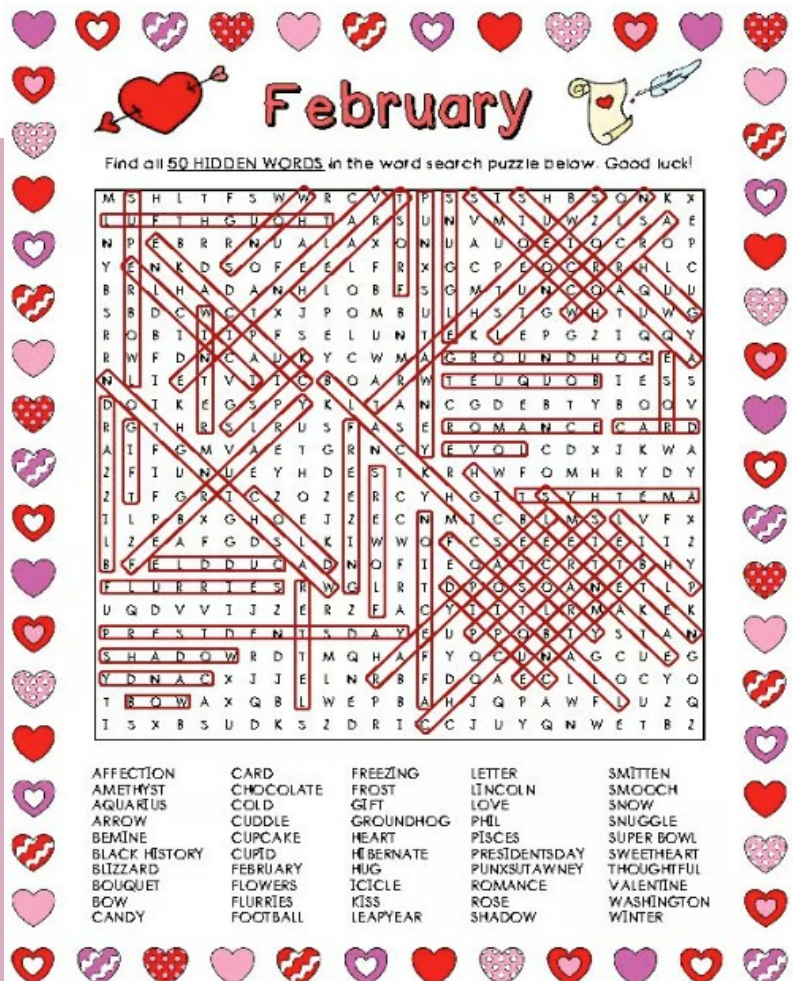
BY: ELLE COSIMANO

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

FEBRUARY 19 @ 10:30





ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
2 10:00 WATERCOLOR CLASS 1:00 CANASTA 1:00 BRIDGE TIME TBD: OREM CINEMARK "Mercy"	3 TREASURE TABLE 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 1:00 FALL PREVENTION CLASS	4 11:00 LUNCH & BOWLING AT HOLIDAY LANES 1:00 BRIDGE 1:00 PINOCCHLE 2:00 GRIEF SUPPORT GROUP	5 TREASURE TABLE 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO	6 10:00 FLOWER CLASS 10:00 STRENGTH TRAINING 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
9 10:00 OIL PAINT CLASS 1:00 CANASTA 1:00 BRIDGE	10 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 2:00 CAREGIVER SUPPORT	11 1:00 BRIDGE 1:00 PINOCCHLE 4:30 BYU BALLET	12 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO VALENTINE LUNCH	13 10:00 STRENGTH TRAINING 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
16 CLOSED 	17 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 3:30 DRAWING CLASS	18 11:00 LUNCH & BOWLING AT HOLIDAY LANES 1:00 BRIDGE 1:00 PINOCCHLE 2:00 GRIEF SUPPORT GROUP	19 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO	20 10:00 STRENGTH TRAINING 11:00 JOURNALING CLASS 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
23 11:00 TAP DANCE 1:00 CANASTA 1:00 BRIDGE	24 10:30 CHAIR EXERCISE 12:00 BREAKFAST 1:00 BUNCO 1:00 CERAMICS	25 10:00 COOKING CLASS 1:00 BRIDGE 1:00 PINOCCHLE 2:00 COOKING CLASS	26 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO	27 10:00 STRENGTH TRAINING 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
		ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> Exercising Reading Computers Billiards 	<ul style="list-style-type: none"> Piano Puzzles Craft Room Ping Pong Air Hockey 	PIANO LESSONS  PLEASE CONTACT MARGARET SCHLOSS H: 435-654-2876 C: 385-207-8527



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
2 CHICKEN STRIPS, potatoes & gravy, peas & carrots, peaches & fruit	3 FISH, au gratin potatoes, green beans, tartar sauce tropical fruit & roll VEGETABLE BEEF SOUP, sandwich, fruit & chips	4 BEEF STROGANOFF over NOODLES, mixed vegetables, applesauce, cookie & roll	5 BEANS & FRANKS, mac & cheese, tator tots, pears & roll CHICKEN STRIPS, mac & Cheese, pork-n-beans, banana	6 MANDARIN ORANGE CHICKEN over RICE, egg roll, veggies, orange wedge & roll
9 SALISBURY STEAK, potatoes, green beans, peaches & roll	10 CHICKEN PARMESAN, red potatoes, corn, mixed fruit & roll CHEESE ENCHILADA, beans, corn, orange wedge, chips & salsa	11 LASAGNA, corn, orange wedge & roll	12 CHICKEN CORDON BLEU, potatoes & gravy, carrots, fruit & roll GRILLED CHICKEN, potatoes & gravy, blended veggies, strawberry shortcake 	13 HAM SANDWICH, potato salad, fruit & chips
16 CLOSED FOR THE HOLIDAY 	17 CHICKEN CULLET, potatoes & gravy, peas, peaches & roll SALISBURY STEAK, potatoes, green beans & mixed fruit	18 BBQ RIBLET, mac & cheese, pork-n-beans, orange wedge, cookie & roll	19 CRUNCH TOP HAM & POTATO CASSEROLE, mixed vegetables, tropical fruit & roll POTATO BAR, w/ TRIMMINGS	20 PORK CHOPS, potatoes & gravy, carrots, applesauce & roll
23 CHICKEN FRIED STEAK, potatoes & Gravy, mixed fruit & roll	24 BEEF STEW, tator tots, green beans, applesauce, cookie & roll PORK CHOP, potatoes & gravy, carrots & applesauce	25 TURKEY w/ DRESSING, potatoes & gravy, peas & carrots, fruit cocktail & roll	26 PORK CHOPS, potatoes & gravy, carrots, applesauce & roll FISH, potatoes, mixed vegetables, tropical fruit	27 CREAM OF VEGETABLE SOUP w/bacon bits, salad, fruit, crackers 

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