

# Wasatch County Senior Center

465 East 1200 South  
Heber, Ut 84032



# FEBRUARY SPOT LIGHT 2026

## JoLene Mecham

I was born June 30<sup>th</sup> 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 26<sup>th</sup> 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 Seniors...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 Valentines 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:

Shanaa 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.

## 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:** SHANOAH 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 & 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!

## **“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.

## 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)

## LETS 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!



## THE RUTH HALE THEATRE FIDDLER ON THE ROOF

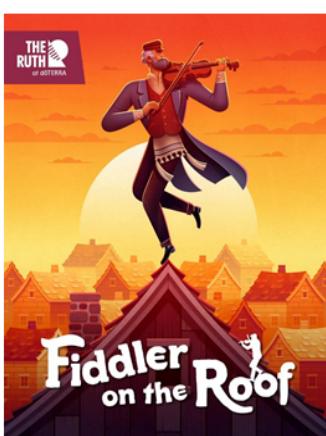
DATE: MONDAY, MARCH 9TH

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 Trivia!

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?



**Let's Go Bowling**  
**First & Third Wednesday**  
**Of Every Month**  
**Meet At Bowling Alley.**  
**Lunch & Bowling Starting At 11:00**



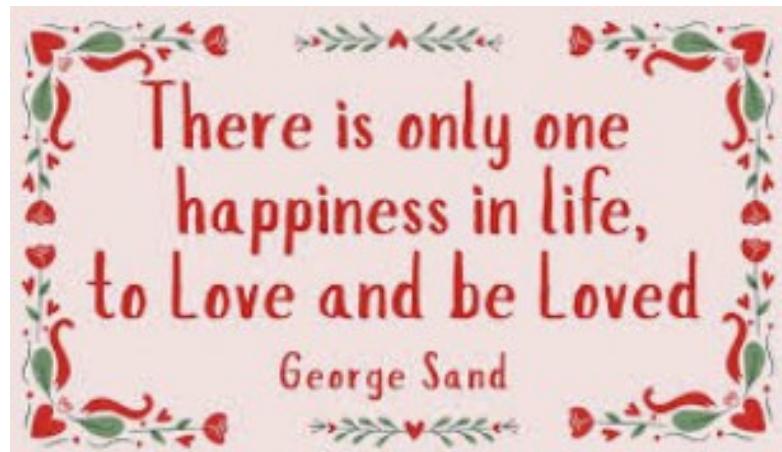
## **Lunch And Bowling On Your Own.**

Come play Canasta!

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



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



George Sand

## 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

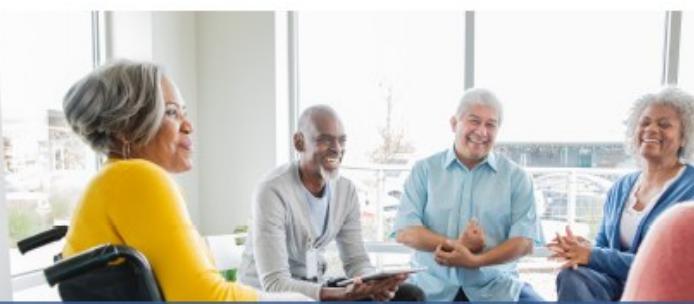
MAG: 801-229-3800

Meals On Wheels: 435-654-4920

Poison Control: 800-222-1222

Sheriff'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@magnetah.gov.

Come gather and have  
meaningful discussions with  
other caregivers facing  
common issues and  
concerns.

Learn more at  
[magutah.org/caregiver](http://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 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

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



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

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

### **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.



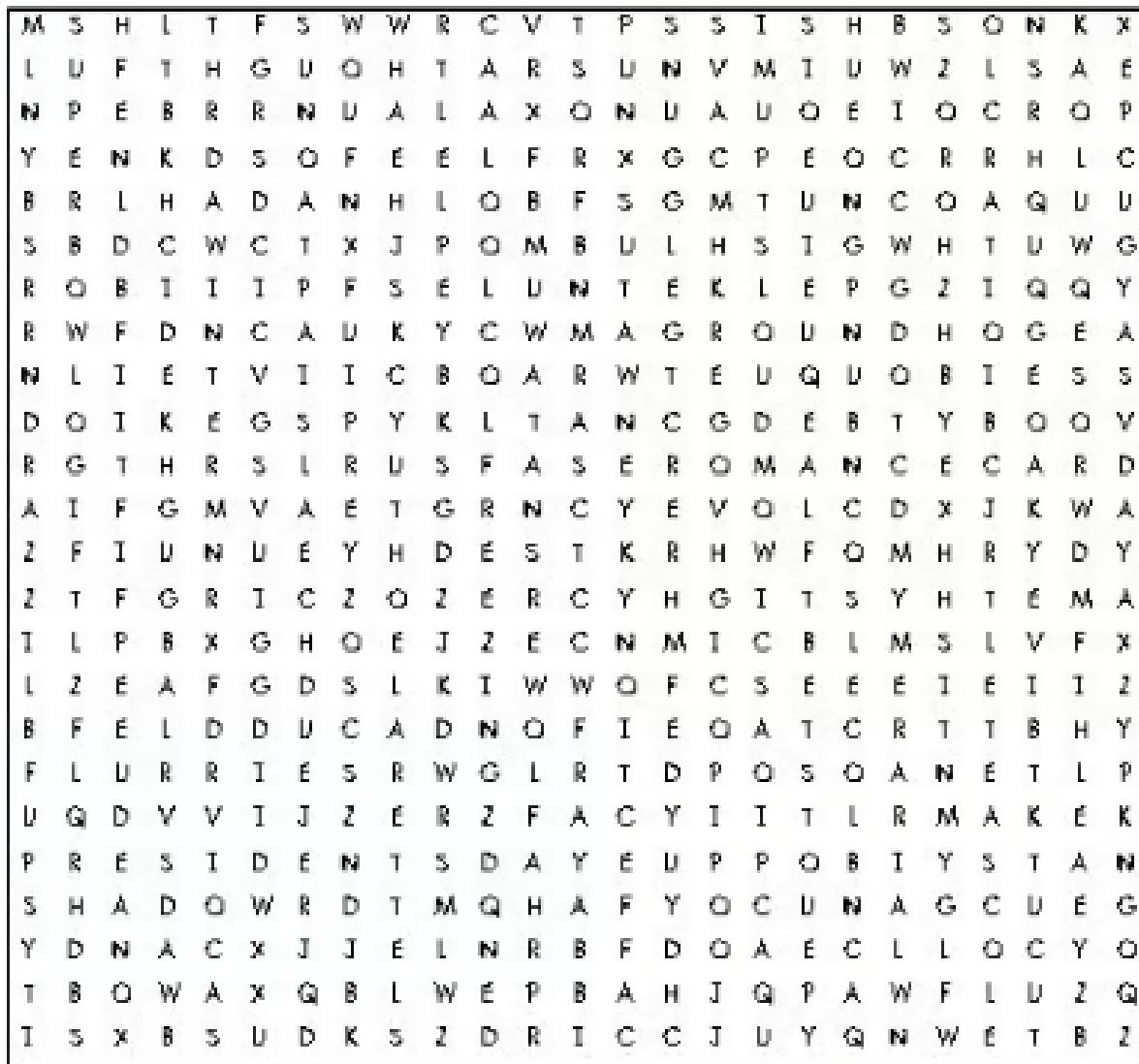
WE DON'T STOP PLAYING BECAUSE WE GROW OLD, WE GROW OLD BECAUSE WE STOP PLAYING.

- GEORGE BERNARD SHAW -





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



AFFECTION	CARD	FREEZING	LETTER	SMITTEN
AMETHYST	CHOCOLATE	FROST	LINCOLN	SMOOCH
AQUARIUS	COLD	GIFT	LOVE	SNOW
ARROW	CUDDLE	GROUNDHOG	PHIL	SNUGGLE
BEMINE	CUPCAKE	HEART	PISCES	SUPER BOWL
BLACK HISTORY	CUPID	HIBERNATE	PRESIDENTSDAY	SWEETHEART
BLIZZARD	FEBRUARY	HUG	PUNXSUTAWNEY	THOUGHTFUL
BOUQUET	FLOWERS	ICICLE	ROMANCE	VALENTINE
BOW	FLURRIES	KISS	ROSE	WASHINGTON
CANDY	FOOTBALL	LEAPYEAR	SHADOW	WINTER





## 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

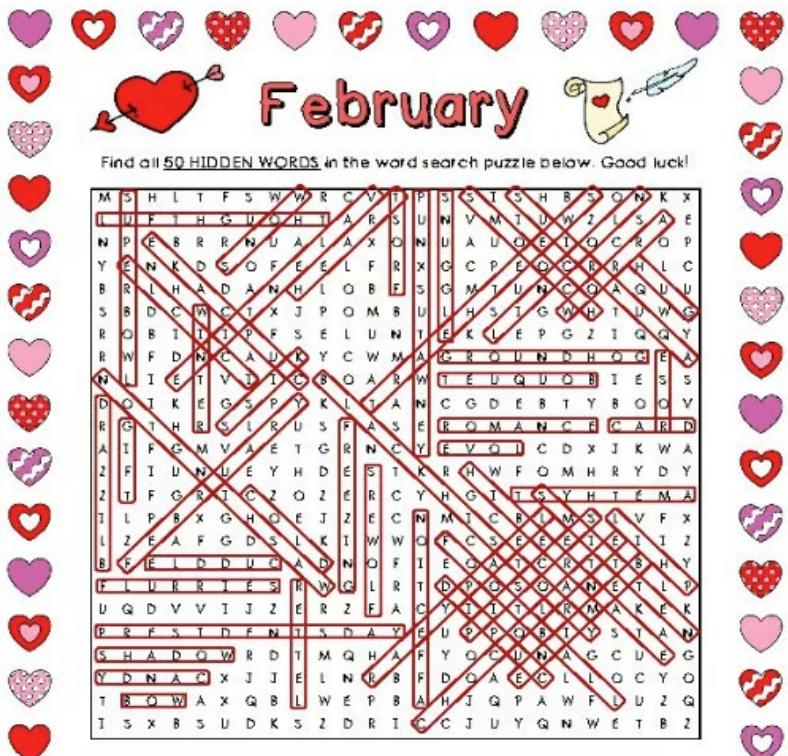
BY: ELLE COSIMANO

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 MONTHS gathering IS

February 19 @ 10:30



AFFECTION	CARD	FREEZING	LETTER	SMITTEN
AMETHYST	CHOCOLATE	FROST	LINCOLN	SMOOCHE
AQUARIUS	COLD	GIFT	LOVE	SNOW
ARROW	CUDDLE	GROUNDHOG	PHIL	SNUGGLE
BEMINE	CUPCAKE	HEART	PISCES	SUPER BOWL
BLACK HISTORY	CURD	HEBERNATE	PRESIDENTSDAY	SWEETHEART
BLIZZARD	FEBRUARY	HUG	PUNKSUTAWNEY	THOUGHTFUL
BOUQUET	FLOWERS	ICICLE	ROMANCE	VALENTINE
BOW	FLURRIES	KISS	ROSE	WASHINGTON
CANDY	FOOTBALL	LEAPYEAR	SHADOW	WINTER



# 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 PINOCHLE 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 PINOCHLE 4:30 BYU BALLET	12 9:00 Yoga 10:30 Tai Chi 12:00 LUNCH 1:00 Bingo 1:00 Ceramics 1:00 Piano	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 PINOCHLE 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 PINOCHLE 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"><li>• Exercising</li><li>• Reading</li><li>• Computers</li><li>• Billiards</li></ul>	<ul style="list-style-type: none"><li>• Piano</li><li>• Puzzles</li><li>• Craft Room</li><li>• Ping Pong</li><li>• Air Hockey</li></ul>	<u>Piano Lessons</u>  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 CUTLET, 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