



2026

Wasatch County Senior Center  
465 East 1200 South  
Heber, Ut 84032  
435-654-4920

## Spotlight

### Doug & Margie Hollinger

Hi, we're Doug and Margie Hollinger. We were both born in 1957 and have lived in Midway since 1994. We grew up in Meridian and Boise, Idaho, and met when we were 16 years old at Doug's uncle's ice cream shop in Boise. Doug made the ice cream, and Margie worked in the parlor. We became friends (Margie says it took Doug a long time to "wise up"), and we started dating during college at Boise State.

Doug worked at Dahle's Big and Tall in Boise until he was offered a management position with Dahle's in Murray, Utah. Margie worked and finished college, and then we married in 1978. Doug continued with Dahle's in Murray, then Salt Lake, then Pocatello, then Boise, then back to Salt Lake. When Dahle's sold, we then opened our own retail shop on Main Street in Park City in 1994. We started as Park City Pendleton, then later changed our name to Park City Clothing Company. We worked our shop together (truly a mom-and-pop shop) with a great team of employees for 25 years, and then sold it in 2019 (before the world changed). Doug then worked part-time for Latimer's Hardware/Valley Hardware until he adjusted to retirement.

We have two children who grew up in retail and chose to do ANYTHING else. Katie is married and lives in Boise with her husband and four of our grandchildren. Jason is married and lives in Provo with three (and a fourth on the way), so we will be grandparents of eight. We will be celebrating our 48th anniversary in July.

Our hobbies are gardening, collecting/refurbishing antiques, and cooking together. Doug has a very large Coca-Cola collection that he adds to/subtracts from weekly. We volunteer when we can at St. Lawrence Church. Doug refurbished many of the original pews from the church that were sold at the Fall Festival to raise funds for a new church. We hope to start traveling more now that we're fully retired. We purchased a small motorhome from a neighbor and hope to start running the wheels off of it this spring. There's a lot of the United States we've yet to see.

We have enjoyed being a part of the Senior Citizen's community here in Heber Valley. We have met some wonderful people and seen lots of Utah places on our senior field trips that we'd never been to before.



# Cora's Corner

To all our Seniors...just a little info from the kitchen. Wow, winter arrived in February. It has felt like fall for a while. But it was nice while it lasted. Remember Spring is just around the corner. But also remember Mother Nature does what she wants.

"Top o' the morin' to ya!" We celebrate St. Patrick's Day on March 17 to honor the death of St. Patrick, Ireland's patron saint. He brought Christianity to the country in the 5th century, evolving from a religious feast day into a global celebration of Irish culture, heritage and pride with parades, green attire and Irish music, especially in the U.S. We will celebrate St. Patrick's Day Tuesday the 17th. Come and have fun and remember to wear your green or receive a pinch.



Irish Blessing



"Wherever you go and whatever you do, May the luck of the Irish be there with you."

Remember to keep drinking your water. It's good for you. Until next time, take care...Cora Briggs

Barry Powell	1	Liesa Cox	8	Jerry Duke	21
Dee Akerly	2	Jolene Cox	8	John Hawley	22
Gail Lopez-Allen	2	Evan Sweat	8	Connie Kummer	23
Velma Evan	2	Ruby Jaques	9	David Deeken	24
Myrna Kowallis	2	Gary Munden	10	Kay Wood	24
Kyle Probst	2	LeeAnn Worth	10	Val Davis	25
Eva Ruiz	2	Carolyn Ritchie	14	Laurie Kohler	25
Doris DeVoe	3	Harry Zane	16	David Rimington	25
Catherine Moore	3	Gloria Cardenas	17	Kathryn Cole	26
Barbara Odland	3	Patrick Cassity	17	Anne Kallas	26
Diane Miller	4	Matt Kullinger	17	Kavid Aikens	28
		Edd Thacker	30		

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# UPCOMING ACTIVITIES & TRIPS

DATE	Registration Deadline	EVENT	TIME	COST
MONDAY, MARCH 2ND	LIMITED SPACE	POTTERY CLASS @ CENTER	10:00 A.M.	\$10
MONDAY, MARCH 2ND	LIMITED SPACE	OREM CINEMARK: "SOLO MIO"	TBA	\$8 SNACKS ON YOUR OWN
Wednesday, MARCH 4TH & 18TH	JUST SHOW UP	LUNCH & BOWLING HOLIDAY LANES, HEBER	11:00 A.M.	LUNCH & BOWLING ON YOUR OWN
MONDAY, MARCH 9TH	LIMITED SPACE	RUTH HALE THEATER: FIDDLER ON THE ROOF - PLEASANT GROVE	4:30 P.M.	\$30 DINNER ON YOUR OWN
MONDAY, MARCH 9TH	LIMITED SPACE	TAP DANCE WITH NICOLE @ SENIOR CENTER AUDITORIUM	11:00 A.M.	\$5
Wednesday, MARCH 11TH	MARCH 9TH	WASATCH ALPACA FARM TOUR-HEBER	9:45 A.M.	\$5
THURSDAY, MARCH 12TH	SIGN UP SOON FOR BEST SEAT OPTION	RHYTHMS OF IRELAND- AVON THEATER, HEBER	7:00 P.M.	\$14
MONDAY, MARCH 16TH	LIMITED SPACE	WATERCOLOR CLASS @ CENTER	1:00 P.M.	\$10
TUESDAY, MARCH 17TH	LIMITED SPACE	DRAWING CLASS @ CENTER	3:30 P.M.	\$6
Wednesday, MARCH 18TH	LIMITED SPACE	JAZZ AMBASSADORS OF THE US ARMY FIELD BAND ECCLES CENTER, PARK CITY	6:00 P.M.	\$5
FRIDAY, MARCH 20TH EVERY 3RD FRIDAY EACH MONTH	---	"MY STORY" JOURNALING @ CENTER	11:00 A.M.	\$20 ONE TIME SET UP
MONDAY, MARCH 23RD	LIMITED SPACE	COOKING CLASS- ONE POT CREAM GARLIC NOODLES WITH CHICKEN & BROCCOLI @ USU EXTENSION-HEBER	10:00 A.M. OR 2:00 P.M.	\$5
Wednesday, MARCH 25TH	LIMITED SPACE	NEEDLE FELTING CLASS @ SENIOR CENTER	10:00 A.M.	\$10
FRIDAY, MARCH 27TH	MARCH 25TH	LUNCH @ BLUE BOAR INN-MIDWAY	11:00 BUS LEAVE 11:30 RESERVATION	\$1

## 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

# Hand Building Pottery

**When:** Monday, March 2nd

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

**Where:** Senior Center Craft Room

**Cost:** \$10

**Sign Up By:** Until Full (Limited Space)

Shanaa will be teaching us how to make various items each class using the hand building technique. Everything you need will be provided for the class. You will come back on a later date to paint your items after they have been fired.



# Cinemark Movie—Orem

**Date:** Monday, March 2nd

**Time:** TBD (Afternoon Matinee)

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

**Movie:** Solo Mio

**Sign Up Deadline:** Limited Space



A wedding disaster leaves the groom stranded in Rome, heartbroken in the world's happiest city. But with one determined local—and a few meddling vacation couples—in his corner, his ruined honeymoon becomes an adventure he never expected. Because sometimes heartbreak is just the first chapter of a better story.

# THE RUTH HALE THEATRE FIDDLER ON THE ROOF

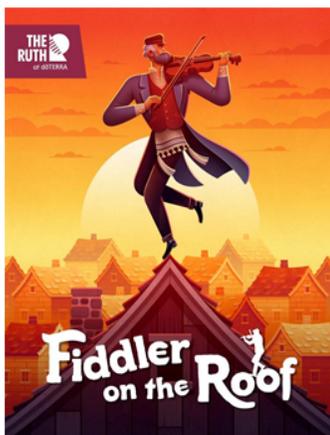
**DATE:** MONDAY, MARCH 9TH

**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 milkman, 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!

# LET'S GET TAPPING

**Date:** Monday, March 9th

**Time:** 11:00

**Cost:** \$5

**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!

## Wasatch Alpacas Farm Tour

Date: Wednesday, March 11th

Time: 9:45 A.M. (Bus To Leave Center)

Cost: \$5

Sign Up Deadline: Limited Space

Want to know all about our alpacas, our farm and rub noses with our herd of friendly alpacas? Yay, because we will visit this great little farm nestled in the Heber Valley. Spend an hour or two experiencing these great animals and our little herd. Learn how the yarn is made and why alpaca fiber is often compared to silk or cashmere.

We will meet at the Senior Center and take the bus to the farm. Farm is located in Heber. Wear good shoes and plan on walking on some uneven ground.



## AVON THEATER — HEBER Rhythms of Ireland

When: Thursday, March 12th

Time: 7:00 P.M.

Cost: \$14

Sign Up By: ASAP For Best Seating Options

2nd Annual Event! Rhythms of Ireland: A Celtic Celebration is an original show featuring the rhythmic sounds of the live Irish band "Callanish" and our elite champion Irish dancers. And, just in time for St. Patrick's Day!



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

## Watercolor Paint Class

When: Monday, March 16th

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:  
SHARON ALLOWITZ OWNER OF ALCHEMY ART SCHOOL

## Drawing/Sketching Class

When: Tuesday, March 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.



The Jazz Ambassadors of the US Army Field Band  
@ Eccles Center Park City

Date: Wednesday, March 18th

Time: 6:00 ( Bus To Leave Center)

Cost: \$5

Sign Up By: Limited Tickets

Experience the Power of Music with the JAZZ AMBASSADORS  
of The United States Army Field Band

Concerts by the Jazz Ambassadors are programmed to entertain all types of audiences. The band's diverse repertoire includes big band swing, bebop, Latin, contemporary jazz, standards, popular tunes, Dixieland, vocals, and patriotic selections, many of which are written or arranged by members of the Jazz Ambassadors.



COOKING CLASS-30 MINUTE MEALS

ONE-POT CREAMY GARLIC NOODLES  
WITH CHICKEN & BROCCOLI

DATE: MONDAY, MARCH 23RD

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

COST: \$5

LIMITED SPACE.....SIGN UP SOON!



We will learn to make this delicious pasta dish!

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)

Needle Felting Class

When: Wednesday, March 25th

Time: 10:00

Where: Senior Center

Cost: \$10

Sign Up By: (limited space)



Amy from the USU extension will be teaching us how to do needle felting! We will be making this adorable easter eggs.

All supplies will be provided for the class.

LET'S DO LUNCH AT THE



Date: Friday, March 27th

Time: 11:00 A.M. (Bus To Leave Center)

Sign Up By: March 26th

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

LET'S DO LUNCH AT THE BLUE BOAR INN IN MIDWAY!  
BUS WILL LEAVE THE SENIOR CENTER AT 11 A.M. FOR 11:30 LUNCH  
RESERVATIONS. SEE ATTACHED MENU.



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

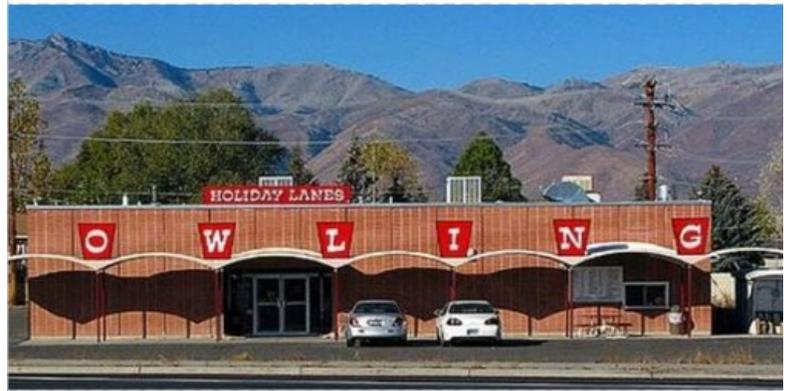
This program will allow qualifying individuals to receive up to two cases per month at a discounted price.  
(\$20 per case)

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



## Let's Go Bowling

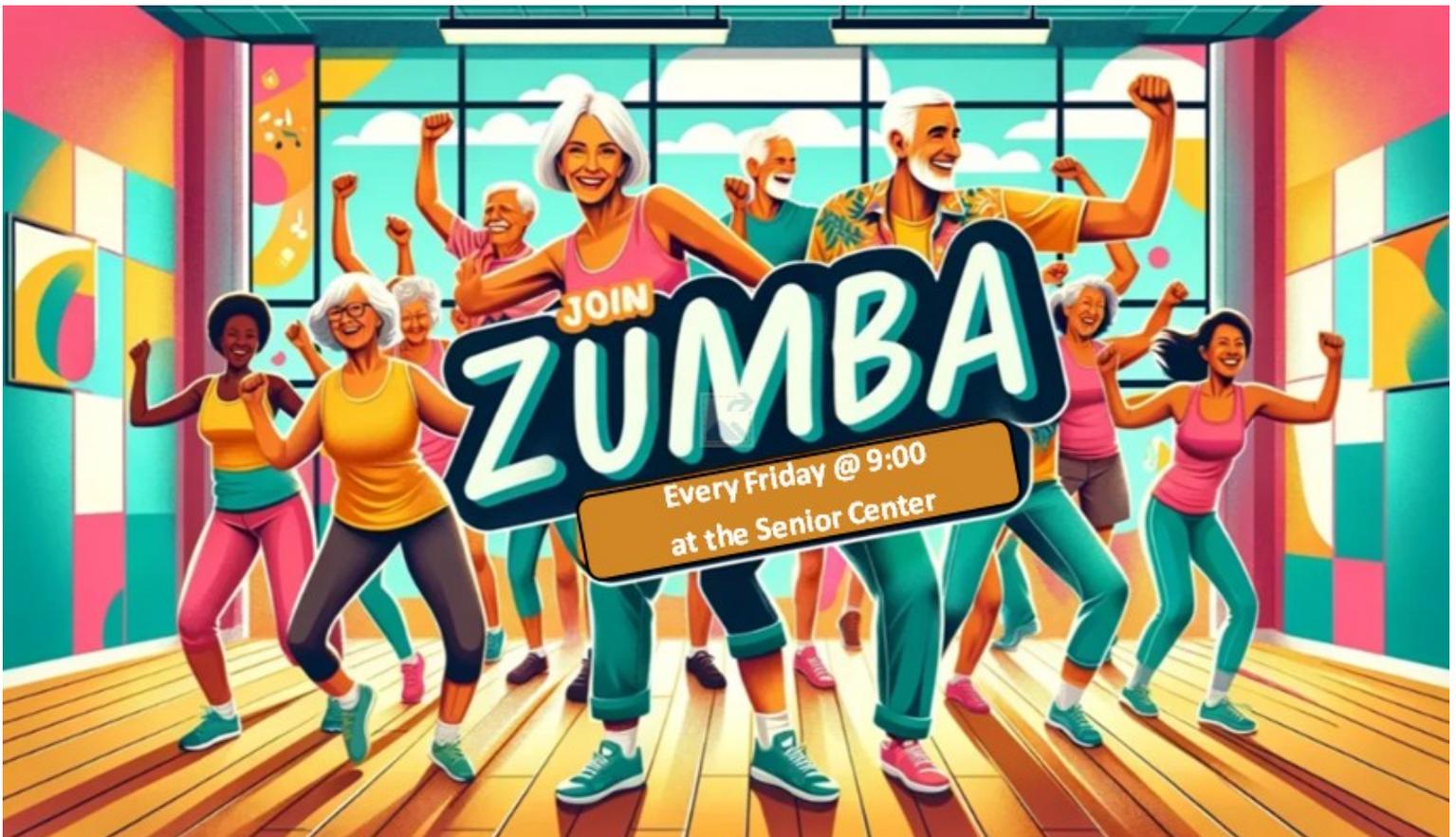
**First & Third Wednesday  
Of Every Month**

**Meet At Bowling Alley.**

**Lunch & Bowling Starting At 11:00**



**Lunch And Bowling On Your Own.**

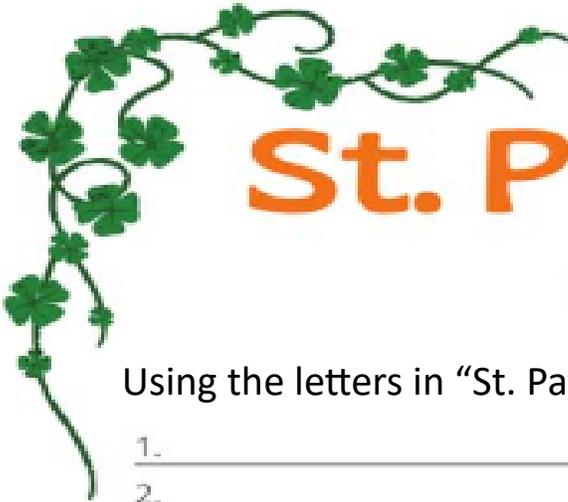




# MARCH TRIVA!



Complete and return trivia by March 31st for your chance to win a prize!!  
 You do not need to be present to win, but be sure to leave your name  
 and phone number.



## St. Patrick's Day



Using the letters in "St. Patrick's Day" create as many words as you can.

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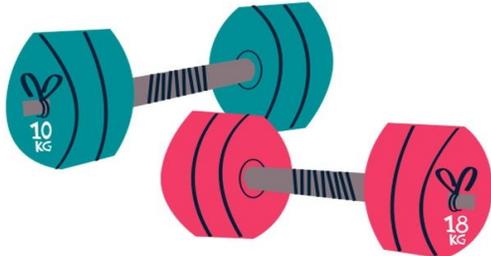
# Strength Training Class!

GET STRONGER & HEALTHIER!

CLASS WILL BE HELD every Wednesday @ 9:00 a.m.

WITH CATHERINE MOORE.

BRING A WATER BOTTLE AND TOWEL



## 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



I'm old enough to make  
my own decisions..  
just not young enough  
to remember what  
I decided..

Life as I see it-Feel it-Live it-Welcome to it..



## 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](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



**“Growing old  
is mandatory,  
but growing up  
is optional.”**  
—WALT DISNEY





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

**- GEORGE BERNARD SHAW -**



# 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



## MIKE BLURB

Welcome to March at The Senior Center! Each month there are new things to discover and new people to meet. This month maybe try out the tap-dancing class! Maybe get out of your old routine and comfort zone and do some Tai Chi or start learning how to play piano.

One REALLY big thing we could use your help with is the puzzle. This is the 3rd year we have completed an enormous puzzle and entered it in the County Fair. This year we have not had as much help as the last two. Betty Bradner has almost single handedly been doing this puzzle by herself. We are getting worried that we aren't going to finish it in time. Please, please come help us. Grab a friend or two and dive in.

Let's have lots of fun this month and find a new hobby or new friend. Can't wait to see you.

Mike,

## March Lunch Programs & Entertainment

### TUESDAY'S

3RD: RYAN TAYLOR

10TH: KRISTEN LLOYD & LESLIE MONROE

17TH: LANNIE SCOPES

24TH: KENT WINTERTON

31ST: VISIT WITH FRIENDS

### THURSDAY'S

5TH: ALAN WEBBER

12TH: MIXED NUTS

19TH: STARLORD DUO

26TH: VISIT WITH FRIENDS



Denise from Enhabit will be leading our grief support group. Light refreshments will be served. Gatherings for March will be :  
Wednesday the 4th & 18th at 2:00 P.M.



# March Word Search



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

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

ARIES  
BASKETBALL  
BIRDS  
BLARNEY  
BLOOMING  
BREAK  
CELTIC  
CLOVER  
DAFFODILS  
DANCING

DAYLIGHT  
EMERALD  
FINALFOUR  
FLOWERS  
FORTUNE  
FOUR  
FRESH  
GOLD  
GREEN  
IDITAROD

IRELAND  
IRISH  
JIG  
KITE  
LAMB  
LEAF  
LEGEND  
LEPRECHAUN  
LION  
LUCK

LUCKY  
MAGIC  
MARCH  
NCAA  
PARADE  
PIDAY  
PISCES  
POTOFGOLD  
RAIN  
RAINBOW

SHAMROCK  
SHOWERS  
SPRING  
STPATRICKSDAY  
THIRDMONTH  
TIMECHANGE  
TULIP  
VERNALEQUINOX  
WEATHER  
WINDY

# DAYLIGHT SAVING TIME



**SUNDAY  
MARCH 8, 2026**

## 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,

## In Loving Memory...

**Brent Lindon Neerings**

**Born: July 27, 1949**

**Died: February 3, 2026**



**Faye Schiess**

**Born: June 8th 1937**

**Died: February 9th 2026**

**Married: Donald Jay Schiess**

## MORNING BOOK CLUB

THIS MONTH'S BOOK :

FINLAY DONOVAN IS KILLING IT

BY: ELLE COSIMANO

NEXT MONTH'S BOOK:

THE ANXIOUS GENERATION

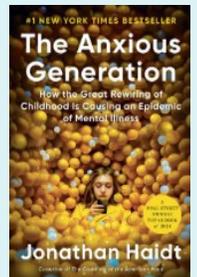
BY: JONATHAN HAIDT

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

MARCH 19 @ 10:30



**March Word Search**

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

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

ARIES	DAYLIGHT	IRELAND	LUCKY	SHAMROCK
BASKETBALL	EMERALD	IRISH	MAGIC	SHOWERS
BIRDS	FINALFOUR	JIG	MARCH	SPRING
BLARNEY	FLOWERS	KITE	NCAA	STPATRICKSDAY
BLOOMING	FORTUNE	LAMB	PARADE	THIRDMONTH
BREAK	FOUR	LEAF	PIDAY	TIMECHANGE
CELTIC	FRESH	LEGEND	PISCES	TULIP
CLOVER	GOLD	LEPRECHAUN	POTOFGOLD	VERNALEQUINOX
DAFFODILS	GREEN	LION	RAIN	WEATHER
DANCING	IDITAROD	LUCK	RAINBOW	WINDY

# MARCH

# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<b>2</b> 10:00 POTTERY CLASS 1:00 CANASTA 1:00 BRIDGE TIME TBD: OREM CINEMARK "SOLO MIO"	<b>3</b> TREASURE TABLE 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 1:00 FALL PREVENTION CLASS	<b>4</b> 9:00 STRENGTH TRAINING 11:00 LUNCH & BOWLING AT HOLIDAY LANES 1:00 BRIDGE 1:00 PINOCHE 2:00 GRIEF SUPPORT GROUP	<b>5</b> TREASURE TABLE 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO	<b>6</b> 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
<b>9</b> 11:00 TAP DANCE 1:00 CANASTA 1:00 BRIDGE 4:30 RUTH WALK-FIDDLER ON THE ROOF	<b>10</b> 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 2:00 CAREGIVER SUPPORT	<b>11</b> 9:00 STRENGTH TRAINING 9:45 ALPACA FARM TOUR 1:00 BRIDGE 1:00 PINOCHE	<b>12</b> 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO 7:00 RHYTHMS OF IRELAND	<b>13</b> 9:00 ZUMBA 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
<b>16</b> 1:00 CANASTA 1:00 BRIDGE 1:00 WATERCOLOR CLASS	<b>17</b> 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS 3:30 DRAWING CLASS  ST PATRICK'S DAY LUNCH	<b>18</b> 9:00 STRENGTH TRAINING 11:00 LUNCH & BOWLING AT HOLIDAY LANES 1:00 BRIDGE 1:00 PINOCHE 2:00 GRIEF SUPPORT GROUP 6:00 US ARMY FIELD BAND	<b>19</b> 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO	<b>20</b> 9:00 ZUMBA 11:00 JOURNALING CLASS 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
<b>23</b> 10:00 COOKING CLASS 1:00 CANASTA 1:00 BRIDGE 2:00 COOKING CLASS	<b>24</b> 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS	<b>25</b> 9:00 STRENGTH TRAINING 10:00 FELTING CLASS 1:00 BRIDGE 1:00 PINOCHE	<b>26</b> 9:00 YOGA 10:30 TAI CHI 12:00 LUNCH 1:00 BINGO 1:00 CERAMICS 1:00 PIANO	<b>27</b> 9:00 ZUMBA 11:00 LUNCH @ BLUE BOAR 11:30 CHESS CLUB 1:00 BRIDGE 1:00 MAHJONG
<b>30</b> 1:00 CANASTA 1:00 BRIDGE	<b>31</b> 10:30 CHAIR EXERCISE 12:00 LUNCH 1:00 BUNCO 1:00 CERAMICS		<u>Piano Lessons</u>  PLEASE CONTACT MARGARET SCHLOSS H: 435-654-2876 C: 385-207-8527	DAYLIGHT SAVING TIME  SUNDAY MARCH 8, 2026



Meals on Wheels  
 \*\*\*Luncheon Menu\*\*\*\*

Served every Tuesday and Thursday  
 Please call ahead to save your spot for meals **2026**  
 435-654-4920

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>BBQ RIBLET, mac &amp; cheese, pork-n-beans, applesauce, cookie &amp; roll</b>	<b>3</b> <b>PIGS IN A BLANKET, tator tots, carrots, peaches &amp; chips</b>  <b>HAM &amp; BEAN SOUP, pigs in a blanket &amp; fruit</b>	<b>4</b> <b>SPAGETTI w/ MEATSAUCE, corn, cottage cheese, peaches &amp; roll</b>	<b>5</b> <b>CHOW MEIN over NOODLES, eggs roll, veggies, orange wedge &amp; roll</b>  <b>CHICKEN FRIED STEAK, potatoes &amp; gravy, mixed vegetables &amp; pears</b>	<b>6</b> <b>FISH, au gratin potatoes, green beans, tatar sauce, mixed fruit &amp; roll</b>
<b>9</b> <b>STUFFED GREEN PEPPERS, potatoes &amp; gravy, green beans, peaches &amp; roll</b>	<b>10</b> <b>ROAST PORK, potatoes &amp; gravy, carrots, applesauce &amp; roll</b>  <b>STUFFED GREEN PEPPERS, potatoes &amp; gravy, carrots &amp; mixed fruit</b>	<b>11</b> <b>TACO BAKE, tator tots, corn, orange wedge, chips &amp; salsa</b>	<b>12</b> <b>CHICKEN NOODLE CASSEROLE, mixed vegetables, banana &amp; roll</b>  <b>MEATBALL SANDWICH, w/trimmings</b>	<b>13</b> <b>CHICKEN STRIPS, mac &amp; cheese, pork-n-beans, potato salad, mandarin oranges &amp; roll</b>
<b>16</b> <b>SALISBURY STEAK, potatoes, peas &amp; carrots, tropical fruit &amp; roll</b>	<b>17</b> <b>HAM, red potatoes, cabbage, carrots, fruit &amp; roll</b>   <b>HAM, red potatoes, cabbage, carrots w/ trimmings</b>	<b>18</b> <b>PICANTE CHICKEN, red potatoes, broccoli, pineapple chunks &amp; roll</b>	<b>19</b> <b>CHICKEN ENCHILADA, beans, corn, orange wedge, chips &amp; salsa</b>  <b>CHEF SALAD w/ranch, mandarin oranges</b>	<b>20</b> <b>TURKEY SANDWICH, potato salad, fruit &amp; chips</b>
<b>23</b> <b>CHICKEN CORDON BLEU, potatoes &amp; gravy, carrots, peaches &amp; roll</b>	<b>24</b> <b>BEEF STEW, tator tots, green beans applesauce &amp; roll</b>  <b>GROUND ROUND w/ fried onions, potatoes &amp; gravy, green beans &amp; peaches</b>	<b>25</b> <b>MACARONI &amp; BEEF, mixed vegetables, salad w/ranch, mandarin oranges, roll</b>	<b>26</b> <b>SLOPPY JOE SANDWICH, potato salad, apple &amp; chips</b>  <b>CHICKEN CROSSIANT SANDWICH w/ trimmings</b>	<b>27</b> <b>MEATLOAF, potatoes &amp; gravy, green beans, mixed fruit &amp; roll</b>
<b>30</b> <b>CHICKEN CUTLET, potatoes &amp; gravy, peas, pears &amp; roll</b>	<b>31</b> <b>CHICKEN FRIED STEAK, potatoes &amp; gravy carrots, peaches &amp; roll</b>  <b>FISH, baked potato, mixed vegetable &amp; fruit cocktail</b>			

**Wasatch County Senior Citizens**

(435) 654-4920

465 East 1200 South

Heber City, Utah 84032

*Return Service Requested*

Non-Profit Organization

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