# August 2019
Springville Senior Center
65 E. 200 S. 801-489-8738
Call for Meal Reservations

## MEALS ARE SERVED DAILY AT NOON!!
Call 801-489-8738 by 1pm the day before to make dinner reservations. Choose from the regular menu or alternate. Menu subject to change. Food is provided by Mountainland.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>Teriyaki Chicken Bowl</strong></td>
<td><strong>Ham &amp; Turkey Sub Sandwiches</strong></td>
<td><strong>Ziti Pasta w/Meat Sauce</strong></td>
<td><strong>Sloppy Joe</strong></td>
<td><strong>Kalua Pork</strong></td>
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<tr>
<td>8:00 Aerobics</td>
<td>8:00 Aerobics</td>
<td>8:30 Tai Chi at Park</td>
<td>8:30 Tai Chi at Park</td>
<td>8:00 Aerobics</td>
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<tr>
<td>10:00 Bunco</td>
<td>9:30 Foot Clinic—Call for app't.</td>
<td>9:30 Foot Clinic—Call for app't.</td>
<td>10:00 Boost Your Brain</td>
<td>10:00 Swap Bingo</td>
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<tr>
<td>11:15 Tai Chi for Arthritis</td>
<td>10:00 Recorder Group</td>
<td>11:00 Recording Group</td>
<td>12:30 Bingo</td>
<td>12:00 Folkfest Dancers</td>
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<tr>
<td>12:30 Poker</td>
<td>12:30 Cards (500)</td>
<td>12:30 Cards (500)</td>
<td>6:00 Beauty &amp; the Beast $</td>
<td>Apollo 11</td>
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<tr>
<td>1:00 Art Class</td>
<td>6:00 Beauty &amp; the Beast $</td>
<td><strong>6:00 Presentation</strong></td>
<td><strong>6:00 Presentation</strong></td>
<td>3:15 Salmon Supper $</td>
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<tr>
<td><strong>Swedish Meatballs</strong></td>
<td><strong>Grilled Hamburger</strong></td>
<td><strong>Hawaiian Haystacks</strong></td>
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<tr>
<td>8:00 Aerobics</td>
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<tr>
<td>9:00 Board Meeting</td>
<td>9:00 Foot Clinic—Call for app't.</td>
<td>10:00 Boost Your Brain</td>
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<tr>
<td><strong>11:00 Escape Room $</strong></td>
<td><strong>11:00 GRAND day out $</strong></td>
<td>12:30 Bingo</td>
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<tr>
<td>11:15 Tai Chi for Arthritis</td>
<td>12:30 Cards (500)</td>
<td>2:00 Vanderhall $</td>
</tr>
<tr>
<td>12:30 Poker</td>
<td>2:00 Book Club</td>
<td><strong>Taco Salad</strong></td>
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<tr>
<td>1:00 Art Class</td>
<td><strong>Roast Turkey</strong></td>
<td><strong>Roast Turkey</strong></td>
</tr>
<tr>
<td>2:40 Free Legal Help Call for app't.</td>
<td><strong>Taco Salad</strong></td>
<td><strong>Roast Turkey</strong></td>
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<tr>
<td><strong>Bratwurst</strong></td>
<td><strong>Beef Lasagna</strong></td>
<td><strong>Meat Loaf</strong></td>
<td><strong>Chicken Salad Wrap</strong></td>
<td><strong>BBQ Chicken</strong></td>
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<td>12:30 Bingo</td>
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<td>12:30 Poker</td>
<td>10:00 Recorder Group</td>
<td>12:30 Bingo</td>
<td><strong>10:30 Bonus Bingo &amp; Canyon Lunch</strong></td>
<td>12:00 Birthday Party</td>
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<tr>
<td>1:00 Miracle Bowl Bowling $</td>
<td>12:30 Cards (500)</td>
<td>6:00 Pottery Class $</td>
<td><strong>Creekside Pavilion Jolley’s Ranch</strong></td>
<td><strong>Poms</strong></td>
</tr>
<tr>
<td>1:00 Art Class</td>
<td><strong>2:00 Line Dancing</strong></td>
<td><strong>6:00 Pottery Class</strong></td>
<td><strong>Shepherd’s Pie</strong></td>
<td><strong>Pops</strong></td>
</tr>
<tr>
<td>6:00 Pottery Class $</td>
<td><strong>Shepherd’s Pie</strong></td>
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<td><strong>BBQ Chicken</strong></td>
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<th>Saturday, August 17 at 4:30pm</th>
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<td>Potluck and Games</td>
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<tr>
<td>Come, have fun and bring your favorite dish to share.</td>
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### Next Week’s Menu

**Puppets in the City**
Sat., August 10 at 10:40 am
Meet at Front Runner! Bring a Sack Lunch!

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$=Extra Charge
cc=Closed Captioning
Garold and Mary Lou Jensen have been married for 60 years. They have 5 children, 16 grandchildren, 12 great grandchildren plus one on the way. Three of their adult children live in Utah, one in Oregon and one in Washington State.

Garold and Mary Lou were both born and raised in Star Valley Wyoming, Garold in Grover and Mary Lou in Afton. They met when they attended Star Valley High School. After dating off and on for five years they married and attended the University of Wyoming. They both graduated from the college of pharmacy. Mary Lou in 1960 and Garold in 1961.

After working as pharmacists in the Brigham City area for five years they moved to Springville. Garold worked as a pharmaceutical representative of Eli Lilly and Co. and Mary Lou worked part time in the town’s pharmacies. They enjoyed raising their children and serving in their church and community. Their original plans were to move to various areas as salesmen, but they liked Springville so well they’ve stayed here for 53 years.

They have had many opportunities to serve in the community. They have also had the opportunity to travel, which they truly love to do. They’ve lived in Nigeria, Ivory Coast, and Albania, and the state of Georgia, USA. One of their most treasured experiences was working in the refugee camps in Albania during the Kosovo war.

They have been privileged to travel to many parts of the world. They have also enjoyed short trips with the Senior Citizen Center. They both enjoy serving at the Provo City Center temple. The mountains are one of their favorite places to be. They spend as much time as possible at their cabin in Fairview Canyon, ATVing and enjoying Mother Nature.

Mary Lou has been attending the Tai Chi class at the Senior Center for many years. They both enjoy participating in various activities with the Seniors. They appreciate the effort Tori, Betty, and the rest of the crew put forth to make our senior citizen center one of the Very Best in the State.

**AUGUST BIRTHDAYS—COME AND CELEBRATE WITH US ON AUGUST 30TH!**

1– Eva Johnson, Nanette Lassen
2– Bob Baird
3– Arthur Buchanan, Susan Odegard
4– Ann Weight
5– Maxine Fackrell, Arleen Cromwell
6– Jean Harvey
7– Mark Herbert
8– Joanne Thorne
10– Melba Dalton
13– Linwood Carter, Sandra Smith
14– James Pasquali, Alene Loughner
15– Linda Burrell, David Bauer
16– Shirley Larkin, Tori Eaton
17– Nancy Clanton, LoRey Andrews
17– Cherrie Bauer
18– Jack Wightman, Jose Aldaba
18– Rose Shepherd
19– Laurel Nelson, Marcia Baird
19– Robert Jones, Bea Fedorko
21– Bonnie Wilde
22– Richard Connell, Amy Hanson
22– Ruth Allan
24– Laurel Cottam
25– David Elssworth
26– Leon McNeil, Beverley Little
27– Kay Ashby, Sallee Raine
28– Lee Measom
29– Diane Gillies, Suzanne Nichols
29– Jerry Falkner
30– Maylon Fackrell, Joan Bateman
30– Colene Beck
31– John Schmitt
Folkfest Dancers at the Senior Center
Friday, August 2nd  12:00 p.m.
Sign up for lunch and enjoy the performance!

Fall Foliage Tour
Friday, October 4
9:00 a.m.  $20*
Price Canyon
USU Eastern Prehistoric Museum
Coal Miner Memorial
Helper Western and Railroad Museum
Lunch at Balance Rock Eatery

SENIOR CENTER MEMBERSHIP REQUIRED
*$20 if payment is received by September 13th.
After September 13th, price increases to $27

Sorry, no refunds can be given unless you find someone to take your place. Charter bus transportation, museum admissions and lunch is included in the price. Lunch will be at around 1:30 so bring a snack if you need something to eat earlier. We will return to SSC at approximately 3:45.

Bowling!
Monday, August 19th 1pm  $4*
Please pay in advance—includes shoes and 1 game.
Miracle Bowl in Orem
1585 South State, Orem—Just up the hill from D.I.

• Meet at Miracle Bowl at 1:00p.m.
• Additional games may be purchased at Miracle Bowl for $1.25 each game if you’d like to stay longer.
• This is just for fun! Bumper lanes will be acceptable if you wish!
• *Price is $4 through August 6th. After August 6th, price increases to $7.
• *If you have your own shoes, price is only $3 (or $6 if you are paying after August 6).
**T'ai Chi**

**For Arthritis**

Taught by April Wilkey

Studies show that T'ai Chi participants see benefits with all types of arthritis: fibromyalgia, rheumatoid and osteoarthritis.

Reduced pain and increased flexibility are just two benefits of this amazing class!

**Mondays**

11:15-11:45 a.m.

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**Sherlock Holmes Escape Room**

$2*  

Monday, August 12th  11:00 a.m.

We will have one hour to match wits with Sherlock Holmes! Meet at 11:00 a.m. in the Provo Library entry by the stairs. *$2 fee must be paid by August 8th and will be refunded on the day of the event! Bring money for lunch after the game at El Gallo Giro.

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**Farming in Springville**

Wednesday, September 4th  
6:00 p.m.

65 East 200 South, Springville

Jake Harward discusses the benefits and challenges of growing produce in the Art City. Free and open to the public.

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**Friday the 13th Radio Show**

Friday, September 13th  7:00 p.m.

65 East 200 South, Springville

Cast your superstitions aside and come to this very special program by the Wayback Radio Theater Company— the group that acts out plays in the form of an old radio broadcast! (We will have some salt you can throw over your left shoulder for good luck.) No black cats allowed, but everyone else is welcome.

Free and open to the public!
Utah in the Great Depression:
The impact of the nation’s greatest economic catastrophe on the people of Utah.

Wednesday, August 7th  6:00 p.m.
65 East 200 South, Springville

Presented by Dr. Brian Cannon, Professor of History and History Department Chair at Brigham Young University.

Free presentation open to the public.

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Puppets in the City!
Saturday, August 10th

10:40 a.m.  $19*

Just for us, a special workshop to create your own puppet and then learn tricks on how to best manipulate your new creation. “Space is limited!”

*Cost of the trip is $19 through June 21st. After June 21st, price increases to $25. Price includes puppet materials, class instruction at Frontrunner/Trax transportation to Salt Lake. We will return home at approximately 5:30p.m. Bring a sack lunch to eat on the train or during breaks. Puppets in the City is a non-profit performing and teaching company bringing the art of puppetry to everyone! Because workshop tickets are pre-purchased, we are unable to give refunds on this trip unless we have a waiting list.

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Scera Outdoor Theater
Tuesday, August 6th  6:00pm  $10*

Price includes ticket and chair in the upper lawn area.

*Price is $10 if paid by June 28th. Price increases to $13 after June 28th. Meet at 6:00 p.m. at Carraba’s Italian Restaurant (683 University Parkway, Orem) for dinner before the show if you wish. Show begins at 8:00 p.m.
Sourdough Bread Class
Tuesday, August 27th  6:00 p.m.
65 East 200 South, Springville

Learn the science behind making authentic sourdough bread. Authentic sourdough is delicious and is great for those with gluten sensitivities and diabetics. Your belly and brain will thank you! Class will discuss the history of wheat and sourdough bread and then discuss the steps for making great sourdough. Each person will go home with recipes and a free sourdough starter!

Free and open to the public!

Hale Center Theater—Orem  $18*
Wednesday, September 25th  5:30pm

Price is for show ticket. Meet at Corner Bakery Café (115 W. Center, Orem) at 5:30pm for dinner before the show if you wish. *Price is $18 if paid by August 16th. After August 16th, price increases to $21. Show begins at 7:30 p.m.

GRAND day out!

Grandparents & grandkids will LOVE what we have planned!

Tuesday, August 13th
11:00 a.m.—2:00 p.m.  $3 per child

- Grandkids (and grandparents!) must be age 5+ and have completed kindergarten. Recommended for grandkids under age 14.
- Games, crafts, music, treats and lots of fun!
- Sign up for the Senior Center lunch or bring a sack lunch (those under age 60 please pre-pay $6 for the senior center lunch.)
- Space is LIMITED. Sign-up today!
Did you know?
You can now sign up and pay for trips and activities on our website!

www.springvilleseniortcenter.org

CANYON BINGO AND PICNIC
THURSDAY, AUGUST 22ND
10:30 A.M.
CREEKSID PavILION JOLLEY'S RANCH

 Reserve your meal today!
 (Chicken Salad Wrap)
Card Making Class
Thursday, August 8th
10:00 A.M. $5

4 Cards and Embossed Envelopes
Taught by MarLou Irvine

Please sign up and pay by August 6th so supplies can be purchased.

Students need to bring their own glue to the class—this is the recommended brand.

Vanderhall
Wednesday, August 14th
2:00 p.m. *$6.00

Learn the story of Utah’s only car manufacturer and see displays and prototypes.

Meet at Vanderhall at 2:00 p.m. – 3500 Mountain Vista Pkwy., Provo. Price is $6 through August 6th. After August 6th, price increases to $8. Money collected will be given to our tour guide.

Beaded Jewelry
Creative Studio
August 27 & 29 9:00 a.m.–2:00 p.m.

$2 bracelet $4 necklace

The Senior Center received a HUGE donation of beads. Come make some bracelets or necklaces and have fun being creative! Beads and elastic cordings provided. Bring your own supplies or tools if you would like to do other items. Membership required for this activity. Come early for the best selection!

You’re welcome to purchase more while you’re creating, but please pay $2 in advance towards your first item.

Paper Crafts
Creative Studio
August 15 & 16 9:00 a.m.–2:00 p.m.

$2* for up to 10 cards or 5 scrapbook pages

The Senior Center received a HUGE donation of pattern papers and stickers. Come make some cards or scrapbook pages and have fun being creative! Papers, stickers, markers, glue sticks and scissors provided. (Bring a paper trimmer if you have one and any other supplies you might like to have.) Come early for the best selection!

You’re welcome to purchase more while you’re creating, but please pay in advance for your first set.