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

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEALS SERVED DAILY AT NOON.</strong></td>
<td><strong>Donation Per Person Aged 60+:</strong> $3.00</td>
<td><strong>Cost Per Person Under 60:</strong> $6.00</td>
<td><strong>Country Fried Steak</strong></td>
<td><strong>Kalua Pork</strong></td>
</tr>
<tr>
<td><strong>Swedish Meatballs</strong></td>
<td><strong>Broiled Bratwurst</strong></td>
<td><strong>Malibu Chicken</strong></td>
<td><strong>Corn Chowder</strong></td>
<td><strong>Garlic Beef Roast</strong></td>
</tr>
<tr>
<td>8:00 Aerobics</td>
<td>8:30 Tai Chi</td>
<td>8:00 Aerobics</td>
<td>8:30 Tai Chi</td>
<td>8:00 Aerobics</td>
</tr>
<tr>
<td>9:00 Board Meeting</td>
<td>9:00 Recorder Group</td>
<td>9:00 Heat Program</td>
<td>9:00 Pre-hab Yoga</td>
<td>9:00 Pre-hab Yoga</td>
</tr>
<tr>
<td>10:00 Bunco</td>
<td>11:30 Wurst Party Ever</td>
<td>10:00 Boost Your Brain</td>
<td>10:00 Swap Bingo</td>
<td>10:00 Swap Bingo</td>
</tr>
<tr>
<td>12:30 Poker</td>
<td>11:30 NO Bluegrass Class $</td>
<td>11:00 Flu Shots</td>
<td>10:00 Islamic Center</td>
<td>10:10 Islamic Center</td>
</tr>
<tr>
<td>1:00 Art Class</td>
<td>12:30 Cards (500)</td>
<td>12:30 Bingo</td>
<td>Tour $</td>
<td>Serve Day $</td>
</tr>
<tr>
<td>6:00 Pottery Class $</td>
<td>2:00 Book Club</td>
<td><strong>TERIYAKI DAY</strong></td>
<td>12:30 Cards (500)</td>
<td>12:45 Movie—DG Tucker’s</td>
</tr>
<tr>
<td><strong>CLOSED</strong></td>
<td><strong>3 Bean Beef Chili</strong></td>
<td><strong>Teriyaki Chicken Bowl</strong></td>
<td><strong>Shepherd’s Pie</strong></td>
<td>Off the Wall Cinema</td>
</tr>
<tr>
<td>Columbus Day</td>
<td>8:30 Tai Chi</td>
<td>8:00 Aerobics</td>
<td>8:30 Tai Chi</td>
<td>Beat the Devil (1953)</td>
</tr>
<tr>
<td>Honey Baked Ham</td>
<td>9:00 ROMEOs</td>
<td>9:00 Heat Program</td>
<td>9:30 Pine Needle</td>
<td><strong>Turkey Breast</strong></td>
</tr>
<tr>
<td>8:00 Aerobics</td>
<td>10:00 Recorder Group</td>
<td>Call for appt.</td>
<td>Basket Trip $</td>
<td>8:00 Aerobics</td>
</tr>
<tr>
<td>12:30 Poker</td>
<td>11:30 Bluegrass Class $</td>
<td>10:00 Boost Your Brain</td>
<td>10:30 Bonus Bingo</td>
<td>9:00 Pre-hab Yoga</td>
</tr>
<tr>
<td>1:00 Art Class</td>
<td>12:30 Cards (500)</td>
<td>12:30 Bingi</td>
<td>12:30 Cards (500)</td>
<td>10:00 Swap Bingo</td>
</tr>
<tr>
<td>6:00 Pottery Class $</td>
<td>1:20 Chocolate Trip $</td>
<td>1:00 Shakespeare Reading Group</td>
<td>1:00 Shevile Lunch</td>
<td>12:00 Nurse’s Corner</td>
</tr>
<tr>
<td></td>
<td>2:00 Halloween Line Dancing</td>
<td>12:30 Cards (500)</td>
<td>6:00 No Pottery Class</td>
<td>12:45 Movie—(cc)</td>
</tr>
<tr>
<td><strong>POKER</strong></td>
<td><strong>Chicken Pot Pie</strong></td>
<td><strong>Meat Loaf</strong></td>
<td><strong>Sweet &amp; Sour Chicken</strong></td>
<td><strong>Turkey Breast</strong></td>
</tr>
<tr>
<td><strong>Salisbury Steak</strong></td>
<td>8:30 Tai Chi</td>
<td>8:00 Aerobics</td>
<td>8:30 Tai Chi</td>
<td>8:00 Aerobics</td>
</tr>
<tr>
<td>8:00 Aerobics</td>
<td>10:00 Recorder Group</td>
<td>10:00 Boost Your Brain</td>
<td>10:00 Card Class $</td>
<td>9:00 Pre-hab Yoga</td>
</tr>
<tr>
<td>12:30 Poker</td>
<td>11:30 Bluegrass Class $</td>
<td>12:30 Bingo</td>
<td>11:00 Podiatrist--</td>
<td>10:00 Swap Bingo</td>
</tr>
<tr>
<td>1:00 Red Hat Club</td>
<td>12:30 Cards (500)</td>
<td></td>
<td>Call for appt.</td>
<td>11:00 Halloween Party</td>
</tr>
<tr>
<td>1:00 Art Class</td>
<td>12:40 Rowley’s Red Barn Tour $</td>
<td></td>
<td>12:00 Birthday Party</td>
<td>12:45 Movie—(cc)</td>
</tr>
<tr>
<td>6:00 No Pottery Class $</td>
<td>2:00 Line Dancing</td>
<td></td>
<td>Closed at 2pm</td>
<td>Today</td>
</tr>
<tr>
<td><strong>BINGO</strong></td>
<td><strong>Meat Lasagna</strong></td>
<td><strong>Chicken Salad Wrap</strong></td>
<td><strong>Chicken Wings</strong></td>
<td>Call 801-489-8738</td>
</tr>
<tr>
<td><strong>Salisbury Steak</strong></td>
<td>8:30 Tai Chi</td>
<td>8:00 Aerobics</td>
<td>8:30 Tai Chi</td>
<td>by 1pm the day before</td>
</tr>
<tr>
<td>8:00 Aerobics</td>
<td>10:00 Recorder Group</td>
<td>10:00 Boost Your Brain</td>
<td>12:30 Cards (500)</td>
<td>to make a Lunch</td>
</tr>
<tr>
<td>12:30 Poker</td>
<td>11:30 Bluegrass Class $</td>
<td>11:00 Medicare Help</td>
<td>12:30 Bingo</td>
<td>Reservation. Lunch is</td>
</tr>
<tr>
<td>1:00 Red Hat Club</td>
<td>12:30 Cards (500)</td>
<td>Call for appt.</td>
<td></td>
<td>served at noon. Choose</td>
</tr>
<tr>
<td>1:00 Art Class</td>
<td>12:40 Rowley’s Red Barn Tour $</td>
<td></td>
<td></td>
<td>from the regular</td>
</tr>
<tr>
<td>6:00 No Pottery Class $</td>
<td>2:00 Line Dancing</td>
<td></td>
<td></td>
<td>menu or alternate meal.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Food is provided by</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mountainland. Menu is</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>subject to change.</td>
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</tbody>
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$=Extra Charge  
(cc)=Closed Captioning  

| Potluck and Games · Saturday, October 19th at 4:30pm | Come, have fun and bring your favorite dish! |
Spotlight – Silvia Zapata

A huge welcome to Silvia, our new kitchen manager! Silvia was born in Miguel Aleman city in Tamaulipas Mexico. She has 2 twin girls and a son and 6 grandchildren. She earned a Bachelor’s Degree in Accounting from UVU and took 5 semesters of intensive English.

Silvia loves doing crafts, traveling with her family, having sleepovers with her grandchildren watching TV and eating popcorn, and walking in the afternoons. She also loves arts & crafts, painting old furniture, cooking and working in the garden. Her favorite foods are chiles rellenos, tacos, frittas, paella, entomatadas and enchiladas.

Silvia’s dream is to travel through South America - especially to see Machu Picchu, to complete her family tree and to improve her English. (Her English is incredible and she also speaks Portuguese!)

A funny story that happened to her: She got into a taxi and asked the driver to take her to an address. The driver turned around and said he’d be happy to drive her, but he wasn’t a taxi.

She loves the phrase that her father repeated to her, “whatever you do, do it well.”

Make sure to stop by and introduce yourself to Silvia and get to know her. She is a great addition to our Senior Center!

October Birthdays – Come and Celebrate with us October 25th!

1– Norm Masters, Jose Mijares
3– Glade Binks
4– Cathy Roberts
5– Kathleen Merchant, Nancy Simmons
6– Gary Bridges, Jean Daughs
6– Wendell Eves, Maria Orton
7– Norma Graham, Diane Thayer
8– Margaret Sabey
9– Norman Tanner
10– Frankie Cluff, Roger Larkin
11– Laurel Lowe, Steven Sumision
12– Richard Graham
13– Helen Sorensen, Audrey Finney
15– Jeffrey Smith
16– Ana Maria Blanco
17– Efigenio Garcia, Janice Stout
17– Ron Irvine
19– Loraine Braithwaite
19– Wayne Chidester
20– Gabriel Hurtado, Jerry Massey
21– Dan Camerer, Kevin McEllland
21– Teresa Wong
22– Arthur Hone, Louise Payne
22– Jon Turner
24– Sorrel Jakins
25– Wayne McDonald
26– Robert Carter, Charles Coulon
27– Richard Dresden
28– Blaine Palmer
29– Kathy Heller
30– Arlene Clark, Rebecca Rosenlof
YOU ARE INVITED TO A

HALLOWEEN PARTY

Friday, October 25th  11:00 a.m.

Costume Contest!
Creepy Snacks!
Photo Booth!
Games and Prizes!

JOIN US IF YOU DARE

Meet & Greet
with the Springville
City Council Candidates

Wednesday, October 9th
11:00 AM-1:00 PM
65 East 200 South (Senior Center)

Meet the candidates individually and ask questions followed by short candidate speeches at 12:15 p.m.

All Springville City residents are welcome to attend.
Staying Safe in Springville with Chief Martinez

Wednesday, November 6th
6:00 p.m.

Learn from Springville's new Police Chief!

Springville Senior Center
65 East 200 South

Free presentation
Open to the public
Thurs-Day Serve-Day

October 10th  10:00 a.m.
Help sew and crochet baby blankets and hats for Utah County WIC.

**** NEEDED— fabric and yarn.
Please donate! ****
How do books get those shiny stickers?

Thursday, November 14th 10:00 a.m.

Provo City Library director Gene Nelson Jr. has served twice on the Caldecott Award committee and once on the Newbery Award committee. He will give inside information on how the books are selected and discuss some of his favorite books. You won’t want to miss out on this special presentation. Attend the presentation and sign up for lunch for a chance to win some great books!

Utah County Health Department
Immunization Clinic
Springville Senior Center

Wednesday, October 2, 2019
11 AM-1 PM

Each year in the United States, up to 60,000 adults die from vaccine preventable diseases or their complications. Vaccines offer a safe and cost-effective way to prevent serious illnesses and death.

<table>
<thead>
<tr>
<th>Recommended Adult Vaccines</th>
<th>Insurances We Accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza (Flu)</td>
<td>Aetna</td>
</tr>
<tr>
<td>Tetanus, Diphtheria, Pertussis (Tdap)</td>
<td>Allstate</td>
</tr>
<tr>
<td>Pneumococcal (Pneumonia) [*for adults over 65]</td>
<td>Blue Cross Blue Shield</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Cigna</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>DMBA</td>
</tr>
<tr>
<td>— Due to a manufacturing shortage, Shingles vaccine will not be available at this clinic</td>
<td>Educators Mutual</td>
</tr>
<tr>
<td>—Infant/Child Vaccines also available by advance request.</td>
<td>Humana</td>
</tr>
</tbody>
</table>

Please bring your insurance card and immunization record.

Wurst Party Ever!

Tuesday, Oktober 8th
11:30 a.m.
Games, Prizes, Food!

Stay for the Bratwurst, sauerkraut and potato salad meal at noon. Lunch reservation must be received by Monday, October 7th at 2pm.

Artist Workshop Tour $5*

Steve Fisk—Pine Needle Basketry
Thursday, October 17th 9:30 a.m.

Meet at the Senior Center at 9:30 a.m. to caravan to Payson to Steve’s workshop (in his home). Bring money for lunch after the tour at the Family Tree Restaurant in Santaquin. *Price is $5 through October 4th. After October 4th, price increases to $8. Money collected is given as a tip to the artist.
Salt Lake Islamic Center Tour  $18*  
Friday, October 11th  10:10 a.m.

Meet at Provo FrontRunner Station to take the train/trax to the Islamic Center in WVC. We will return at approximately 5pm.

We will eat lunch, tour the Mosque, watch the daily service and learn about what it means to be part of the Islamic community in Salt Lake. Participants must be prepared to act in respectful accordance to the mosque guidelines as far as actions, speech and dress (i.e. women will be given a hijab to wear during the services). MOSQUE is located approximately 1/2 mile from the TRAX platform—walking required.

*Price is $18 and includes lunch, transportation and gratuity if paid by September 25. After September 25, price increases to $25.

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.

Just Add Chocolate  $22*

You become the chocolatier! Workshops last about an hour and 15 minutes. Demonstration on how to make your favorite things and then you’ll make anything you want. Eat samples of chocolates and then make and take home a FULL POUND of chocolate confections and lots of sweet memories.

Tuesday, October 22nd  1:20 p.m.

Meet at the Springville Senior Center at 1:20 p.m. to caravan to Lehi. Please bring money to help with gas if you are asking others for a ride. *Price is $22 if paid by October 4th, after October 4th price increases to $26. Additional chocolate may be purchased at the time of the workshop if you wish.

Medicare—Are you confused?

Is your current plan the best plan for you?

Make an appointment to speak one-on-one with a Medicare specialist from Mountainland. (These specialists have no affiliation with insurance companies and will receive no financial gain from helping you choose the plan that’s right for you.)

Wednesday, October 30th
FREE Square Dance Lessons!
October 19th 7-9pm
Springville Senior Center

Adults welcome, singles or pairs. No skill needed. Come have fun learning to square dance to lively fiddlin’ music!

Questions: call or text Diane 801-787-6264

$5 Movie Day!
A Beautiful Day in the Neighborhood
Tuesday, December 3rd—Afternoon

Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

Provo Towne Center Theater. Please pay by Wednesday, November 20th to get a seat with the group. Movie times are unknown right now, so you will be contacted with the exact time when it is available. We are planning for the 2:00(ish) show.

$5 Movie Day!
Harriet
Tuesday, November 5th – Afternoon

Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Provo Towne Center Theater. Please pay by Wednesday, November 20th to get a seat with the group. Movie times are unknown right now, so you will be contacted with the exact time when it is available. We are planning for the 2:00(ish) show.

Rowley’s Red Barn Tour
Tuesday, October 29th
12:40 p.m. $6*

Learn the history of the farm, how things are run today and take a wagon ride to the “back forty”. Dress for the outdoors.

Meet at the Senior Center at 12:40 to caravan to Santaquin. Please bring money if you are planning to ride with someone to offset their travel costs. *Price is $6 if paid by October 4th. After October 4th, price increases to $10.
Pre-hab Yoga
Fridays 9:00 a.m.
Beginning October 11th

Preventing Rehab Yoga! Gentle motions and stretches to help you move easier.

Working on strength and flexibility has been proven to help prevent falls and prevent or lessen the length of rehab time needed in older adults. Taught by April Wilkey.

Seville Tour & Lunch
Thursday, October 24th
11:45 a.m.  $3*

Take a tour of the Seville retirement community in Orem and enjoy a free lunch. The Seville will be sending a bus to pick up our group at the Springville Senior Center. *Money is collected as a good faith deposit and will be refunded on the way to Orem. Money must be paid by October 17th.

Did you know?
You can now sign up and pay for trips and activities on our website!

www.springvilleseniorcenter.org
Surviving WWII & Escaping The Iron Curtain

Presentation by Peter G. Czerny

Wednesday, October 2nd  6:00PM
65 East 200 South, Springville

Pete Czerny was a toddler during WWII when his family found themselves in Communist East Germany. Their home was destroyed and their family of seven (children aged 2-12) escaped East Germany and traveled to Utah. By age twelve, Pete and his family had been refugees three times! Come listen to Pete’s story. Free and open to the public.
October Scrabble Challenge!

- Receive one tile each day you visit the Senior Center in October.
- Save tiles to form better words or play when you get them. Play as many words as you’d like through the month.
- Play your word and report your score to the front desk.
- Scrabble word usage regulations apply (no proper names, acronyms, abbreviations, etc.). Words must be listed in the Official Scrabble Dictionary (sixth edition, 2018).
- All words must be played by October 30th at 3:00 p.m.

Prizes!

- Overall high score
- Highest single word score
- Drawing of all participants