### November 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 noon the day before to make reservations. Choose from the regular menu or alternate meal. Food is provided by Mountainland. Menu subject to change.

- **Donation per person aged 60+:** $3.00  
- **Cost per person under age 60:** $6.00

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawaiian Haystacks</td>
<td>Nachos</td>
<td>Chicken Salad Wrap</td>
<td>Chicken Wings</td>
<td>Roast Pork Loin</td>
</tr>
</tbody>
</table>
| 8:00 Aerobics  
9:00 Board Meeting  
10:00 Bunco  
12:30 Poker  
1:00 Art Class  
6:00 Pottery Class $ | 8:30 Tai Chi  
9:30 Foot Clinic--Call for appt.  
10:00 Recorder Group  
11:30 Bluegrass Class $  
12:30 Cards (500)  
2:00 Cinemark Trip---Harriet $ | Oct 30  
8:00 Aerobics  
10:00 Boost Your Brain  
11:00 Medicare Help  
Call for appt.  
12:30 Bingo | Oct 31  
8:30 Tai Chi  
12:30 Cards (500) | 1  
8:00 Aerobics  
9:00 Pre-hab Yoga  
10:00 Swap Bingo  
12:00 General Membership Meeting |
| Closed | Beef Lasagna | 3 Bean Beef Chili | Garlic Roast Beef |
| 6:40 Good Things Utah $ | 8:00 Aerobics  
10:00 Recorder Group  
11:30 No Bluegrass Class  
12:30 Cards (500)  
2:00 Book Club | 8:30 Tai Chi  
10:00 Thurs-Day Serve-Day  
12:30 Cards (500)  
1:00 Shakespeare Reading Group  
6:00 Pottery Class $ | 8:00 Aerobics  
9:00 Pre-hab Yoga  
10:00 Swap Bingo |
| Meat Loaf | Corn Chowder | Swedish Meatballs | Honey Baked Ham |
| Closed | 8:00 Aerobics  
9:30 Foot Clinic--Call for appt.  
10:00 Boost Your Brain  
12:00 General Membership Meeting | 8:30 Tai Chi  
12:00 How do books get shiny stickers? by Gene Nelson, Jr.  
12:30 Cards (500)  
6:00 Pottery Class $ | 8:00 Aerobics  
9:00 Pre-hab Yoga  
10:00 Swap Bingo  
12:00 Nurse’s Corner  
12:45 Movie—(cc) Brian Banks |
| Country Fried Steak | Beef & Veggie Stew | Chicken Salad Wrap | Sweet & Sour Chicken |
| Closed | 8:30 Tai Chi  
9:00 ROMEOs  
10:00 Recorder Group  
11:30 Bluegrass Class $  
12:30 Cards (500)  
2:00 Line Dancing | 8:00 Aerobics  
10:00 Boost Your Brain  
11:00 Medicare Help  
Call for appt.  
12:30 Bingo | 8:30 Tai Chi  
10:30 Bonus Bingo  
12:30 Cards (500)  
1:00 Estate Presentation by McCarty Larsen  
1:00 Shakespeare Reading Group  
4:15 Nutcracker Ballet $  
6:00 Pottery Class $ |
| Closed | Closed | Closed | Closed | Closed |
| Senior Center CLOSED for Thanksgiving Holiday! Re-opens Monday, Dec. 2 |

### Potluck and Games  
Saturday, Nov. 16 at 4:30pm  
Come, have fun and bring your favorite dish!
Marie was born in Spanish Fork in her home. Her parents raised her and her three siblings. Marie graduated from Spanish Fork High School in 1945. Marie said that her area of Spanish Fork was referred to as the Silk Stocking area by a friend.

Marie worked at Hill Air Force base where she was learning to rivet during WWII until the war ended and she returned home. She was making 35 cents an hour while at the base. She attended BYU and paid her full tuition ($95) with the money she made at the base. She met her husband Bill Averett in 1945 during Marie's sophomore year. Her dad loaned them a red convertible for their honeymoon in Winnipeg, Canada.

They rented a home in Springville for $45 a month until her father bought them a home in Spanish Fork. Marie and Bill graduated from BYU in 1949. Marie's major was home economics. She taught school in Salem for one year after graduating from college and later in Mapleton.

Marie and Bill had five children but she lost the first child at six months old. After her kids were mostly raised she taught school again in Springville for 20 years till she retired. She has 11 grandchildren and 4 great children.

Marie likes to play cards and loves to travel. She has been to Hawaii, Europe, Israel, Egypt, and many other places. Marie said she really likes people and socializing. At the center Marie helps decorate the tables for parties and passes out ice cream. Marie stated that the Senior center is very important to her because it helps her to be around other people.

**November Birthdays—Come and Celebrate with us November 22nd!**

1– Beverly Hansen  
3– Dawn Shiley, Carol Wolf  
4– Nelda Bird, Jenny Holman  
5– Glen Scholl, Virginia Van Patten  
6– Marilyn Brown, David Small  
7– Johnny Foulger, Sheldon Larkin  
7– Yoshi Miyagi  
9– Betty Merrill  
12– Wayne Blanchard  
13– Abby Levanger, Ruth Nielson  
14– Aurora Guzman  
16– Rex Reeve, LaRae Smith  
17– Elaine Ward  
18– Paul Boman, Dick Wiley  
19– Lee Ann Ammons, Rae Bybee  
19– Nancy Chandler, Joyce Hatfield  
19– Rosie Jensen, Steven Watrous  
20– Kristi Alvey, Robert Crandall  
20– Diane Jennings  
22– Marie Turner  
23– Jane Ervin, Ell Sorenson  
24– Marion Taylor  
26– Diana Taylor, Velda Thorpe  
27– Raili Jeffery, Rex Wardle  
28– Ray Snow  
29– LaRae Crandall
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
$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.

Pre-hab Yoga
Fridays 9:00 a.m.

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.

$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.

A taste of Nordic Christmas by the BYU
SCANDINAVIAN CHRISTMAS CHOIR
Wednesday, December 4th 6:00 p.m.
65 East 200 South, Springville
(Springville Senior Center)
Free and open to the public.
Thurs-Day Serve-Day
November 7th  10:00 a.m.
Help sew and crochet baby blankets and hats for Utah County WIC.

Hardware Ranch Bus Trip $28*
Friday, January 17th  8:00 a.m.
*Sleigh Ride through Elk Preserve
*Lunch at Maddox
Meet at the Senior Center to take a charter bus to Hyrum, UT (near Logan) to see the Hardware Ranch and take a sleigh ride through the elk preserve. On the way home we will stop for lunch at Maddox in Perry. Lunch will not be until about 2 p.m. so bring a snack for the morning if you would like one. We will return home around 5:30 p.m. *SENIOR CENTER MEMBERS ONLY. Non-member surcharge is $10. Price is $28 through December 13th. After December 13th, price increases to $35. Price includes transportation, sleigh ride and lunch. If no elk are present on January 17th, the trip will be modified to see different sites in the Cache Valley area.

Good Things Utah

Audience for Live Broadcast!  $6.00*
Tuesday, November 12th  6:40 a.m.
Meet at the Provo FrontRunner Station at 6:40 a.m. to take the train to Salt Lake and the bus to ABC4 studio location. We will watch the 9:00 a.m. live broadcast and have a few minutes after to ask questions and take photos with the cast. Bring money to stop for brunch at Dee’s Family Restaurant after the show before heading home. Studio and Restaurant are located within .1 miles of transit stops. *Price is $6 if paid by October 30th. After October 30th, price increases to $10. Price of transportation included.

Axe Throwing  $15*
Tuesday, December 10th  2:00 p.m.
Meet at Heber Hatchets– 261 N. University Ave, Provo at 2:00 p.m. on Tuesday, December 10th. We will be divided into groups to take turns throwing for one hour. *Price is $15 if paid by November 14th. After November 14th, price increases to $20.
Please help us “Deck the Halls” with Christmas decorations! Anyone helping will be entered into a drawing for a $20 gift card! Come for bagels, eggnog, Christmas music friendship and holiday cheer!

DECK THE halls!

Monday, December 2 9:00 a.m.

“Many Hands Make Light Work!”

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, November 20th

Estate Planning Presentation
Thursday, November 21st 1:00 p.m.

How will it work?
Creating a tailored estate plan for you and your family

The legal world of estate planning can be complex and difficult to navigate. The complexities, probate, intestacy, and their tax implications can leave you feeling confused and discouraged. In this 30-minute informational presentation, we will provide you with the tips, tricks, and considerations you need to begin the process of creating your personalized estate plan. We’ll explain many options including wills, trusts, and how you can begin the process yourself. We hope by the time you leave our presentation you will know what an estate plan is, why you may need one, and how to begin preparing one.
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!

Honoring Our VETERANS

Help us honor our Veterans!

🌟 Lunch (reservation required)
🌟 Old Time Fiddlers entertainment
🌟 Veteran recognition

Friday, November 8th Noon
65 East 200 South, Springville

Did you know?

You can now sign up and pay for trips and activities on our website!

www.springvilleseniorcenter.org

Help out and let your voice be heard.

Be a part of the Senior Center’s

Board of Trustees!

Nominations will take place

November 1st & 13th at noon.

Talk to Lyndia Carter, a current Board member or one of the staff for more information.
**Kitchen Help:** Would you be willing to help once a week to serve lunch? (11:45-12:15) Or help just with the big parties 1-2 times a month? (11:30-12:15)

**Humanitarian Committee:** Help watch for opportunities to give service, assist with gathering supplies and working on projects at home if you would like to.

**Front Desk Volunteers:** Could you help out our front desk volunteers? Sometimes they need to find a substitute for a day and can contact you to see if you are free. The shift is from 8-10 a.m.

**Silverware Wrapping:** Assists the kitchen staff with wrapping forks and knives in napkins for use by patrons during lunch (whenever you can!).

**Entertainment Committee:** Searching for volunteers to be on an ongoing committee to find entertainment for senior center parties and events.

**Party Planning:** Do you like to party? Looking for people to help plan and carry out special events.

**Volunteer Recognition:** Looking for an individual to help recognize through awards, media articles and other avenues the wonderful volunteers we have at the Senior Center.

**Photo search:** Search through photos in our computer files to see if there are any historic photos of our building’s exterior. This is needed for a grant that we are applying for.

**Coke Machine:** Several times a week, come in to refill the coke machine.

**Birthday Caller/Postcards:** Come in once a month to help make birthday party phone calls and write out postcards for the upcoming month. (Must be done at the Senior Center anytime M-W before the birthday party.)

**Lunchtime Entertainment:** We are looking for entertainers to come at lunchtime (noon-12:30 p.m.). If you have a talent that you would be willing to share, please let us know!

**Quote Master:** Once a week, change out the quote on our letter board at the front desk. We have a list of quotes, or work with Tori to come up with different ones.