<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rigatoni Pasta</td>
<td>Meat Loaf</td>
<td>3 Bean Beef Chili</td>
<td>Hawaiian Haystacks</td>
<td>Roasted Beef</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 Deck the Halls</td>
<td>9:30 Foot Clinic--</td>
<td>10:00 Boost Your Brain</td>
<td>10:00 Pre-hab Yoga</td>
<td>9:00 Pre-hab Yoga</td>
</tr>
<tr>
<td>10:00 Bunco</td>
<td>Call for apt</td>
<td>12:00 Meet the Board</td>
<td>10:00 Swap Bingo</td>
<td>10:00 Swap Bingo</td>
</tr>
<tr>
<td>12:30 Poker</td>
<td>10:00 Recorder Group</td>
<td>Candidates</td>
<td>12:30 Bingo</td>
<td>12:45 Movie—(cc)</td>
</tr>
<tr>
<td>1:00 Art Class</td>
<td>11:30 Bluegrass Class $</td>
<td>12:30 Cards (500)</td>
<td>1:00 Shakespeare</td>
<td>Toy Story 4</td>
</tr>
<tr>
<td></td>
<td>12:30 Cards (500)</td>
<td></td>
<td>Reading Group</td>
<td></td>
</tr>
<tr>
<td></td>
<td>TBA Cinemark Trip—</td>
<td></td>
<td>6:00 Pottery Class $</td>
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<tr>
<td></td>
<td>A Beautiful Day In</td>
<td></td>
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<tr>
<td></td>
<td>the Neighborhood $</td>
<td></td>
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<tr>
<td>Swedish Meatballs</td>
<td>Corn Chowder</td>
<td>Beef Lasagna</td>
<td>Chicken Pot Pie</td>
<td>Roasted Turkey</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>10:00 Recorder Group</td>
<td>9:30 Foot Clinic--</td>
<td>10:00 Pre-hab Yoga</td>
<td>9:00 Pre-hab Yoga</td>
</tr>
<tr>
<td>12:00 Free Legal Help</td>
<td>11:30 Bluegrass Class $</td>
<td>Call for apt</td>
<td>10:00 Swap Bingo</td>
<td>10:00 Swap Bingo</td>
</tr>
<tr>
<td>Call for apt</td>
<td>12:30 Cards (500)</td>
<td>10:00 Boost Your Brain</td>
<td>12:30 Bingo</td>
<td>12:45 Movie—(cc)</td>
</tr>
<tr>
<td>12:30 Poker</td>
<td>2:00 Book Club</td>
<td>10:30 Blood Pressure</td>
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<td>Toy Story 4</td>
</tr>
<tr>
<td>1:00 Art Class</td>
<td>2:00 Axe Throwing $</td>
<td>12:30 Bingo</td>
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<tr>
<td>6:00 Pottery Class $</td>
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<tr>
<td>Country Fried Steak 16</td>
<td>Soft Shell Beef Taco 17</td>
<td>Sweet &amp; Sour Chicken 18</td>
<td>Beef Stew 19</td>
<td>Honey Baked Ham 20</td>
</tr>
<tr>
<td>8:00 Aerobics</td>
<td>8:30 Tai Chi</td>
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<td>8:00 Aerobics</td>
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<tr>
<td>12:30 Poker</td>
<td>9:00 ROMEOs</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 Red Hat Club</td>
<td>10:00 Recorder Group</td>
<td>12:00 Recorder Concert</td>
<td>1:00 Shakespeare</td>
<td>10:00 Swap Bingo</td>
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<tr>
<td>Senior Center Closed at</td>
<td>11:30 Bluegrass Class $</td>
<td>12:30 Bingo</td>
<td>Reading Group</td>
<td>12:00 Nurse’s Corner</td>
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<tr>
<td>1:30pm</td>
<td>12:30 Cards (500)</td>
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<td>12:45 Movie—DG Tucker’s</td>
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<td>Off the Wall</td>
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<td>Christmas Special</td>
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Senior Center will be closed December 21 - January 5 for the Christmas Holidays

See you back on January 6th!!

**Potluck and Games**
Saturday, Dec. 14 at 3:30pm
Come, have fun and bring your favorite dish!

**Celtic Celebration**
Sat., Dec. 14
6pm

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 |
Senior Center Hours 8am-3pm  Monday-Friday

Spotlight – Sandy Moore

Sandy was born in Orange, California and was raised in Kansas. She met her husband, John, in a bar in California and married him after 3 months. They were married for 51 years before he passed away. Sandy and John have 9 kids. She still likes them all and they like each other.

Sandy enjoys reading, crocheting, card making, and jewelry making. She is the scarf lady and loves to make scarfs for people. If you haven’t received one, let her know. Her favorite foods are anything except meat– she loves fish.

Sandy says of her bucket list: My bucket has a hole in it.

She likes to feed birds and rabbits in her neighborhood.

And an interesting thing about her? She used to be a pool hustler!

Sandy’s favorite saying is: Be pretty if you are, be witty if you can, but be cheerful if it kills you.

December Birthdays– Come and Celebrate with us December 13th!

1– Alberto Barragan, Beth Sumsion
2– Jeanine Greenhalgh
3– Gary Wilcox
4– Allen Perry
6– Marcy Swingholm
9– Robert Ulrich
10– Ruth Biggs, Simon Goldman
10– David Johnston, Jody Thompson
13– Don Walker
14– Mark Bartholomew
15– Brian Van Patten
17– Dawna Larson, John Talcott
18– Lorraine Vernon
19– Ron Daughs
21– Ken Dettman
24– Carol Nielsen
25– Afton Alleman, Jolene Camara
25– Janis Peterson
26– Joan Fox, Anthony Oxborrow
26– Cyndy Pigott
28– Wallace Carr
29– Barbara Bishop, Marianne Green
29– Betty Hatfield, Merrill Jakins
29– Joanne Wiley
30– Ellen Nelson, Marilyn Oxborrow
30– Ella Sorensen
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!”

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Hale Center Theater – Orem
Thursday, February 20th
5:15 p.m. $18*

Meet at Texas Roadhouse by University Mall at 5:15 p.m. for dinner before the 7:30 show if you wish. *Price is $18 through January 10th. After January 10th, price increases to $23. Because tickets have already been purchased, refunds will only be given if you find someone to take your place.

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Pompeii Exhibit at the Leonardo Museum in Salt Lake
Monday, February 10th $25*
Meet at Provo FrontRunner Station 9:10 a.m.

We will travel via train and Trax to the Leonardo Museum (walk one block from Trax station to the museum). Price includes exhibit and transportation fees. Bring money for lunch after the exhibit if you wish. *Price is $25 through January 10th. After January 10th, price increases to $32. Because tickets have already been purchased, refunds will only be given if you find someone to take your place.
Betty Hatfield

I have always proudly lived in Springville. My husband Craig (Mr. Betty) has also only lived in Springville. We have five children and twelve grandchildren. I worked at Sage Creek Elementary for seventeen years, working with children who were facing challenges. I loved every one of them.

I have served on various boards and committees and enjoy working with others. I’d like to serve on the Board of Trustees not only to represent you, but to get to know you better.

Daryl Tucker

I am Daryl Tucker and a Springville High School Red Devil graduate of the class of 1969. Over the past year, I have grown in my appreciation of the Springville Senior Center and the excellent programs and activities it affords. It would be my honor to serve on the board of trustees and do my part to see this wonderful community asset succeed in providing the services and opportunities that enrich and enhance the lives of all who enter through its doors. It's a great place to find new friends and engage in life-sustaining experiences. I will do my best to see these benefits continue.

Joyce Rollins

I fell in love with the Senior Center when I started taking the Art Class about 9 years ago. I have felt drawn in by the happy friendly people here. There are a variety of things to keep us “Oldie but Goodies” interested. I enjoy meeting the people and would love to get to know you all better. I love to serve people however I can. I hope to get better acquainted so I know what your needs are and serve you better.

LaRetta Draisker

My name is LaRetta Draisker. I moved to Springville, UT, in April, 2014 to be with family. I have been a Bookkeeper/Accountant my entire working life. I have been on Condo Boards in Ohio and am currently serving on your Board so I understand the responsibilities that Board members face. I would like to add my experience and ideas to help the Senior Center continue to grow and entice more seniors to take part in the Center’s Activities. I would like to be a part of this Senior Center’s future.

LuAnn Hansen

I have lived in Springville for 20 years with my husband, Scott. We have 5 daughters, 11 grandchildren and one great-grandson. I was a caregiver to my mother and sister for 20+ years. After their passing, I wanted to continue doing something useful with my life.

I joined the Springville Senior Center over 4 years ago and have loved every moment of it. For many years I was a poll worker for the elections and served actively in my church. I enjoyed meeting many people here in Springville. I would love to represent you on the Board of Trustees.

It’s time to vote for the Senior Center Board of Trustees!

You will have the opportunity to vote for TWO of these great candidates the week of December 9th-13th.
Thurs-Day Serve-Day
December 12th  10:00 a.m.

Delivering items that have been made over the past few months. Please be on time!

Make Jewelry for Christmas gifts!

BEADED JEWELRY CREATIVE STUDIO
Thursday, December 5th 9:00 a.m.– 2:00 p.m.

$2 per foot of beads

The Senior Center received a HUGE donation of beads. Come make some bracelets or necklaces and have fun being creative! Beads and elastic cording 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.

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.

Heber Hatchets AXE THROWING

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.
Back Pain?

Pain may be inevitable. **BUT**...Suffering is Optional

Michael Halliday is a retired physical therapist who has devoted over three decades of his career studying the curves and balance of the human spine. He is the driving force behind national research which culminated in non-invasive and proven ways to rebuild and protect the back thus reducing pain and enjoying a better quality of life.

After all----it’s bad news when you get to the age when your back goes out more than you do.

Please join us for the first of three educational, weekly classes on January 16, 2020 at 10:00 am.
Bocce ball games at Springville’s fieldhouse
Tuesday, January 14th 1:00 p.m.
Fun and Prizes!

Meet at 1015 East 950 South
(old community pool)
Free for members.
Please sign up to participate!

CHRISTMAS CONCERT
Senior Center Recorder Choir
65 East 200 South, Springville

Christmas Tree

Wednesday, December 18th Noon

Celtic Concert
Saturday, December 14th
6:00 p.m.

65 East 200 South, Springville
(Senior Community Center)

Archibald Academy of Highland Dance
An Rogaire Dubh
Garden Valley Pipe Band

Join us for a wonderful evening celebrating Celtic culture.
Free and open to the public of all ages.
Please support the Senior Center by volunteering!

*Critical Need*
Front Desk Volunteer needed on Thursday mornings from 8:00-10:00 a.m. You would be responsible for welcoming people to the Senior Center and answering the phone. If you are interested, please talk to Tori. Thank you!!

**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 occasionally? 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. on weekdays.

**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.

**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!