Alternate Meals:
- Jan 2-3.....CLOSED
- Jan 6-10.....Salad
- Jan 13-17.....Soup/Sandwich
- Jan 20-24.....Salad
- Feb 27-31.....Soup/Sandwich

January 2020
Springville Senior Center
65 E 200 S 801-489-8738
Call for Reservations

Mon	Tue	Wed	Thu	Fri
MEALS ARE SERVED DAILY AT NOON Call 801-489-8738 by noon the day before to make reservations. Choose from the regular 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: $6.00**		**CLOSED** 1 	**CLOSED** 2 Cash and checks accepted for meals. Sorry no credit or debit cards.	**CLOSED** 1
Sweet & Sour Chicken 6 8:00 Aerobics **9:00 Bunco** **10:30 Bonus Bingo** 12:30 Poker 1:00 Art Class 6:00 Pottery Class **$** 	**Country Fried Steak** 7 8:30 Tai Chi 9:30 Foot Clinic-- Call for appt. 10:00 Recorder Group 12:30 Cards (500)	**3 Cheese Tortellini** 8 8:00 Aerobics 9:30 Foot Clinic-- Call for appt 10:00 Boost Your Brain 12:30 Bingo	**Nachos** 9 8:30 Tai Chi 10:00 Thurs-day Serve-day 12:30 Cards (500) 1:00 Shakespeare Reading Group 6:00 Pottery Class **$**	**Curried Chicken** 10 8:00 Aerobics 9:00 Pre-hab Yoga 10:00 Swap Bingo 12:45 Movie-DG Tucker's Off the Wall Cinema D.O.A.(1950)
Swedish Meatballs 13 8:00 Aerobics 9:00 Board Meeting 11:00 Podiatrist--$ Call for appt 12:00 Free Legal Help— Call for appt 12:30 Poker 1:00 Art Class 6:00 Pottery Class **$**	**Biscuits & Gravy** 14 8:30 Tai Chi 10:00 Recorder Group 12:30 Cards (500) **1:00 Bocce Ball** **at the Field House** 2:00 Book Club	**Chicken Salad Wrap** 15 8:00 Aerobics 10:00 Boost Your Brain 12:30 Bingo 	**Corn Chowder** 16 8:30 Tai Chi **10:00 Back** **Pain** **Class** 12:30 Cards (500) 6:00 Pottery Class **$** 	**Roast Turkey** 17 8:00 Aerobics **8:00 Hardware Ranch** **Trip $** 9:00 Pre-hab Yoga 10:00 Swap Bingo 12:00 Nurse's Corner 12:45 Movie—(cc) Abominable
Closed 20 	**Beef Lasagna** 21 8:30 Tai Chi 9:00 ROMEOs 10:00 Recorder Group 12:30 Cards (500)	**Beef & Veggie Stew** 22 8:00 Aerobics 10:00 Boost Your Brain 12:30 Bingo	**Chicken Pot Pie** 23 8:30 Tai Chi **10:00 Back Pain** **Class** 12:30 Cards (500) 1:00 Shakespeare Reading Group 6:00 Pottery Class **$**	**Salisbury Steak** 24 8:00 Aerobics 9:00 Pre-hab Yoga 10:00 Swap Bingo **11:30 Fiesta Friday** 12:45 Movie—(cc) Ad Astra
3 Bean Beef Chili 27 8:00 Aerobics 12:30 Poker 1:00 Red Hat Club 1:00 Art Class 6:00 Pottery Class **$**	**Honey Baked Ham** 28 8:30 Tai Chi 10:00 Recorder Group 12:30 Cards (500) 	**Malibu Chicken** 29 8:00 Aerobics 10:00 Boost Your Brain 12:30 Bingo	**Hawaiian Haystack** 30 8:30 Tai Chi **10:00 Back Pain** **Class** 12:30 Cards (500) 6:00 Pottery Class **$**	**Meat Loaf** 31 8:00 Aerobics 9:00 Pre-hab Yoga 10:00 Swap Bingo **12:00 Birthday Party** 12:45 Movie—(cc) Judy

$=Extra Charge
cc=Closed Captioning

Potluck and Games · Saturday, January 18 at 4:30pm
Come, have fun and bring your favorite dish!

Springville Senior Center

65 East 200 South • Springville, UT 84663 • 801.489.8738

VISIT OUR WEBSITE: WWW.SPRINGVILLESENIORCENTER.ORG

Senior Center Hours 8am-3pm Monday-Friday

Spotlight – Jolene Camara

Jolene Camara was born in Spanish Fork in a hospital that is now a department building. Jolene has two sons and 6 grandchildren. She was a single parent for many years. She tried to do everything she could to help her kids grow up to be successful people which they are.

Jolene graduated from Springville High and went to Snow College where she majored in business, accounting and medieval history. She recently retired from Novell Microfocus after working 30 years in the finance department. Jolene stated that she really liked her job and was sad when she had to retire. She also likes to read, do jigsaw puzzles, crossword puzzles, Sudoku, exercises, watches documentaries on tv, goes to movies and plays. She started coming to the Springville Senior center for about a year since she retired. She likes to go on the activities, does Tai Chi, yoga and helps work on the jigsaw puzzles. She enjoys travel but doesn't do it as much as she wants to.

When asked about talents she was born with, she replied that she is logical which has helped her in many ways and helps to "make things make sense." She said that most people don't realize that she is shy. Her advice for people was to always keep moving forward.

JANUARY BIRTHDAYS– COME AND CELEBRATE WITH US JANUARY 31ST!

1– Wanda Bentley
1– Bacar Demba Djassi
1– Eileen Hess, Moroni Miner
3– Sam Davenport
3– Marge Richardson
4– Dianne Gongaware
4– Joyce Snow
6– Carol Scholl
7– Joe Quinn, Dick Savage
8– Cathy Allen, Joyce Rollins
10– Dorothy Jones
11– Oneita Brady, Marilyn Nelson
13– Edwin Sorensen
14– Merlyn Petersen
14– Cecil Thompson
16– Ron Allison, Jess Barton
16– Neil Price
17– Susana Barragan
17– Lynn Castrillo, Thomas Ward
18– Rich Durrant, Ann Tilton
20– Steve Lengel
21– Jane Quinn
22– Helen Vernon
23– Vicki Ann Higgs
25– Marie Averett
28– Joan Odekirk, Leona Rowan
30– Cindy Sumsion, Diane Wengreen

Congratulations to the new members of the Senior Center Board of Trustees for 2020-2021

Joyce Rollins

Daryl Tucker

SOCK FEST
spread warmth
DONATE NEW SOCKS
in all sizes, styles & colors

OUR COLLECTION DATES:

Jan 6- 31

WHAT

NEW SOCKS will be donated locally to ***many*** organizations including:

- Community Action Services & Food Bank
- Food & Care Coalition
- Tabitha's Way
- Utah Community & Refugee Partnership
- Utah County Children's Justice Center
- Meals-on-Wheels recipients

Find out more at
mountainland.org/SockFest
Or call 801-229-3820

MAG
Expert Resources. Enriching Lives.

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Retired **S**enior **V**olunteer **P**rogram

Contributions in recognition of
MLK Day of Service

Hardware Ranch Bus Trip $28*
Friday, January 17th 8:00 a.m.

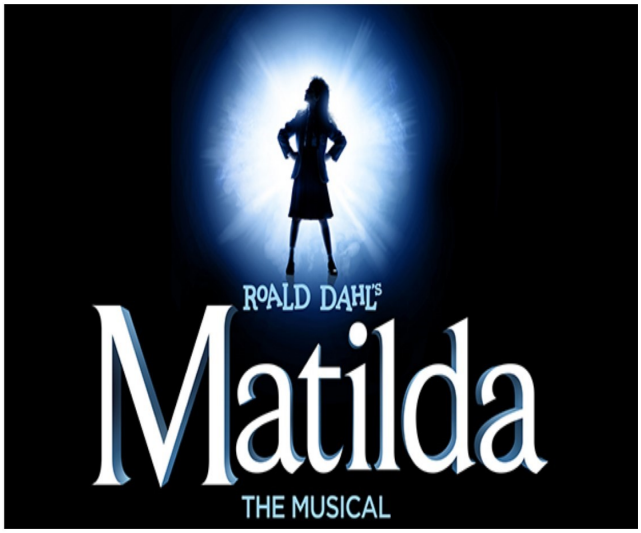
*Sleigh Ride through Elk Preserve
*Lunch at Maddox

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.

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.



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.