# January 2020

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

<table>
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<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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| **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 | CLOSED | CLOSED | 1 |
| Sweet & Sour Chicken | 6 | Country Fried Steak | 7 | 3 Cheese Tortellini | 8 |
| 8:00 Aerobics  
9:00 Bunco | 8:30 Tai Chi  
9:00 Foot Clinic—Call for apt.  
10:00 Recorder Group  
12:30 Cards (500) | 12:30 Poker  
1:00 Art Class  
6:00 Pottery Class | 8:00 Aerobics  
9:30 Foot Clinic—Call for apt.  
10:00 Recorder Group  
12:30 Cards (500) | 8:00 Aerobics  
9:00 Thurs-day Serve-day  
10:00 Boost Your Brain  
12:30 Bingo | Curried Chicken | 10 |
| Scandinavian Meatballs | 13 | Biscuits & Gravy | 14 | Chicken Salad Wrap | 15 |
| 8:00 Aerobics  
9:00 Board Meeting  
11:00 Podiatrist—Call for apt.  
12:00 Free Legal Help—Call for apt.  
12:30 Poker  
1:00 Art Class  
6:00 Pottery Class | 8:30 Tai Chi  
10:00 Recorder Group  
12:30 Cards (500)  
1:00 Bocce Ball at the Field House  
2:00 Book Club | 8:00 Aerobics  
10:00 Boost Your Brain  
12:30 Bingo | 8:30 Tai Chi  
10:00 Back Pain Class  
12:30 Cards (500)  
1:00 Shakespeare Reading Group  
6:00 Pottery Class | Roast Turkey | 17 |
| Closed | 20 | Beef Lasagna | 21 | Beef & Veggie Stew | 22 |
| 8:30 Tai Chi  
9:00 ROMEOs  
10:00 Recorder Group  
12:30 Cards (500) | 8:00 Aerobics  
10:00 Boost Your Brain  
12:30 Bingo | 8:30 Tai Chi  
10:00 Back Pain Class  
12:30 Cards (500)  
1:00 Shakespeare Reading Group  
6:00 Pottery Class | 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 |
| 3 Bean Beef Chili | 27 | Honey Baked Ham | 28 | Malibu Chicken | 29 |
| 8:00 Aerobics  
12:30 Poker  
1:00 Red Hat Club  
1:00 Art Class  
6:00 Pottery Class | 8:30 Tai Chi  
10:00 Recorder Group  
12:30 Cards (500) | 8:00 Aerobics  
10:00 Boost Your Brain  
12:30 Bingo | 8:30 Tai Chi  
10:00 Back Pain Class  
12:30 Cards (500)  
1:00 Shakespeare Reading Group  
6:00 Pottery Class | Hawaiian Haystack | 30 |
| 8:00 Aerobics  
9:00 Pre-hab Yoga  
10:00 Swap Bingo  
12:00 Birthday Party  
12:45 Movie—(cc) Ad Astra | 8:00 Aerobics  
9:00 Pre-hab Yoga  
10:00 Swap Bingo  
12:00 Nurse’s Corner  
12:45 Movie—(cc) Abominable | 8:00 Aerobics  
9:00 Pre-hab Yoga  
10:00 Swap Bingo  
12:00 Movie—(cc) Abominable | 8:00 Aerobics  
9:00 Pre-hab Yoga  
10:00 Swap Bingo  
12:00 Movie—(cc) Ad Astra | Meat Loaf | 31 |

$=Extra Charge  
cc=Closed Captioning

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

FROSTY WINTER SQUARE DANCE

Saturday, January 4th
Springville Senior Center
65 East 200 South, Springville

7 pm- Basic dancing, helping newcomers learn
8-9:15 PM - More advanced dancing
Potluck healthy snacks...start the new year right!

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
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.

BACK PAIN
Pain may be inevitable, but suffering is optional!
Attend this free three-week class
Thursdays January 16th-30th  10:00 a.m.

Michael Halliday is a retired physical therapist who has devoted over three decades of his career studying the curve 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.

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.

Matilda
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.