

# DEC20

65 East 200 South 801.489.8738

[www.springvilleseniorcenter.org](http://www.springvilleseniorcenter.org)

[springvilleseniors@yahoo.com](mailto:springvilleseniors@yahoo.com)



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Rigatoni Pasta 1</b> Meat Sauce Green Beans Baked Garlic Roll Fresh Local Apple Cookie	<b>Meat Loaf 2</b> Mashed Potatoes Gravy Roasted Corn Fresh Baked Roll Orange	<b>3 Bean Beef Chili 3</b> Garden Green Salad Corn Bread Baked Fruit Crisp	<b>Garlic Beef Round 4</b> Herb Mashed Potatoes Gravy Seasoned Peas Fresh Baked Roll Applesauce
	9:00 Tai Chi 9:00 Foot Clinic (by appt)	9:00 Foot Clinic (by appt) 10:30 Zoom Daily Chat 2:00 Recorder Class	9:00 Tai Chi 10:30 Zoom Daily Chat	10:30 Zoom Daily Chat 1:30 Zoom Bingo
<b>Swedish Meatballs 7</b> Rice Carrots Baked Roll Pears	<b>Corn Chowder 8</b> Green Beans Fresh Baked Roll Cinnamon Applesauce	<b>Chicken Pot Pie 9</b> Garden Green Salad Fresh Baked Biscuit Apple Crisp	<b>Sweet &amp; Sour Chicken 10</b> Steamed White Rice Stir Fried Vegetables Fresh Baked Roll Fruit Cocktail	<b>Roast Turkey Breast 11</b> Mashed Potatoes Turkey Gravy Carrots / Roll Cranberry Sauce Pumpkin Cookie
10:30 Zoom Daily Chat 1:00 Art Class (by appt)	9:00 Tai Chi 9:00 Foot Clinic (by appt) 1:00 Zoom Book Club	10:30 Zoom Daily Chat 2:00 Recorder Class	9:00 Tai Chi 10:30 Zoom Daily Chat	10:30 Zoom Daily Chat 1:30 Zoom Bingo
<b>Country Fried Steak 14</b> Mashed Potatoes Gravy Mixed Vegetables Fresh Baked Roll Cottage Cheese & Fruit	<b>Teriyaki Chicken 15</b> Steamed Brown Rice Broccoli Baked Roll Orange	<b>Cheesy Beef Pasta 16</b> Seasoned Peas Fresh Garlic Roll Cinnamon Applesauce	<b>Beef &amp; Veggie Stew 17</b> Fresh Green Salad Cornbread Local Apple Cookie Bar	<b>Honey Baked Ham 18</b> Scalloped Potatoes Diced Beets Fresh Baked Roll Assorted Tropical Fruit
9:00 Legal Help (by appt) 10:30 Zoom Daily Chat 1:00 Art Class (by appt)	9:00 Tai Chi	10:30 Zoom Daily Chat 2:00 Recorder Class	9:00 Tai Chi 10:30 Zoom Daily Chat <b>11:00 Podiatrist (by appt)</b>	10:30 Zoom Daily Chat 1:30 Zoom Bingo
			<p>Meals served daily 11:30am- 12:30pm</p> <p>Reservations should be made at least one day in advance (by 1:00 p.m.). Food is provided by Mountainland. Menu subject to change.</p> <p>Meals are provided free at this time to anyone aged 60+.</p>	

The Senior Center will be closed until January 4<sup>th</sup>.

# SSC NEWS

Springville Senior Center building remains closed. We miss you!

## Daily Zoom Chat

Join us at 10:30 each morning. Pop in and say hello. Make new friends. Start your day with a smile!

To join in: email a request to [springvilleseniors@yahoo.com](mailto:springvilleseniors@yahoo.com)

## Zoom Bingo

Virtual bingo is held Fridays at 1:30 p.m. Pick up cards at SSC during drive-thru lunch or request cards to be emailed to you. Prizes are \$2 per game. Prizes will be paid when the center reopens. (Membership required)

To join in: email a request to [springvilleseniors@yahoo.com](mailto:springvilleseniors@yahoo.com)

If you are unable to use Zoom, you may now join our Friday bingo game via telephone (long distance rates will apply). For more information, please call Tori at the Senior Center.

## Membership Update

All annual 2020 memberships have been extended and will now expire in December 2021.

If you would be willing to donate \$15 to help cover our continued operating costs, it would be greatly appreciated.



## December Services

**Free drive-thru meals** will continue until we are able to reopen the Senior Center - they are for any individual aged 60+. Drive into the EAST driveway and circle to the back of the building. Meals are served from 11:30-12:30 Monday-Friday. All are welcome regardless of Senior Center membership or place of residence. No meal donations are accepted at this time.

**Ensure** is available during drive-thru times with a doctor's prescription on file. Please call ahead so that we can have it ready for you.

**Foot Clinic and Podiatrist** available by appointment. Distancing and sanitation guidelines will be explained and followed. Foot Clinic Sign ups are online: [www.springvilleseniorcenter.org/footclinic](http://www.springvilleseniorcenter.org/footclinic)

**Free Legal Assistance** is available by appointment. Please call or email for information.

**Do you have any questions?**

Leave a message at 801-489-8738 or email: [springvilleseniors@yahoo.com](mailto:springvilleseniors@yahoo.com)



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

# December Classes

## Recorder Class is back at SSC!

Wednesdays 2:00/2:30 p.m.

Join Martha Sargent in the Beginner/Intermediate recorder classes at the Senior Center. Due to limited space for social distancing, participation is by appointment only. Please contact us for more info!

---

## Tai Chi is back at SSC!

9:00 a.m. Tuesdays/Thursdays

- Any symptoms of illness? Please stay home.
  - 15 person limit, first come first served.
  - Masks required in the building.
  - Temperatures will be checked.
  - Arrive only between 8:50am-9:00am
  - No restrooms or water fountains available.
  - SSC membership is required.
- 

## Zoom Book Club

Join the book club in reading Mrs. Mike. Discussion will be held on **December 8th at 1:00 p.m.** and the new book will be announced. For information on checking out books or for a Zoom invitation, please contact the Senior Center.

---

## Art Class is back at SSC!

1:00 p.m. Mondays

Because of limited space in the classroom for social distancing, participation is by appointment only. Please contact the Senior Center for more information!

# Support the Springville Senior Center

- **Join:** Membership dues are only \$15- good through December 2021 or \$60 for a lifetime membership. Online [SpringvilleSeniorCenter.org/membership](http://SpringvilleSeniorCenter.org/membership) or you can join over the phone. You do not need to be a Springville resident to join.
- **Donate:** Make a **tax-deductible** donation to SSC over in person, over the phone, through the mail or online: [SpringvilleSeniorCenter.org/donations](http://SpringvilleSeniorCenter.org/donations)

**We appreciate you!**

**SUPPORT US WHEN YOU SHOP  
THIS HOLIDAY SEASON**

Buy your gifts and holiday essentials at [smile.amazon.com](http://smile.amazon.com). You Shop. Amazon Donates.



**amazon**smile  
You shop. Amazon gives.

AmazonSmile donates 0.5% of your purchase (before taxes and rebates) on all eligible products to your charity of choice. This may not sound like a lot, but if you're like many others who prefer the convenience of ordering gifts and necessary items online, imagine how quickly it could add up!

