



JUN23

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Meals June 1-2 Chef Salad June 5-6 Soup/Sandwich June 12-16 Chef Salad June 20-23 Soup/Sandwich June 26-30 Chef Salad	Meals Served Daily 11:30am-11:45am Reservations and cancelations should be made at least one day in advance (by 1:00 p.m.). Food is provided by Mountainland. Menu subject to change. \$3 donation per meal is appreciated		Fish Filet 1 Potato Wedges Orange 9:00 Tai Chi in the Park 10:00 Billiards 11:00 Quilting Group 11:30 Lunch 1:00 Shakespeare Reading Group 4:30 Mystique \$	Oven Roasted Pork 2 Au Gratin Potatoes Cookie Bar 10:00 Open Pottery 11:00 Hand Massages 11:00 Billiards 11:30 Lunch 12:15 Movie-Jesus Revolution 1:00 Donut Taste Off \$
Country Fried Steak 5 Mashed Potatoes Apple Sauce 10:00 Strength Exercise 10:00 Bunco 11:00 Billiards 11:30 Lunch 1:00 Art Class	Lemon Chicken 6 Rice Fruit Crisp 9:00 Tai Chi in the Park 9:00 Foot Clinic (by appt) 10:00 Boost Your Brain 12:00 Medicare Talk 12:00 Cards (500) 12:30 Backroads Class \$ 6:30 Pottery	<h2>CLOSED FOR ART CITY DAYS</h2>		
Malibu Chicken 12 Scalloped Potatoes Mandarin Oranges 10:00 Legal Help(by appt) 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 12:00 Phone Help Class 1:00 Art Class	Hawaiian Haystacks 13 Rice Pineapple 9:00 Foot Clinic(by appt) 9:00 Tai Chi in the Park 10:00 Boost Your Brain 11:30 Lunch 12:00 Cards (500) 4:30 Ringo Starr \$ 6:30 Pottery	Pulled Pork 14 Au Gratin Potatoes Applesauce 9:45 McCune Mansion\$ 10:00 Bingo 11:00 Podiatrist(by appt) 11:30 Lunch 12:00 Billiards 1:00 Recorder Class 5:00 Oliver \$	Hoagie Sandwich 15 Chips Jell-O with Fruit 9:00 Tai Chi in the Park 10:00 Driver Safety \$ 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 1:00 Shakespeare Reading Group	Teriyaki Chicken 16 Rice Cookie 10:00 Gnome Class \$ 11:00 Billiards 11:30 Lunch 12:15 Off the Wall Cinema -Bringing up Baby Saturday 6/17 4:30 Potluck & Games
	Taco Salad 20 Tropical Fruit Brownie 8:00 Bear River \$ 9:00 ROMEO'S 10:00 Boost Your Brain 11:30 Lunch 12:00 Cards (500) 12:30 Yarn Arts 6:30 Pottery	Kalua Pork 21 Hawaiian Rice Pineapple 10:00 Bingo 11:30 Lunch 12:00 Billiards 12:00 Open Pottery 12:30 Cooking Class \$ 1:00 Recorder Class	Sack Lunches 22 CANYON PICNIC Jolley's Ranch Picnic Creekside Pavilion  10:00 Bingo in the Canyon 11:30 Lunch	Beef Round 23 Potatoes Peaches 10:00 Gnome Class \$ 10:00 Open Pottery 11:00 Billiards 12:15 Movie-Champions Saturday 6/24 7am Wendover \$
Swedish Meatballs 26 Rice Carrots 10:00 Open Pottery 10:00 Strength Exercise 11:30 Lunch 1:00 Art Class 1:00 Red Hat Club	Chicken Wrap 27 Hawaiian Rice Black Beans 9:00 Tai Chi in the Park 10:00 Boost Your Brain 11:30 Lunch 12:00 Cards (500) 6:30 Pottery	Honey Ham 28 Scalloped Potatoes Apple 10:00 Bingo 11:30 Lunch 12:00 Billiards 1:00 Recorder Class 4:45 Les Misérables \$	Pasta Bake 29 Green Beans Garlic Roll 9:00 Tai Chi in the Park 11:00 Billiards 11:00 Quilting Group 11:30 Lunch	Beef Stroganoff 30 Green Salad Cookie Bar 10:00 Open Pottery 11:00 Billiards 11:30 Lunch 12:15 Movie-Supercell SEE YOU AUGUST 1st



Birthdays!

JUNE BIRTHDAYS 2- Linda Bridges, Kay Decker, Evelyn Fletcher 3- Ken Juber, Carolyn Buck 4- Connie Bockenstedt 5- Jane Monson 6- Gerald Muhlestein, Robert Vega 9- Claudia Turner 10- Lucy White 11- Carole Oldroyd 13- Diane Collings 14- Scott Spencer, Patti Wetmore, Lee Arnett 15- Linda Covington, Nancy Jackson, Blanca Vega 16- Loris Hayes, Ron Payne, Ann Willmore 17- DeAnn Brandvold, Deanna Savage 18- Don Greenhalgh, Lanay Brinkerhoff 19- Allan Frazier 20- Laura Jackson, June King 21- Jenifer Banz, Alma Meyers, Luisa Hendrickson 22- Ruth Florence 23- Charlene Diehl. Melissa McCreary, Sandy Simonson 24- Louise Parker 25- Barbara Shalvis 27- Thomas Hare, Lee Taylor 28- Wendy Hull 29- Robert Wagstaff

JULY BIRTHDAYS 2- Art Richardson, Margo Nielsen 4- Paul Thorpe 5- Shari Palmer 7- Sterling Hanks 9- Mary Lou Jensen, Myron Evans 10- Doug Bradford, Gayle Bradford, Christine Hart, Judy Gibson 12- Arlene McGregor, Judy Hill 14- Bonnie Lambourne, Cesar Sanchez, Lynette Sorensen, Paul Walter 15- Glenda Goldman, Keith Russell 16- Kimberli Hansen, Robert Ryder, Kay Maynard 17- Carolyn Cram 19- Brian Millet 20- Seiko Nelson, Jeffrey Parker 22- Daryl Tucker 23- Mable Belt, Joyce Westphal 25- Janie Johnson, Gillian Sayers, Nola Solt 26- Thomas Payne, Joyce Thayer 27- Elaine Brown, Dan McNeece 28- Jo Evans 30- Jonnie Hoggan 31- Joleen Davis

Alternate Meals

If you would prefer something different from the regular menu option, alternate meals are available.

June 1-2 Chef Salad
June 5-6 Vegetable Beef Soup/ Turkey Sandwich
June 12-16 Chef Salad
June 20 Cream of Broccoli Soup/ Turkey Sandwich
June 21-23 Chicken Noodle Soup/ Turkey Sandwich
June 26-30 Chef Salad

If you would like the alternate meal, please let us know when you make your meal reservations.

Please see one of your board members if you have any comments or questions about the Senior Center!

Board of Trustees- Daryl Tucker, Cathy Allen, Nancy Jackson, Ruth Nielsen, Retha Walker

Secretary- Jane Quinn

Treasurer- Jolene Camara

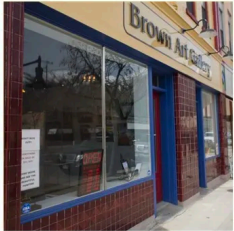
Presented by Golden Age Services

Are You Smarter Than Your Phone?

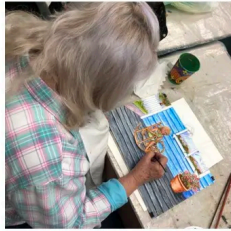
Many of us AREN'T! Be sure your phone is fully charged and that you know your passwords- especially to the google store (for android phones) and iTunes/Apple Store (for iPhones)

Monday, June 12th 12:00 p.m.

AARP SHOW



Monday, June 5th
through
Saturday, June 10th
11am-5pm



**Brown House
of Arts**
274 South Main
Springville



SPRINGVILLE SENIOR CENTER PRESENTS
WESTERN CARIBBEAN
WITH ROYAL CARIBBEAN CRUISE LINE ON THE ENCHANTMENT OF THE SEAS
8 DAYS / 7 NIGHTS - FEBRUARY 10 - 17, 2024

DAY	PORT	ARRIVE	DEPART
1	Tampa, Florida		4:00 PM
2	Cruising		
3	Puerto Costa Maya, Mexico	8:00 AM	2:00 PM
4	Rosier, Honduras	8:00 AM	2:00 PM
5	Belize City, Belize	7:00 AM	4:00 PM
6	Cancun, Mexico	8:00 AM	6:00 PM
7	Cruising		
8	Tampa, Florida	7:00 AM	

Inside Cabin Category 4V \$698
Outside Cabin Category 4N \$752
Outside Cabin Category 2N \$887
Balcony cabin prices are available upon request and are subject to change.

Rates are per person double occupancy and include cruise, port charges, and government fees.

PASSPORT REQUIRED

DEPOSIT POLICY: An initial deposit of \$100 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by October 12, 2023. These are the best rates around! Those who book early get the best prices, the best cabin locations, and their preferred dining times.

FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT
TERRI LATON - (801) 489-8728

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Take the AARP Driver Safety Classroom Course!

Learn proven safety strategies to maintain your confidence behind the wheel.

When: Thursday, June 15th
10:00 a.m. – 2:30 p.m.
with a 30 minute lunch break

Where: Springville Senior Center
65 East 200 South

AARP Members: \$20 class fee

Non-members: \$25 class fee

Please bring cash or check to class.



Sign up today!



Insurance Discounts Possible

Call your insurance agent for details.



Newsies - Hale Sandy \$63

Thursday, August 17th 4:15pm

Meet at the Senior Center at 4:15 to travel in Van-Go to Sandy. Bring money for dinner at Goodwood Barbecue in Draper before the show.

If you require special accommodations, please notify when you sign up. Because tickets are pre-purchased, refunds are unavailable unless you find someone to take your place.



National Donut Day Taste-off!

Friday, June 2nd 1:00 p.m. \$5

The first Friday of June is National Donut Day. We will be having a glazed donut taste-off. You will receive 1/4 of a glazed donut from 8 different bakeries in Utah County to decide your favorite. Be sure to be on time to participate in this fun event!

Refunds available through May 18th. Unfortunately after May 18th, refunds are unavailable.

Pre-registration required. SSC members only.



Scera Outdoor Theater \$8

Monday, August 21st

Show begins at 8:00pm

This is for a DISCOUNTED TICKET to the show at the Scera Outdoor Theater. It does NOT include transportation. (General Admission price directly through Scera is \$14). Because tickets have been pre-purchased, refunds are unavailable unless you find someone to take your place.

If you are unable to drive yourself, please sign up on the wait list for the trip including transportation at the front desk.


*Cooking!
for one (or two)
Class*

TAUGHT BY CONFIDENT COOKING

WEDNESDAY, JUNE 21ST
12:30 PM



\$5 includes class and tasters.
Sign up early. Space is limited.



Win prizes for participating!

Senior Health Challenge

Challenge yourself to improve your health! Earn points by completing personal goals each week in the month of June. Participants will be entered into a drawing to win prizes at the end of the challenge.

When: June 1 - 30

Who: Adults age 50+ living in Summit, Utah & Wasatch counties

Cost: FREE

To learn more, visit:
magutah.org/health

For questions, call:
801-229-3821

Check the online calendar for FREE events such as group hikes, yoga classes, activities at local Rec Centers, pickleball at Sunpro and more!





Gnome Craft \$6

June 16 (clean) June 23 (paint) 10:00 a.m.

Choose Sunflower Gnome or Petunia Gnome

Price includes gnome, supplies, paints and firing. You may purchase as many as you'd like, but will have to spend time outside of class to finish them. Because supplies are ordered, refunds are unavailable.



Ringo Starr in Concert

Eccles Theater– SLC \$155

Tuesday, June 13th 4:30 p.m.

Meet at the Senior Center at 4:30 p.m. to ride in Van-Go to Salt Lake. Bring money for dinner before the show. Tickets are located towards the back of the main orchestra level (22nd row– far enough back to avoid the \$300 price, but you'll still see his face– hahaha!) . If you require special accommodations, please notify when you are signing up. Because tickets have been pre-purchased, refunds are unavailable unless you can find someone to take your place.

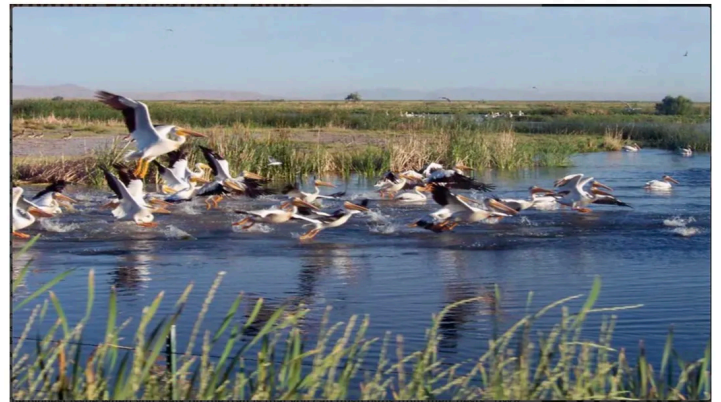


Considered one of the crowning achievements of the golden age, Oliver! is the classic Charles Dickens' story of the orphan Oliver Twist. Featuring beloved songs such as Where is Love? I'd Do Anything, As Long as He Needs Me, and the titular Oliver! Consider Yourself lucky to fall in love with Oliver!

OLIVER! at Hale in Orem \$26

Wednesday, June 14th 5:00 p.m.

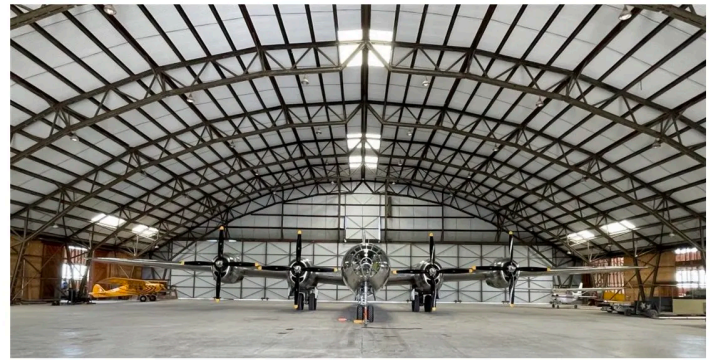
Meet at the Senior Center at 5:15 p.m. to travel in Van-Go. Bring money for dinner before the show at Chili's in Orem. If you require special accommodations please specify when you sign up. Because tickets are pre-purchased, refunds are unavailable unless you can find someone to take your place.



Bear River Wildlife Refuge Trip \$15

Tuesday, June 20th 8:00 a.m.

Meet at the Senior Center to travel to Bear River Wildlife Refuge. We will tour the visitor center and have a guide, Tom Wharton, tell us about some of the history of the Great Salt Lake and the surrounding area as we travel the 12 mile loop. Bring money for an early dinner at Maddox. Because our guide has been paid, tickets are non-refundable unless you can find someone to take your place.



Wendover Airbase All-Access Tour \$55

Saturday, June 24th 7:00am

This is it– the whole shebang. See areas that others don't get to see on this incredible tour. The atomic bomb loading pit, bomb storage bunkers, assembly buildings, fire station, enlisted barracks, Norden bombsight building, base hospital facilities, and the B-29 Enola Gay. Tour lasts 5 1/2 hours with lunch provided. Be ready to walk through history. There will be walking between buildings, but the pace will be leisurely. Not all areas are handicap accessible. Please state any accommodation requests when you sign up. Price includes ticket, transportation and lunch.

Because tickets have been pre-purchased, refunds are unavailable unless you can find someone to take your place.



Mystique Dinner and Magic Show!

Thursday, June 1st 4:30 p.m. \$58

Meet at the Senior Center at 4:30 p.m. to travel to Gardner Village for the Mystique Dinner Show. Enjoy a 4 course Prime Rib dinner and watch a great magic show in a very intimate theater. Price includes dinner, show and a 15% gratuity for the servers. Please consider bringing extra for the servers and for the magician. If you require special accommodations, please specify when you sign up. Because tickets are pre-purchased, refunds are unavailable unless you find someone to take your place.

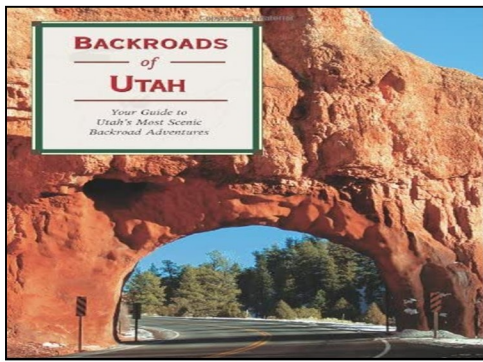


TRIP #2

Hill Aerospace Museum \$10

Wednesday, June 7th 9:45 a.m.

Meet at the Senior Center on Wednesday, June 7th at 9:45 a.m. to travel to Ogden. Bring money for a late lunch after the tour at Prairie Schooner Steakhouse. Refunds are available through May 11th after which the tickets are non-refundable. If you require special accommodations, please specify when you sign up.



Class #2

Backroads of Utah Class \$2

Tuesday, June 6th 12:30-2:30pm

Pre-registration is required.

Taught by Tom Wharton, retired outdoor editor for the Salt Lake Tribune. He wrote about Utah for over 45 years and knows A LOT! He will be tailoring this class towards seniors. You will learn lots about scenic drives and hidden spots so you can gear up for summer fun!



Trip #2

McCune Mansion Tour \$15

Wednesday, June 14th 9:45am

Meet at the Senior Center at 9:45 a.m. to travel in Van-Go to Salt Lake to tour this incredible mansion. Alfred and Elizabeth McCune stopped keeping track of expenses after the costs for their "simple" bungalow on Capitol Hill reached \$500,000. They imported roof tiles from Holland, rare white satin-grained mahogany from South America, and a room-sized mirror from Germany. The ceiling murals and decorative borders alone took an artist from New York two years to finish. Completed in 1901 and restored in 2001, the McCune Mansion remains a Utah showplace. Spend an hour touring the mansion from the first floor's octagonal reception room to the third floor's glittering ballroom. The Venetian marble bathroom alone is worth the tour!

Price includes tour ticket and transportation. Bring money for lunch in Salt Lake after the tour. Because tickets have been pre-purchased, refunds for this trip are unavailable unless you find someone to take your place.



Sundance Outdoor Theater \$58

Thursday, August 3rd 4:45 p.m.

Meet at the Senior Center at 4:45 to travel in Van-Go to Orem. Bring money for dinner at Bajio Grill before going up the canyon to Sundance.

Please dress for the weather and be prepared to walk over uneven terrain. A flashlight would be good for navigation when you leave the theater in the dark. Bench seats have a back, but a cushion or blanket helps for a softer seat :). Because tickets have been pre-purchased, refunds are only available if you find someone to take your place.



Les Miserables at Eccles Theater \$105

Wednesday, June 28th 4:45pm

Meet at the Senior Center at 4:45 to travel to Salt Lake City. Bring money for dinner at Pei Wei before the show. AMAZING tickets on the Right of the

Orchestra Level— Row E,F,G.

Because tickets have been pre-purchased, refunds aren't available unless you can find someone to take your place.

DUNGEON ESCAPE

The evil King Cranklebotch has thrown you and 25 other people into the royal dungeon because you laughed at the royal dinner table. Nobody in King Cranklebotch's kingdom is allowed to laugh at the dinner table. The sympathetic dungeon guard has just handed you a secret message. If you can read this message, you will be able to find the way out of the dungeon. Just follow the directions below.

1. Start at the top of the Dungeon Message.
2. Trace from word to word to decode the message.
3. You may move across any of the six sides of each cell in the Dungeon Message.
4. Every word in the message must be used, but each word may only be used once.

START ↘

↙ **END**

The honeycomb puzzle contains the following words in its cells:

- Row 1: THE, left-, hand, past
- Row 2: route, escape, the, tunnel, the
- Row 3: and, is, through, the, gryphon, seven-
- Row 4: through, snakes, poison, pool, over, headed, of
- Row 5: sing, the, room, of, through, the, hall, fire
- Row 6: the, and, back-ward, of, ice., pass, steps, five, and
- Row 7: nagic, the, walk, you, if, Next, the, into, up, climb
- Row 8: lullaby, mon-sters, will, to, mon-sters, of, cavern, and, you
- Row 9: asleep., fall, able, pass, secret, pass-word, "Spoffle," will
- Row 10: You, be, through, safely, the, watch-man, be
- Row 11: will, gate, the, the, evil, free
- Row 12: at, the, Give, leave, to
- Row 13: other, side., dungeon, the

Return this puzzle by June 16th to be entered into a prize drawing. The winner will be drawn from a pool of entrants with the correct answers. Winner will receive a \$20 gift card!

Name _____