

OCT 23

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
Swedish Meatballs 2 Rice 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class 5:00 Into the Woods \$	Beef Lasagna 3 Green Beans 9:00 Tai Chi 9:00 Foot Clinic (by appt) 10:00 Boost Your Brain 11:00 Billiards 12:00 Cards (500) 12:15 Lip Reading Class 1:00 Blue Grass Class \$ 6:30 Pottery	Kalua Pork 4 Rice 9:00 Board Meeting 9:00 Foot Clinic (by appt) 10:00 Bingo 11:15 Mark Shipley Performs 11:30 Lunch 12:15 Billiards 1:00 Recorder Class 4:45 Music Man Trip \$	Malibu Chicken 5 Au Gratin Potatoes 9:00 Tai Chi in the Park 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 2:00 Puzzles and Pies	Roasted Beef 6 Baby Potatoes 10:00 Open Pottery 11:00 Billiards 11:00 Flu Shots 11:30 Lunch 12:15 Movie-Blast from the Past
	Teriyaki Chicken 10 Rice Cookie Bar 9:00 Lost Creek \$ 9:00 Tai Chi 9:00 Foot Clinic (by appt) 10:00 Boost Your Brain 11:00 Billiards 12:15 Lip Reading Class 1:00 Blue Grass Class \$ 6:30 Pottery	Honey Baked Ham 11 Scalloped Potatoes Beets 9:00 Foot Clinic (by appt) 10:00 Bingo 11:30 Lunch 12:00 Billiards 1:00 Book Club 1:00 Recorder Class	Chicken Wrap 12 Pasta Salad Peaches 9:00 Tai Chi 11:00 Billiards 11:00 Quilting Group 11:30 Lunch	Beef Stroganoff 13 Carrots Green Salad 10:00 Open Pottery 11:00 Billiards 11:30 Lunch 12:15 Movie-Elemental 1:00 Shakespeare Reading Group
	Salisbury Steak 16 Garlic Mashed Potatoes 9:30 Dairy Tour \$ 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class	Chicken Pot Pie 17 Biscuit 9:00 Tai Chi 9:00 ROMEO'S 10:00 Boost Your Brain 11:00 Billiards 12:00 Cards (500) 12:15 Lip Reading Class 1:00 Blue Grass Class \$ 6:30 Pottery	Homemade Meatloaf 18 Garlic Mashed Potatoes 10:00 Bingo 11:30 Lunch 12:00 Billiards 1:00 Recorder Class 4:45 Witchapalooza \$	Beef Stew 19 Garden Salad 9:00 Tai Chi 10:00 Battle of the Sexes 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 4:45 Addams Family \$
Sloppy Joe 23 Potato Salad 10:00 Open Pottery 10:00 Legal Help (by appt) 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 12:15 Phone Help Class 1:00 Art Class 1:00 Red Hat Club	Hawaiian Haystacks 24 Pineapple Tidbits 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 12:00 Cards (500) 12:15 Lip Reading Class 1:00 Blue Grass Class \$ 6:30 Pottery	Biscuits & Gravy 25 Scrambled Eggs 10:00 Bingo 11:00 Podiatrist (by appt) 11:30 Lunch 11:45 Recorder Group Performance 12:30 Billiards	Beef Taco Salad 26 Tropical Fruit 9:00 Tai Chi 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 12:15 Bell Choir Class	Roasted Pork 27 Hot Potato Salad 10:00 Open Pottery 11:00 Billiards 11:30 Lunch 12:15 Movie-Music Man 1:00 Shakespeare Reading Group
Country Fried Steak 30 Mashed Potatoes 10:00 Open Pottery 10:00 Strength Exercise 11:00 Billiards 11:00 HEAT Sign Ups 11:30 Lunch 1:00 Art Class 2:45 Rube Goldberg \$	My Mummy's Chili 31 Corn 9:00 Tai Chi 10:00 Boost Your Brain 12:00 Cards (500) 12:15 Lip Reading Class 12:30 Halloween Bingo 1:00 Blue Grass Class \$ 6:30 Pottery	Alternate Meals Oct 2-6 Chef Salad Oct 10-13 Soup/Sandwich Oct 16-20 Chef Salad Oct 23-28 Soup/Sandwich Oct 30-31 Chef Salad	Meals Served 11:30am- 11:45 am Please make reservations and cancelations at least one day in advance by 1:00pm. Food is provided by Mountainland. Menu subject to change. \$3 donation per meal for anyone age 60+ is appreciated	



Birthdays!

- 1- Jose Mijares
- 4- Cathy Roberts
- 5- Kathleen Merchant
- 5- Nancy Simmons
- 6- Jean Daugh
- 6- Wendell Eves
- 6- Bonnie Harmon
- 7- Debbie Fullmer
- 7- Norma Graham
- 7- Jonathan Kelley
- 7- Grover Howe
- 9- Norman Tanner
- 10- Frankie Cluff
- 10- Roger Larkin
- 10- Pat Lowe
- 10- Vivian Twitchell
- 11- Steven Sumsion
- 12- Richard Graham
- 13- Audrey Finney
- 13- Phyllis Miller
- 16- Robert Floyd
- 17- Ron Irvine
- 18- Joy Howe
- 18- Anthony Shelton
- 20- Jerry Massey
- 21- Iris Cheatham
- 21- Kevin McLelland
- 21- RaNae Ott
- 21- Larry Brown
- 21- Marilyn Sanchez
- 22- Cynthia Giles
- 22- Arthur Hone
- 22- Louise Payne
- 22- Jon Turner
- 26- Robert Carter
- 26- Ken Shelley
- 28- Blaine Palmer
- 31- Michael Bennett

Alternate Meals

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

- Oct 2-6 Chef Salad
- Oct 10-11 Cream of Potato Soup/ Turkey Sandwich
- Oct 12-13 Vegetable Beef Soup/ Turkey Sandwich
- Oct 16-20 Chef Salad
- Oct 23-24 Chicken Noodle Soup/ Turkey Sandwich
- Oct 25-27 Cream of Broccoli Soup/ Turkey Sandwich
- Oct 30-31 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

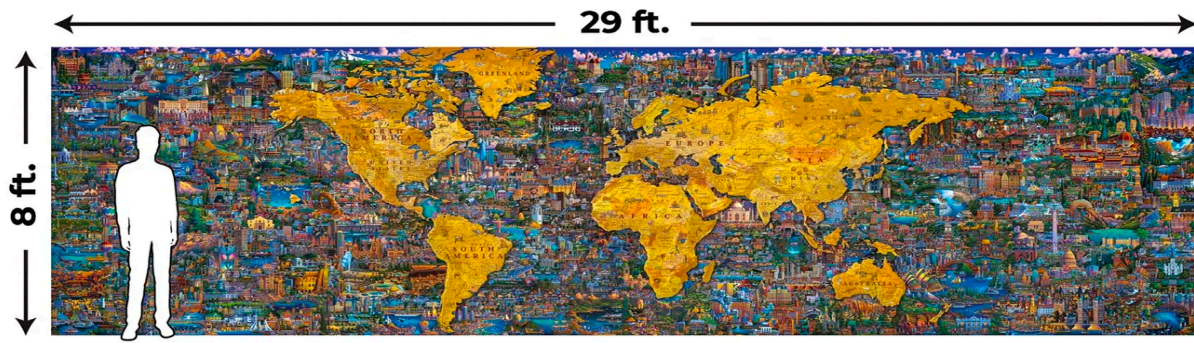
Treasurer- Jolene Camara

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, October 23 12:15 p.m.



Puzzle and Pies!

Thursday, October 5th

2:00 p.m. – 8:00 p.m.

Come and puzzle with us in the evening and have some free pie*!
We will also be ordering some varieties of *pizza* pies from Zubs
which will be available for \$2/slice at 6:00 p.m.

Come and go as you wish. You don't need to stay the whole time to contribute!

*Senior Center members should work on the puzzle for at least an hour to receive free pie.

Advertisement

"Rediscover Hope: Your Back Deserves a Second Chance!"




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VIRTUAL OR IN PERSON.

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 **Uprightspine.com**

 **812 S State ST
Orem UT 84097**

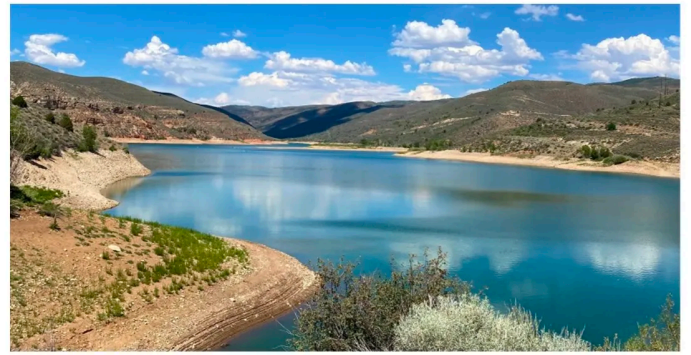
 **877-777-4337**



Snowflake Craft \$5

Wednesday, Nov. 15th 12:30 p.m.

Join KarenLee Logan as she teaches how to turn hangers into a snowflake for your wall or front door. All supplies are provided, however you can purchase lights to add at the end to give it a fun twinkle. Because supplies have been purchased, refunds are unavailable after October 20th.



Trip #2!

Lost Creek State Park \$8

Tuesday, October 10th 9:00 a.m.

Meet at the Senior Center to travel in Van-Go to Lost Creek State Park (which is north of Ogden Canyon) to see the views. Bring money for lunch on the way home at Taggart's Grill in Ogden Canyon. If we are lucky we will see some fall leaves! Refunds available through September 20th after which we can only refund if you find someone to take your place. If you require special accommodations, please specify when you sign up.



Music Man— Hale Orem

Wednesday, October 4th \$26

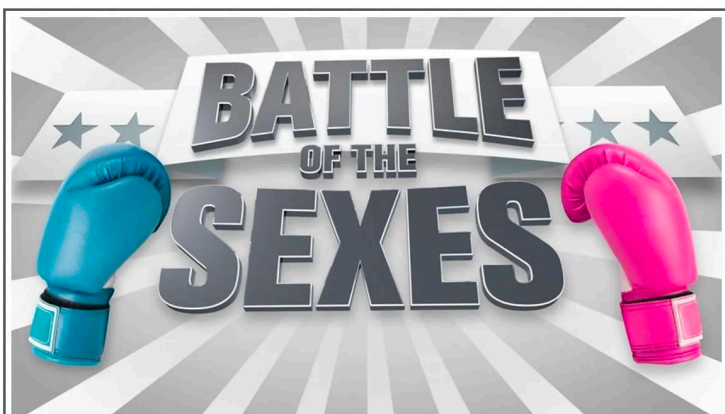
Meet at the Senior Center at 4:45 p.m. to travel in Van-Go. Bring money for dinner before the show at Savory Thai in Orem. If you require special accommodations please specify when you sign up. Because tickets are pre-purchased, refunds are unavailable unless you can find someone to take your place.



Trans-Siberian Orchestra \$87

Tuesday, November 21st 1:00 p.m.

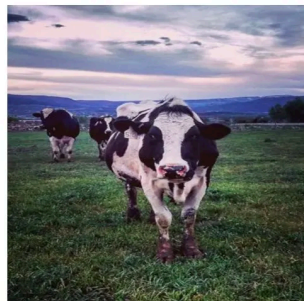
Meet at the Senior Center at 1:00 p.m. to travel in Van-Go to the Delta Center to see Trans-Siberian Orchestra. We are going to the 3:00 matinee show. Bring money for snacks or dinner at the Delta Center if you wish. Tickets are located in section 3— row 22. These seats are not ADA accessible. You will need to be able to navigate a few stairs.



You'll never understand them, you might as well defeat them!

Help your team reign superior in this men vs. women game. Everyone is welcome!

Thursday, October 19th
10:00am



Trip #2!

Artisan Cheese Dairy Tour/ DUP Museum \$15

Monday, October 16th 9:30 a.m.

Meet at the Senior Center to travel in Van Go to Midway to Heber Valley Artisan Cheese for their farm tour. After the farm tour, bring money for lunch at the Dairy Keen in Heber. Then we will visit the Wasatch County DUP museum to learn a bit of the Heber Valley History before returning home around 4:00 p.m. Because tickets have been pre-purchased refunds are unavailable unless you find someone to take your place.

Happy Cows make Udderly Delicious Cheese – and now you can finally meet the fabulous “ladies” who provide the milk for our award-winning cheese. During your dairy tour – you’ll also have the chance to observe our robotic milking system – one of the first installed in the Western USA. This unique system allows our cows to be milked “by choice” – whenever they feel the need up to five times a day. In addition, you’ll love the birdseye view of the barn from our second-floor public observation deck – you’ll get to see just how cows “chillax” when they’re not grazing in the pastures.



Mark Your Calendars!
The Utah County Health Department will be at the Senior Center
Friday, October 6th
11:00 a.m. — 1:00p.m.

Please bring your Medicare or other insurance card.



Beginning SPEECHREADING CLASSES

Are you finding it difficult to communicate with those around you?
Join our weekly
Beginning Speechreading Class to learn how to better understand others through lipreading.

IN PERSON EVERY TUESDAY

Starting August 22, 2023
TIME: 12:15 pm
Springville Senior Center
65 E 200 S, Springville, UT

This free course develops a foundation for the following skills:

- Non-verbal communication
- Speech cues
- Phonetics and homophones
- Lipreading techniques
- Non-vocal drills

This course is for those who are hard of hearing or late deafened who want to better communicate with family, friends, and co-workers.

Registration info: For more info contact Andrina Fuller
afuller1@utah.gov or (435)260-9961 Talk/Text



Equal Opportunity Employer Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.





Orem Temple Open House \$4

Thursday, November 2nd 9:15 a.m.

Meet at the Senior Center on Thursday, Nov 2nd at 9:15 a.m. to travel to Saratoga Springs. Bring money for lunch after the tour at Redmond Farm Cafe. Refunds are available through Oct 18th after which the tickets are non-refundable. If you require special accommodations, please specify when you sign up.



Organ Loft Silent Movie \$12

Thursday, November 16 4:45 p.m.

Meet at the Senior Center at 4:45 to travel in Van-Go to Salt Lake City. Bring money for dinner before the show. We will be seeing The Covered Wagon which is the first movie filmed in Utah! See the beauty of Wurlitzer Organ and see it played live during the film. You may wish to bring a seat cushion because the seats are not very comfortable :). If you require special accommodations, please specify when you sign up. Tickets are refundable through November 2nd after which ticket is refundable only if you can find someone to take your place.

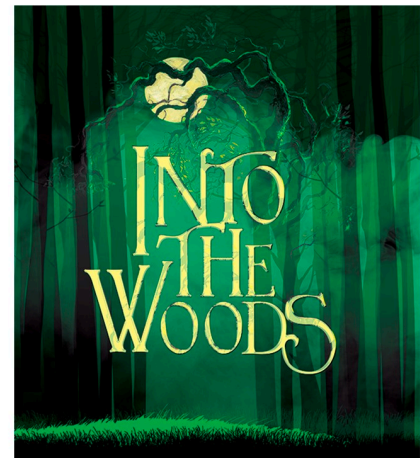


Rube Goldberg Machines & More!

Thanksgiving Point \$12

Monday, October 30th 2:45 p.m.

Meet at the Senior Center to travel in Van-Go to Thanksgiving Point to see the Rube Goldberg exhibit and other fun exhibits at the Museum of Curiosity. We will stop for at Avenue Bakery in American Fork on the way home for either an early dinner or a treat (or both)! Because tickets are pre-purchased, refunds are only available if you find someone to take your place. If you require special accommodations, please specify when you sign up. We will spend 2 hours at the museum and return home around 7:30 p.m.



Into the Woods– Scera Orem \$11

Monday, October 2nd 5:00 p.m.

Meet at the Senior Center at 5:00 p.m. to travel in Van-Go. Bring money for dinner before the show at Zao Asian Cafe 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.

There are several tickets available (no van) for \$9 each.

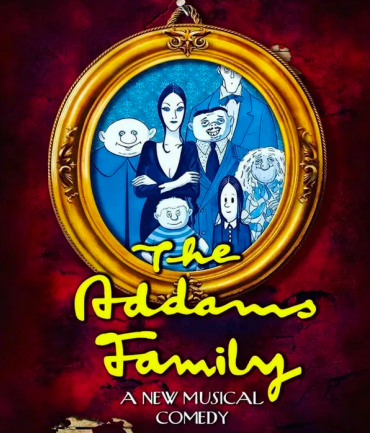


Halloween Party!

Games!
Pumpkin Contest!
Costume Contest at 12:15
Halloween Bingo at 12:30

Tuesday, October 31st


Please have pumpkins to the Senior center by 11:00am for judging
 If you'd like the Halloween lunch, please sign up by Monday 10/30 at 1:00pm



Whether you're a die-hard fan of the original cartoons or a new-comer to the Addams universe, this show promises an unforgettable experience that blends spooky and silly in a way that only the Addams family can. So, gather your nearest and dearest, snap your fingers to the beat, and join this kooky and lovable clan as they navigate the challenges of love, acceptance, and what it truly means to be a family—no matter how unconventional.

Addams Family Musical Comedy \$14
Thursday, October 19th 4:45 p.m.

Meet at the Senior Center to travel in Van-Go to American Fork to see the Timpanogos Community Theater perform Addams Family. Bring money for dinner before the show at Del Mar Seafood Taqueria. If you require special accommodations, please advise when you sign up. Tickets have been pre-purchased, so refunds are unavailable unless you can find someone to take your place.



Witchapalooza Dinner Show
Gardner Village \$65.00
Wednesday, October 18th 4:45 p.m.

Meet at the Senior Center at 4:45pm to ride in Van-Go to Salt Lake Gardner Village. Price includes show, dinner and transportation. Dress like a witch if you wish :). Program Details: **He's back by popular demand...Runnin' with the Devil!** You're invited to spend an evening of smashing entertainment with everyone's favorite Malevolent Master of Ceremonies: The Devil, one of *Witchapalooza's* most beloved characters! The Prince of Darkness himself has scoured and scorched the earth to put together an evening of music and high-jinks that are sure to be the highlight of your Halloween season during WitchFest at Gardner Village! Dinner Menu: Roasted herb turkey and creamy mashed potatoes smothered in a savory gravy. Served with cranberry sauce, chef's seasonal vegetables, mixed garden salad with our house ranch dressing, fresh-baked rolls and butter. Top off the meal with pumpkin pie cake for dessert.

Because tickets have been pre-purchased, no refunds are available unless you can find someone to take your place. If you require special accommodations, please specify when you sign up.



WORKFORCE SERVICES HOUSING & COMMUNITY DEVELOPMENT

Need help paying your home energy bills?

The HEAT Program may be able to help.
You may qualify for home energy assistance when you apply for the HEAT Program.

You qualify for HEAT if your household:

- Is at or below 150% of the Federal Poverty Level
- Is responsible for paying home energy costs
- Contains at least one U.S. citizen or qualified non-citizen

Questions?
 Call your local HEAT office or the HEAT Program line: 1-866-205-4357

HOME ENERGY ASSISTANCE

For more information and to apply go to jobs.utah.gov/heat

Spicy Barbecue Sauce Ingredients

directions

Many agree that the sauce is the most important part of a barbecue, but what most cannot agree upon is which herbs and spices make the best sauce. How many herbs and spices can you find hidden in the word search below? The words may be hidden across, down, or diagonally. Circle each one that you find. If you need help, look in the spice cupboard.

M	C	H	I	V	E	S	C	L	O	V	E	S	S
D	I	L	L	W	E	E	D	T	H	Y	M	E	A
B	L	N	M	A	R	J	O	R	A	M	C	E	F
A	A	A	C	E	L	E	R	Y	S	E	E	D	F
Y	N	S	A	N	I	S	E	S	E	E	D	E	R
L	T	P	I	C	E	L	G	A	R	L	I	C	O
E	R	E	A	L	C	E	A	I	C	E	L	U	N
A	O	P	S	R	A	O	N	O	N	I	U	M	T
V	S	P	O	T	S	M	O	I	U	G	F	I	U
E	E	E	E	P	P	L	E	E	T	E	E	N	R
S	M	R	E	E	P	E	E	S	M	N	N	R	M
D	A	R	T	T	P	Y	E	Y	E	O	N	M	E
E	R	E	E	S	E	R	S	A	G	E	E	I	R
E	Y	F	D	I	L	L	S	E	E	D	L	N	I
C	A	R	D	A	M	O	N	E	E	D	E	T	C
P	A	P	R	I	K	A	C	A	R	D	E	E	E

spice cupboard: *basil, bay leaves, chives, cilantro, dill weed, marjoram, mint, oregano, parsley, rosemary, sage, thyme, cloves, garlic, ginger, nutmeg, paprika, pepper, anise seed, cardamon, cumin, dill seed, fennel, poppy seed, saffron, turmeric, celery seed*



Return this puzzle by October 18th 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 _____