

JAN 24

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www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
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		Beef Chili 3 Carrots Fruit & Jello 9:00 Foot Clinic (by appt) 9:00 Board Meeting 10:00 Bingo 11:30 Lunch 12:00 Billiards 12:30 Recorder Class	Roast Turkey 4 Garlic Mashed Potatoes Carrots 9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Podiatrist (by appt) 11:00 Quilting Group 11:30 Lunch and Bowl \$ 11:30 Lunch	County Fried Steak 5 Mashed Potatoes Orange 10:00 Open Pottery 11:00 Billiards 11:30 Lunch 12:15 Movie-Family Plan
Swedish Meatballs 8 Rice Navel Orange 10:00 Bunco 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 12:15 Phone Help Class 1:00 Art Class	Biscuit & Gravy 9 Scrambled eggs Peaches 9:00 Foot Clinic (by appt) 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 12:00 Cards (500) 1:00 Bluegrass Class \$ 2:00 (ish) Color Purple \$ 6:30 Pottery	Homemade Meatloaf 10 Mashed Potatoes Apple Sauce 9:00 Foot Clinic (by appt) 10:00 Bingo 11:30 Lunch 12:00 Billiards 12:30 Recorder Class 1:00 Book Club	BBQ Chicken 11 Au Gratin Potato Roll 9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 1:00 Shakespeare Reading Group	Beef Stroganoff 12 Green Salad Apple Crisp 10:00 Open Pottery 11:00 Billiards 11:30 Lunch 12:15 Movie - Dave
 15	Italian Bake 16 Roll Pineapple 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 11:30 Lunch 12:00 Cards (500) 1:00 Bluegrass Class \$ 2:00 (ish) Wonka \$ 6:30 Pottery	Shepherd's Pie 17 Carrots Green Salad 10:00 Bingo 11:30 Lunch 12:00 Billiards 12:30 Recorder Class 2:00 PUZZLE REVEAL!	Chicken Wrap 18 Italian Pasta Peaches 9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch	Garlic Beef Round 19 Mashed Potatoes Apple 10:00 Open Pottery 11:00 Billiards 11:30 Lunch 12:15 Off the Wall Cinema High Noon Saturday, January 20th 4:30 Potluck & Games
Malibu Chicken 22 Au Gratin Potatoes Roll 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class	Taco Salad 23 Apple Sauce Tortilla Chips 9:00 Tai Chi 9:00 ROMEOs 10:00 Boost Your Brain 11:00 Billiards 12:00 Cards (500) 1:00 Bluegrass Class \$ 6:30 Pottery	Hawaiian Haystacks 24 Rice Pineapple 10:00 Bingo 11:30 Lunch 12:30 BYU Paleontology \$ 12:30 Recorder Class	Salisbury Steak 25 Mashed Potatoes Fruit Fluff 9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 1:00 Shakespeare Reading Group	Honey Ham 26 Scalloped Potatoes Mixed Fruit & Jell-O 10:00 Open Pottery 11:00 Billiards 11:30 Lunch 12:15 Movie-Miracle Club
Fish Filet 29 Potato Wedges Fruit Cocktail 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class 1:00 Red Hat Club	Beef Stew 30 Garden Salad Apple Crisp 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 11:30 Lunch 12:00 Cards (500) 1:00 Bluegrass Class \$ 6:30 Pottery	Roasted Pork 31 Mixed Veggies Cookie Bar 10:00 Bingo 11:30 Lunch 12:30 Recorder Class 5:15 Brassworks Concert \$	Alternate Meals Jan 3-5 Soup/Sandwich Jan 8-12 Chef Salad Jan 16-19 Soup/Sandwich Jan 22-26 Chef Salad Jan 29- 2 Soup/Sandwich	



Birthdays!

- 1- Eileen Hess
- 3- Sam Davenport
- 3- Brian Dewar
- 4- Dianne Gongaware
- 4- Patsy Lofgran, Joyce Snow
- 6- Carol Scholl
- 7- Joe Quinn
- 7- Dick Savage, Bill Bachler
- 8- Cathy Allen
- 8- Joyce Rollins
- 9- Loana Barker
- 9- Kent Boman
- 11- Oneita Brady, Howard Hyde
- 11- Robert Brown
- 11- Marilyn Nelson
- 12- Linda Gogna
- 13- Ed Sorensen
- 14- Tracy Padgett, Garn Coombs
- 14- Merlyn Petersen
- 14- Cecil Thompson
- 15- Ray Crane
- 16- Ron Allison
- 17- Mary Castrillo
- 17- Dane Allred
- 18- Rich Durrant, Ann Tilton
- 20- Steve Lengel
- 21- Jane Quinn
- 22- Helen Vernon
- 23- Vicki Ann Higgs
- 25- Marie Averett
- 28- Mariela Harris, Joan Odekirk
- 28- Nancy Tregaskis
- 28- Wendy Thompson
- 29- Maria Rodriguez
- 30- Cindy Sumsion
- 31- Glen Holmes

Alternate Meals

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

- Jan 1-2 Cream of Potato Soup/ Turkey Sandwich
- Jan 3-5 Vegetable Beef Soup/ Turkey Sandwich
- Jan 8-12 Chef Salad
- Jan 16 Chicken Noodle Soup/ Turkey Sandwich
- Jan 17-19 Cream of Broccoli Soup/ Turkey Sandwich
- Jan 22-26 Chef Salad
- Jan 29-30 Chicken Noodle Soup/ Turkey Sandwich
- Jan 31 Cream of Broccoli Soup/ Turkey Sandwich

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

Please see a board member or staff if you have any comments or questions about the Senior Center!

Board of Trustees- Daryl Tucker, Cathy Allen, Nancy Jackson, Ruth Nielsen, David Johnston

Secretary- Jane Quinn

Treasurer- Jolene Camara

Senior Center Staff- Tori Eaton, Amber Painter, Celine Ethington, Silvia Zapata

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, January 8th at 12:15 p.m.

Fiddler on the Roof



Fiddler on the Roof

Hale Center Theater- Sandy \$58

Wednesday, March 13th 4:30 p.m.

Meet at the Senior Center to travel in Van-Go to Sandy. Bring money for dinner at Feldman's Deli before the show. Because tickets have been pre-purchased, refunds are unavailable unless you find someone to take your place. If you require special accommodations, please specify when you sign up.



**COMMUNITY
ACTION SERVICES
& FOOD BANK**

WHO & WHAT

Please donate to our **FOOD & NEW SOCKS drive!** We are collecting on behalf of the RSVP program and Community Action Services & Food Bank that collects and distributes donations from the community to over 85 organizations in need.

WHEN & WHERE

Our collection dates:
Dec 4th– Jan 12th

Donations accepted at:
Springville Senior Center

Find out more at
mountainland.org/SoulDrive
or call 801-229-3820



BYU Paleontology Museum \$2

Wednesday, January 24th 12:30pm

Meet at the Senior Center at 12:30pm to travel in Van-Go to Provo. We will spend some time at the museum and then stop for a treat at Twisted Cow ice cream on the way home.

If you require special accommodations, please notify when you sign up. Cancellations are available through January 12th after the 12th, refunds are available only if you can find someone to take your place.



*BYU faculty
presents a
recital of classic
repertoire and
new
arrangements
for brass.*

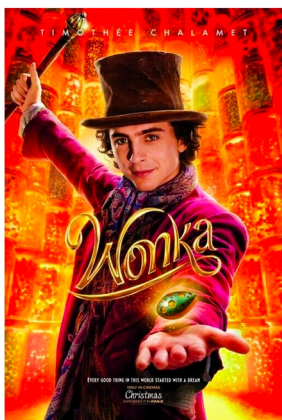
Brassworks Faculty Concert at BYU \$3

Wednesday, January 31st 5:15pm

Meet at the Senior Center at 5:15pm to ride in Van-Go to Provo to have dinner at Koi Ramen before the show.

If you require special accommodations, please notify when you sign up. Cancellations are available through January 12th. After that date, refunds are available only if you can find someone to take your place.

DISCOUNT MOVIE DAY!



Wonka— \$5

Tuesday, January 16th

We will meet at the Spanish Fork Cinemark Theater. Please pay by Friday, January 5th to get a ticket with the group. Movie times are still unknown, but you will be contacted with the exact time as soon as possible. We are planning for the 2:00(ish) show. Sign up at the front desk, online or over the phone.



Lunch & Bowl \$9

Thursday, January 4th 11:30 a.m.

Meet at the Senior Center at 11:30 a.m. to go to Orem's Miracle Bowl. Price includes one game and shoe rental. Additional games may be purchased at the lanes for \$3.25. (Please plan to stay at the lanes with the group for 2 games even if you don't bowl the second one.) Bring money for lunch before bowling at Molly's on Columbia Lane.

Cancellations on this trip are allowed through Friday, December 15th. After that date, refunds will only be given if you can find someone to take your place.

DISCOUNT MOVIE DAY!



Color Purple— \$5

Tuesday, January 9th

We will meet at the Spanish Fork Cinemark Theater. Please pay by Friday, December 29th to get a ticket with the group. Movie times are still unknown, but you will be contacted with the exact time as soon as possible. We are planning for the 2:00(ish) show. Sign up at the front desk, online or over the phone.



Did you know that our Senior Center's bookclub has been running for 17 years and has read almost 190 books? Come join us! You may check out a book from the front desk at any time.

This month's discussion:

January 10th at 1:00 p.m.

The Lake House by Kate Morton

Interest Survey: Swap Bingo

In the past, we played swap bingo once a week. This is where individuals bring items as prizes and when someone wins, that person can choose from the available prizes. Please turn in this form by January 19th so we can make a decision.

If we have enough interest, we can bring this game back!

Name: _____

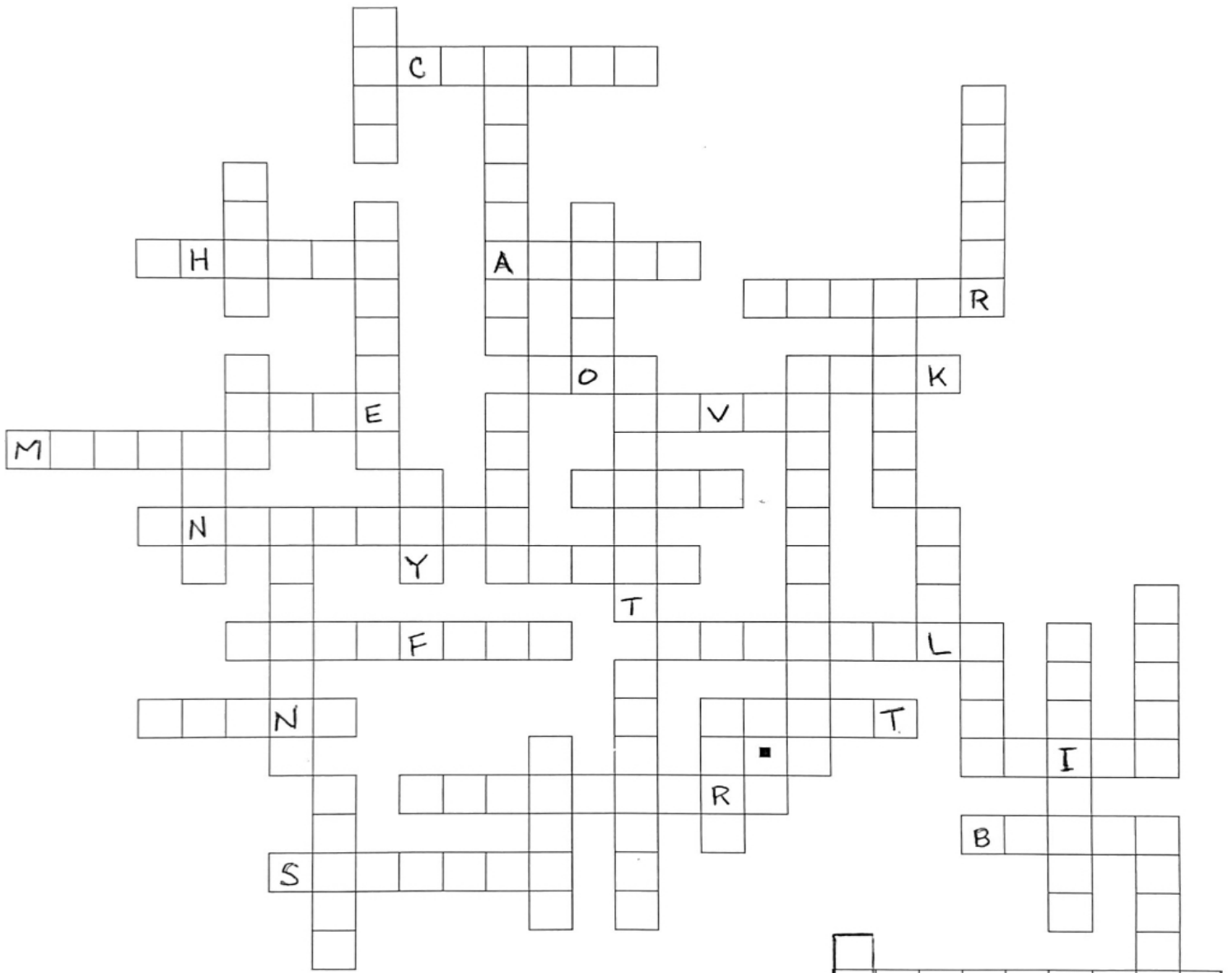
What days/times are you available to play? (Check available days)

- Monday afternoon
- Tuesday afternoon
- Thursday morning
- Thursday afternoon
- Friday morning

We will likely need participants to rotate being the bingo caller (using the playing cards, not the big machine). Are you willing to take a turn once every few months?

- Yes
- No

Snowed-Under



Place these words in the puzzle grid by using the clues & counting letters

- Ice Snow Snowfall Winter Avalanche Blizzard Iceberg
 glacier Powder Frost Crystals Dusting Slush Sleet Blanket
 blowing snow (*no space*) Snowflake Snowman Igloo
 (All of next words have the word "snow" dropped from their beginning):
 Mobile Bound Job Fence Plow Blower Shovel Shoes Fort
 Boots Drift Warning Advisory Day Ball Capped Level
 Tires Cave Angel Sculpture Bank Line Shed Blind Bird

Return this puzzle by January 19th 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 _____