

FEB24

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Meals Served 11:30am- 11:45 am</p> <p>Please make reservations and cancelations at least one day in advance by 1:00pm. Food is provided by Mountainland. Menu subject to change.</p> <p align="center">\$3 donation per meal for anyone age 60+ is appreciated</p>		<p>Roasted Pork 31 Mixed Veggies Cookie Bar</p> <p>10:00 Bingo 11:30 Lunch 12:00 Billiards 12:30 Recorder Class 5:15 Brassworks Concert \$</p>	<p>County Fried Steak 1 Mashed Potatoes Orange</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch</p>	<p>Malibu Chicken 2 Au Gratin Potatoes Roll</p> <p>10:00 Open Pottery 10:30 Swap Bingo 12:30 Billiards 11:30 Lunch 12:15 Movie- Boys in the Boat 1:00 Shakespeare Reading Group</p>
<p>Swedish Meatballs 5 Rice Navel Orange</p> <p>10:00 Bunco 10:00 Strength Exercise 11:00 Billiards 11:00 Treadmill Class 11:30 Lunch 1:00 Art Class</p>	<p>Roast Turkey 6 Mashed Potatoes Fruit Cocktail</p> <p>9:00 Taxes (by appt) 9:00 Foot Clinic (by appt) 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 12:00 Cards (500) 6:30 Pottery</p>	<p>Three Bean Chili 7 Corn Bread Mixed Fruit and Jell-O</p> <p>9:00 Board Meeting 9:00 Foot Clinic (by appt) 10:00 Bingo 11:30 Lunch 12:30 Recorder Class 1:00 Book Club</p>	<p>Kalua Pork 8 Rice Cole Slaw</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch</p>	<p>Salisbury Steak 9 Mashed Potatoes Cottage Cheese</p> <p>10:00 Open Pottery 10:30 Swap Bingo 11:00 Billiards 11:30 Lunch 12:15 Movie – Sound of Freedom</p>
<p>Teriyaki Chicken 12 Rice Broccoli</p> <p>10:00 Strength Exercise 10:00 Legal Clinic (by appt) 11:00 Billiards 11:30 Lunch 1:00 Art Class</p>	<p>Homemade Meatloaf 13 Mashed Potatoes Apple Sauce</p> <p>9:00 Foot Clinic (by appt) 9:00 Tai Chi 10:00 Open Pottery 10:00 Boost Your Brain 11:00 Billiards 11:30 Lunch 12:00 Cards (500) 6:30 Pottery</p>	<p>Italian Bake 14 Apple Sauce Valentine Cookie</p> <p>10:00 Bingo 11:30 Lunch 12:00 Billiards 12:15 Valentine Movie 12:30 Recorder Class</p>	<p>Chicken Wrap 15 Italian Pasta Peaches</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch</p>	<p align="center">POTLUCK & GAMES SATURDAY, FEBRUARY 17TH 4:30 PM</p> <p align="center">Center Closed</p>
<p align="center">19</p> 	<p>Honey Ham 20 Scalloped Potatoes Fruit Cocktail</p> <p>9:00 Tai Chi 9:00 ROMEOs 10:00 Boost Your Brain 10:00 Open Pottery 11:00 Billiards 12:00 Cards (500) 6:30 Pottery</p>	<p>Taco Salad 21 Green Salad Apple Sauce</p> <p>10:00 Bingo 10:00 Open Pottery 11:30 Lunch 12:00 Billiards 12:30 Recorder Class 12:30 Provo VR Trip \$</p>	<p>BBQ Chicken 22 Au Gratin Potatoes Peaches</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 12:30 BYU Acoustics \$</p>	<p>Beef Stroganoff 23 Carrots Apple Crisp</p> <p>10:00 Open Pottery 10:30 Swap Bingo 11:00 Bike and Elliptical Class 11:00 Billiards 11:30 Lunch 12:15 Movie- Leap Year</p>
<p>Fish Filet 26 Potato Wedges Fruit Cocktail</p> <p>10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class 1:00 Red Hat Club</p>	<p>Shepherd's Pie 27 Garden Salad Brownie</p> <p>9:00 Taxes (by appt) 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 11:30 Lunch 12:00 Cards (500) 6:30 Pottery</p>	<p>Hawaiian Haystacks 28 Pineapple Green Peas</p> <p>10:00 Bingo 10:00 Open Pottery 11:30 Lunch 12:00 Billiards 12:30 Recorder Class 5:15 How to Succeed \$</p>	<p>Biscuit & Gravy 29 Scrambled Eggs Tater Tots</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Quilting Group 11:00 Billiards 11:30 Lunch 12:30 Cake Decorating \$</p>	<p align="center">Alternate Meals</p> <p>Feb 1-2 Soup/Sandwich Feb 5-9 Chef Salad Feb 12-15 Soup/Sandwich Feb 20-23 Chef Salad Feb 26-29 Soup/Sandwich</p>



Birthdays!

- 1- Bob Cheatham
- 1- Claudia Davenport
- 2- Darlene Hare
- 2- Tammy Hardman
- 2- Louise Kinross
- 3- Thor Even
- 3- Marina Weight
- 5- Lorraine Carter
- 5- Jeanette Galloway
- 6- Marie Kirk
- 6- Lorraine Taylor
- 7- Nina Peterson
- 8- Jack Graham
- 8- Anna Benally
- 8- Evelyn Durrant
- 11- David Sargent
- 13- Viva Bird
- 13- Roland Roberts
- 14- Shirley Green
- 14- Art Johnson
- 14- Larry Lee
- 16- Debbie Vincent
- 17- Charlotte Peay
- 18- Dean Hatt
- 19- Lyndia Carter
- 20- Cydne Kamauoha
- 20- Wesley Whitby
- 21- Bill Keller
- 22- Lee Simons
- 22- Myra Johnson
- 23- Debbie Hadlock
- 24- Mary Meyers
- 24- Martha Sargent
- 25- Elaine Clark
- 26- Lisa Willey
- 28- Shirley Maynard
- 29- Sharon Maughan

Alternate Meals

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

- Feb 1-2 Cream of Potato Soup/ Turkey Sandwich
- Feb 5-9 Chef Salad
- Feb 12-13 Vegetable Beef Soup/ Turkey Sandwich
- Feb 14-16 Chicken Noodle Soup/ Turkey Sandwich
- Feb 20-23 Chef Salad
- Feb 26-27 Cream of Broccoli Soup/ Turkey Sandwich
- Feb 28-29 Chicken Noodle 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, February 12th 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.



Free Tax Assistance with volunteers from AARP

Tuesday, February 6th

Tuesday, February 27th

Tuesday, March 19th

Tuesday, April 2nd

Tuesday, April 15th

Sign up at the Front Desk, call or email
springvilleseniors@yahoo.com



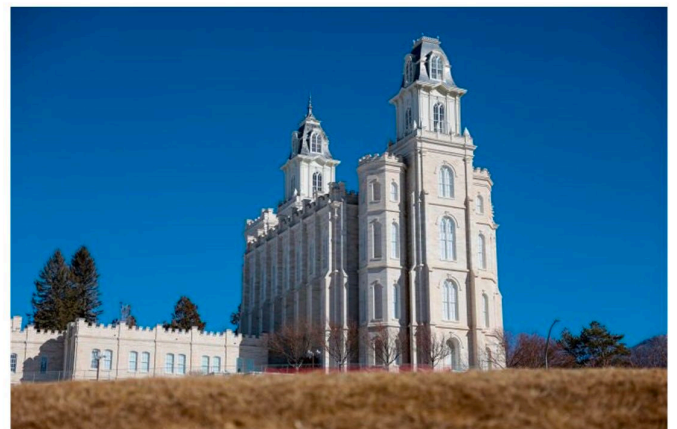
Swap Bingo!

Fridays 10:30 a.m.

It's easy: Win a game and pick a prize

BRING EACH DAY YOU PLAY:

a NEW item of value (at least \$1.25)- items will be checked in when you arrive. If you wouldn't want the prize, probably no one else will either :)



Manti Temple Open House \$10

Friday, March 22nd 10:00 a.m.

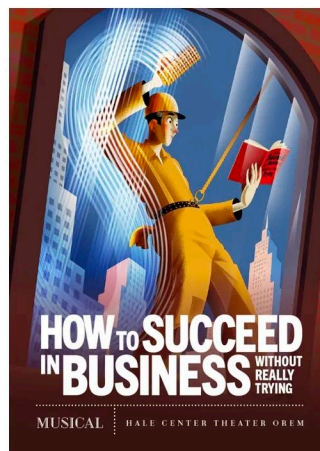
Meet at the Senior Center on Friday, March 22nd at 10:00 a.m. to travel in Van-Go to Manti. Bring money for lunch after the tour at Charlee's Cafe. Refunds are available through February 22nd after which the tickets are non-refundable unless you can find someone to take your place. If you require special accommodations, please specify when you sign up. In order to see the full open house, navigating stairs will be necessary.



Cake Decorating Skills with Fondant

Thursday, February 29th 12:30 p.m. \$5

Join Anna Benally with this hands-on class where you can learn or improve your fondant techniques. Please bring a stirring spoon, microwave safe bowl, a rolling pin and an unfrosted cake (or a pan you can flip upside down if you don't want to make the cake). Other supplies will be provided! Because supplies are pre-purchased, unfortunately refunds are unavailable.



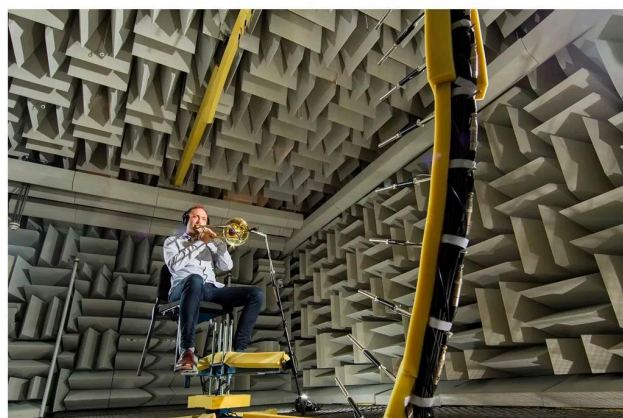
When a restless window washer named J. Pierrepont Finch happens upon a book entitled 'How to Succeed in Business Without Really Trying', he begins his rise up the corporate ladder. As hijinks ensue, he must eventually rely on his wits and heart to save the day. A Pulitzer prize and Tony award winning hit!

How to Succeed at Business Without Really Trying

Hale Center Theater– Orem \$24

Wednesday, February 28th 5:15 p.m.

Meet at the Senior Center to travel in Van-Go to Orem. Bring money for dinner at Mo Bettah's 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.



BYU Acoustics Tour \$5

Anechoic Chamber and Reverberation Chamber

Thursday, February 22nd 12:30 p.m.

Meet at the Senior Center at 12:30 to travel to BYU for a guided tour of their acoustic facilities. The tour will involve walking across part of campus and then through the facilities. Bring money for a stop at BYU's Milk and Cookies Cafe before we return to Springville. Cancellations are allowed through February 1st after which refunds are only available if you can find someone to take your place.



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:

February 7th at 1:00 p.m.

The Night Diary by Veera Hiranandani

Next Month: The Lincoln Highway

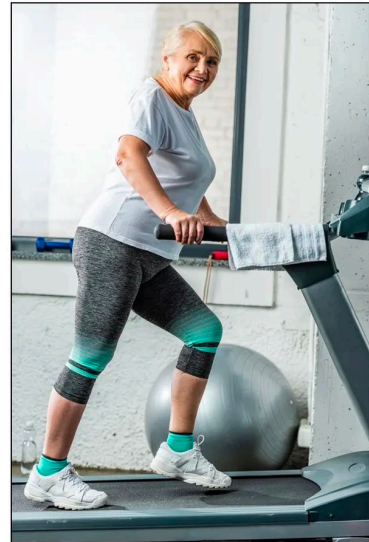


How to use the exercise bike, recumbent step machine and the elliptical machine at the Senior Center!

Friday, February 23rd 11:00 a.m.

These 3 machines in the fitness room are free for members to use. Are you intimidated by them?

Come learn how they work!



How to use the treadmills at the Senior Center!

Friday, February 5th 11:00 a.m.

There are 2 treadmills in the fitness room that are free for members to use. Are you intimidated by them?

Come learn how they work!



Have you ever wondered about...

Virtual Reality Games?

Provo Library Creative Lab Trip \$2

Wednesday, February 21st 12:30

Come learn something new.. Or if you've played VR games before, be there to have fun and help others!

Meet at the Senior Center to travel in Van-Go to Provo. We have the lab scheduled for 2 hours and there are various games to play. Bring money for a stop at Churro Co. after the games if you wish.

Cancellations allowed through February 9th after which money is non-refundable.



Redmond Salt Mine Tour \$17

Friday, March 8th 10:00 a.m.

Meet at the Senior Center to travel to Redmond, Utah to visit the salt mine. This is an opportunity that doesn't come around very often! Bring money for lunch at Mom's Cafe in Salina before the tour. Tickets have been pre-purchased so there are no refunds unless you can find someone to take your place. There will be some minimal walking over uneven terrain. Bring a jacket and wear closed toed shoes. The majority of the tour will be in a van. Hard hats will be provided and required to be worn.

Toy-Store Teaser

Each stuffed animal costs a different dollar amount. The totals for all four stuffed animals across each row and down each column are noted. Can you figure out the price of each type of stuffed animal?

HINT:
The lion costs \$6.00.

Art by Russ Cox

FROG _____ BEAR _____ PENGUIN _____

Return this puzzle by January 15th 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 _____