

MAR24

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>Alternate Meals</p> <p>Mar 1 Soup/Sandwich Mar 4-8 Chef Salad Mar 11-15 Soup/Sandwich Mar 18-22 Chef Salad Mar 25-29 Soup/Sandwich</p>	<p>Biscuit & Gravy 29</p> <p>Scrambled Eggs Tater Tots</p> <p>9:00 Tai Chi 11:00 Quilting Group 11:30 Lunch 12:30 Cake Decorating \$</p>	<p>Malibu Chicken 1</p> <p>Au Gratin Potatoes Roll</p> <p>10:00 Open Pottery 10:30 Swap Bingo 12:30 Billiards 11:30 Lunch 1:00 Shakespeare Reading Group 12:15 Movie- Rustin</p>
<p>Swedish Meatballs 4</p> <p>Rice Navel Orange</p> <p>10:00 Bunco 10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class</p>	<p>Ham and Beans 5</p> <p>Cabbage Apple Sauce</p> <p>9:00 Foot Clinic (by appt) 9:00 Tai Chi 10:00 Boost Your Brain 12:00 Cards (500) 12:30 Cheese Doodle Party 1:00 Bluegrass Class 6:30 Pottery</p>	<p>Kalua Pork 6</p> <p>Hawaiian Rice Pineapple</p> <p>9:00 Board Meeting 9:00 Foot Clinic (by appt) 10:00 Bingo 11:30 Lunch 12:00 Billiards 12:30 Recorder Class</p>	<p>Chicken Wrap 7</p> <p>Pasta Salad Peaches</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 12:30 Dowdle Trip \$</p>	<p>Sloppy Joes 8</p> <p>Potatoes Salad Applesauce</p> <p>10:00 Open Pottery 10:00 Redmond \$ 10:30 Swap Bingo 11:00 Billiards 11:30 Lunch 12:15 Movie – Pillow Talk</p>
<p>Sweet & Sour Chicken 11</p> <p>Rice Stir Fry Vegetables</p> <p>10:00 Strength Exercise 10:00 Legal Clinic (by appt) 11:00 Billiards 11:30 Lunch 12:15 Phone Help Class 1:00 Art Class 1:00 Ukulele Class</p>	<p>Roasted Pork 12</p> <p>Mashed Potatoes Beets</p> <p>9:00 Foot Clinic (by appt) 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 1:00 Bluegrass Class 2:45 Cabrini \$ 6:30 Pottery 7:00 Historical Society</p>	<p>Italian Bake 13</p> <p>Apple Sauce Cookie</p> <p>10:00 Bingo 11:30 Lunch 12:00 Billiards 12:30 Recorder Class 1:00 Book Club 4:30 Fiddler \$</p>	<p>Roasted Turkey 14</p> <p>Garlic Mashed Potatoes Fruit Cocktail</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Podiatrist (by appt) 11:00 Billiards 11:00 Quilting Group 11:30 Lunch 11:30 Pi Day</p>	<p>Corn Beef 15</p> <p>Cabbage Potatoes</p> <p>10:00 Open Pottery 10:30 Swap Bingo 11:30 Lunch 12:15 Movie – Genie 1:00 Shakespeare Reading Group Potluck & Games Sat. 3/16 at 4:30pm</p>
<p>Country Fried Steak 18</p> <p>Mashed Potatoes Orange</p> <p>10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class</p>	<p>Breakfast Burrito 19</p> <p>Tater Tots Apple Crisp</p> <p>9:00 Taxes by appt. 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</p>	<p>Homemade Meatloaf 20</p> <p>Mashed Potatoes Rolls</p> <p>10:00 Bingo 10:00 Open Pottery 11:30 Lunch 12:00 Billiards 12:30 Recorder Class 4:30 Shen Yun \$</p>	<p>Cold Cut Sub 21</p> <p>Potato Chips Jell-O with Fruit</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Billiards 11:00 Quilting Group 11:30 Lunch</p>	<p>BBQ Chicken 22</p> <p>Au Gratin Potato Peaches</p> <p>10:00 Open Pottery 10:00 Manti Temple \$ 10:30 Swap Bingo 11:00 Billiards 11:30 Lunch 12:15 Movie- Gods Must Be Crazy</p>
<p>Salisbury Steak 25</p> <p>Mashed Potatoes Fruit Fluff</p> <p>10:00 Strength Exercise 11:00 Billiards 11:30 Lunch 1:00 Art Class 1:00 Red Hat Club</p>	<p>Hawaiian Haystacks 26</p> <p>Pineapple Chow Mein Noodles</p> <p>9:00 Manti Temple \$ 9:00 Tai Chi 10:00 Boost Your Brain 11:00 Billiards 12:00 Cards (500) 1:00 Bluegrass Class 6:30 Pottery</p>	<p>Shepherd's Pie 27</p> <p>Green Salad Brownie</p> <p>10:00 Bingo 10:00 Open Pottery 11:30 Lunch 12:00 SENIOR CENTER CLOSING EARLY</p>	<p>Beef Taco Salad 28</p> <p>Apple Sauce Corn Chips</p> <p>9:00 Tai Chi 10:00 Open Pottery 11:00 Quilting Group 11:00 Billiards 11:30 Lunch 2:00 Thanksgiving Point \$</p>	<p>Fish Filet 29</p> <p>Potato Wedges Orange</p> <p>10:00 Open Pottery 10:30 Swap Bingo 11:00 Easter Party 11:30 Lunch 12:15 Movie – My Big Fat Greek Wedding 3</p>



Birthdays!

- 1- Sharyn Crossette
- 2- Janet Thompson
- 3- Sharon Danko
- 4- Doug Peterson
- 4- Linda Kindred
- 5- Ruth Nielson
- 6- Sylvia Anderson
- 7- Audrey Andrus
- 7- Kathy Clapie
- 7- LaRetta Draisker
- 9- Pam Argyle
- 10- Janet Eichelberger
- 11- Chris Carter
- 11- Noel Zaugg
- 11- Amparo Sanchez
- 12- Carolyn Hone
- 12- Jane Widdison
- 13- Laura Brow
- 13- Marjorie Kempner
- 15- JoyDean Brown
- 15- Ravena Lamph
- 15- Betty Robinson
- 16- Sandra Watrous
- 17- Pat Price
- 18- Jane Giles
- 18- Char Hart
- 18- Sue Meneskie
- 19- Jolene Benson
- 19- Jerry Brailsford
- 19- Fred Larsen
- 19- Becky Price
- 20- JD Henley
- 22- Marvin Bird
- 22- Dianne Carr
- 22- Jerald Taylor
- 24- Anne DeArmon
- 24- Marva Keller
- 26- Dean Klinger
- 26- SharLee Spencer
- 27- Jo Dorough
- 27- Betsy Baird
- 27- Jim Burrell
- 27- Pat Gee
- 27- Norene Jensen
- 29- Judy Dimick
- 30- Betty Tobin
- 30- Jean Ann Christiansen

Alternate Meals

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

- | | |
|-----------|---|
| Mar 1 | Chicken Noodle Soup/ Turkey Sandwich |
| Mar 4-8 | Chef Salad |
| Mar 11-12 | Cream of Potato Soup/ Turkey Sandwich |
| Mar 13-15 | Vegetable Beef Soup/ Turkey Sandwich |
| Mar 18-22 | Chef Salad |
| Mar 25-26 | Chicken Noodle Soup/ Turkey Sandwich |
| Mar 27-29 | 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, March 11th 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



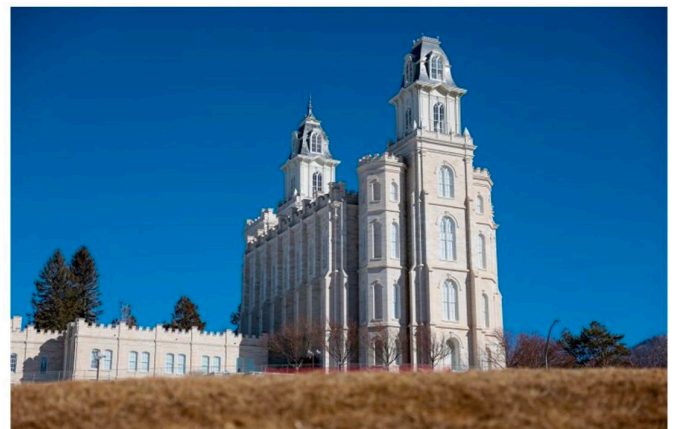
Swap Bingo!

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.

PLAY FREE!



WIN BIG!

Fill out your winning choices and turn in by

Wednesday, March 20th 2:00 p.m.

Winner will receive a \$25 gift card to Walmart

Brackets will be available on Monday, March 18th at the Senior Center, or fill out one online and bring it in or email it to springvilleseniors@yahoo.com—Senior Center members only.

UKULELE class

FREE!

Join Anna Benally and learn some fun easy tunes in this beginner ukulele class. If you don't have a ukulele— NO PROBLEM. She has extras that you can use!

SIGN UP IN ADVANCE SO WE KNOW HOW MANY PEOPLE TO PREPARE FOR.

March 11th
1:00 p.m.

Senior Center members only, please!



Redmond Salt Mine Tour \$17

Tuesday, April 16th 7:45 a.m.

TRIP #2

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.



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 13th at 1:00 p.m.

The Lincoln Highway by Amor Towles

Next Month: The Thursday Murder Club



Big Fish at Scera– Orem \$10

Monday, April 22nd 5:30 p.m.

Meet at the Senior Center to travel in Van-Go to Orem. Bring money for dinner before the show at Jurassic Taco. Because tickets have been pre-purchased, refunds are unavailable unless you find someone to take your place.

A few tickets are available if you would like to drive yourself for the price of \$8. Let us know if you would like one of these.

HAPPY PI DAY!
March 14 (3.14)



Free slice of pie for everyone who comes for lunch. Don't forget to make your reservation!



Two famous outlaws make a stop in Murray to hide out from the law, where they run into one of Butch's old rivals, a gambler named Deadeye Dawson. Deadeye wants to get control of a mine. Butch finds himself in a battle of wits with Dawson to try to save the mine, but he soon learns that he may get more than he bargained for.

Desert Star Theater \$39

Monday, April 15th 5:15 p.m.

Meet at the Senior Center to travel in Van-Go to Salt Lake. Desert Star is a dinner theater, so bring money for dinner during 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.



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.

DISCOUNT MOVIE DAY!



Arriving in New York City in 1889, Italian immigrant Francesca Cabrini is greeted by disease, crime and impoverished children. She soon sets off on a daring mission to convince the mayor to secure housing and health care for society's most vulnerable. With broken English and poor health, Cabrini uses her entrepreneurial mind to build an empire of hope unlike anything the world has ever seen.

Cabrini – \$5

Tuesday, March 12th 2:45pm

We will meet at the Spanish Fork Cinemark Theater. Please pay by Friday, March 1st to get a ticket with the group. Because tickets are pre-purchased, after Mar 1st we are unable to refund the ticket cost. Sign up at the front desk, online or over the phone.



Taylorsville Temple Open House

Friday, April 19th 10:30 \$5

Meet at the Senior Center to travel to Taylorsville. We will be making a stop at a Senior Center in Taylorsville (or nearby) for lunch before going to the temple open house. Cancellations are available through March 21st after which refunds will only be available if you can find someone to take your place. If you require special accommodations, please notify when you sign up.



National Cheese Doodle Day Party!

Tuesday, March 5th 12:30 p.m.

All Senior Center members invited - no sign-up needed.

Come celebrate with us

FUN AND GAMES AND PRIZES

Plus a visit from Congressman John Curtis!

EASTER

BONNET & HAT
competition
& PARADE



PRIZES

Decorate a hat with a spring or Easter theme.

Line up for the parade at 11:15 a.m. to be considered for a prize!

Friday, March 29th 11:15 a.m.



Thanksgiving Point \$18

Thursday, March 28th 2:00 p.m.

New Galleries at the Museum of Ancient Life
PLUS a Movie on the Mammoth Screen

Meet at the Senior Center at 2:00 p.m. to travel to Lehi to visit the Museum of Ancient Life and see the new galleries. While at the museum we will also see a movie at the Mammoth Screen theater. (Movie choices are not available at this time, but are in 3D on the giant screen and normally are animal related.) Because tickets have been pre-purchased, refunds are unavailable unless you find someone to take your place. Bring money for a stop at Smart Cookie on the way home if you wish.



Wednesday, March 20th 4:30 p.m.

Shen Yun at Eccles Theater SLC \$85

Meet at the Senior Center to travel in Van Go to see Shen Yun at the beautiful Eccles Theater in downtown SLC. Our seats are in the first tier row E, so you will have excellent views of the production. Bring money for dinner before the show at the Tin Roof Grill.

Tickets have been pre-purchased, so unfortunately refunds are unavailable unless you find someone to take your place. If you require special accommodations, please specify when purchasing your ticket.



Dowdle Studios Tour \$3

Thursday, March 7th 12:30 p.m.

Travel in Van-Go to Dowdle Studios in Lindon. We will take a tour, then spend some time working on the giant puzzle they have in their lobby. Unfortunately, no refunds unless you can find someone to take your place.



Manti Temple Open House \$10

Tuesday, March 26th 9:00 a.m.

TRIP 2

Meet at the Senior Center 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.

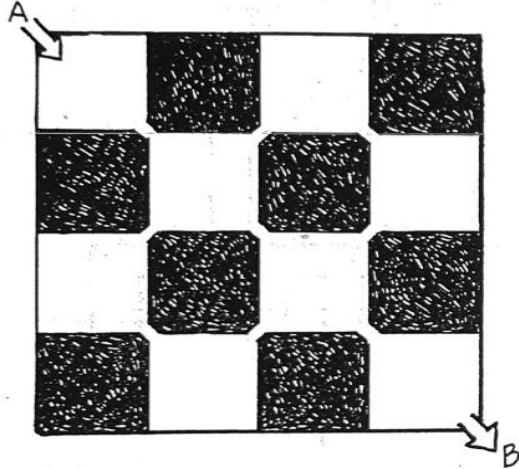


BLOTHWYN'S BOTHER

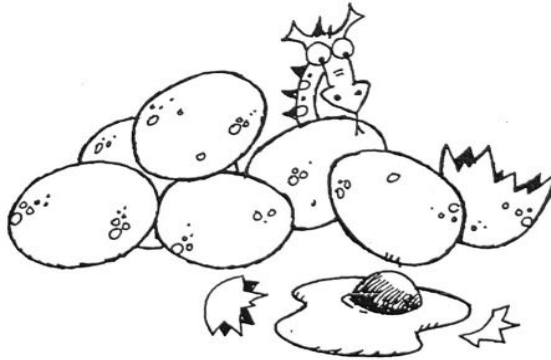
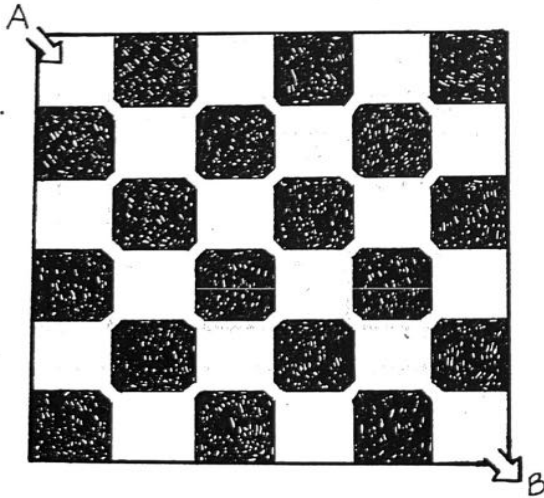


Queen Blothwyn is offering a prize of one dozen dragon's eggs to anyone who can solve the following problem.

1. Start in the white square at corner A of the chessboard below.
2. End in the white square at corner B.
3. Pass through every white square on the board at least once.
4. Enter each square through one of its corners.
5. Never enter a black square.
6. Do not retrace any part of your route, but you may enter the same white square from a different corner.
7. On your square, get set, and go.



Challenge: Use the same rules as above to find your way out of the chessboard below.



Return this puzzle by March 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 _____