

JUN25

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
Malibu Chicken 2 Au Gratin Potatoes Green Beans 9:00 Recycling Tour \$ 10:00 Open Pottery 10:05 Strength Exercise 10:15 Bunco 10:30 Billiards 11:30 Lunch 1:00 Art Class	Beef Stroganoff 3 Carrots Apple Crisp 9:00 Foot Clinic (by appt) 9:00 Tai Chi in the Park 10:00 Boost Your Brain 10:30 Billiards 12:00 Cards (500) 12:30 Exercise Class 5:00 Salt Lake Bees \$ 6:30 Pottery	Kalua Pork 4 Hawaiian Rice Pineapple Tidbits 9:00 Board Meeting 10:15 Bingo 11:30 Lunch 11:30 Ping Pong 12:00 Billiards 12:00 Open Pottery	Sloppy Joe 5 Potato Salad Applesauce 8:30 Ghost Towns \$ 9:00 Foot Clinic (by appt) 9:00 Tai Chi in the Park 10:00 Open Pottery 11:00 Quilting Group 11:30 Billiards 11:30 Lunch	Roast Turkey 6 Garlic Mashed Potatoes Beets 8:30 Ghost Towns \$ 10:00 Open Pottery 10:15 Swap Bingo 12:15 Movie- The Fire Inside 12:15 Recorder Class 2:00 Shakespeare Reading Group
Beef Taco Salad 9 Black Beans Applesauce 9:00 Fred Hayes \$ 10:00 Open Pottery 10:00 Legal Clinic (by appt) 10:05 Strength Exercise 10:30 Billiards 12:15 Phone Help Class 1:00 Art Class	Lemon Chicken 10 White Rice Brownie 9:00 Tai Chi in the Park 9:00 Foot Clinic (by appt) 10:00 Boost Your Brain 12:00 Cards (500) 12:30 Exercise Class 1:00 Trivia "Night" 6:00 Puzzle Competition	 CLOSED FOR ART CITY DAYS		
	Orange Chicken 17 Rice Fortune Cookie 9:00 ROMEOs 9:00 Tai Chi in the Park 9:30 Rose Park \$ 10:00 Boost Your Brain 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery	Grilled Hamburger 18 Pork and Beans Applesauce 10:15 Bingo 11:30 Lunch 12:00 Billiards 12:00 Open Pottery	Fish Filets 19 Potato Wedges Orange 9:00 Tai Chi in the Park 10:00 Open Pottery 10:15 New Skills Class 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 5:00 Alice by Heart \$	Sandwich 20 Ham & Turkey Chicken Noodle Soup 10:15 Swap Bingo 11:30 Salad Bar \$ 12:15 Movie- Bonhoeffer 12:15 Recorder Class 2:00 Shakespeare Reading Group 4:45 Judy Collins \$ POTLUCK 6/21 4:30pm
BBQ Chicken 23 Au Gratin Potatoes Peaches 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 1:00 Art Class 1:00 Red Hat Club	Chicken Wrap 24 Pasta Salad Chips 9:00 Tai Chi in the Park 10:00 Boost Your Brain 12:15 Cards (500) 12:30 Exercise Class 5:00 American in Paris \$ 6:30 Pottery	Biscuits & Gravy 25 Scrambled Eggs Tater Tots 8:30 Ghost Town \$ 10:15 Bingo 11:00 Podiatrist (by appt) 11:30 Lunch 12:15 Which Craft \$	Sub Sandwich 26 Potato Chips Jell-O with Fruit 9:00 Tai Chi in the Park 10:00 Open Pottery 11:00 Quilting Group 11:30 Lunch 11:30 Billiards 12:15 Farkle Tournament	Meatloaf 27 Garlic Mashed Potatoes Green Salad 9:30 Ball Park \$ 10:00 Open Pottery 10:15 Swap Bingo 12:15 Movie- Safety Last (1923) 12:15 Recorder Class
Country Fried Steak 30 Mashed Potatoes Orange 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 1:00 Art Class	Alternate Meal Schedule Jun 2-6 Soup/Sandwich Jun 9-10 Chef Salad Jun 17-20 Soup/Sandwich Jun 23-27 Chef Salad Jun 30 Soup/Sandwich	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 and The Department of Health and Human Services. Menu subject to change. \$4 donation per meal for anyone age 60+ is appreciated <u>Senior Center Closed July 1st-July 31st</u>		



Birthdays!

JUNE BIRTHDAYS

2- Kay Decker, Evelyn Fletcher 3- Ken Juber, Carolyn Buck, Terry Fox, Lois Menlove 4- Connie Bockenstedt, Sharon Hyde, Henry Reynolds, Rochelle Thomson 5- Jane Monson, Jim Haupt, Bonnie Sorensen 6- Gerald Muhlestein, Robert Vega 8- Katie Whitworth 10- Lucy White 11- Carole Oldroyd 13- Diane Collings 14- Ron Frohlich, Sheryl Gates 15- Linda Covington, Nancy Jackson, Blanca Vega, Joe Miller 16- Loris Hayes, Ron Payne, Charlene Wilson, Ann Willmore 17- DeAnn Brandvold, Deanna Savage 18- Don Greenhalgh, Laney Brinkerhoff 19- Allan Frazier 20- Laura Jackson, June King 21- Jenifer Banz, Alma Meyers, Luisa Hendrickson 22- Ruth Florence, Blair Larsen, Kimmie King 23- Charlene Diehl, Melissa McCreary, Sandy Simonson 25- Shirley Whitby, Barbara Shalvis 27- Thomas Hare, Lee Taylor, Pat Newbury 28- Wendy Hull, Shauna Hansen 29- Robert Wagstaff, Myra Alley, James Richard

JULY BIRTHDAYS

1- Linda Millard 2- Diane Gent 4- Paul Thorpe, Kathie Taylor 5- Shari Palmer 7- Sterling Hanks, Judy James, Cindy Losee, Diane Stidham 8- Sam Jones 9- Mary Lou Jensen, David Wilson 10- Doug Bradford, Gayle Bradford, Christine Hart, Judy Gibson 12- Susan Avant, Arlene McGregor, Judy Hill 14- Bonnie Lambourne, Cesar Sanchez, Lynette Sorensen, Paul Walter 15- Glenda Goldman, Keith Russell 16- Lareen Fox, Robert Ryder, Kay Maynard 17- Carolyn Cram 19- Brian Millet 20- Seiko Nelson, Jeffrey Parker 21- Rex Olsen 22- Daryl Tucker 23- Mable Belt, Winnie Cain, Joyce Westphal, Cecelia Weight 25- Janie Johnson, Gillian Sayers, Nola Solt 26- Thomas Payne, Joyce Thayer, Rafaela Sanchez 27- Elaine Brown, Dan McNeece 28- Jo Evans, Terry Brooks, Teresa Christensen 29- George Lower 30- Jonnie Hoggan, Howell Payne 31- Joleen Davis

Alternate Meals

If you would prefer something different from the regular menu option, alternate meals are available. Please be sure to let us know at least one day in advance if you'd like an alternate meal.

Jun 2-3 Vegetable Beef Soup/ Turkey Sandwich
Jun 4-6 Chicken Noodle Soup/ Turkey Sandwich
Jun 9-13 Chef Salad
Jun 16-17 Cream of Broccoli Soup/ Turkey Sandwich
Jun 18-20 Chicken Noodle Soup/ Turkey Sandwich
Jun 23-27 Chef Salad
Jun 30 Vegetable Beef Soup/ Turkey Sandwich

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

Board of Trustees- Cathy Allen, Nancy Jackson, Ruth Nielsen, David Johnston, Donna Breckenridge

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, June 9th at 12:15 p.m.

(Bring any questions you might have!)

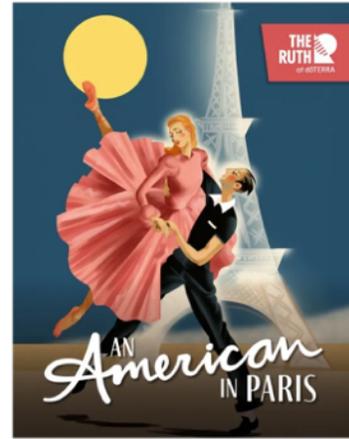


Ghost towns of Carbon County \$12

Friday, June 6th 8:30 a.m.

Meet at the Senior Center and travel in Van-Go to Carbon County to see the sites or remains of some ghost towns in the area: Castle Gate, Peerless, Spring Canyon City, Standardville, Latuda, Mutual, Rains and Kenilworth. Bring money for lunch at the Balanced Rock Eatery in Helper.

Cancellations allowed through May 16th after which refunds will only be available if you find someone to take your place. (A \$2 cancellation fee will apply.)



An American in Paris– The Ruth \$32

Tuesday, June 24th 4:45pm

Meet at the Senior Center and travel in Van-Go to Pleasant Grove. Bring money for dinner before the show at Cocolito's Mexican Restaurant. Because tickets have been pre-purchased, refunds are unavailable unless you can find someone to take your place. (A \$5 cancellation fee will apply.)



Did you know that our Senior Center's bookclub has been running for 17 years and has read over 200 books? Come join us! You may check out a book from the front desk at any time.

This month's discussion:

June 11th at 12:45 p.m.

The Hilarious World of Depression

Next Month: Crying in H Mart



Ghost towns of Juab County \$12

Wednesday, June 25th 8:30 a.m.

Meet at the Senior Center and travel in Van-Go to Juab County to see the sites of some ghost towns in the area (this is more of an interesting drive– we won't see much in the way of ruins): Diamond, Knight, Knightville, Mammoth and Silver City. Bring money for lunch at the Silver Sage Cafe in Vernon.

Cancellations allowed through June 4th after which refunds will only be available if you find someone to take your place. (A \$2 cancellation fee will apply.)

WE NEED YOU!

Come learn the soprano recorder with our incredible group!

No experience required

**Fridays at
12:30pm**



SLC NEIGHBORHOOD TOUR

Downtown & Capitol Theater Tour \$8

Monday, August 4th 10:00 a.m.

Did you know that SLC has over 20 different neighborhoods? Let's go see them! Travel along as we learn the history, and see the homes and businesses and other distinctive areas in each neighborhood.

Meet at the Senior Center and travel in Van— Go to Salt Lake City Downtown Neighborhood. Bring money for lunch. Sorry, no refunds unless you are able to find someone to take your place. (A \$2 cancelation fee will apply.)



SLC NEIGHBORHOOD TOUR

BALLPARK DISTRICT \$5

Friday, June 27th 9:30 a.m.

Did you know that SLC has over 20 different neighborhoods? Let's go see them! Travel along as we learn the history, and see the homes and businesses and other distinctive areas in each neighborhood.

Meet at the Senior Center and travel in Van— Go to Salt Lake City Ballpark Neighborhood. Bring money for lunch. Sorry, no refunds unless you are able to find someone to take your place. (A \$2 cancelation fee will apply.)



SLC NEIGHBORHOOD TOUR

ROSE PARK DISTRICT- \$5

Tuesday, June 17th 9:30 a.m.

Did you know that SLC has over 20 different neighborhoods? Let's go see them! Travel along as we learn the history, and see the homes and businesses and other distinctive areas in each neighborhood.

Meet at the Senior Center and travel in Van— Go to Salt Lake City Rose Park District. Bring money for lunch. Sorry, no refunds unless you are able to find someone to take your place. (A \$2 cancelation fee will apply.)

•PING-PONG•



PING PONG TABLE SET UP IN BACK ROOM!



Judy Collins in Concert \$58
Park City Egyptian Theater
Friday, June 20th 4:45p.m.

Meet at the Senior Center to travel in Van-Go to Park City. Bring money for dinner before the show. Tickets are pre-purchased, so refunds are not available unless you find someone to take your place. (An \$8 cancellation fee will apply.)



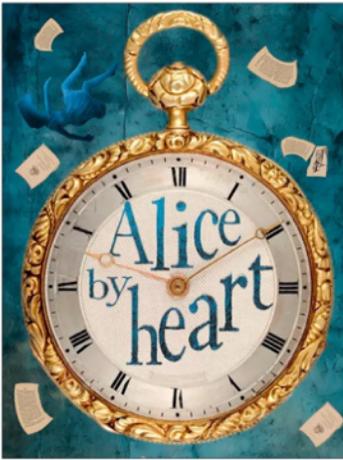
Hammocking at the Park \$4
Friday, August 8th 9:00 a.m.

Meet at the Senior Center at 9:00 a.m. to go to a local park and RELAX. Bring a book, bring a pillow, bring some snacks, bring your headphones... whatever you want! Spend 90 minutes rejuvenating in nature. Hammocks provided! Sorry no refunds on this trip. (Park will be announced the day before when reminders are sent. If the trip is canceled because of weather, all payments will be refunded.)



Fred Hayes at Starvation State Park
& Rocking G Watusi Ranch \$14
Monday, June 9th 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Roosevelt, Utah where we will visit the Rocking G Watusi Ranch. Bring money for lunch at Marion's Grill in Duchesne after the ranch. Following lunch we will go to Fred Hayes State Park at Starvation Reservoir before returning to Springville. Sorry, no cancellations available on this trip unless you can find someone to take your place. (A \$2 cancellation fee will apply.)



Alice by Heart is a touching musical inspired by Alice's Adventures in Wonderland.

In the rubble of the London Blitz of World War II, Alice Spencer's budding teen life is turned upside down, and she and her dear friend Alfred are forced to take shelter in an underground tube station. When the ailing Alfred is quarantined, Alice encourages him to escape with her into their cherished book and journey down the rabbit hole to Wonderland.

As they travel through the tale, Alice by Heart explores the poignancy of first love, coming to terms with loss, and finding the courage to move forward. This musical encourages us all to celebrate the transformational power of the imagination, even in the harshest of times.

Alice By Heart -Musical \$28
West Valley Performing Arts Center
Thursday, June 19th 4:30 p.m.

Meet at the Senior Center and travel in Van-Go to West Valley. Bring money for dinner before the show. Because tickets are pre-purchased, refunds are unavailable unless you can find someone to take your place. (A \$5 cancellation fee will apply.)



The Ruth– Pleasant Grove \$29
Tuesday, August 5th 5:00 p.m.

Meet at the Senior Center and travel in Van-Go to Pleasant Grove. Bring money for dinner before the show. Because tickets have been pre-purchased, refunds are unavailable unless you can find someone to take your place. (A \$5 cancellation fee will apply.)

Fraud Alert: Bank Account Scam

Scammers are calling people and convincing them that their bank accounts are in trouble. They instill fear into their victims by making the matter seem urgent. They convince their victims that they need to withdraw a large amount of money from their account and deposit it into an account they will no longer have access to in order “to protect it”. They most often have you add a debit card to your digital wallet and deposit the funds at an ATM. While making the withdrawal at the bank, they tell you to remain on the phone call and not tell the teller what you are doing and why. Once the funds are deposited into the other account, you then lose access to it.

If you receive a call similar to this, hang up immediately and call your bank on their business line, or go into your closest branch and ask to speak to a teller or banker. Report the call to your bank and ensure all of your funds are in the proper place. Remember, no financial institution will ask you to give personal and secure information over the phone. And when in doubt, call the proper authorities!



Breakfast Bus & Sandy Museum \$6
Wednesday, July 2nd 10:00 a.m.

Meet at the Senior Center and travel to Salt Lake for breakfast at Skilllets. Following breakfast, we will stop at the Sandy museum before coming home. Sorry, no refunds available for this trip unless you find someone to take your place. (A \$2 cancellation fee will apply.)



Salt Lake Bees vs. Round Rock Express \$43
Tuesday, June 3rd 5:00 p.m.

Meet at the Senior Center to travel in Van-Go to the NEW Bees Stadium at Daybreak. Price includes ticket and transportation. Bring money for food at the stadium if you wish. Because tickets have been pre-purchased, refunds are unavailable unless you can find someone to take your place. (A \$5 cancellation fee will apply.)



Wasatch Integrated Waste Management
Recycling and Garbage Sorting Tour
Monday, June 2nd 9:00 a.m. \$8

Meet at the Senior Center and travel in Van-Go to Layton to tour the state-of-the-art recycling sorting system that we learned about on our Transfer Station/Landfill trip. Closed-toed shoes are required for this trip. Refunds only allowed if you can find someone to take your place. (A \$2 cancellation fee will apply.) Tour attendees will be required to navigate a few stairs and walking around the plant. Bring money for lunch after the tour.





Member Spotlight: SharLee Spencer

Born in Provo, Utah, Sharlee Spencer is someone who has lived a life full of resilience, laughter, adventure — and a deep love for family. A proud graduate of Provo High School and Cedar City College, Sharlee earned an associate degree in secretarial skills and began laying the foundation for a life full of purpose and passion.

She met her husband while "dragging main" in Provo — a classic love story that kicked off a life together filled with highs, lows, and unforgettable memories. Together, they raised three children, and though Sharlee endured the heartbreaking loss of one child on her 33rd birthday, her strength and love for her family remained unwavering.

Sharlee is a woman of many hobbies: she enjoys reading, camping, golfing, traveling, and especially horseback riding. She's always up for an experience — like the time she went to a Bobby Vinton concert, brought him flowers, and walked away with a kiss on the lips!

Her favorite foods? Shrimp, lobster, and lemon pie — simple pleasures that speak to her vibrant and joyful spirit.

A true adventurer at heart, one of her most unforgettable experiences was a family hunting trip in the snow. Half the group went up the mountain on horseback while the other half (including Sharlee and her 8-year-old son) braved it in a truck. After skidding off a cliff and chaining up to get back on track, Sharlee eventually made it to the top — shot a deer (though let's just say it wasn't a clean shot), and together she and her son loaded it into the truck. What followed was getting stuck in the mud, removing the chains, and returning to camp completely covered — and completely frustrated. Her husband? He just laughed. Sharlee? She cried. But now it's a story she tells with a smile.

This summer, Sharlee is checking off a big item from her bucket list: going on a cruise — and we can't think of anyone who deserves that kind of joy and relaxation more.

When asked about her favorite saying, Sharlee keeps it simple and wise: "Love one another" — and with a shrug and a grin, "Oh well."



Wednesday, June 25th 12:15 p.m.

Surprise Creative Activity \$2

Join our Which Craft group for a fun creative activity. **It's a surprise!**

All supplies included.

FARKLE TOURNAMENT



THURSDAY, JUNE 26TH 12:15 PM

**FUN AND PRIZES! NO SIGNUP NEEDED.
SENIOR CENTER MEMBERS ONLY.**

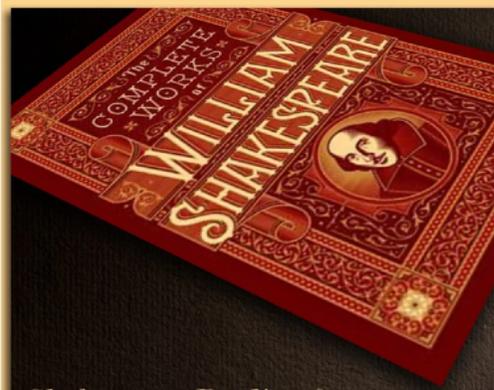
FREE FOR SSC MEMBERS

POTLUCK & GAME NIGHT

SIGN UP TO BRING A SALAD, MAIN DISH OR DESSERT

THIRD SATURDAY OF EACH MONTH

4:30 PM – GAMES FOLLOW DINNER



Shakespeare Reading Group

Laura Hatch will lead group members in collective readings of Shakespeare's plays. Participants will read the plays aloud, taking time to discuss passages and themes. No previous experience with acting or Shakespeare is needed. Materials will be provided.

1st and 3rd Fridays 2:00 p.m.

ART CLASS



MONDAYS
1:00 p.m.

No experience necessary
Bring your own paint supplies
Oil, watercolor, acrylic, pencil, etc.



Recorder Group

Join Martha Sargent in the Senior Center's recorder group. No experience is required!

Fridays at
12:30pm



Swap Bingo!

Fridays 10:15 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 :)

BILLIARDS



Open Play

Mondays 10:30-1:00
Tuesdays 10:30-2:00
Wednesdays 12:00-2:00
Thursdays 11:30-2:00
Fridays No Billiards

Special Activities may affect these times. Please see the calendar for updates.

Red Hat Society



Red Hat Society

4th Monday of Each Month
12:30 p.m.

Different locations each month.
Check calendar for details.
All women welcome- wear a red hat!

My dad knows a lot of jokes about retired people, but none of them work.



ROMEO CLUB

2nd Tuesday of Each Month 9:00 a.m.
All old men welcome. Meet at Denny's in Springville.

FREE MOVIE FRIDAYS

EVERY FRIDAY
12:15 PM

FREE MOVIES PROJECTED IN OUR LIBRARY FOR SENIOR CENTER MEMBERS



CARD GAMES BOARD GAMES

WE HAVE A CUPBOARD FULL OF
CARD & BOARD GAMES AND
CARD TABLES SET UP. (PLUS
SOME OTHERS GAMES ON
REQUEST!)

AVAILABLE ANYTIME THE
SENIOR CENTER IS OPEN!

Trivia Night

2ND TUESDAY EVERY MONTH | SPRINGVILLE SENIOR CENTER

PLEASE ARRIVE BY 12:45
TRIVIA STARTS AT 1PM

Group trivia and just for fun! Don't be intimidated, just come play!

Silver Sneakers

Exercise Classes!
Tuesdays at 12:30 p.m.

NEW SKILLS Group!

Learn new skills or refresh knowledge you may have forgotten! Contractor Pat Lowe is here to guide you on your journey. Have something specific you'd like to learn? Let us know! Already an expert? Join us to share your skills with others. This will be a supportive and fun group where we help each other grow.

JOIN TODAY!

Third Thursday of each month
10:15 a.m.

TAI CHI

Improve your Balance, Strength,
Agility & Coordination

9:00 A.M. TUESDAYS/THURSDAYS

During the summer, Tai Chi is held at Spring Creek Park

Wednesdays 10:00 a.m.

10 games with \$2 cash prizes

Plus a chance to win the BIG BINGO which starts at \$50!

Free to play. Senior Center membership is required.

FITNESS ROOM

OUR EQUIPMENT

- 2 EXERCISE BIKES
- 2 TREADMILLS
- ELLIPTICAL
- WEIGHT MACHINE

FREE TO SENIOR CENTER MEMBERS
AVAILABLE DAILY FROM 10AM-2PM

Boost Your Brain

TUESDAYS
10:00 A.M.

JOIN THIS EXCELLENT CLASS OF BRAIN-BOOSTING LEARNING AND ACTIVITIES. FREE TO SENIOR CENTER MEMBERS.

It's Bunco TIME!

First Monday of each month at 10:15 a.m.

All Senior Center members are welcome. Instruction available if you would like to learn to play.

PRIZES!

Salad Bar

Friday, June 20th
11:30 a.m.

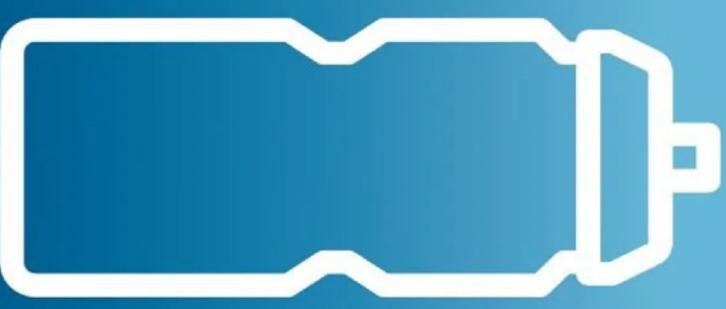


Come try our fresh salad bar!
Pre-order required by June 18th. Pay at
the front desk, online or over the phone.
(Please make payment separate from meal donations.)

\$5



BYOB
BRING
YOUR
OWN
BOTTLE



🌍 Let's sip sustainably! Help us go green (and
save some green 🍀) by bringing your favorite
reusable water bottle.

We'll have cups available *only while supplies last*—so be
kind to the planet and BYOB (Bring Your Own Bottle)! 🍀

Thanks for helping us make a difference!

