

# NOV25

65 East 200 South 801.489.8738

[www.springvilleseniorcenter.org](http://www.springvilleseniorcenter.org)

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Alternate Meal Schedule</b>                      Nov 3-7 Chef Salad                      Nov 10-14 Soup/Sandwich                      Nov 17-21 Chef Salad</p>				
<p><b>Meals Served 11:30am- 11:45 am</b>                      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.  <b>\$4 donation per meal for anyone age 60+ is appreciated</b></p>				
<p><b>Beef Stroganoff</b> 3                      Green Salad                      Apple Crisp                      10:00 Open Pottery                      10:05 Strength Exercise                      10:15 Bunco                      10:30 Billiards                      1:00 Art Class</p>	<p><b>Biscuits &amp; Gravy</b> 4                      Scrambled Eggs                      Tater Tots                      9:00 Tai Chi                      9:00 Foot Clinic (by appt)                      10:15 Boost Your Brain                      12:00 Cards (500)                      12:30 Exercise Class                      4:30 Flowers for Mrs. Harris \$                      6:30 Pottery</p>	<p><b>Lemon Chicken</b> 5                      Quinoa                      Cookie Bar                      9:00 Board Meeting                      10:15 Bingo                      11:30 Lunch                      12:00 Billiards                      12:00 Open Pottery                      1:00 Trivia "Night"</p>	<p><b>BBQ Pulled Pork</b> 6                      Au Gratin Potatoes                      Mandarin Oranges                      9:00 Tai Chi                      9:00 Foot Clinic (by appt)                      10:00 Open Pottery                      11:00 Quilting Group                      11:15 Park City \$                      11:30 Billiards                      11:30 Lunch</p>	<p><b>Garlic Roast Beef</b> 7                      Mashed Potatoes                      Beets                      10:15 Swap Bingo                      11:30 Ron Roberts Piano                      12:15 Movie- Jerry &amp; Marge Go Large                      12:15 Recorder Class                      2:00 Shakespeare Reading Group</p>
<p><b>Senior Center Closed</b></p>		<p><b>Malibu Chicken</b> 12                      Au Gratin Potatoes                      Green Beans                      10:15 Bingo                      11:30 Lunch                      11:30 Golden Eagle Presentation                      12:00 Open Pottery                      12:00 Billiards                      12:15 Which Craft \$                      12:45 Book Club</p>	<p><b>NO MOUNTAINLAND LUNCH</b>  <b>Fresh Cooked Lunch-Advanced Signup Req.</b>                      9:00 Tai Chi                      9:00 Foot Clinic (by appt)                      10:00 Open Pottery                      11:00 Quilting Group                      11:30 Billiards                      11:30 <b>Lunch \$6.00</b>                      12:15 Nut Nut Squirrel Game Tournament</p>	<p><b>Teriyaki Beef</b> 14                      Rice                      Pineapple                      10:15 Swap Bingo                      11:00 Titanic Exhibit\$                      11:30 Lunch                      12:15 Movie- Life with Father                      12:15 Recorder Class  <b>POTLUCK &amp; GAMES 11/15 4:30pm</b></p>
		<p><b>Fish Filets</b> 19                      Potato Wedges                      Orange                      9:30 Opera Studio \$                      10:15 Bingo                      11:30 Lunch                      12:00 Billiards                      12:00 Open Pottery</p>	<p><b>Taco Salad</b> 20                      Black Beans                      Applesauce                      9:00 Tai Chi                      10:00 Open Pottery                      11:00 Quilting Group  <b>11:45 Lunch Served</b>  <b>12:00 Lunch &amp; Listen</b>  <b>Liz &amp; Roger Archibald</b>                      4:45 Charlie and the Chocolate Factory \$</p>	<p><b>Turkey Breast</b> 21                      Mashed Potatoes                      Pumpkin Bar                      10:00 Thanksgiving Party!                      11:30 Lunch                      12:15 Movie- Wicked (2024)                      12:15 Recorder Class                      2:00 Shakespeare Reading Group</p>
<p><b>Swedish Meatballs</b> 17                      Rice                      Cookie Bar                      10:00 Open Pottery                      10:05 Strength Exercise                      10:30 Billiards                      11:30 Lunch                      12:15 Phone Class                      1:00 Art Class                      1:00 Red Hat Club</p>	<p><b>Chicken Wrap</b> 18                      Italian Pasta                      Diced Peaches                      9:00 ROMEOs                      9:00 Tai Chi                      10:15 Boost Your Brain                      10:30 Billiards                      12:15 Cards (500)                      12:30 Exercise Class                      2:00 Sarah's Oil \$                      6:30 Pottery</p>			

Happy Thanksgiving



## Birthdays!

- 3- Carol Wolf
- 4- Scott Carter
- 4- Jacquelyn Larsen
- 5- Glen Scholl, Brent Harvey
- 5- Virginia Van Patten
- 6- Marilyn Brown
- 6- David Small
- 7- Johnny Foulger
- 7- Sheldon Larkin
- 7- Nancy Brascich
- 8- Kaye Dewar
- 8- Sandra Nielsen
- 9- Jan Carter
- 10- Vickie Enscoe, Kenneth Dimitt
- 10- Nina Walther
- 12- Wayne Blanchard
- 13- Abby Levanger
- 16- Alan Dulong
- 17- Ken Mattus
- 17- Elaine Ward
- 18- Paul Boman, Verl Shelley
- 18- Lori Radcliffe
- 19- Donna Breckenridge
- 19- Rosie Jensen
- 19- LeeAnn Ammons, Lily Revollo
- 19- Steven Watrous, Rae Bybee
- 20- Betty Anderson
- 20- Kristie Alvey, Robert Crandall
- 20- Donna Johnson
- 22- John Sanchez, Marie Turner
- 25- Merlene Westover
- 26- Velda Thorpe
- 26- Elizabeth Oviatt

## 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.

Nov 3-7 Chef Salad

Nov 12-14 Cream of Broccoli Soup/ Turkey Sandwich

Nov 17-21 Chef Salad

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**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

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**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, November 17th at 12:15 p.m.**

**(Bring any questions you might have!)**



Help out and let your voice be heard.

Be a part of the Senior Center's

## Board of Trustees!

Meet once a month to help make decisions that impact the Senior Center. Three positions are available for a two-year term.

Talk to a current Board member (David Johnston, Cathy Allen, Nancy Jackson, Ruth Nielsen, Donna Breckenridge, Jane Quinn & Jolene Camara) or one of the staff for more information.

# BYU FOOTBALL WATCH PARTY

Aug 30th 6pm

Sep 6th 8:15pm

Sep 20th 5:30pm

Sept 27th 8:15pm

Oct 3rd 8:30pm

~~Oct 11th~~ (No Party)

Oct 18th 6:00 pm

Oct 25th 1:30pm

Nov 8th TBA

Nov 15th TBA

Nov 22nd TBA

Nov 29th TBA



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:

**November 12th at 12:45 p.m.**

**The Ten Thousand Doors of January**

Next Month: The Weight of Ink



Flowers for Mrs. Harris at the Ruth

Tuesday, November 4th 4:30pm \$32

Meet at the Senior Center and travel in Van-Go to Pleasant Grove to the Ruth Theater. Bring money for dinner before the show at Burgers and Barley in American Fork. Because tickets are pre-purchased, refunds are not available unless you can find someone to take your place (a \$5 cancellation fee will apply).



Living Bethlehem & Market \$8

Thursday, December 11th 4:30pm

Meet at the Senior Center and travel in Van-Go to American Fork. Visit the living Bethlehem where a shepherd family walks you through a 20 minute experience of what it might have been like in Bethlehem including multiple actors, an angel choir and animals. Some walking required through the amphitheater. After the Bethlehem experience, we will spend about 45 minutes in the Christmas Village.

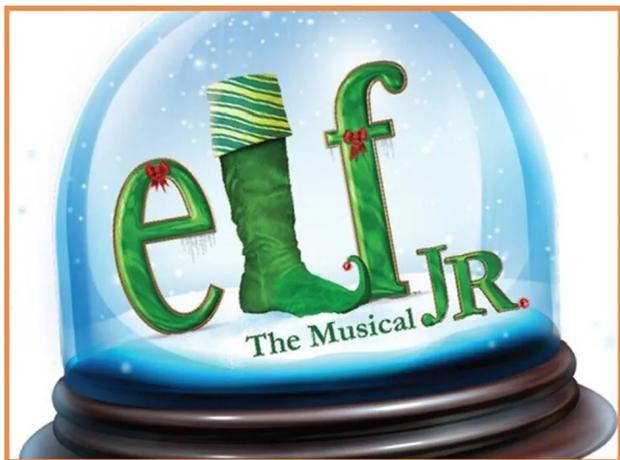
Tickets are pre-purchased, so refunds are available only if you can find someone to take your place (a \$2 cancellation fee will apply).



Christmas Lights—Drive-Through Fun!

Thursday, December 18th 3:30 p.m. \$9

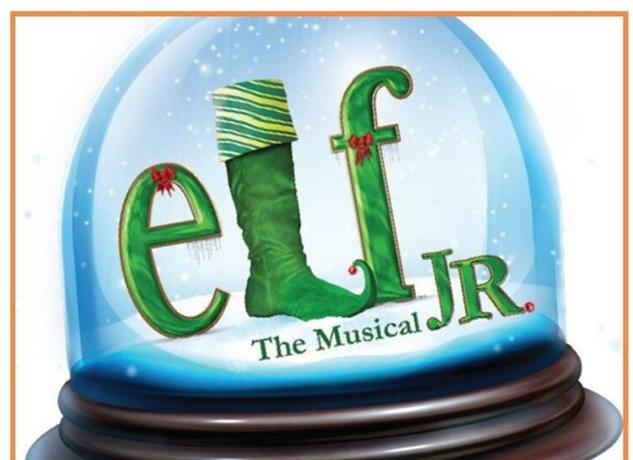
Meet at the Senior Center and travel in Van-Go to South Jordan for the Christmas in Color drive-thru light display! Bring money for dinner before the lights. Because tickets are pre-purchased, refunds are only available if you can find someone to take your place (a \$2 cancellation fee will apply).



Elf Jr. Musical— at The Ruth \$5

Monday, December 15th 3:30 p.m.

Meet at the Senior Center and travel in Van-Go to Pleasant Grove to see Elf Jr. This is a great show performed by the youth theater company. Tickets are pre-purchased, so refunds are unavailable unless you find someone to take your place (a \$2 cancellation fee will apply).



Elf Jr. Musical— at The Ruth \$5

Tuesday, December 9th 3:30 p.m.

Meet at the Senior Center and travel in Van-Go to Pleasant Grove to see Elf Jr. This is a great show performed by the youth theater company. Tickets are pre-purchased, so refunds are unavailable unless you find someone to take your place (a \$2 cancellation fee will apply).



## Wicked Movie (Part 2)

Cinemark Spanish Fork \$5.25

Tuesday, December 2nd 12:45pm

Meet at the Spanish Fork Cinemark theater. Please pay by November 12th to sit with the group. Refunds available through November 12th (\$1 cancellation fee will apply) after which refunds are no longer available.



## Sarah's Oil Movie

Cinemark Spanish Fork \$5.25

Tuesday, November 18th 2:00ish

Meet at the Spanish Fork Cinemark theater. Times aren't released yet, but we are planning for the 2:00ish show. (We will update you about the exact time as soon as tickets are available!) Please pay by November 12th to sit with the group. Refunds available through November 12th (\$1 cancellation fee will apply) after which refunds are no longer available.

*In the early 1900s, young Sarah Rector believes there's oil beneath the barren land she's allotted in Indian Territory. As greedy sharks close in, Sarah turns to family, friends, and some Texas wildcatters to maintain control of her oil-rich land, eventually becoming one of the first female African American millionaires. Based on a true story.*



## Swaner Preserve and EcoCenter

Park City Museum \$19

Thursday, November 6th 11:15am

Meet at the Senior Center and travel in Van-Go to Park City to visit the Swaner Preserve and EcoCenter and then into town to the Park City Museum. Bring money for lunch before the museums at Melvin's Public House Restaurant in Heber. Price includes transportation and admission to both museums. Cancellations available through October 22nd after which refunds are available only if someone can take your place (a \$2 cancellation fee will apply).

CREATIVE CHILD MAGAZINE  
CREATIVE CHILD AWARDS  
2021  
**Preferred CHOICE Award**  
CREATIVECHILD.COM

That Diggity Awards  
**WINNER**  
2021  
thatdiggityawards.com

TILLYWIG TOY AWARDS  
**BEST FAMILY FUN**  
AWARD WINNER

# NUT NUT SQUIRREL!

## Nut Nut Squirrel! Game Tournament

Thursday, November 13th 12:15pm  
Come play this easy-to-learn card game.  
There will be prizes!





## World Cup Speed Skating \$20

Saturday, November 15th 11:30am

Meet at the Senior Center and travel in Van-Go to Kearns to the Olympic Oval where we will watch the world cup long-track speed skating event. This event qualifies individuals for the 2026 Olympic Team! Tickets are pre-purchased, so refunds are unavailable unless you can find someone to take your place (A \$2 cancellation fee will apply). Event ends at 3:00pm so we should return by 4:00pm.



## SLC NEIGHBORHOOD TOUR

Capitol Hill & Opera Production Studio \$6

Wednesday, November 19th 10:00 a.m.

TRIP #2!!

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.

We will see the Capitol Hill neighborhood as well as a guided tour of the Opera Production Studios.

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



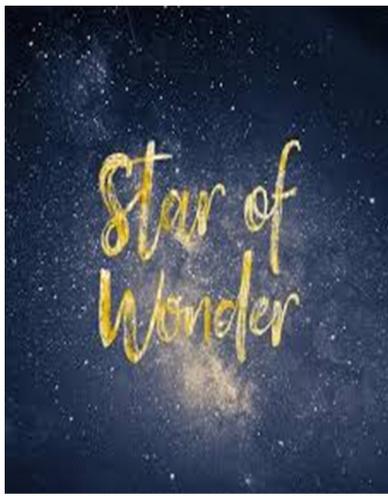
# LUNCH & Listen

Open to the public. Call ahead to reserve a lunch at the Senior Center or bring your own! 801-489-8738  
65 East 200 South, Springville

Lunch and Listen sponsored by Springville Museum of Art



Liz and Roger Archibald  
November 20th, 12:00 p.m.



*This musical is set in England in 1919 and is made entirely of Christmas Carols.*

*WWI soldier, Jack, comes home for Christmas for the first time since the beginning of the war. The family's Christmas Festival is underway, but Jack doesn't want to be a part of it. Can the Spirit of Christmas help heal his heavy heart?*

*With performances of well-known Christmas Carols including Jeanette Isabella, The Three Kings, Good King Wenceslas, The Innkeeper, Angels We Have Heard, While Shepherds Watched, and more. Each carol is a story, and each story brings our soldier closer to sharing his experience of the miraculous Christmas Eve Truce.*

## Star of Wonder Musical \$29

Tuesday, December 16th 4:30pm

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 available only if you can find someone to take your place (a \$5 cancellation fee will apply).



Embark on an immersive, interactive tour with stunning recreations of the Titanic's interior and exterior. Visit the dock where the ship first sailed, explore galleries and the boiler room, peek inside the Millionaire's Suite, stroll the promenade deck beneath a starry sky, and behold the Grand Staircase with your own eyes.

## Titanic: Immersive Exhibition \$26

Friday, November 14th 11:00am

Meet at the Senior Center and travel in Van-Go to Sandy where we will see the Titanic Exhibition. Bring money for lunch before the exhibit. Tickets have been pre-purchased, so refunds are only available if you can find someone to take your place (a \$5 cancellation fee will apply). Audio and Virtual Reality add-ons are available for an additional charge— payable at the exhibit.

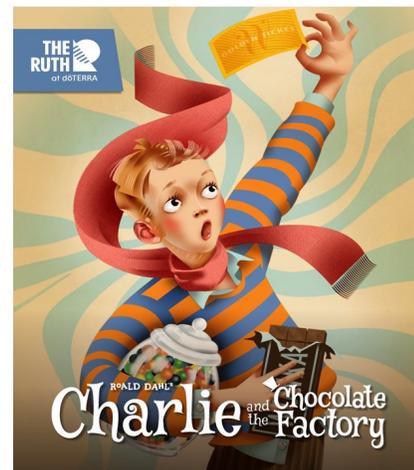
A festive background for a Christmas shopping event featuring a string of colorful lights at the top, snow-covered rooftops, and a large, stylized 'Christmas SHOPPING' title in red and green cursive and block letters.

**THURSDAY, DECEMBER 4<sup>TH</sup> 10:00AM \$5.00**

- ★ Western Nut Company
- ★ Salt & Honey Market
- ★ Sir Walter Candy Co.
- ★ Taffy Town Outlet
- ★ Kinlands

Meet at the Senior Center and travel in Van-Go to Salt Lake and surrounding areas. Shop at some unique stores, stop for lunch along the way and enjoy!

Refunds are available until November 14, subject to a \$2 cancellation fee. After this date, all payments are non-refundable.



## Charlie & the Chocolate Factory Musical

The Ruth Theater— Pleasant Grove \$32

Thursday, November 20th 4:45pm

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

## Member Spotlight: LuAnn Hansen



Born in La Grande, Oregon, LuAnn Hansen is a woman of many talents, deep roots, and a heart as big as her smile. After graduating from Kearns High School, she continued her education at Snow College and Salt Lake Community College, where she earned her associate degree—and met her sweetheart, Scott, while serving on the Institute Board.

LuAnn is the mother of five daughters, grandmother to 11, and great-grandmother to 9 little ones—a legacy she treasures dearly. Whether she's sewing, crocheting, writing heartfelt poetry, or cheering on her favorite teams (Go BYU and Jazz!), LuAnn brings warmth and enthusiasm to everything she does.

Known affectionately as the "free Uber driver" for the Walker Brigade, LuAnn is always on the go—giving rides, helping out, and chatting up everyone she meets. Her kindness is magnetic, and her energy is inspiring. She's a fantastic homemaker, a master of multi-tasking, and she throws in a little bingo-calling brilliance for good measure!

A lover of chocolate, tomatoes, eating out, and fresh fruits and veggies, LuAnn enjoys the simple pleasures in life—and dreams of one day relaxing in Hawaii. Even when life throws a curveball—like the kitchen grease fire that left her home damaged—LuAnn handles it with grace and humor. (She did get a brand-new kitchen out of it, after all!)

Her favorite motto says it all: "Make it do, or do without."

We are so grateful for LuAnn's joyful presence, steady support, and the love she shares so generously with everyone around her.

## Fraud Alert

### Bank Scams: 8 Red Flags

What to watch out for to avoid bank impersonation scams:

Calls from your bank with a spoofed caller ID.

Text messages from your bank.

Pressure and urgency to stay on the line and not call the number on your card.

Requests for one-time passcodes.

Requests for PIN numbers (banks never ask for this).

Requests for remote access.

Requests to move money to a "safe" account.

Offers to send cash or gold.

Remember, no bank will ever call or text and ask for any personal information over the phone. If you receive a call like this, hang up and call your bank right away to report it.



**DIY Snowglobe! \$5**

**Which Craft 12:15pm**

**Wednesday, Nov 12th**

Join Robert Handley and learn to make your own snow globe! All supplies are included—learn how to make your own and how to get supplies for cheap! Sorry, supplies are pre-purchased, so refunds are unavailable.

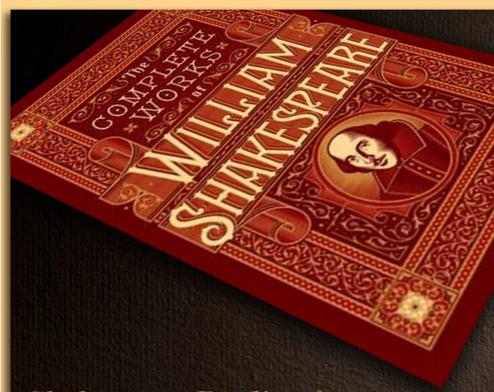
FREE FOR SSC MEMBERS

# 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

2<sup>nd</sup> 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!

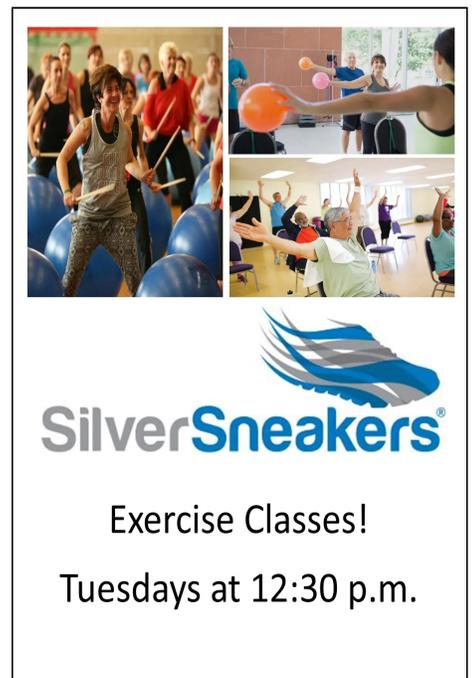


**Trivia Night**

1ST WEDNESDAY EVERY MONTH | SPRINGVILLE SENIOR CENTER

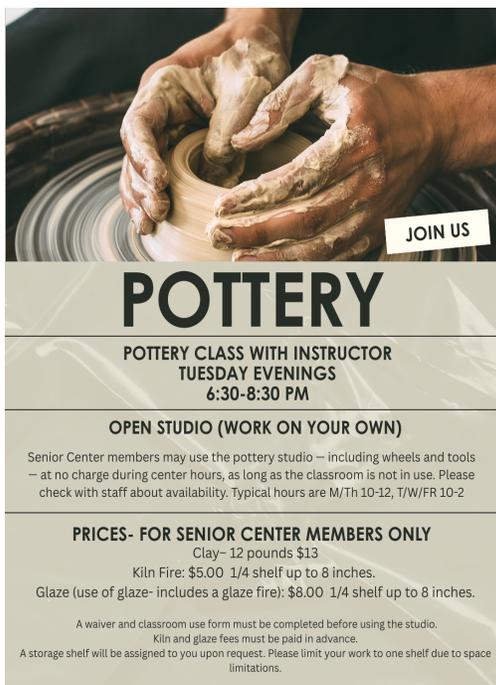
PLEASE ARRIVE BY 12:15  
TRIVIA STARTS AT 12:30PM

*Just for fun! Don't be intimidated,  
just come play!*



**SilverSneakers**

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



JOIN US

**POTTERY**

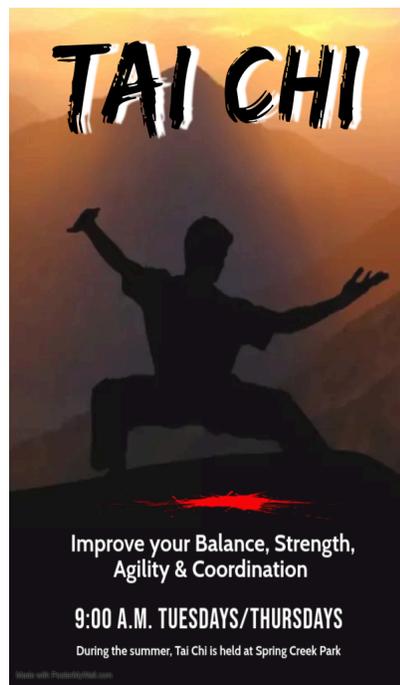
POTTERY CLASS WITH INSTRUCTOR  
TUESDAY EVENINGS  
6:30-8:30 PM

OPEN STUDIO (WORK ON YOUR OWN)

Senior Center members may use the pottery studio — including wheels and tools — at no charge during center hours, as long as the classroom is not in use. Please check with staff about availability. Typical hours are M/Th 10-12, T/W/FR 10-2

PRICES- FOR SENIOR CENTER MEMBERS ONLY  
Clay— 12 pounds \$13  
Kiln Fire: \$5.00 1/4 shelf up to 8 inches.  
Glaze (use of glaze- includes a glaze fire): \$8.00 1/4 shelf up to 8 inches.

A waiver and classroom use form must be completed before using the studio.  
Kiln and glaze fees must be paid in advance.  
A storage shelf will be assigned to you upon request. Please limit your work to one shelf due to space limitations.



**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.

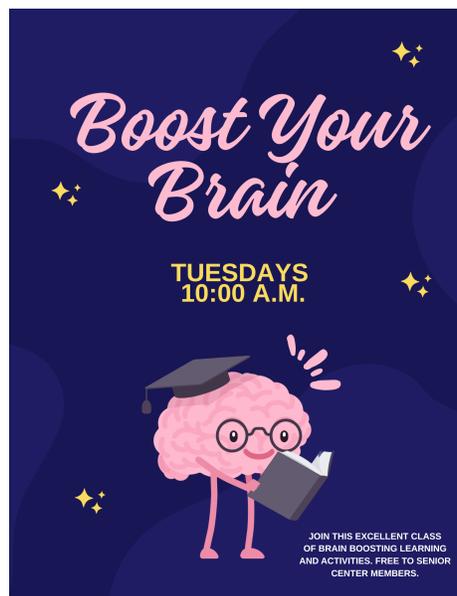


**FITNESS ROOM**

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!**

# Mexican

## FOOD

Fresh Cooked!

THURSDAY,  
NOV 13TH  
11:30AM

☀️ Chicken Enchiladas  
Mexican Rice  
Pinto Beans  
Chips & Salsa  
Tres Leche Cake

\$6



Pay in advance by November 11<sup>th</sup> to reserve your meal.

# THANKS GIVING PARTY

November 21st

Come celebrate what we're most thankful for: FUN!

Friday, November 21<sup>st</sup> 10:00AM

Join us for games, prizes and plenty of laughter!

Be sure to reserve a delicious meal for after the party.