

APR 26

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 and The Department of Health and Human Services. Menu subject to change.</p> <p>\$4 donation per meal for anyone age 60+ is appreciated</p>		<p>Chicken Pot Pie 1</p> <p>Biscuit Peaches</p> <p>9:00 Board Meeting 10:15 Bingo 11:30 Lunch 12:00 Billiards 12:00 Open Pottery 12:15 Movement Class 1:00 Trivia "Night"</p>	<p>Roast Turkey 2</p> <p>Garlic Mashed Potatoes Diced Carrots</p> <p>9:00 Tai Chi 9:00 Foot Clinic (by appt) 10:00 Open Pottery 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 11:45 Bowling \$</p>	<p>Sloppy Joe 3</p> <p>Pork and Beans Cottage Cheese & Fruit</p> <p>10:00 Egg Drop 10:30 Swap Bingo 11:30 Lunch 12:15 Movie- I Was a Stranger 12:15 Recorder Class</p>
	<p>Malibu Chicken 6</p> <p>Au Gratin Potatoes Green Beans</p> <p>10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 12:15 Phone Class 12:15 Sleeping Queens 12:15 ASL Class 1:00 Art Class</p>	<p>Taco Salad 7</p> <p>Green Salad Apple Sauce</p> <p>9:00 Tai Chi 10:15 Boost Your Brain 12:00 Color Street Q&A 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery</p>	<p>Kalua Pork 8</p> <p>Hawaiian Rice Coleslaw</p> <p>10:15 Bingo 11:30 Lunch 12:00 Billiards 12:00 Open Pottery 12:15 Movement Class 12:45 Book Club 4:15 Mystique \$</p>	<p>Salisbury Steak 9</p> <p>Garlic Mashed Potatoes Fruit Fluff</p> <p>9:00 Taxes (by appt) 9:00 Tai Chi 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 12:15 Which Craft Rag Rug \$</p>
<p>Orange Chicken 13</p> <p>Rice Tropical Fruit</p> <p>10:00 Open Pottery 10:00 Legal Help(by appt) 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:15 ASL Class 1:00 Art Class</p>	<p>Fish Filets 14</p> <p>Potato Wedges Orange</p> <p>9:00 Tai Chi 9:00 Foot Clinic(by appt) 10:15 Boost Your Brain 10:30 Billiards 11:30 Lunch 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery</p>	<p>Creamed Chicken 15</p> <p>Rice Green Beans</p> <p>10:15 Bingo 11:30 Lunch 12:00 Billiards 12:15 Movement Class 12:15 Which Craft \$ Memory Box</p>	<p>Meatloaf 16</p> <p>Garlic Mashed Potatoes Salad</p> <p>9:00 Tai Chi 11:00 Quilting Group 11:45 Lunch Served 12:00 Lunch & Listen Shannon Runyon Guitarist</p>	<p>No Mountainland Meal BBQ Chicken \$6.00 Advanced Signup</p> <p>10:00 Open Pottery 10:15 Swap Bingo 11:30 Ron Allison Music 12:15 Movie- Soul on Fire 12:15 Recorder Class 2:00 Shakespeare 4/18 Potluck & Games 4:30 pm</p>
<p>Country Fried Steak 20</p> <p>Mashed Potatoes Apple</p> <p>9:45 Mt. Pleasant \$ 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:15 ASL Class 1:00 Art Class</p>	<p>Sub Sandwiches 21</p> <p>Potato Chips Jell-O</p> <p>8:30 ROMEOs 9:00 Tai Chi 10:15 Boost Your Brain 10:30 Billiards 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery</p>	<p>Honey Ham 22</p> <p>Scalloped Potatoes Peaches</p> <p>10:15 Bingo 11:30 Lunch 11:30 Recorder Concert 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class 4:30 Refugee Night \$</p>	<p>Chicken Parmesan 23</p> <p>Spaghetti Green Beans</p> <p>9:00 Tai Chi 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 12:30 Casino Party</p>	<p>Grilled Burgers 24</p> <p>Potato Salad Apple Sauce</p> <p>10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- Annie Get Your Gun 12:15 Recorder Class</p>
<p>Beef Stroganoff 27</p> <p>Carrots Apple Crisp</p> <p>10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:15 ASL Class 1:00 Art Class 1:00 Red Hat Club</p>	<p>Chicken Wrap 28</p> <p>Pasta Salad Diced Peaches</p> <p>9:00 Tai Chi 10:15 Boost Your Brain 10:30 Billiards 11:30 Lunch 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery</p>	<p>Swedish Meatballs 29</p> <p>Rice Brownie</p> <p>10:15 Bingo 11:30 Lunch 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class</p>	<p>BBQ Pulled Pork 30</p> <p>Au Gratin Potatoes Jell-O</p> <p>9:00 Tai Chi 11:00 Quilting Group 11:30 Billiards 11:30 Lunch</p>	<p>Alternate Meal Schedule</p> <p>Apr 1-3 Soup/Sandwich Apr 5-9 Chef Salad Apr 13-16 Soup/Sandwich Apr 20-24 Chef Salad Apr 27-30 Soup/Sandwich</p>



Birthdays!

- 1- Janis Nielson
- 1- Claudia Pinola
- 2- Francie Dickinson
- 2- Esther Alejandre
- 2- MarLou Irvine
- 4- David Nielsen
- 6- Eugen Frischknecht
- 7- Lynda Golding
- 7- Bob Willis
- 8- Christie Whitlock
- 8- Jack Wightman Jr.
- 10- Gary Pyne
- 10- Dennis Sabey
- 11- Mae Jean Brailsford
- 12- Bradley Petersen
- 12- Carol Pitcher
- 16- Dianne Malloy
- 16- Carol Barney
- 17- Susan Harris
- 18- Eric Eaton
- 21- Doug Andrus
- 23- Nydia Hoggan
- 26- David Efros
- 26- Chuckie Nietzel
- 28- Sandra Bachler
- 29- LaVerne King
- 30- Alesia Juber
- 30- Theron Houghton
- 30- Carma Magnum
- 30- Gene Mangum

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.

- Apr 1-3 Cream of Broccoli Soup/Turkey Sandwich
- Apr 6-10 Chef Salad
- Apr 13-14 Cream of Potato Soup/Turkey Sandwich
- Apr 15-17 Vegetable Beef Soup/ Turkey Sandwich
- Apr 20-24 Chef Salad
- Apr 27-28 Chicken Noodle Soup/Turkey Sandwich
- Apr 29-30 Cream of Broccoli 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, Chris Carter, Donna Breckenridge, David Johnston, Daryl Tucker

Secretary- Jane Quinn

Treasurer- Jolene Camara

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



Senior **TECHNOLOGY CLASS**

Apr 6, 2026 – 12:15 PM

Mini Lesson **NOTIFICATIONS MADE EASY**

Bring your phone problems & questions and our volunteers will help you with one-on-one assistance!

“Golden results for your golden years”

WWW.GOLDENAGESERVICES.COM



Come join the fun!

World's Largest Word Search Beginning Tuesday, March 17th

In 2013, Utah's own Mel Crow created the World's Largest Word Search*. It has 5,500 words to find! We have a copy and would love for you to participate!

(*The record for the largest word search was since broken in 2016, however it is not available to purchase)



Refugee Connection Culture Night \$4 Wednesday, April 22nd 4:30 p.m.

Meet at the Senior Center and travel in Van-Go to Salt Lake City. The Utah Refugee Connection sponsors culture nights where refugees from different communities (i.e. Congolese, Bhutanese, Somali) present information about their countries, why they left and how people can help. This should be an informative presentation! Bring money for dinner before the presentation at the Huckleberry Grill. Sorry, refunds are unavailable for this trip.



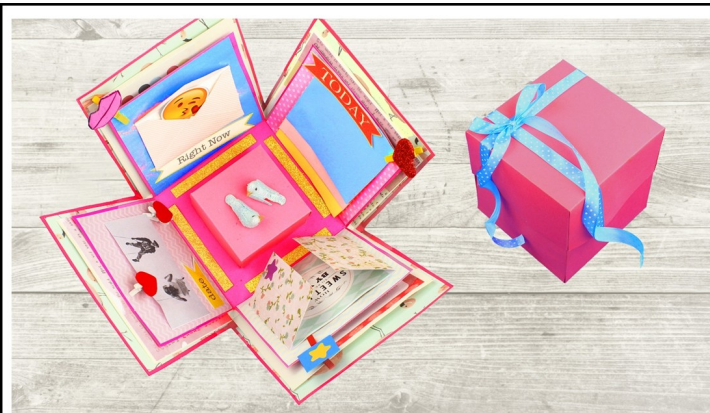
Did you know that our Senior Center's bookclub has been running since 2009 and has read over 200 books? Come join us! You may check out a book from the front desk at any time.

This month's discussion:

April 8th at 12:45 p.m.

The Golden Spoon by Jesse Maxwell

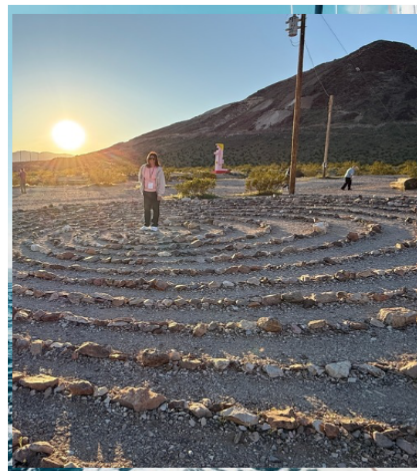
Next Month: Vera Wong's Unsolicited Advice



Memory Box Craft \$3

Wednesday, April 15th 12:15 p.m.

Join Alesia Juber as she teaches this amazing but simple memory box craft. Use photos, notes or other memorabilia to create a beautiful memory box... or turn it into a gift box with pockets for gift cards or cash. There are so many options!!





Special Menu

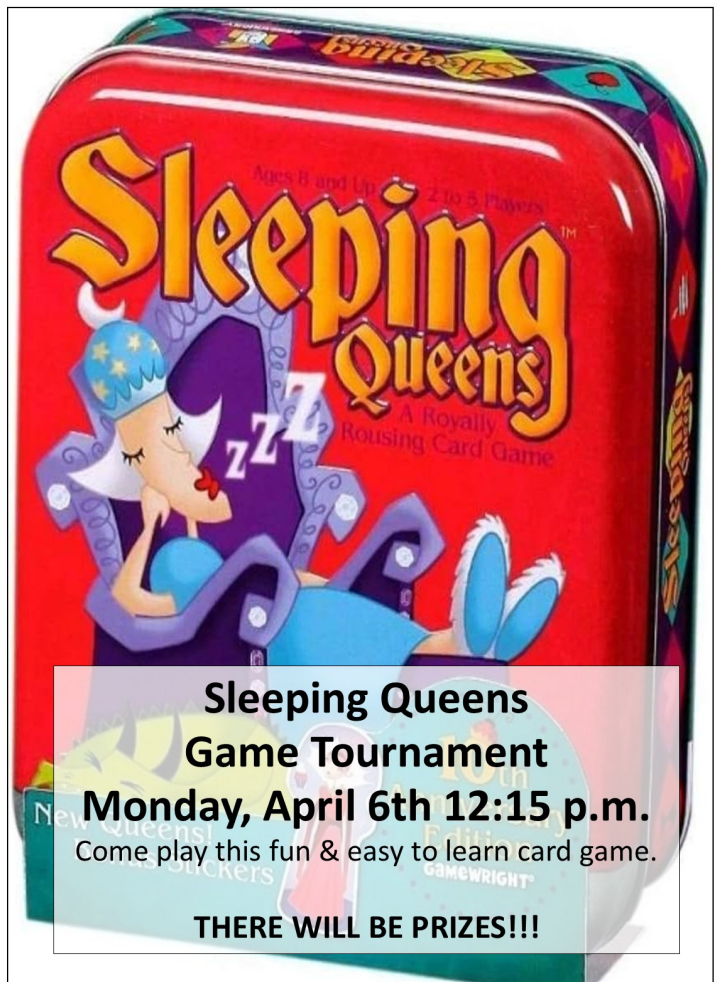
BBQ CHICKEN

Coleslaw, Baked Beans, Cornbread and Banana Pudding!

FRIDAY, APRIL 17TH 11:30 A.M.

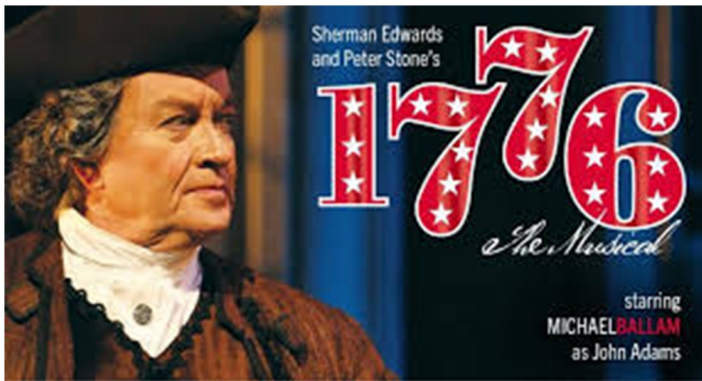
\$6 ADVANCE PAYMENT REQUIRED

Prepared fresh in house. Please sign up by April 15th.



**Sleeping Queens
Game Tournament**
Monday, April 6th 12:15 p.m.
Come play this fun & easy to learn card game.

THERE WILL BE PRIZES!!!



1776– The Musical with Michael Ballam

Ellen Eccles Theater in Logan \$95

Saturday, June 27th 8:30 a.m.

Meet at the Senior Center and travel in Van-Go to Logan.

The play begins at 1:00, but there is a pre-discussion at noon that should be interesting. We will stop for a quick snack before going to the theater at noon. Bring money for dinner after the performance. We should be home around 7:30pm. Tickets are pre-purchased so refunds are only available if you can find someone to take your place (an \$8 cancelation fee will apply).



Ringo Starr– Eccles Theater SLC \$148

Monday, June 1st 4:30pm

Meet at the Senior Center and travel in Van-Go to Salt Lake to see Ringo Starr and his All Starr Band. We have main floor tickets– (Orchestra Right row S). Price includes concert ticket and transportation. Because tickets are pre-purchased, refunds are unavailable unless you can find someone to take your place (a \$10 cancelation fee will apply).



Mount Pleasant Relic Home & Palisade State Park \$10

Monday, April 20th 9:45 a.m.

Meet at the Senior Center and travel in Van-Go to Sanpete County. We will take a tour of the Mount Pleasant Relic Home, have lunch at Das Café in Spring City and take a leisurely drive around Palisade State Park before returning home. Price is for transportation. Please bring money for lunch. Refunds available only if you can find someone to take your place (a \$2 cancelation fee will apply.)



Mount Pleasant Relic Home & Palisade State Park Trip #2 \$10

Monday, May 11th 9:45 a.m.

Meet at the Senior Center and travel in Van-Go to Sanpete County. We will take a tour of the Mount Pleasant Relic Home, have lunch at Das Café in Spring City and take a leisurely drive around Palisade State Park before returning home. Price is for transportation. Please bring money for lunch. Refunds available only if you can find someone to take your place (a \$2 cancelation fee will apply.)



Forest Walk & Bird Watching



Jordan River Parkway

Take a nice walk along the Jordan River Parkway- it's a great bird habitat, so watch what you see along the way!

Meet at the Springville Senior Center and travel in Van-Go to Salt Lake. We will spend some time exploring and then stop for Brunch at First Watch in Taylorsville on the way home.



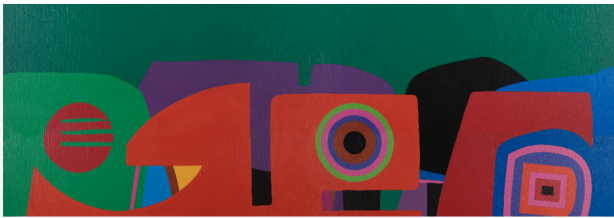
Sorry, refunds unavailable unless you can find someone to take your place. (A \$2 cancelation fee will apply.)

**Friday, May 22nd
8:30 a.m. \$6**



**Come From Away– Pioneer Theater
Wednesday, May 6th 4:00 p.m. \$88**

Meet at the Senior Center and travel in Van-Go to Salt Lake to the Pioneer Theater. Bring money for dinner before the show. Tickets are pre-purchased, so refunds are available only if you can find someone to take your place. (An \$8 cancelation fee will apply.)



Color's Coming to This Street!

Festival Street Updates and Q&A
Tuesday Apr 7th, 12pm @ Senior Center

More info @ smofa.org/art-loops



OGDEN SPACE DAY!

Stars · Stories · Science

Tuesday, May 12th 9:15 a.m. \$17

Meet at the Senior Center and travel in Van-Go to Ogden where we will have a special group presentation at the Ott Planetarium at Weber State. After the planetarium, we will travel up Ogden Canyon. Bring money for lunch at the historic Oaks Restaurant in the canyon. After lunch we will travel to Huntsville to drive the Ogden Valley Planet Tour (a scale replica of the solar system). Should be a fun day!! Tickets are pre-purchased, so refunds are available only if you can find someone to take your place. (A \$5 cancelation fee will apply.)



Joe's Valley Trip \$9

Thursday, May 14th 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Emery County to see Joe's Valley and the beautiful reservoir. Bring money for lunch in Price on the way home. Refunds available only if you can find someone to take your place. (A \$2 cancelation fee will apply.)



Joe's Valley Trip— trip #2 \$9

Friday, May 15th 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Emery County to see Joe's Valley and the beautiful reservoir. Bring money for lunch in Price on the way home. Refunds available only if you can find someone to take your place. (A \$2 cancelation fee will apply.)

SIGN UP TODAY! SIGN UP TODAY! SIGN UP TODAY!



CASINO

Party

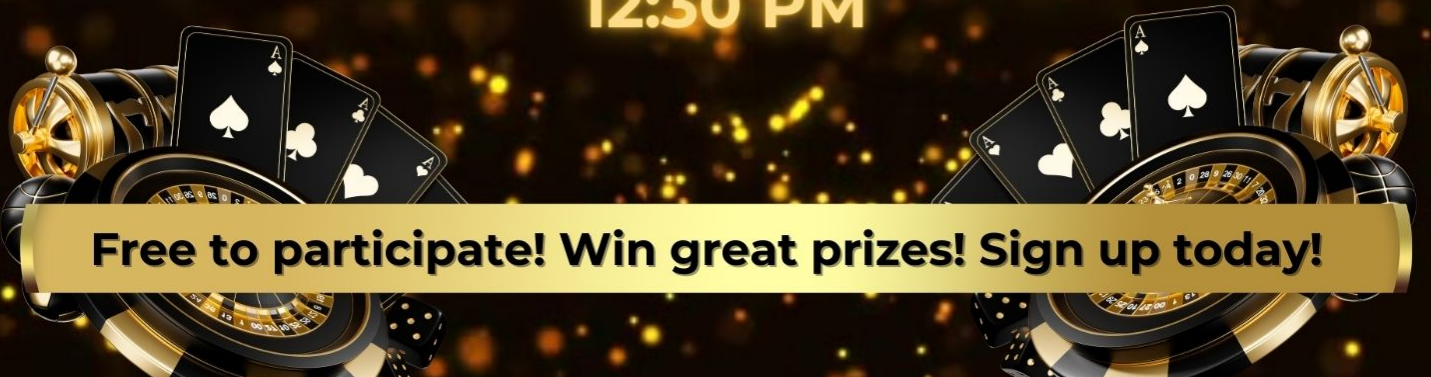
JOIN THE FUN!

POKER - SLOTS - CRAPS

THURSDAY, APRIL 23

12:30 PM

Free to participate! Win great prizes! Sign up today!



FREE TAX HELP



AARP TAX FOUNDATION

Free tax assistance and free e-filing for seniors

Feb 10th, Feb 24th, March 17th, March 31st, April 9th

Spaces filling quickly!

Springville Senior Center—65 East 200 South

Call for Appointment: 801-489-8738

Lunch and Bowl!

April 2nd, 2026 at 11:45 AM
Lunch at Molly's,
Bowling at Miracle Bowl



Meet at the Senior Center and travel in Van-Go to Provo. Bring money for lunch at Molly's before bowling.

Price includes transportation and one game of bowling at Miracle Bowl.

Cancellations available through March 2nd after which refunds are only available if you can find someone to take your place (a \$2 cancellation fee will apply).

Which Craft



Rag Rug

\$5



Thursday, April 9th 12:15 p.m.

Come learn how to make these beautiful rag rugs. We are learning the Amish or Swedish method called toothbrush rugs... Make an oval or circle. Your choice! You will receive a tool and some fabric. Please talk to Tori about additional fabric needs.

springville
SENIOR CENTER

sign language connects us all

12:15 P.M.
MONDAYS
APRIL 6TH-
MAY 11TH

Join Andi Fuller in
this 6 week
beginning ASL
class for all adults





Nine Mile Canyon Drive #2 \$10

Wed, May 20th 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Carbon County to see the “world’s largest art gallery” a 46 mile drive through amazing petroglyphs. Bring money for lunch along the way. Refunds available only if you can find someone to take your place. (A \$2 cancelation fee will apply.)



Nine Mile Canyon Drive \$10

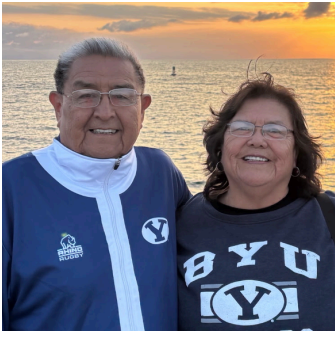
Tuesday, May 19th 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Carbon County to see the “world’s largest art gallery” a 46 mile drive through amazing petroglyphs. Bring money for lunch along the way. Refunds available only if you can find someone to take your place. (A \$2 cancelation fee will apply.)

Fraud Alert

Government Imposter Scams

A common scam that that many seniors have fallen victim to, is called a government imposter scam. Someone may call you and pretend to be from the Social Security Administration or from the IRS. They will tell you that in order to continue to receive Social Security or Medicare benefits, you must immediately make a payment to cover unpaid taxes. They will then ask you to share personal information over the phone, such as, your social security number and banking details. Oftentimes, the scammers will use something called “spoofing”. Spoofing can make it appear as if the phone call is coming from a legitimate source and phone number. This can make it difficult to know who you can trust. However, rest assured, no government agency will contact you via a phone call and demand payment or personal information over the phone. Protect yourself and never share personal or financial information over the phone when you have not initiated a call to a trusted financial institution. If you receive a call similar to this, hang up the phone immediately.



SPOTLIGHT: JIM AND ANNA BENALLY

Jim and Anna Benally's story is one that seems almost perfectly written. Both were born and raised in New Mexico and grew up together just one month and eight days apart. Their lives seemed to follow the same path from the very beginning. Jim and Anna attended the same schools, graduating the same year. They later both attended BYU—Jim earning his M.S. and Anna her B.S.—and even served in the same mission. As they like to say, there was really no way around it—they were meant to get married.

This August they will celebrate 54 years of marriage. They have raised five daughters and now enjoy the love and laughter of seven grandchildren and one great-granddaughter.

Their connection to BYU has been a lifelong one. Both Jim and Anna worked there until retirement, and they remain devoted fans of BYU sports. The Cougar legacy runs deep in their family—one daughter played volleyball at BYU, a grandson played rugby there, and two nephews played football.

Music has always been an important part of their lives. When they were first married, Jim and Anna even had a singing group together. Jim plays guitar, while Anna plays the ukulele, guitar and piano. Anna has also had special musical opportunities, including singing with Gladys Knight at the Conference Center and performing in two conferences of The Church of Jesus Christ of Latter-day Saints. Service has also been a big part of their lives. For the past nine years they have served faithfully at Camp Shalom Youth Camp and have spent those same years teaching English to others.

At home, their favorite moments are simple ones—playing games with family, sharing laughter, and enjoying good food like lamb stew and tortillas. Jim never runs out of dad jokes, loves chocolate, and keeps everyone smiling. Anna loves baking bread and filling the home with warmth.

Their dream trip is the BYU Cruise in 2027 and a visit to Italy—perfect for a couple who jokingly say, “If you can’t pronounce our name, just think Italian.”

Their lives truly have been aligned—and full of love, laughter, and service. And when life gets a little crazy, they simply say “Yaadila”—Navajo for “Good grief, Charlie Brown!”



Mystique Dinner & Magic Show \$83

Wednesday, April 8th 4:15 p.m.

Meet at the Senior Center and travel to Gardner Village for the Mystique Dinner & Magic Show. Enjoy a 5-course prime rib dinner followed by a 45 minute intimate magic show.

Dinner, show and gratuity are included in the price.

(Alternate meal selections may be available, please request when signing up.) Because tickets are pre-purchased, re-funds are only available if you find someone to take your place (an \$8 cancelation fee will apply).

springville
SENIOR CENTER

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

Thursday, April 16th - noon
Shannon Runyon, Guitarist

Sponsored by Springville Museum of Art

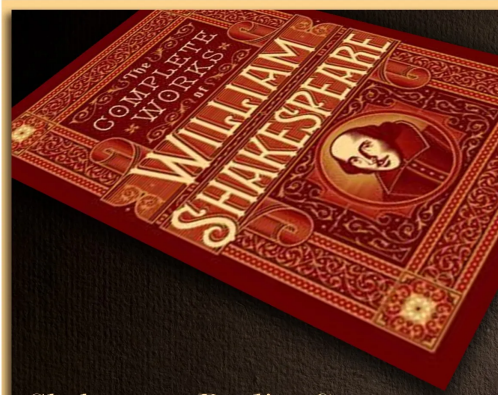
FREE FOR SSC MEMBERS

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

3rd Tuesday of Each Month 8:30 a.m.
All old men welcome. Meet at IHOP in Springville.

FREE MOVIE FRIDAYS

EVERY FRIDAY
12:15 PM

FREE MOVIES PROJECTED IN OUR LIBRARY FOR SENIOR CENTER MEMBERS



Free Movement Class



Gentle Movement Improve Balance



Move Strong, Balance Well!



Wednesdays at 12:15 p.m.

Trivia Night

1ST WEDNESDAY EVERY MONTH | SPRINGVILLE SENIOR CENTER

PLEASE ARRIVE BY 12:45
TRIVIA STARTS AT 1:00PM

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.



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!



Friday, April 3rd 10:00 a.m.

Bring your RAW egg in a container to keep it from breaking. Just about anything goes*! Prizes given to anyone whose egg survives being dropped from the top of the Senior Center.

Bring a camp chair to set up out front- come and watch!

(*The contraption must be easy to lift to the roof. We will not be renting a hoist!)