

MAY 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>Alternate Meal Schedule</p> <p>May 1 Soup/Sandwich May 4-8 Chef Salad May 11-15 Soup/Sandwich May 18-22 Chef Salad</p>	<p>Teriyaki Beef 1</p> <p>Quinoa Broccoli</p> <p>10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- Hamnet 12:15 Recorder Class 2:00 Shakespeare</p>
<p>Malibu Chicken 4</p> <p>Au Gratin Potatoes Green Beans</p> <p>10:00 Open Pottery 10:05 Strength Exercise 10:15 Bunco 11:30 Lunch 12:15 ASL Class 1:00 Art Class</p>	<p>Taco Salad 5</p> <p>Green Salad Apple Sauce</p> <p>9:00 Tai Chi 9:00 Foot Clinic(by appt) 10:15 Boost Your Brain 11:30 Lunch 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery</p>	<p>Kalua Pork 6</p> <p>Hawaiian Rice Coleslaw</p> <p>9:00 Board Meeting 10:15 Bingo 11:30 Lunch 12:00 Billiards 12:15 Movement Class 1:00 Trivia "Night" 4:00 Come From Away \$</p>	<p>Fish Filets 7</p> <p>Potato Wedges Orange</p> <p>9:00 Tai Chi 9:00 Foot Clinic(by appt) 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 12:15 Mother's Day Tea</p>	<p>No Mountainland Meal Ham Dinner \$6.00 Advanced Signup</p> <p>10:00 Open Pottery 10:15 Swap Bingo 11:30 Ham Dinner \$ 12:15 Movie- Nuremberg 12:15 Recorder Class</p>
<p>Orange Chicken 11</p> <p>Rice Tropical Fruit</p> <p>9:45 Mt. Pleasant \$ 10:00 Open Pottery 10:00 Legal Help(by appt) 10:05 Strength Exercise 10:30 Billiards 12:15 ASL Class 12:15 Phone Help Class 1:00 Art Class</p>	<p>Meatloaf 12</p> <p>Garlic Mashed Potatoes Green Salad</p> <p>9:00 Tai Chi 9:15 Ogden Space \$ 9:00 Foot Clinic(by appt) 10:15 Boost Your Brain 10:30 Billiards 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery</p>	<p>Sub Sandwiches 13</p> <p>Potato Chips Jell-O</p> <p>10:15 Bingo 11:30 Lunch 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class 12:45 Book Club</p>	<p>Salisbury Steak 14</p> <p>Garlic Mashed Potatoes Fruit Fluff</p> <p>9:00 Joe's Valley \$ 9:00 Tai Chi 11:00 Quilting Group 11:30 Lunch 11:30 Billiards</p>	<p>Lemon Chicken 15</p> <p>Quinoa Pears</p> <p>9:00 Joe's Valley \$ 10:00 Open Pottery 10:15 Swap Bingo 12:15 Movie- Song Sung Blue 12:15 Recorder Class 2:00 Shakespeare 5/16 Potluck & Games 4:30 pm</p>
<p>Country Fried Steak 18</p> <p>Mashed Potatoes Apple</p> <p>10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:30 Alien Party 1:00 Art Class 1:00 Red Hat Club</p>	<p>Chicken Parmesan 19</p> <p>Spaghetti Chocolate Chip Cookie</p> <p>8:30 ROMEOs 9:00 Nine Mile \$ 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>Grilled Burgers 20</p> <p>Potato Salad Apple Sauce</p> <p>9:00 Nine Mile \$ 10:15 Bingo 11:30 Lunch 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class</p>	<p>Creamed Chicken 21</p> <p>Green Beans Roll</p> <p>9:00 Tai Chi 9:00 Nine Mile \$ 11:00 Podiatrist(by appt) 11:00 Quilting Group 11:45 Lunch Served 12:00 Lunch & Listen Shannon Runyon Guitarist</p>	<p>Roast Beef 22</p> <p>Mashed Potatoes Apple</p> <p>8:30 Jordon River \$ 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- Napoleon Dynamite 12:15 Recorder Class</p>





Birthdays!

- 1- Patty Palmer
- 2- Trinka Evjen
- 2- Keith Westover
- 3- George Hendrickson, Bill Charles
- 3- Ritva Johnston, Doris Weight
- 4- Diane Graham
- 5- Nellie Crow
- 6- Deanna Brown, Glenn Denton
- 7- Sylvia Clegg, Clark King
- 9- Sherrie Martin
- 10- Roger Nielson
- 11- Cindy Belt
- 13- LuAnn Hansen
- 13- Garold Jensen
- 14- Craig Hatfield, Christine Kidder
- 16- Jill Rasmussen, Claudia Shaffer
- 17- Jerry Dalton, Sandy Moore
- 17- Anna Mae Wardle
- 18- Bill Brown
- 18- Helen Perry
- 19- Nancy Sharp, Brandy Wanlass
- 20- Angela Randolph
- 21- Brenda Dallin
- 21- Norene Petersen
- 23- Charlene Adams
- 23- Linda Badoian
- 24- Lisa Duncan
- 25- Susan Astle
- 28- Brent Tenney
- 29- Susy Devenish, McKay Elder
- 29- Nancy Nielson, Lillian Klingler
- 30- Maria Allington, Catherine Maier
- 30- Kathleen Davies
- 31- Pauline Hartvigsen
- 31- Gloria Gardner

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.

- May 1 Cream of Broccoli Soup/Turkey Sandwich
May 4-8 Chef Salad
May 11-12 Vegetable Beef Soup/ Turkey Sandwich
May 13-15 Chicken Noodle Soup/Turkey Sandwich
May 18-22 Chef Salad
May 25-26 Cream of Broccoli Soup/Turkey Sandwich
May 27-29 Cream of Potato 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

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, May 11th



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)



NEW Museum of Utah \$6*

Monday, June 29th 8:30 a.m.

Meet at the Senior Center and travel in Van-Go to SLC to the new Museum of Utah that is opening behind the state capitol building. The museum opens on June 27th, so we will be one of the first groups to visit! *Right now the hours and admission prices have not been published. You will be responsible for your own admission fee. I will alert everyone to the amount to bring before we visit.

We will stop for lunch on the way home. Refunds are available only if you can find someone to take your place (a \$2 cancelation fee will apply).



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:

May 13th at 12:45 p.m.

Vera Wong's Unsolicited Advice

Next Month: Downstairs Girl



SPECIAL EVENT

HOUSE-MADE LUNCH!

Friday, May 8th | 11:30 AM | \$6 per person

Menu: Home cooked ham, funeral potatoes, salad, roll, and dessert.

Advance sign up required by May 6th

Join us for a delicious meal!



Celebrate

Mother's Day

with a delightful tea

Thursday, May 7th 12:30 PM

Wear your hats and gloves and be ready for a delightful afternoon!
Free to participate, but sign up is required so we know how many to
plan for. Please sign up at the front desk by May 5th.

ALL WOMEN ARE WELCOME!

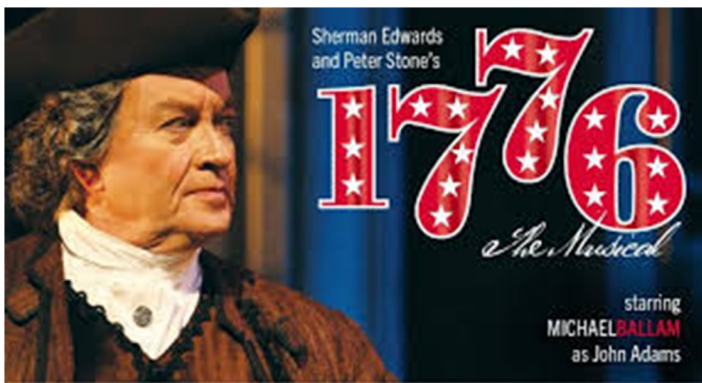


Find Your Strength, for Balance.

Join our Movement Class designed for Seniors – improve your stability, and boost your strength.



**Classes every Thursday
at 12:15PM – All levels welcome**



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).



**Utahraptor State Park & Moab
Giants Dinosaur Park \$30
Monday, June 22nd 8:30 a.m.**

Meet at the Senior Center and travel in Van-Go to Moab to see the Utahraptor State Park and Giants Dinosaur Park. Bring money for lunch in Moab before traveling home with a scenic drive along the Colorado River. Refunds available only if you can find someone to take your place (a \$5 cancelation fee will apply). This will be a long day in the van with 7+ hours of driving plus stops. We will be home later in the evening.



**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.

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



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



**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.)

Dementia Live®

FREE Dementia Training for Family Caregivers

MAG Aging and Family Services is offering a Dementia Live® training for family caregivers to increase their understanding of those living with dementia.

Dementia Live® is a highly-impactful, dementia simulation experience that offers an immersive experience into the world of dementia. Participants come away from the event with a deeper understanding of how it feels to live with cognitive impairment and sensory changes that accompany dementia.

Dementia Live® can:

- Boost empathy for people living with dementia
- Help build bridges of communication
- Provide de-escalation and calming techniques
- Supply dementia education and resources



June 24, 2026

2 - 3 PM

Springville Senior Center

DEMENTIA Live®
Proven. Powerful. Essential

Sign up at the Front Desk
Space is limited



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 cancellation 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 cancellation 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 cancellation fee will apply.)



New SLC Temple Visitor Center \$6

Wednesday, June 17th 9:00 a.m.

Meet at the Senior Center and travel to SLC to visit the new temple visitor center (opens in May 2026). After the visitor center, we will stop for lunch before heading back to Springville. This trip to the visitor center does not include tickets to the "Inside the Temple" replica room. Refunds available only if you find someone to take your place (a \$2 cancellation fee will apply).



Millard & Beaver County Ghost Towns

Monday, June 15th 8:45a.m. \$15

Meet at the Senior Center and travel in Van Go to Beaver for an early lunch at the Creamery. We will then visit several ghost towns such as Newhouse, Frisco, Sugarville and Woodrow as well as a stop at Fort Deseret. Cancellations available only if you can find someone to take your place (a \$2 cancellation fee will apply.)



Ogden Nature Center & Rainbow Gardens \$12

Thursday, June 4th 8:30 a.m.

Meet at the Senior Center and travel in Van-Go to Ogden where we will visit the Ogden Nature Center. Then we will drive to Rainbow Gardens for lunch and spend some time at the gift shops. Cancellations allowed through May 13th (\$2 cancellation fee will apply) after which refunds are available only if you can find someone to take your place.

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.)



Nine Mile Canyon Drive #3 \$10

Thurs, May 21st 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.)

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, May 21st - noon
Shannon Runyon, Guitarist

Sponsored by Springville Museum of Art



SPOTLIGHT: Ellis and Patty Palmer

Ellis and Patty Palmer have built a life centered on love, family, and adventure.

Ellis grew up in Orem, Utah, and served four years in the Air Force, working with radar, electronics, and computers. Patty grew up in El Paso, Texas, and studied cosmetology. She loves sewing, crochet, and crafts, and drove Special needs bus for 25 years—Ellis likes to say she can “take string and make it look pretty.”

Their story began when Ellis, as a missionary, rented a small apartment in Patty’s backyard. Patty’s mom figured out Patty liked him and told him—which led to Ellis

avoiding her! Patty thought he wasn’t interested, but after his mission, they began writing, and their relationship grew from there.

They were engaged for a year and a half while living far apart—Patty just a mile from the Mexican border and Ellis stationed six miles from the Canadian border. This August, they will celebrate 52 years of marriage.

They have four children—two daughters and two sons—all married, along with 15 grandchildren, 6 great-grandchildren, and a one-year-old tabby cat named Tigger.

They love simple joys: volleyball, long drives to see animals and birds, fall colors, spring greenery, and exploring ancient ruins. They’ve traveled on cruises to Alaska, Canada, the East Coast, Mexico, and the Panama Canal, and even visited Mayan ruins on a Book of Mormon tour.

Patty once worked with paleontologists who helped start the Thanksgiving Point Museum and has a unique fossil collection.

They love Mexican food and always order the same thing at their favorite restaurant. One funny memory involves going to the wrong bank in Utah after a new one was built without them knowing!

Their mottos say it best: “Do it!!” “How will this affect eternity?” “Don’t sweat the small stuff,” and “Jesus is my friend.”

Fraud Alert

Sweepstakes and lottery scams

The sweepstakes scam is one many people are familiar with. Here, scammers call an older adult to tell them they've won a lottery or prize of some kind. If they want to claim their winnings, the older adult must send money, cash, or gift cards up front—sometimes thousands of dollars' worth—to cover supposed taxes and processing fees.



Scammers may impersonate well-known sweepstakes organizations (like Publishers Clearing House) to build trust among their targets. Of course, no prize is ever delivered. Sometimes, fraudsters are able to convince the older adult to send even more money by telling them their winnings will arrive soon. Many continue to call people for months and even years after defrauding them out of an initial sum of money.

Jessica Johnston—Senior Director, Center for Economic Well-Being from the website of the National Council on Aging

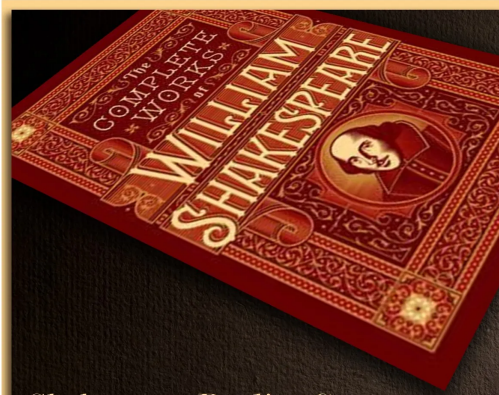
FREE FOR SSC MEMBERS

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 Springfield.

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!



Something fun is landing

Join us for an afternoon of fun and
out-of-this-world surprises!

Monday, May 18th
12:30pm.



Free to participate, but please sign up so
we know how many to plan for!