

JUN26

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
Fish Filets 1 Potato Wedges Orange 10:00 Open Pottery 10:05 Strength Exercise 10:15 Bunco 12:15 ASL Class 12:15 3Up 3Down Game 1:00 Art Class 4:30 Ringo Starr \$	Roasted Chicken 2 Quinoa Cookie Bar 9:00 Tai Chi at the Park 9:00 Foot Clinic(by appt) 10:15 Boost Your Brain 12:00 Cards (500) 12:30 Exercise Class 1:30 Yard Games 6:30 Pottery	Beef Stroganoff 3 Green Salad Apple Crisp 9:00 Board Meeting 10:15 Bingo 11:30 Lunch 12:00 Billiards 12:15 Movement Class 1:00 Trivia "Night"	Turkey Breast 4 Mashed Potatoes Pears 8:30 Ogden Nature \$ 9:00 Tai Chi at the Park 9:00 Foot Clinic(by appt) 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 12:15 Balance Class	Sloppy Joe 5 Pork and Beans Mixed Veggies 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- Regretting You 12:15 Recorder Class
Malibu Chicken 8 Au Gratin Potatoes Green Beans 10:00 Open Pottery 10:00 Legal Help(by appt) 10:05 Strength Exercise 12:15 ASL Class 12:15 Phone Class 1:00 Art Class 1:00 Yard Games	Taco Salad 9 Green Salad Apple Sauce 9:00 Tai Chi at the Park 9:00 Foot Clinic(by appt) 10:15 Boost Your Brain 11:30 Lunch Senior Center Closing at 12:30			
Orange Chicken 15 Rice Tropical Fruit 8:45 Ghost Towns \$ 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 12:00 Lunch 12:15 ASL Class 1:00 Art Class	Meatloaf 16 Garlic Mashed Potatoes Green Salad 8:30 ROMEOs 9:00 Tai Chi at the Park 10:15 Boost Your Brain 10:30 Billiards 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery	Creamed Chicken 17 Green Beans Roll 9:00 Salt Lake Visitors\$ 10:15 Bingo 11:30 Lunch 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class 12:45 Book Club	Grilled Hamburgers 18 Potato Salad Apple Sauce 9:00 Tai Chi at the Park 11:00 Quilting Group 11:30 Dude Day 11:45 Lunch 12:00 Lunch & Listen Shannon Runyon	Potluck & Games 6/20 at 4:30pm
Country Fried Steak 22 Mashed Potatoes Apple 8:30 Utahraptor Park \$ 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 12:15 ASL Class 1:00 Art Class 1:00 Red Hat Club	Chicken Pot Pie 23 Orange Brownie 9:00 Tai Chi at the Park 10:15 Boost Your Brain 10:30 Billiards 11:00 Lunch 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery	Honey Ham 24 Scalloped Potatoes Cornbread 10:15 Bingo 11:30 Lunch 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class 2:00 Dementia Live	Chicken Parmesan 25 Spaghetti Green Beans 9:00 Tai Chi at the Park 11:00 Quilting Group 11:30 Lunch 12:00 Billiards 12:15 Banana Split Party	Roast Pork 26 Mashed Potatoes Beets 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- The Court Jester 12:15 Recorder Class
Swedish Meatballs 29 Rice Brownie 8:30 Museum of Utah \$ 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:15 ASL Class 1:00 Art Class	Chicken Wrap 30 Pasta Salad Peaches 9:00 Tai Chi at the Park 10:15 Boost Your Brain 10:30 Billiards 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery	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		Alternate Meal Schedule Jun 1-5 Chef Salad Jun 8-9 Soup/Sandwich Jun 15-19 Chef Salad Jun 22-26 Soup/Sandwich Jun 29-30 Chef Salad

Senior Center is CLOSED JULY 1st - JULY 31st



Birthdays!

JUNE BIRTHDAYS 1- Debra Kososki 2- Evelyn Fletcher 3- Ken Juber, Carolyn Buck, Terry Fox 4- Connie Bockenstedt, Henry Reynolds, David Sabin 5- Jane Monson, Jim Haupt 6- Robert Vega 9- Bonnee Byrne, Debra Edmonson 10- Lucy White 11- Carole Oldroyd 13- Diane Collings 14- Ron Frohlich, Sheryl Gates 15- Linda Covington, Blanca Vega, Joe Miller 16- Loris Hayes, Ron Payne, Ann Willmore, Charlene Wilson 17- DeAnn Brandvold, Deanna Savage 18- Lanay Brinkerhoff 20- Laura Jackson, June King 21- Jenifer Banz, Alma Meyers, Luisa Hendrickson 22- Ruth Florence, Blair Larsen 23- Charlene Diehl, Melissa McCreary, Sandy Simonson 24- Beverly Johnson 25- Shirley Whitby, Barbara Shalvis 27- Thomas Hare, Lee Taylor 28- Wendy Hull, Shauna Hansen 29- Richard James, Robert Wagstaff

JULY BIRTHDAYS 1- Linda Millard 3- Sheila Whittaker 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, Joella Wolfgramm 12- Judy Hill, Arlene McGregor, Judy Hill 14- Bonnie Lambourne, Lynette Sorensen, Paul Walter, Cesar Sanchez 15- Glenda Goldman, Keith Russell 16- Lareen Fox, Robert Ryder, Kay Maynard 17- Carolyn Cram 19- Brian Millet 20- Seiko Nelson, Jeffrey Parker 22- Daryl Tucker 23- Mable Belt, Winnie Cain, Dan Webb, Cecelia Weight, Joyce Westphal 25- Gillian Sayers, Nola Solt 26- Thomas Payne, Joyce Thayer, Rafaela Sanchez 27- Elaine Brown 28- Jo Evans, 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 1-5	Chef Salad
Jun 8-9	Vegetable Beef Soup/ Turkey Sandwich
Jun 15-19	Chef Salad
Jun 22-23	Cream of Broccoli Soup/Turkey Sandwich
Jun 24-26	Chicken Noodle Soup/Turkey Sandwich
Jun 29-30	Chef Salad

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, June 8th
12:15 p.m.**



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:

June 17th at 12:45 p.m.
Downstairs Girl

Next Month: Share your recent reads!

ASL Class

Mondays at 12:15 PM



**All skill levels are
welcome to come and
learn together!**



PATRIOTIC DUCK HUNT!



We're hiding patriotic ducks all around
the Senior Center!

Have fun searching for them!

If you find one, you're welcome to keep it.

Please limit **ONE** duck per person
so everyone gets a chance to join in
the fun!



SLAM- Salt Lake Art Museum \$9
Tuesday, August 11th 8:30 a.m.

Meet at the Senior Center to travel in Van-Go to Salt Lake City to see the brand new SLAM! Bring money for breakfast before the museum.

Refunds are available only if you can find someone to take your place (a \$2 cancellation fee will apply).



Hammocking at the Park \$4

Thursday, August 27th 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.)



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, June 18th - noon
Shannon Runyon, Singer/Songwriter

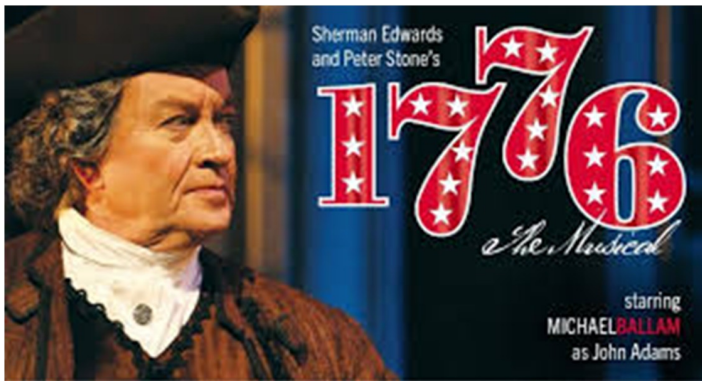


Sponsored by Springville Museum of Art



Joseph at Hale Sandy \$79 Thursday, August 6th 4:30 p.m.

Meet at the Senior Center to travel in Van-Go to the Hale Center Theater in Sandy to see Joseph and the Amazing Technicolor Dreamcoat. Bring money for dinner before the show at Recharge Pub & Grub in Sandy before the show. Because tickets are pre-purchased, refunds are available only if you can find someone to take your place (an \$8 cancelation fee will apply).



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 cancellation 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.



**Heber Valley Train Ride \$29
Monday, August 31st 4:30 p.m.**

Meet at the Senior Center and travel in Van-Go to Heber. Bring money for dinner at Chick's Cafe before the train ride. Because tickets are pre-purchased, refunds are available only if you can find someone to take your place (a \$5 cancellation fee will apply).

Dementia Live®

FREE Dementia Training

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**

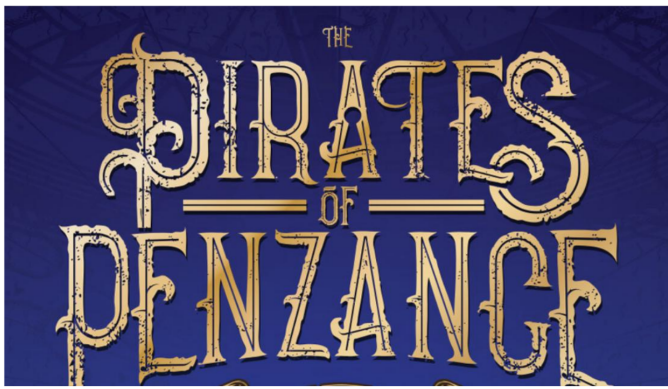
Springville Senior Center

DEMENTIA Live®
Proven. Powerful. Essential

**Sign up at the Front Desk
Space is limited**



MAG
AGING & FAMILY SERVICES



Pirates of Penzance

Murray Park Amphitheater \$27

Friday, August 14th 4:00 p.m.

Meet at the Senior Center to travel in Van-Go to Murray to see The Pirates of Penzance. Bring money for dinner before the show. This is an outdoor venue, but there are individual seats with backs. Dress appropriately. Because tickets are pre-purchased, refunds are available only if you can find someone to take your place (a \$5 cancellation fee will apply).

3 UP 3 DOWN CARD GAME

Come play this easy-to-learn card game!

MONDAY, JUNE 1ST AT 12:15 PM



PRIZES!

DUDE DAY!

FATHER'S DAY MEAL

THURSDAY, JUNE 18TH 11:30 AM

Free house-prepared meal (men only!)

Advanced sign up required by June 15th.

Lunch and Listen entertainment to follow at noon.



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.

Banana Split!

Thursday

JUNE 25TH
12:15 PM

Banana Split card game followed by
BANANA SPLITS!

PLEASE SIGN UP IN ADVANCE SO WE CAN
PLAN HOW MUCH ICE CREAM TO PURCHASE!



YARD GAMES

Enjoy friendly competition
and outdoor fun!



MONDAY,
JUNE 8TH
1:00 – 3:00 P.M.



1:00 – 2:00 P.M.
CROQUET



2:00 – 3:00 P.M.
CORN HOLE



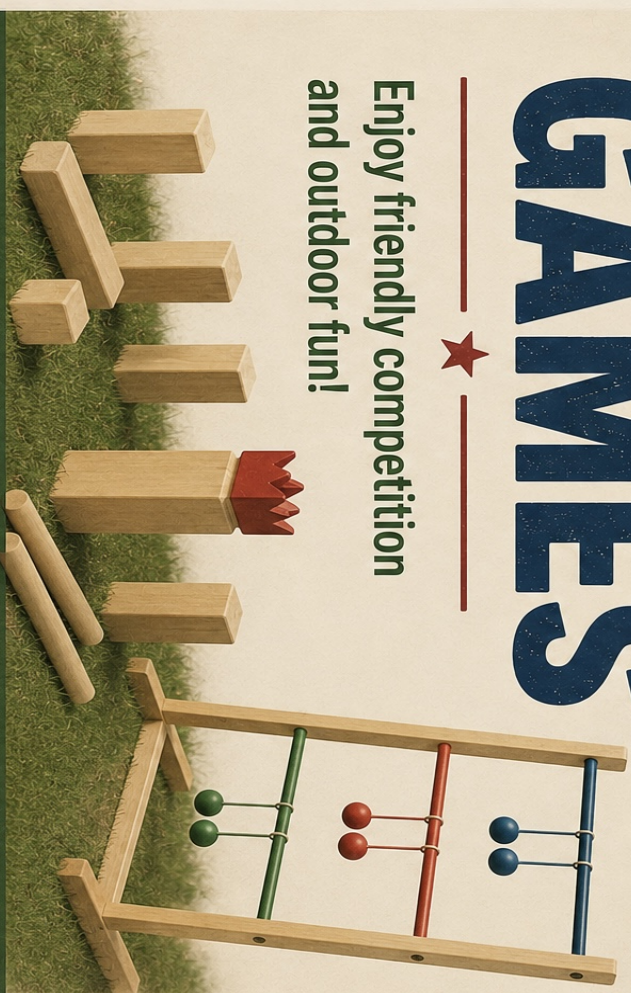
SPRING CREEK PARK

500 E 600 N

Springville, UT 84663

YARD GAMES

Enjoy friendly competition
and outdoor fun!



TUESDAY,
JUNE 2ND
1:30 – 3:30 P.M.



1:30 – 2:30 P.M.
KUBB



2:30 – 3:30 P.M.
LADDERS



SPRING CREEK PARK

500 E 600 N

Springville, UT 84663



SPOTLIGHT: Alesia and Ken Juber

Ken and Alesia Juber have been married for 58 wonderful years and have built a life full of adventure, laughter, and family memories. Together they have two children — one daughter and one son — along with two grandchildren they cherish deeply. Alesia attended Springville High School, and Ken attended Provo High School.

Their love story began in an unforgettable way. One day while Alesia was sluffing school with a friend, the friend's dad unexpectedly showed up. Trying to hide, Alesia jumped into the first car she saw — which happened to be Kenny's car! Funny enough, when they met again later, Alesia didn't realize they had already met.

Over the years, Ken and Alesia have enjoyed crocheting, camping, crafting, yard work, woodworking, hunting, riding horses, four-wheeling, and cruising. Their favorite foods are pizza and Chinese food, and they hope to someday visit New Zealand and return to Yellowstone National Park.

Some of their favorite memories come from exploring in their Toyota Land Cruiser, even when adventures led to getting stuck in mud or snow. One memorable trip up Left Hand Fork ended with the family hiking out in the middle of the night after getting high-centered on tree roots. Around three in the morning, they finally found help — long before cell phones existed. Today, those stories bring lots of laughter.

Another unforgettable adventure happened while horseback riding when Alesia's saddle slipped underneath the horse's belly — and she simply held on tight!

Through every adventure and challenge, Alesia's favorite saying has remained: "One day at a time."

Package Delivery Text Scams ("Smishing")

A fast-growing threat targeting seniors is "smishing," a form of SMS phishing. Victims receive a text message claiming to be from delivery services like Amazon, FedEx, or UPS, stating that a package is delayed or cannot be delivered. The message typically includes a link prompting the recipient to "update delivery preferences" or "pay a small fee." Clicking the link may lead to a fake website designed to steal personal and financial information, or it may install malware on the device.

These scams are effective because many people regularly receive packages, making the message seem routine and harmless. Seniors, in particular, may be less familiar with how to spot fraudulent links or recognize subtle warning signs. The safest approach is to avoid clicking on links in unsolicited texts. Instead, go directly to the retailer or delivery service's official website to check order status. Be wary of messages with spelling errors, strange URLs, or urgent language.

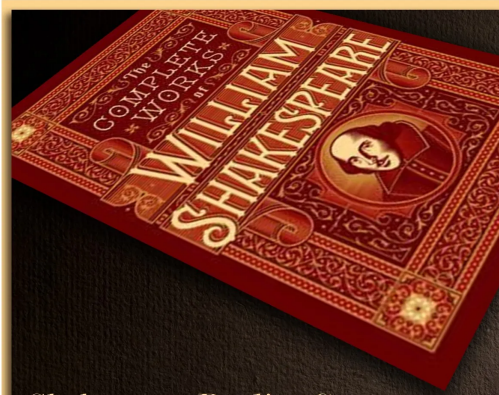
FREE FOR SSC MEMBERS

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.

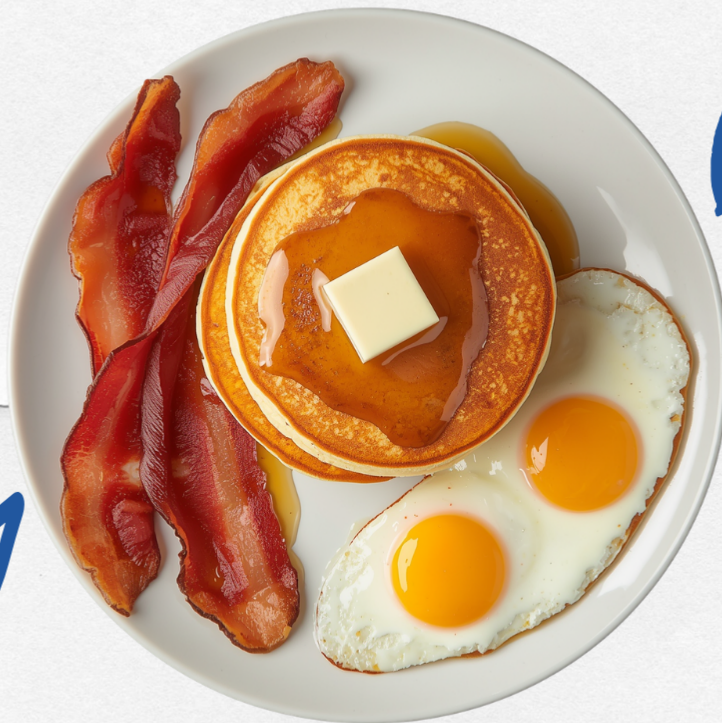
All Senior Center members are welcome. Instruction available if you would like to learn to play.

PRIZES!

BREAKFAST & FOLKFEST!

THURSDAY, JULY 30TH AT 9:30 AM

\$6*



JOIN US FOR A DELICIOUS BREAKFAST FEATURING
FLUFFY PANCAKES, BACON, EGGS AND HASHBROWNS.

FOLLOWING BREAKFAST, THE FOLKFEST
DANCERS (COUNTRY TBA) WILL PERFORM!

**Reservations and advance payment
required. Pay in person by June 30th or
online by July 23rd.*