

AUG26

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com

 **springville**
SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Filets 3 Potato Wedges Orange 10:00 Open Pottery 10:05 Strength Exercise 10:15 Bunco 10:30 Billiards 12:15 Bears & Bees Game 12:30 ASL Class 1:00 Art Class	Taco Salad 4 Green Salad Tropical Fruit 9:00 Tai Chi at the Park 9:00 Foot Clinic(by appt) 10:15 Boost Your Brain 11:30 Nephi DUP \$ 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery	BBQ Pulled Pork 5 Apple Coleslaw 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"	Grilled Hamburgers 6 Potato Salad Pork & Beans 9:00 Tai Chi at the Park 10:00 Open Pottery 11:00 Quilting Group 11:30 Billiards 11:30 Lunch 12:30 Shuffleboard 4:30 Joseph \$	Teriyaki Beef 7 Quinoa Mandarin Oranges 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- Rental Family 12:15 Recorder Class 2:00 Shakespeare 3:15 Salmon Supper \$
Malibu Chicken 10 Au Gratin Potatoes Green Beans 10:00 Open Pottery 10:00 Legal Help(by appt) 10:05 Strength Exercise 11:30 Lunch 12:15 Phone Class 12:30 ASL Class 1:00 Art Class	Meatloaf 11 Garlic Mashed Potatoes Apple Sauce 8:30 SLAM \$ 9:00 Tai Chi at the Park 9:00 Foot Clinic(by appt) 10:00 Open Pottery 10:15 Boost Your Brain 11:30 Lunch 12:00 Cards (500) 12:30 Exercise Class	Creamed Chicken 12 Green Beans Pineapple Tidbits 10:15 Bingo 11:00 Podiatrist(byappt) 11:30 Lunch 12:00 Billiards 12:00 Open Pottery 12:15 Movement Class 12:45 Book Club	9:00 Tai Chi at the Park 9:00 Foot Clinic(by appt) 10:00 Bingo & Lunch in the Canyon Sign Up for Croissant Lunch \$6.00 Senior Center Closed	Chicken Parmesan 14 Spaghetti Green Salad 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- Unlikely Pilgrimage 12:15 Recorder Class 4:00 Pirates of Penzance \$ 8/15 4:30 Potluck & Games
Orange Chicken 17 Rice Tropical Fruit 8:30 Metal Detecting Club 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:30 ASL Class 1:00 Art Class	Cold Cut Subs 18 Potato Chips Jell-O with Fruit 8:30 ROMEOs 9:00 Tai Chi at the Park 10:15 Boost Your Brain 10:30 Billiards 11:30 Lunch 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery	Roasted Pork 19 Mashed Potatoes Cookie Bar 9:00 Cascade Springs \$ 10:15 Bingo 11:30 Lunch 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class	Sloppy Joe 20 Mixed Veggies Cottage Cheese 9:00 Tai Chi at the Park 10:00 Open Pottery 11:00 Quilting Group 11:45 Lunch 12:00 Lunch & Listen The Accords 4:00 Walker Rooftop \$	Turkey Breast 21 Garlic Mashed Potatoes Carrots 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- Ballad of Wallis Island 12:15 Recorder Class 2:00 Shakespeare
Country Fried Steak 24 Mashed Potatoes Apple 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 12:30 ASL Class 1:00 Art Class 1:00 Red Hat Club 7:00 Campfire Cherry \$	Chicken Pot Pie 25 Orange Brownie 8:15 Utah Olympic \$ 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	Beef Stroganoff 26 Rice Apple Crisp 10:15 Bingo 11:30 Lunch 12:00 Open Pottery 12:00 Billiards 12:15 Movement Class	Chicken Wrap 27 Italian Pasta Salad Pears 9:00 Hammocking \$ 9:00 Tai Chi at the Park 10:00 Open Pottery 11:00 Quilting Group 11:30 Lunch 12:00 Billiards	Honey Ham 28 Scalloped Potatoes Cornbread 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie- To Kill a Mockingbird 12:15 Recorder Class
Swedish Meatballs 31 Rice Brownie 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:30 ASL Class 1:00 Art Class 4:30 Heber Train \$	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 Aug 3-7 Soup/Sandwich Aug 10-14 Chef Salad Aug 17-21 Soup/Sandwich Aug 24-28 Chef Salad Aug 31 Soup/Sandwich



August Birthdays!

1- Eva Johnson
1- Nanette Lassen
2- Bob Baird
2- Don Harris
3- Susan Odegard
4- Alice Heslop
4- Ann Weight
5- Charles Curtis
5- Maxine Fackrell
6- Jean Harvey
7- Delos Dalton
8- Joanne Wagstaff
13- Linwood Carter
13- Leslie Harker
13- Sanda Smith
14- Maurine Canto
14- Cindy Poulsen
15- Linda Burrell
16- Shirley Larkin
16- Tori Eaton
16- Suzy Tidwell
17- LoRey Andrews
17- Cherrie Bauer
17- Nancy Clanton
19- Marcia Baird
19- Bill Lowe
21- Lance Allington
21- Bonnie Wilde
22- Ruth Allan
22- Bruce Tregaskis
24- Cheris Erickson
24- Laurel Cottam
25- Sara Jane Harvey
27- Kay Ashby
29- Ida Chambers
29- Diane Gillies
29- Suzanne Nichols
30- Maylon Fackrell
31- Trish Barker

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.

Aug 3-4	Vegetable Beef Soup/ Turkey Sandwich
Aug 5-7	Cream of Broccoli Soup/Turkey Sandwich
Aug 10-14	Chef Salad
Aug 17-18	Vegetable Beef Soup/ Turkey Sandwich
Aug 19-21	Chicken Noodle Soup/Turkey Sandwich
Aug 24-28	Chef Salad
Aug 31	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

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, August 10th
12:15 p.m.**

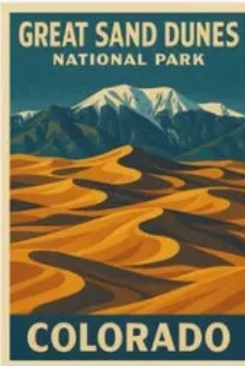


Timpanogos Storytelling Festival \$13

Thursday Night Sneak Peek 2:45 p.m.

Thursday, September 10th

Travel in Van-Go to Thanksgiving Point for the Timpanogos Storytelling festival. The Thursday sneak peek has 1 breakout storytelling session in the tents, followed by a concert and storytelling at the waterfall amphitheater from 6-9pm. Bring a camp chair! Food vendors will be available for dinner. Tickets have been pre-purchased, so refunds are only available if you can find someone to take your place. (A \$2 cancellation fee will apply.)



Southwest Tour!
October 19th-24th
\$843* per person
based on double occupancy

*\$100 non-refundable deposit required to register with balance due August 14th. After August 14th, partial refunds may be available depending on hotel refunds and if people are available to fill your place.

*Price is based on double occupancy. Single occupancy price is \$1441.

*Includes five nights of accommodations, transportation, and admission to all planned attractions. Meals are not included.

Occasionally, while traveling, we may spot something so interesting, or unusual, that someone inevitably exclaims, "HEY—DID YOU SEE THAT?!" Should such a situation arise, the group may vote to make an impromptu stop. Admission fees for these unplanned adventures are not included in the tour price. But life is too short to drive on by... especially mysterious roadside museums, or anything claiming to be the world's largest.

- Day 1: Drive through Moab and Monument Valley. Staying overnight in Bluff.
- Day 2: Drive through Petrified Forest NP - overnight at the Wigwam Motel in Holbrook, AZ
- Day 3: Travel to Albuquerque stopping along the way at the Very Large Array.
- Day 4: Drive to Taos with a stop at Los Alamos.
- Day 5: Drive to Vail, CO. Along the way, we will drive through the Great Sand Dunes NP
- Day 6: Travel back home with a drive through Colorado National Monument.
- PLUS- lots of other stops along the way. Too many to list!



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:

August 12th at 12:45 p.m.

Fish in a Tree by Lynda Hunt

Next Month: First: Sandra Day O'Connor

ASL Class

Mondays at 12:15 PM



All skill levels are welcome to come and learn together!

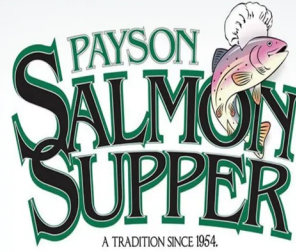


Utah Olympic Park Guided Tour \$26

Tuesday, August 25th 8:15 a.m.

Guided Tours are the best way to explore the venue and learn about the amazing stories of Olympic achievement – and some of the more peculiar tales of the Utah Olympic Park. The tour includes a ride aboard our shuttle bus and drive to the top of the world's highest Nordic ski jumps and one of the fastest sliding tracks in the world. During the one-hour tour, our guides will do what guides do best – inform, explain and entertain. Their knowledge and stories will bring the Games to life!

Meet at the Senior Center and travel in Van-Go to Park City to see the Olympic Park. Bring money for lunch on the way home. Refunds are available only if you can find someone to take your place (a \$5 cancellation fee will apply).



Payson Salmon Supper

**Friday, August 7th
3:15-6:15 p.m. \$36**

Meet at the Senior Center and travel in Van-Go to Payson. Because tickets have been pre-purchased, no refunds unless you can find someone to fill your place. (A \$5 cancellation fee will apply.)



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.)



Cascade Springs Walk & Bird Watch \$8
Wednesday, August 19th 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Provo Canyon. Bring money for brunch at the Bagel Den on the way home. Refunds are available only if you can find someone to take your place (a \$2 cancelation fee will apply).



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

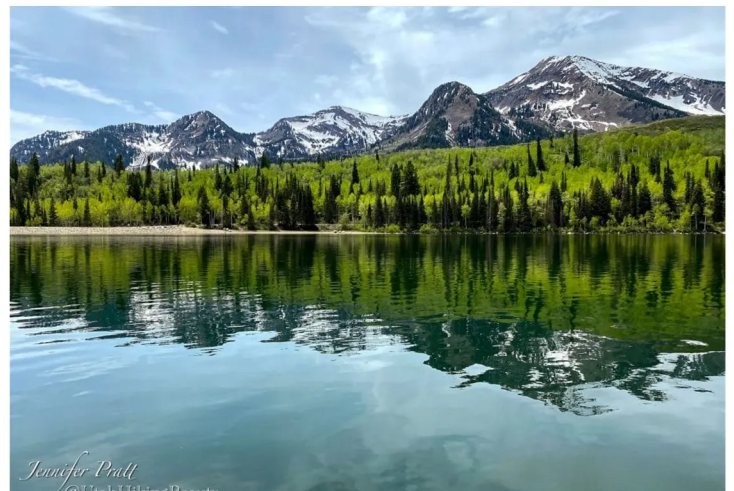
Meet at the Senior Center to travel in Van-Go to the Hale Center Theater in Sandy to see Joseph and the Amazing Technicolor Dreamcoat. Bring money for dinner before the show at Recharge Pub & Grub in Sandy before the show. Because tickets are pre-purchased, refunds are available only if you can find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

Join the Adventure

METAL DETECTING CLUB

Monday, August 17th 8:00 a.m. \$5

Meet at the Senior Center and travel in Van-Go to Lincoln Beach for a try at finding treasures! You will work in pairs with our metal detectors to search the beach. You will be walking over uneven terrain. Sorry, no refunds unless you are able to find someone to take your place (a \$2 cancelation fee will apply). No previous experience needed. (Experts with their own equipment also welcome!)



Silver Lake Walk & Bird Watch \$10
Thursday, September 3rd 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Big Cottonwood Canyon. Bring money for brunch at Ramblin Roads in Midvale on the way home. Refunds are available only if you can find someone to take your place (a \$2 cancelation fee will apply).

Hosted by Division of Services
of the Deaf and Hard of Hearing

BEGINNING Sign Language

All materials
provided,
no experience
necessary.

Mondays @12:15
Sept. 14–Nov. 9 2026

- Alphabet/Fingerspelling
- Numbers
- Common Signs, Greetings & Everyday Expressions
- Will be taught in English Word Order

Springville Senior Center
65 E 200 S Springville, UT
84663

Questions, email us at: afuller1@utah.gov



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 cancelation fee will apply).

Bears and the Bees



Monday,
August 3rd

12:30 p.m.

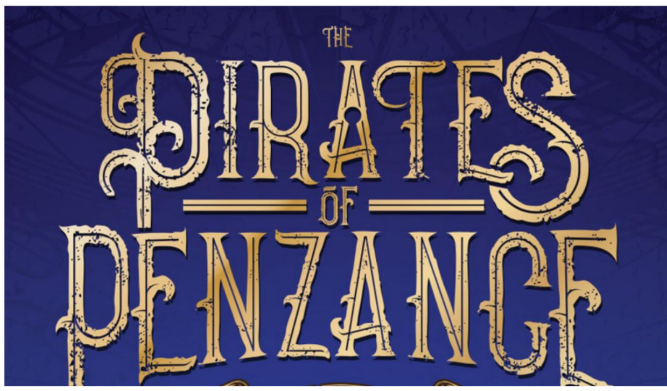


Come learn and play this fun card game! Prizes!



Lunch & Nephi DUP Museum \$8
Tuesday, August 4th 11:30 a.m.

Meet at the Senior Center to travel in Van-Go to Nephi- Lunch at the Bar Dub Grill followed by a visit to the Nephi DUP Museum. Refunds available only if you can find someone to take your place (a \$2 cancelation fee will apply).



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).



Burgess Orchards- Shop & Shakes \$5
Tuesday, September 1st 1:30 p.m.

Meet at the Senior Center to travel in Van-Go to Alpine to Burgess Orchards! Bring money for a shake or whatever produce you'd like to purchase (some space will be available for purchases). Sorry, no refunds available on this trip.



Walker Center Rooftop Guided Sunset Tour \$36
Thursday, August 20th 4:00 p.m.

Did you know the Walker Center lights change depending on the outside temperature? See a demonstration plus guided history and enjoy the sunset on top!

Meet at the Senior Center and travel in Van-Go to Salt Lake City. Bring money for dinner before the tour. You will need to be able to navigate 2 flights of stairs going up and 2 flights going down to get to the roof. Tickets are pre-purchased, so refunds are only available if you can find someone to take your place (a \$5 cancellation 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, August 20th - noon
The Accords!

Sponsored by Springville Museum of Art





SPOTLIGHT: Ron Allison

Ron Allison was born in Bryan, Ohio, and has lived a life of service, resilience and adventure. In 1991, he moved to Utah while experiencing homelessness. During that challenging time, he lived in a tent at the Silver Fox Campground in Provo, where the Provo Towne Centre now stands. Despite his circumstances, he volunteered with Habitat for Humanity in Charleston, SC, and later drove from Provo to Florida City, FL, to help after Hurricane Andrew.

Ron earned an Associate Degree in Accounting and received an Honorable Mention recognition in Northwest Ohio. He was married for ten years before later divorcing.

A passionate traveler, Ron has visited nine countries in Europe and many destinations around the world, including Australia, New Zealand, Tahiti, Bora

Bora, Moorea, Puerto Rico, Mexico, Canada, Hawaii, Alaska, and the Panama Canal. He has also traveled throughout the United States, visiting all but four states. He is proud to have completed every destination on his bucket list.

In 1989, Ron had the honor of laying a wreath at the Tomb of the Unknown Soldier in Arlington National Cemetery. He also met U.S. Senator Richard Lugar and Senator Dan Coats on the steps of the U.S. Capitol. As co-founder and president of the Potters Field National Memorial, Ron helped lead a project that received national media coverage on May 17, 1989, being covered by National News.

Ron worked various jobs throughout his life, including at Sun Valley Inn and Mountain Springs Flying J, before spending 20 years with Nestlé and retiring in 2018. He enjoys playing the accordion, loves seafood, and lives by his favorite saying: **“I was born hungry and never got over it.”**

Fraud Alert: Internet and Email Fraud

Unfamiliarity with technology among some older people makes them easier targets for internet and email scams. Pop-up browser windows that look like anti-virus software can fool users into either downloading a fake and expensive anti-virus program or an actual virus that exposes information on the user's computer to scammers.

Phishing emails and text messages may appear to be from a well-known bank, credit card company, or online store. They request an older adult's personal data, such as a log-in or Social Security number, to verify that person's account, or they ask the older adult to update their credit card info. Then, they use that information to steal money or more personal information. Some ways to recognize email fraud:

- Offers that seem too good to be true
- Direct requests or demands for payment
- High-pressure sales pitches that stress urgency
- Emails that don't address you by name
- Messages with poor grammar and spelling
- Requests to confirm personal information
- Shortened or misspelled links

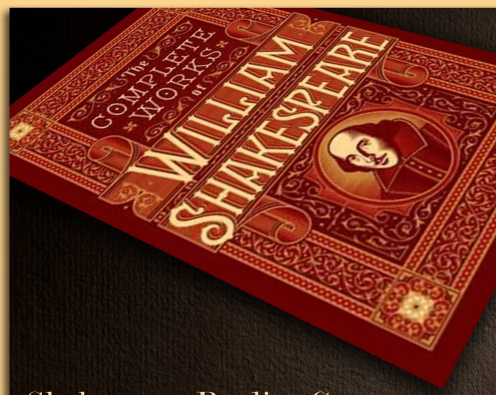
FREE FOR SSC MEMBERS

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



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

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

Made with PosterMyWall.com



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!

Join Us for PLAYING SHUFFLEBOARD!

 **AUGUST 6TH** |  **12:30 PM**

★ *No Experience* **NECESSARY!** ★

*Come for the fun,
STAY FOR THE GOOD COMPANY!*

FOR THE
CANYON PICNIC
THURSDAY,
AUGUST 13TH

CHICKEN SALAD
Croissant
LUNCH

INCLUDES: CHIPS • GREEN SALAD • DESSERT

COST:
\$6



**MUST BE PAID BY
MONDAY, AUGUST 10TH**

*Lunch will be served
AT THE CANYON PICNIC!*

CANYON *Picnic*

THURSDAY,
AUGUST 13TH



== **BINGO** ==
AT 10AM
— followed by —
LUNCH



BE SURE TO
RESERVE A LUNCH
OR BRING YOUR OWN.

CREEKSIDE PAVILION

at Jolley's Ranch

== Maps available if you need directions! ==

SSC Campfire

Monday, August 24th 7pm **\$6.00**



ADVANCE SIGN UP AND PAYMENT ARE REQUIRED.
BRING A CAMP CHAIR, FLASHLIGHT, JACKET AND
INSECT REPELLANT. S'MORES ARE PROVIDED. FEEL
FREE TO BRING OTHER ITEMS TO ROAST OR EAT IF
YOU'D LIKE.

THE SENIOR CENTER VAN IS AVAILABLE TO TRANSPORT INDIVIDUALS AT 6:00 PM
FOR \$3 PER PERSON WITH ADVANCED SIGN UP.

**Cherry Campground group area
Hobble Creek Canyon**