

NOV26

65 East 200 South 801.489.8738

www.springvilleseniorcenter.org

springvilleseniors@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday
Dia Dos Los Muertos Enchiladas \$6.00 Advanced Sign-Up 10:00 Open Pottery 10:05 Strength Exercise 10:15 Bunco 11:30 Dia Dos Los Muertos Party \$ 12:15 ASL Class 1:00 Art Class	Roasted Pork 3 Mashed Potatoes Cookie Bar 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	Beef Taco Salad 4 Pinto Beans Tropical Fruit 9:00 Board Meeting 10:15 Bingo 11:15 Golden Eagle 12:00 Open Pottery 12:30 Line Dancing 1:00 Trivia "Night"	No Meal Served Today 9:00 Foot Clinic(by appt) 9:00 Tai Chi 10:00 Open Pottery 11:00 Quilting Group 11:30 Billiards 11:30 No Meal Today 4:30 Organ Loft \$	Garlic Beef 6 Mashed Potatoes Apple 8:30 Chocolate Shopping \$ 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie-The Breadwinner 12:15 Recorder Class
Beef Stroganoff 9 Rice Apple Crisp 8:30 Chocolate Shopping \$ 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 12:15 ASL Class 12:15 Phone Help Class 1:00 Art Class	Chicken Wrap 10 Pasta Salad Pears 9:00 Tai Chi 9:00 Foot Clinic(by appt) 9:30 Heritage Center \$ 10:00 Open Pottery 10:15 Boost Your Brain 12:00 Cards (500) 12:30 Exercise Class 6:30 Pottery		Salisbury Steak 12 Garlic Mashed Potatoes Fruit Fluff 8:30 Logan Shopping \$ 9:00 Tai Chi 10:00 Open Pottery 11:00 Quilting Group 11:30 Billiards 11:30 Lunch	Creamed Chicken 13 Roll Green Beans 10:00 Open Pottery 10:15 Swap Bingo 11:15 Hand Massages 11:30 Lunch 12:15 Movie-Hello Dolly 12:15 Recorder Class
Honey Ham 16 Scalloped Potatoes Cornbread 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 1:00 Art Class 1:00 BYU Collections \$ 1:00 Red Hat Club	Roasted Chicken 17 Quinoa Fruit Cocktail 8:30 ROMEOs 9:00 Tai Chi 10:15 Boost Your Brain 12:00 Nutrition Class 12:00 Cards (500) 12:30 Exercise Class 2:00 Jimmy Movie \$ 6:30 Pottery		Chicken Pot Pie 19 Biscuit Apple 9:00 Tai Chi 10:00 Open Pottery 11:00 Quilting Group 11:45 Lunch 12:00 Lunch & Listen Lyman McBride & His Horns Trio	Turkey Breast 20 Garlic Mashed Potatoes Carrots 9:00 Ogden Art Tour \$ 10:00 Open Pottery 10:15 Swap Bingo 11:30 Lunch 12:15 Movie-Solo Mio 12:15 Recorder Class

**SENIOR CENTER CLOSED FOR THE WEEK.
HAVE A HAPPY THANKSGIVING!**

Malibu Chicken 30 Au Gratin Potatoes Jell-O with Fruit 10:00 Open Pottery 10:05 Strength Exercise 10:30 Billiards 11:30 Lunch 1:00 Art Class	Alternate Meal Schedule Nov 2-6 Chef Salad Nov 9-13 Soup/Sandwich Nov 16-20 Chef Salad Nov 30 Soup/Sandwich	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
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November Birthdays!

3- Carol Wolf
4- Scott Carter
5- Glen Scholl, Brent Harvey
5- Virginia Van Patten
6- Marilyn Brown
7- Johnny Foulger
7- Sheldon Larkin
7- Nancy Brascich
8- Kaye Dewar, Colleen Peck
8- Sandra Nielsen
9- Jan Carter, Bryan Brower
13- Abby Levanger
13- Cathy Meyers
13- Diane Whited
14- Ellis Palmer, Jana Reynolds
14- Darlyne Planck
16- Alan Dulong
17- Ken Mattus
17- Elaine Ward
18- Paul Boman
19- Donna Breckenridge
19- Rosie Jensen, Rae Bybee
19- Lily Revollo, Steven Watrous
20- Betty Anderson, Kristi Alvey
20- Robert Crandall
20- Donna Johnson
22- John Sanchez, Marie Turner
24- Janet Pedersen
25- Merlene Westover
26- Velda Thorpe

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 2-6	Chef Salad
Nov 9-10	Cream of Potato Soup/ Turkey Sandwich
Nov 12-13	Vegetable Beef Soup/Turkey Sandwich
Nov 16-20	Chef Salad
Nov 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, November 9th at 12:15 p.m.

(Bring any questions you might have!)

NUTRITION FOR HEALTHY AGING

Simple ways to
nourish your body
as you age.

Dailyn Tufuga, MS, RDN
Clinical Research Dietitian

Learn about protein, calcium, and
other key nutrients for older adults,
plus practical tips for everyday meals.



TUESDAY, NOVEMBER 17
12:00 NOON

Springville Senior Center
65 East 200 South

EVERYONE WELCOME



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:
November 18th at 12:45 p.m.
How to Know a Person

Next Month: Magic of Ordinary Days

Fraud Alert: Tech Support Scams

What to watch out for: a pop-up warning that looks convincing and like
it comes from a legitimate company. The pop-up will often claim your
computer has a virus or your system needs urgent maintenance.

What can happen: if you click on the link in the pop-up or call the
number included, a fake technician might convince you to give them
remote access to your computer. Some might also try to get you to pay
for unnecessary repairs while others may install ransomware that may
lock your device until a payment is made.

What to do: close suspicious pop-ups immediately, never click on links
in any pop-ups and never provide remote access to your computer
unless you have initiated a support session through a verified company
website.



Salt Lake Temple Open House \$10
Thursday, May 13th 8:30 a.m.

Meet at the Senior Center and travel to Salt Lake for the temple open house. Bring money for lunch after the tour. Sorry, refunds are unavailable unless you find someone to take your place (a \$2 cancelation fee will apply).



Salt Lake Temple Open House \$10
Thursday, May 6th 7:30 a.m.

Meet at the Senior Center and travel to Salt Lake for the temple open house. Bring money for lunch after the tour. Sorry, refunds are unavailable unless you find someone to take your place (a \$2 cancelation fee will apply).



Salt Lake Temple Open House \$10
Thursday, May 20th 8:30 a.m.

Meet at the Senior Center and travel to Salt Lake for the temple open house. Bring money for lunch after the tour. Sorry, refunds are unavailable unless you find someone to take your place (a \$2 cancelation fee will apply).



Salt Lake Temple Open House \$10
Wednesday, May 12th 7:30 a.m.

Meet at the Senior Center and travel to Salt Lake for the temple open house. Bring money for lunch after the tour. Sorry, refunds are unavailable unless you find someone to take your place (a \$2 cancelation fee will apply).

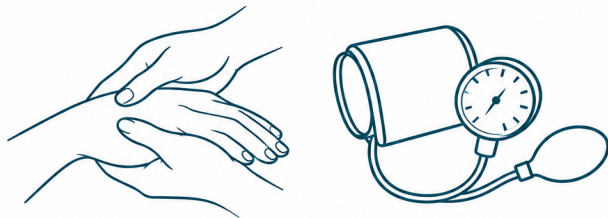


BYU Bean Museum \$3

Thursday, December 3rd 10:00 a.m.

Meet at the Senior Center and travel in Van-Go to Provo. Visit the museum including the new Tree of Life Exhibit. Bring money for lunch at the BYU Creamery after the museum. Sorry, no refunds are available for this trip.

HAND MASSAGES & BLOOD PRESSURE CHECKS



Friday, November 13th
11:15 am

Springville Senior Center
65 East 200 South

Sponsored by Spring Gardens

LUNCH & Listen

3rd Thursday of each month

Thursday, November 19

Noon–1 p.m.

Lyman McBride
and His Horns Trio

Springville Senior Center
65 East 200 South

Call 801-489-8738 to reserve lunch
or bring your own!

Sponsored by the
Springville Museum of Art



Logan Shopping Trip \$15

Thursday, November 12th 8:30 a.m.

Meet at the Senior Center and travel in Van-Go to Logan. Visit Smith & Edwards, Pepperidge Farms, Lower Meat, Gossner Cheese, Lazy One and Bluebird Candy. Bring money for lunch at El Toro Viejo. Sorry, refunds are unavailable for this trip unless you find someone to take your place.



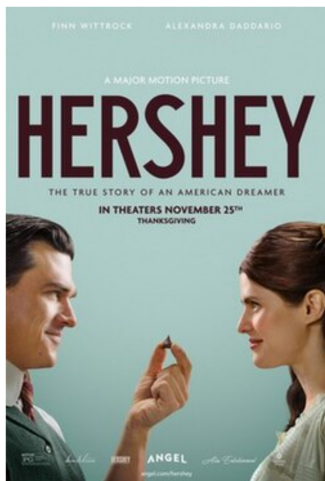
Art City Bronze Tour \$5 Tuesday, December 8th 12:45 p.m.

Meet at Art City Bronze in Springville to tour their fine art foundry. Price of the tour will be given as a gratuity to the tour guide. Space is limited. Sorry, no refunds are available for this trip.



Ogden Christmas Village \$9 Wednesday, December 2nd 3:00 p.m.

Meet at the Senior Center and travel in Van-Go to Ogden. The village spans an entire municipal block with 70 holiday cabins decorated by local businesses and organizations. Explore this winter wonderland! Bring money for dinner at Jeremiah's in Ogden before the village. Sorry, no refunds are available for this trip.



Based on the life of Milton Hershey, founder of the iconic Hershey chocolate company. Milton's grit and determination to conquer the world of candy-making propel him from bankruptcy to monumental success, and the love of his life, Kitty, helps him build a legacy sweeter than any candy bar. But when Kitty falls ill, Milton's wild optimism teeters on the edge of destruction, and she sparks an even bolder dream: to leave their fortune in the hands of America's children in need.

Hershey Movie \$5.50 Tuesday, December 1st 3:15 p.m.

Meet at the Cinemark Theater in Spanish Fork. Sorry, tickets are pre-purchased, so no refunds are available for this trip.

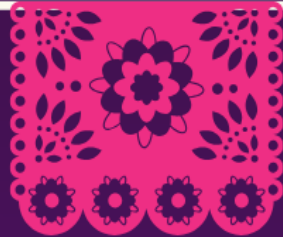
Please purchase tickets by Friday, November 20th to sit with the group.



Ogden Art Tour \$15 Friday, November 20th 9:00 a.m.

Meet at the Senior Center and travel in Van-Go to Ogden to the Eccles Art Center followed by a visit to the Mary Elizabeth Dee Shaw Gallery. Bring money for lunch.

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



DÍA DE LOS MUERTOS



**MONDAY, NOVEMBER 2ND
11:30 A.M.**

COSTUME CONTEST
SUGAR SKULL DECORATING
HOUSE COOKED ENCHILADAS LUNCH

*Bring a framed photo of an ancestor for our ofrenda! (must be able to stand on it's own- a name and note of their favorite activities to the side would be fun!)



**\$6
Lunch**

**Sign up by
Oct 28th!**



SPOTLIGHT: Debra Kososki

Debra Kososki was born in Murray, Utah, and is the fifth of eight children. She is the proud mother of four children—three boys and a girl. She married her second husband, Richard, in 2001.

Debra enjoys drawing, sewing, collecting books and thimbles, and working on puzzles. She also loves making people smile and laugh. One of her fun memories was making magic wallets with her aunt! Her favorite foods are vegetable soup with soft veggies and vanilla ice

cream.

Debra has a few adventures on her wish list. She would love to take a hot-air balloon ride and travel to Wales, Scotland, and Denmark to learn more about her family history. She has already had an unforgettable adventure on her cousin's motorcycle. When she got off on the wrong side, she burned her calf!

Debra believes in treating others the way you want to be treated. She encourages everyone to be kind, caring, and willing to help others without being asked. She put those values into action by serving on the PTSO at Gilbert Elementary School for three years and working as a bus aide for preschool-age children until her retirement.

She is also a Daughter of Utah Pioneer Camp Cottonwood. Debra treasures special family keepsakes, including a necklace her brother gave her when she was just five days old and a blanket her mother used when Deborah was a baby. She later used that same blanket with all of her girls.

Debra's life is filled with family, creativity, laughter, and kindness!



*Divorced, beheaded, died,
divorced, beheaded,
survived.*

From Tudor Queens to Pop Icons, the SIX wives of Henry VIII take the microphone to reclaim their identities out of the shadow of their infamous spouse – remixing five hundred years of historical heartbreak into a Euphoric Celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over!

Six - The Musical \$180
Thursday, May 13th 4:00 p.m.

Meet at the Senior Center and travel in Van-GO to the Eccles Theater in SLC. Bring money for dinner before the show. Refunds available only if you are able to find someone to take your place (a \$12 cancelation fee will apply).



Organ Loft Silent Movie \$13
The Winning of Barbara Worth
Thursday, November 5th 4:30 p.m.

Meet at the Senior Center and travel to Salt Lake City to the Edison Street Organ Loft. Watch a silent movie while the music is played live on their MIGHTY WURLITZER. Bring money for dinner before the movie. Refunds available only if you are able to find someone to take your place (a \$2 cancelation fee will apply).



Chocolate Shopping \$9

Friday, November 6th 8:30 a.m.

Meet at the Senior Center and travel to Salt Lake City to go to chocolate shops! We will visit 6 different stores including Western Nut and Cummings Chocolates. Bring money for brunch about halfway through. Refunds available only if you are able to find someone to take your place (a \$2 cancelation fee will apply).



Chocolate Shopping #2 \$9

Monday, November 9th 8:30 a.m.

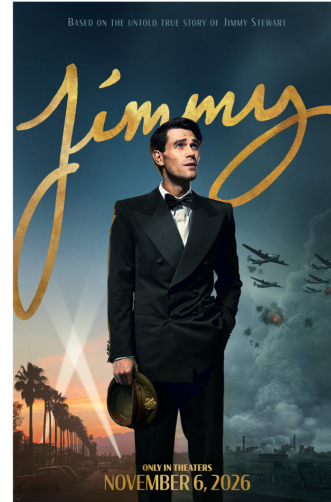
Meet at the Senior Center and travel to Salt Lake City to go to chocolate shops! We will visit 6 different stores including Western Nut and Cummings Chocolates. Bring money for brunch about halfway through. Refunds available only if you are able to find someone to take your place (a \$2 cancelation fee will apply).



Taylorville-Bennion Heritage Center \$10

Tuesday, November 10th 9:30 a.m.

Meet at the Senior Center and travel in Van-Go to Taylorville to visit the Heritage Center Museum. Bring money for lunch after the tour. Refunds available only if you can find someone to take your place (a \$2 cancelation fee will apply).



The film follows a transformative chapter in Jimmy Stewart's life. It covers his win of the Academy Award for Best Actor in The Philadelphia Story, his decision to leave Hollywood to enlist as a combat pilot in the U.S. Army Air Corps during World War II, his service flying 20 missions over Europe (rising to the rank of colonel), his return home emotionally exhausted, and his eventual comeback role as George Bailey in It's a Wonderful Life.

Jimmy Movie \$5.50

Tuesday, November 17th 2:00ish time

Meet at the Cinemark Theater in Spanish Fork. Tickets are not available yet, so the time is uncertain, but we are planning for the time closest to 2pm. As soon as times are available, you will be notified. Sorry, tickets are pre-purchased, so no refunds are available for this trip.





BYU Special Collections Tour \$5 Monday, November 16th 12:30 p.m.

Meet at the Senior Center and travel in Van-Go to BYU to have a guide tell us about their Special Collections and share some of their favorite items. Bring money for ice cream following the tour. Sorry, no refunds are available for this trip.



U.S. Figure Skating Championship \$75 Maverik Center Friday, January 8th 12:15 p.m.

Meet at the Senior Center and travel to West Valley to the Maverik Center. We have tickets to the first round of the Men's Short Program and Women's Free Skate (long program). Refunds available only if you are able to find someone to take your place (an \$8 cancelation fee will apply).

BYU FOOTBALL WATCH PARTY

Sept 5th 6pm
Sep 12th 1:30pm
Sep 19th 5:30pm
Oct 3rd 5:00pm
~~Oct 9th (No Party)~~
Oct 17th 3pm

Oct 24th 1:30pm
Oct 31st 1:30pm
Nov 7th 10am
Nov 14th TBA
Nov 21st TBA
Nov 28th TBA

Bring a snack to
share!

The front door will only be unlocked before the game begins. If you plan to arrive late, please make prior arrangements.



Springville Senior Center GENERAL MEMBERSHIP MEETING Wednesday, December 2nd 11:15 a.m.

Please join us to affirm our new board members and thank our outgoing board members for their dedicated service.

Your voice matters—please join us!



AN INSPIRING CONVERSATION

JOE TUIA'ANA

Founder & CEO • I Love You Bro Project

**Hope. Connection.
Making a Difference.**

Joe shares the powerful story that inspired the I Love You Bro Project and his work supporting men's mental health, suicide prevention, and meaningful connection.



WEDNESDAY, NOVEMBER 18
11:45 AM

Springville Senior Center
65 East 200 South

EVERYONE WELCOME



SPRINGVILLE SENIOR CENTER 2026 GOLDEN EAGLE AWARD

Shar Lee Spencer

Each year, the Springville Senior Center honors one outstanding volunteer with the Golden Eagle Award. This year, we are proud to recognize Shar Lee Spencer for her many hours of dedicated support and service.



***Thank you, Shar Lee,**
for sharing your time, your heart, and your
kindness with our senior center.*

**Please join us in celebrating Shar Lee:
Wednesday, November 4 • 11:15 a.m.**

Join the Fun with ♦♦

Line Dance

Easy Steps · Great Music · Good Vibes



Whether you're a beginner or just love to move, our line
dance classes are for everyone

• • •
• • •



Wednesdays



12:30 p.m.

• • •
• • •

Springville Senior Center



Main Hall

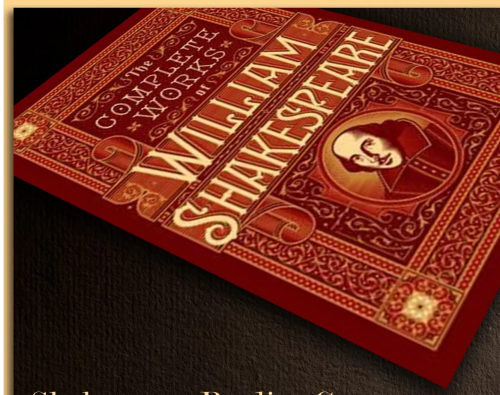
FREE FOR SSC MEMBERS

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 GROUP

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

Join the Fun with ♦♦♦
Line Dance
 Easy Steps · Great Music · Good Vibes



Whether you're a beginner or just love to move, our line dance classes are for everyone

♦♦♦

 **Wednesdays**
 **12:30 p.m.**

Springville Senior Center ♦♦♦ Main Hall



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.



POTTERY

**OPEN STUDIO (WORK ON YOUR OWN)
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 12-2, 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 10:15 a.m.
10 games with \$2 cash prizes

Plus a chance to win the BIG BINGO which starts at \$40!

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 BUNGO 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!

COMMUNITY **BINGO** *Night!*

**BIG
WINS.
BIG FUN.**

Join Us!
**SATURDAY
NOVEMBER
14TH**



**SPRINGVILLE
SENIOR CENTER**
65 EAST 200 SOUTH
SPRINGVILLE, UT



DOORS OPEN
5:00 PM
BINGO BEGINS
6:00 PM

\$10

ADMISSION
FOR
DRINK AND TREAT
(BINGO IS FREE!)
BRING YOUR DAUBER!
DAUBERS AVAILABLE
FOR PURCHASE



AGES 12+
AGES 12-17 MUST
ATTEND WITH
A PAYING ADULT



BRING A NEW \$5+ PRIZE
GET AN EXTRA BINGO CARD FOR ONE ROUND!

**16 ROUNDS
CASH PRIZES**