Volunteers the Heart of our Center - Inspiring Senior Friends

What a great way to get to know some special people we have at the Spanish Fork Senior Center in Spanish Fork. Our first Senior Spotlight is on Melanee Waters! One of our cooks, who you might also know as “Tinker Bell” with her wand and all its wonderful magic. We would like her to know that we appreciate and love her for all she does to make the Spanish Fork Senior Center the best it can be.

She spent the first 20 years of her life in Riverton, Utah and was one of the mighty Bingham High School Miners. She moved to Payson and then finally made her home in Spanish Fork. She grew up with 5 brothers and a younger sister and a poodle named, Pierre. Her family loved to camp up American Fork Canyon and she remembers a special vacation at Yellowstone Park. Going back in time, her first job was in Provo at Jolene’s Sewing Factory.

A surprise she shared was that at one time she had an indoor, well behaved, and loved, pot bellied pig. Her first car was a yellow Toyota Corolla but if she could have any car it would be a red Corvette. The first time she saw her husband, John, she knew he would be the love of her life and he still is. She loves story telling and wanted to be a school teacher when she grew up. She would love to visit the Bahamas. Her favorite color is purple and her favorite food is a Mexican Chimichanga, but wishes it was calorie free.

“Wow, I always thought it was. Now I’m shocked.” (editorial comment by Marsha)

By Marsha Steggell
WELCOME TO THE INAUGURAL ISSUE OF THE NEW SPANISH FORK SENIOR CENTER NEWSLETTER.

We hope you find this useful, informative, and humorous. If you have suggestions on how to make this more reader friendly, please let Verna Jo know. We are looking for more things to include in this newsletter—matters of interest, humorous stories, cute pictures, etc. We will respond to ALL suggestions!

Week Day activities
Billiards: 9am-3:30pm Mon-Thurs
Card Games: 1:30pm Mon-Thurs
Ceramics: 8:30am-3:15pm Tues
Choir: 9:30am-10:30am Thurs
Crafts: 10:00am Wednesdays
Computer Class: 10:15 &11:15Tues
Harmonica: 10am Mon
Honey Bee Quilting: 10am-Wed
Leisure Ladies: 1pm last Wed
Line Dancing: 1:30pm-Mon/Thurs.
Tia Chi: 9am Mon & Wed
Oil Painting: 9am—Mon
Sit Down Exercise: 11am-Mon/Th
Senior Zumba: 9:45am-Tues
Wendover: 7:30am-3rd Wed

Due to the low cost or no cost of special fun activities, membership is required to participate in our daily activities, classes and special events.

Nadine was born in 1923, making her 93 years young. She was widowed after only 34 years of marriage. She has 4 children, 19 grandchildren, and has lost count on how many great grandchildren. She went to school in Spanish Fork and in 1942, Nadine was a telephone operator making $11.00 weekly. Her husband, Gerard was in the navy and they travelled all over the world and all over our great country. They lived in approx. 40 different places. Her first car was a Packard convertible. Her favorite place is in bed and her biggest fear is to become a burden on someone else. Nadine had a stroke in December of 2016, but has recovered nicely, and even plays piano by ear. By Sue Anderson

CORNER OF FUN FOR EVERYONE

6/19 Mon— Father’s Day Celebration
6/22 Thur—Last meal before closing—Luau: starts at 11:30am
6/26 Mon Summer Closure
6/28 Wed—Special movie sponsored by Walker Mortuary-Kelli (no cost to seniors: ticket required, see Senior Center for further details) 28 at Payson Movie theater.

Center reopens and first meal: Aug 7
Happy Birthdays—June

Ruth Leifson  Reece Wilberg
Ralph Allen    Shela Loveland
Debra Crump    Martha Hoffa
Fay Angus      Dixie Rozema
Tom Broderick  Jay Crowther
Merylin Hall   Sherrie Gull
Donna Nelson   Casey Webster
Doris Burns    Thelma Meyer
Annie King     Lynne Lockhart
Carol Lundell  Kae Ballard
Barbara Hassard Gary Wride
Geisla Clayson La Ray Williams
Richard Whaley Ted Henderson
Joyce Johnson  Farol DeGraw
Carol Righettini Mabel Shiflett

Lawnmower Upgrade
At age 70, my grandfather bought his first riding lawn mower.
“This thing is great,” he bragged to my brother. “It took me only an hour and a half to mow the lawn. It used to take your grandmother two days to do it all!”
VOLUNTEER RECOGNITION LUNCHEON

Thanks to our Senior Center staff, for the great luncheon they provided for all the Center volunteers on Friday April 28.
The excellent cuisine was from Wallaby’s and scarfed down hungrily, by all of us volunteers!
All volunteers were acknowledged by their time volunteering – from 1 to 30 years!
There were also free haircut coupons provided/sponsored by our local Sports Clips for everyone in attendance. They were greatly appreciated and served over 100 of our volunteers.... A HUGE THANK-YOU shout out, to Sports Clips!!
A number of free meal coupons were also provided to many volunteers from our local Chick-fil-A...
A HUGE THANK-YOU shout out, to Chick-fil-A!
Door prizes were sponsored by local Home Healthcare agencies and the same representatives, served lunch to our guests. What a wonderful way to give back to our community and honor our seniors!!
A HUGE THANK-YOU shout out to:
The following Home Healthcare Agencies:
Walker Mortuary: Kelli Hjorth
AGA: Daniel & Preston
Maple Creek: Melissa, Chantelle and Paul
Treeo: Monica
Parkway: Melissa
Elevation: Diana
Encompass: Margaux
5-Star : Grisel
A-Plus: Kathy
Timpanogos Hearing and Balance: Andrea Christensen
A great time was enjoyed by all!
We all agree, Volunteers are the ‘Heart of our Center’

VOLUNTEERS NEEDED:
Contact Verna Jo if you are interested or know of someone who may be willing to help.
CDL licensed driver for the larger vans.
Non CDL driver for smaller vans.
Stage decorator.

We will include write ups of the different volunteer opportunities as they arise.
The Problem With Jury Duty
Just as she was celebrating her 80th birthday, our friend received a jury-duty notice. She called the clerk’s office to remind them that she was exempt because of her age.
"You need to come in and fill out the exemption forms," the clerk said. "But I filled them out last year," she replied.
"You have to fill them out every year." "Why? Do you think I’m getting younger?"
Homemade Like Mother’s
June 2017 — Menu

Friday 2nd (Membership meal)
Breaded baked beef cube steak
Mashed potatoes & beef gravy
Peas & carrots
Dinner roll
Donut (National Donut Day)

Monday 5th
Beef goulash
Carrot & celery sticks/ranch cup
French bread
Orange wedges
Chocolate pudding
2% milk

Thursday 8th (Birthday Celebration)
Ham & cheese on a bun
Macaroni salad
Potato chips
Pickle & olives
Peach cup
Cupcake & ice cream
2% Milk
Or Chef’s salad

Monday 12th
Taco soup
Green salad/ranch cup
French bread
Orange wedges
Chocolate chip cookie
2% Milk

Thursday 15th
Fish (Tilapia) or chicken
Cole slaw cup
Baked potato /sour cream
French bread
Mixed fruit cup
Brownies
2% Milk
Or Chef’s salad

Monday 19th (Father’s Day Celebration)
BBQ ribs
Mashed potatoes/country gravy
Chuck wagon corn
Hard roll
Orange wedges
Butterscotch pudding
2% Milk

Thursday 22nd (Luau)
Hawaiian haystacks
Green salad/ranch cup
Kings Hawaiian roll
Tropical fruit cup
Sorbet in a coconut shell
2% Milk
Or Chef’s salad

Mountainland Meal Policy

Mountainland Association of Governments and the State of Utah offer these meals for seniors who are 60 years of age and older, for a suggested donation of $3.00 per meal. For age 59 and younger, the cost is a mandatory $6.00 per meal and must be paid directly to our check in/cashier, before receiving lunch. Reservations for lunch are required by 1:30pm, Monday of each week for the following Thursday and up-coming week (Monday). Thanks for your cooperation, so we have enough for everyone and we have no waste. 801.798.5015

Dixie’s Culinary Corner

Baked Beans

1 pound ground beef—browned
1/2 cup chopped onion—browned with beef
1 large can pork and beans
1 cup ketchup
3 Tbs. brown sugar
1 tsp. liquid smoke
1/2 cup molasses
Optional:
1/2 cup diced green pepper
1/2 pound cooked bacon—diced

Bake at 350 degrees with no cover for 45 minutes.
Sometimes you need to talk to a three year old, just so you can understand life again.

Listen and silent are spelled with the same letters.... Think about it.
Meet Your Board Members and Officers

The board is here to represent “you” the membership! Let them know what you think of this center and what you would like to see improve or change. We will put up pictures and give a little narrative on different board members and officers throughout the year.

Board Members
Mary Lou Brandon — Board Chair Person
Jan Carlisle
Ted Henderson
Ron Lisonbee
Kaye Poulson
Jay Rindlisbacher
Marie Spencer
Marsha Steggell
Roy Anderson—Sec/Treas.

Senior Center Officers
Verna Jo Hollingshead—Director
Dixie Webb—Asst. Director
Beverly Schofield – Host/Receptionist

Director’s Message . . .
It’s been a great year of getting to know, working for and with wonderful, wonderful people. I’ve really appreciated the many ideas and valuable perspective from all the fun loving seniors. What a wealth of expertise, talented, funny, sweet spirited precious friends, I have had the pleasure of gaining. “Volunteers really are the HEART of our Center” Because of the dedication and willingness of everyone to pitch in, it provides opportunities for so many to enjoy the numerous activities, special events and let’s not forget the “Homemade like Mother’s” delicious and nutritious homemade meals, that we all rave about. Thanks to everyone, enjoy your summer! Love, Verna Jo