August 2017 • Senior Citizens Center Newsletter

In This Issue…
Pg. 2     Sue’s Stew, Volunteers needed
Pg. 3     Aunt Gertrude, Reward, Dues/Donations, BEWARE
Pg. 4     Director’s Message, Witchapoloza, Orem Friendship
Pg. 5     Bereavement Class, Silver Sneakers
Pg. 6     Upcoming Events, Utah State Fair
Pg. 7     Dixie’s Culinary, Anagram
Pg. 8     Member Spotlight
Pg. 9     Member Spotlight
Pg. 10    Meal Menu
Pg. 11    Daily Activity Calendar
Pg. 12    Board/Staff

Center Hours: Come Join Us

MEET old friends—MAKE new friends

We serve delicious home cooked meals on MOST Mondays and Thursdays (see menu on page 10) for any and all Seniors 55 and older. Come join us! JOIN our Center and participate in a multitude of activities (see page 11)

Mon, Wed, Thurs. 8:30 a.m.-4:00 p.m.
Tue 8:30 a.m.-3:30 p.m.
Closed on Fridays.
Contact Us:
Senior Citizens Center,
167 West Center St
Spanish Fork, Utah (801) 798-5015
spanishforkseniors@yahoo.com

!!NOTICE!!

After lunch Monday, Aug 14, at 1:30, the Senior Center will close for the afternoon and all day Tuesday. It will reopen Wednesday Aug 16 at 8:30

Thanks to our Advertisers/Sponsors Who Make This Newsletter Possible

We simply could not impact the lives of our Seniors without your support and help. Your contributions give us the tools to “Surround our Seniors with people who Care.” You have our most sincere gratitude!

MEMBERS
Please visit the advertisers of our Newsletter and let them know how much we appreciate their support!

CHRISTMAS CRAFT BOUTIQUE

COME JOIN US!

Spanish Fork Senior Center 2nd Annual Christmas Craft Boutique, Wednesday December 6, 2017. We invite and welcome all Seniors who are passionate about their hand-crafted items, to come and sell your unique and creative treasures. Make sure to reserve your booth early ($10). Be sure to contact us if you have questions. The Craft Boutique will be open to the public for a day of Christmas shopping.

WHO WAS THAT BABY????

Answer to the ‘Guess who the baby is’- Shirley Oberg. First correct guess picked was from Joyce Tanner. She wins a free lunch in August

!!SENIORS BEWARE!!

Unsolicited phone calls—“phishing”—“smirching”. These may be new terms to you, but they are becoming a major means of gathering information about us. The IRS, Social Security, and Medicare are working hard to help educate us about ways unsavory people are getting our personal information that can lead to problems. We will share some of the information available from the IRS and SS. To protect your identity, when applying online, make sure you enter the website rather than clicking a link, and that the website is encrypted. If in doubt go to the .gov website only. http://www.social security.gov or https://secure.ssa.gov

Mission: It is our Honor, as the staff and volunteers of the Spanish Fork Senior Center, to embrace fun loving laughter and meaningful activities, to enliven the lives of all those we touch. We are also committed to educate and provide a safe place for our participants to maintain active, healthy and productive lives. We are devoted to raising the standard of friendship and kindness. We welcome all those who are 55+ to join us in our Mission to enrich the quality of life and create pride in the lives of our friends, neighbors and community!

www.spanishfork.org/dept/parkrec/senior
Contact the Center if you are interested or know of someone who may be willing to help. We need

Driver for smaller vans (NON CDL )

Stage decorator. (I bet YOU have many creative ideas to help brighten up our stage)

Senior Citizens Center
Senior Citizens Center | 3

DID GOOD ‘OLE AUNT GERTRUDE LEAVE YOU SOME MONEY?

Ever wonder if you might have some unclaimed property that belongs to you but never found its way to the correct address? Refunds, Clearing House winnings, that life insurance settlement from your 3rd cousin removed. ‘Ya never know!’ Contact a processor and maybe they can help. UTAH UNCLAIMED PROPERTY—www.mycash.utah.gov or call 801 715 3300. All they can say is no……………… or MAYBE!!!!!!!!!

!!!REWARD!!!

Our membership drive/renewal will begin Monday, Aug 14. Any member who brings in a NEW GUEST (one that has never been a member) and takes them on a tour of our center, gets a free lunch for both the guest and the existing member. Register and set up your free lunch reservation with an Executive Committee member. Reservations are required. Contact Roy Anderson 385 224 2390, or Dixie Webb, Beverly Schofield, or Verna Jo Hollingshead at 801 798 5015.

!!!REWARD!!!

Membership Dues and Donations

Dues for the membership year are $20. We realize this may be a hardship for some of our members and we respectfully ask that those who can spare a few bucks, make an extra anonymous donation to help defray some costs. As a member, you get 10 free membership meals! As you can figure out, your dues of $20 only covers $2.00 per membership meal. The membership meal alone eats up your membership dues—Plus! The city graciously covers all the additional costs to keep this Senior Center open. Thank you in advance for this donation.

Here are some ways to avoid Medicare scams:

Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That’s a scam. First, Medicare won’t call you. Second, Medicare will never ask for your Social Security number or bank information. Is someone asking you to pay for your new card? That’s a scam. Your new Medicare card is free. Is someone threatening to cancel your benefits if you don’t give up information or money? Also a scam. Read more tidbits throughout this newsletter.

Questions??????  ASK US!!!!!!

New Medicare cards will be mailed out to you automatically (a 2-3 year process).

There won’t be any changes to your benefits.
What a beautiful summer we are experiencing! Reminiscing with family and friends, eating bountiful fresh fruits and other delectable's from our gardens... water balloon challenges with our grand's and great grand's...Life is great! I wish this statement were true for all of our community! Heart wrenching reality is that, some of our Seniors have wants and even needs, that need to be addressed. We can always look for Seniors, who may be lonely, have poor health or even on fixed incomes that don’t really provide for them sufficiently.... Let’s all be more aware of our neighbors and friends that don’t complain or reach out for any kind of support and be an answer to their silent prayers...Everyone can use a friend...one of the few things that doesn’t cost money, only a little time. Spanish Fork Senior Center’s motto is “Surround Yourself with People Who Care”. We want our Senior Center to be a resource for any question, problem or frustration to which our seniors need answers. Please contact us and utilize us for your benefit! Did you know that our center, has brown bags from the Community Action Food Bank, that any senior citizen or concerned resident can come in, pick up and deliver to our local Seniors? Fall is coming up and there are local resources to help with seniors heating bills, cost of medications, Veterans Benefits and Social Security questions. (And by the way… did you know that when you turn 65 you are not automatically signed up for Social Security?) You need to initiate that or you can be fined... Again, if everyone in our community pitches in then our Seniors will have a better quality of life! A HUGE "THANKS", to all of our community who are very mindful of the needs of our Seniors... We salute YOU!!  Random Acts of Kindness… pass it on!

Witchapoloza At Gardner Village
Come join us; for a great evening of laughter, yummy dinner and being lost in the magical imaginary life of witches and warlocks of Gardner Village (dress up in your Witchery attire or not). All of the grounds and stores are caught up in the Halloween Theme, we promise you will enjoy and make it a new tradition for you and your friends! Be sure to call the senior center, tickets on sale now for $40.00 which includes transportation, dinner and the musical production (date has not been announced yet)

Orem Senior Friendship Center
On Friday, Sept 29, 2017 Orem Senior Friendship Center will be hosting their first annual “Celebrating Seniors Health Fair”, at their center. There will be vendor booths, food, entertainment, games and prizes, but most importantly, hundreds of amazing seniors from throughout Utah County. See ya there!

Medicare cards are on the way
The Internal Revenue Service will never initiate contact with you via email to request personal information, so if you get a surprising email demanding your Social Security number or any other sensitive info, don't comply. The IRS won't call you and threaten you with arrest or deportation if you don't provide your Social Security number, either. Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically – you won’t have to pay anyone or give anyone information, no matter what someone might tell you.

Low- Subsidy Assistance
Dawn Loper and Bonnie Lewis, from Mountainland will be here at our Center to assist with enrollment on line for Seniors who may qualify for help with medication premiums or deductibles, and you may qualify for assistance with Medicare Part B premiums. Friday September 14, 9am-noon. Documents you will need to bring, are your Social Security number, the most recent statements from the Social Security Administration that verify how much you receive, and documentation of any other income. Please come in or call to get an appointment.

“What’s her name?”
An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his with endearing terms-Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married almost 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old many hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago.
**More “Seniors Beware”**

If You Lose Your Wallet
There are a few things you should never keep in your wallet, and your Social Security card is one of them. Personal security and identity theft expert Robert Siciliano advised not to carry your Social Security card in your wallet. If your wallet gets stolen, and you carry your Social Security card, you’ve just given the thief even more information about you. If you feel the need to have your card on you at all times, Siciliano recommended taking a picture of the card with your phone. "As long as your device is password-protected, you should be fine," he said.

Unverified Medicaid Insurance Callers
"Never give any caller your Medicare card information until you have verified that they are a legitimate insurance agent," cautioned Danielle Kunkle, vice president of Boomer Benefits, an insurance agency that specializes in Medicare and other benefits for older adults. "Seniors get heavily telemarketed for insurance help when turning 65 and cons know this, so they will sometimes pose as insurance agents and get clients on the phone to steal information." If you're looking for quotes for Medicare insurance products, you don't need to provide your SSN. "Quotes can be provided with a zip code, age, gender and tobacco-user status," Kunkle said. "So if a random caller asks for any personal identifying information beyond that, we advise that beneficiaries ask the caller for the agency that they represent, and to provide a company website and telephone number so that they can research their caller's legitimacy before providing any information."

**Bereavement Classes at Spanish Fork Senior Center.**

2nd Thursday of each month at 1:30PM. Chantelle from Maple Creek Home Health & Hospice, lovingly opens the conversation and assists with coping skills and other valuable tools needed to help you through the loss of a loved one. We invite anyone in the community, to come – feel free to bring others who may benefit.

**What Do You Think!!!**

We REALLY want to know your thoughts! We invite all you seniors who have something to say. Comments, suggestions, complaints. We will bring them before all members via this newsletter for all to see and respond to—agree or disagree! What other things would you be interested in—announcements, celebrations, passing's, things to change, things you like, etc

**Silver Sneakers**

Silver Sneakers is a well-rounded, national exercise program for seniors. Vasa Gym in Spanish Fork offers it from noon to 1p.m Tuesday and Thursday. Often your health insurance covers the cost but that depends on what kind of coverage you have.

By Ted Henderson
IMPORTANT UPCOMING DATES

9/4  Mon-Labor Day Closed
9/8  Fri-Membership Lunch
9/13 2nd Wed-Board Meeting 10:30
9/14  Mountainland 9 a.m to noon
    “Low subsidy assistance” see pg 4
9/14  Bereavement Class 1:00 p.m.
    (every 2nd Thursday) see pg 5
9/29  Friday Orem Senior Friendship Center
    ‘Celebrating Seniors’ see pg 4
10/11 2nd Wed-Board Meeting 10:30
10/12 2nd Thurs-Bereavement Class 1:00 p.m.
10/31 Tues-Leave on Panama Canal trip (returns 11/13)
11/8  2nd Wed-Board Meeting 10:30
11/6  Mon-Closed after lunch 1:30
12/6  Wed Christmas Craft Boutique (see pg 1)
12/13 2nd Wed-Board Meeting 10:30

Utah County Senior Citizen and Veteran’s Day at the Fair Thursday, August 17

The Utah County Fair will be celebrating the incredible senior citizens and veterans of Utah County throughout the day on Thursday, August 17 for their contributions in making our communities so great. Seniors and Veterans are asked to check in between 4:00 - 5:00 p.m. to pick up gifts that have been provided by the Red Barn, Kneaders, SCERA Center for the Arts, Texas Roadhouse, and to register for free prizes. Please plan on staying for Western Day at the fair including the Fair Rodeo, shooting exhibit and the high-flying Oak Hills Vaulters.

Don't pass up the opportunity to submit your entries to the "Open Show" event where you can display handwork, arts, wood carving, painting, quilts, food, canning, floriculture arrangements, and more for ribbons and prizes. Also, don't hide your musical talents, enter the Talent Show where awards will also be given. Go to "Open Class" and "Talent Show" on this website for more information and registration. Food vendors will be featuring "Senior and Veteran specials" for your enjoyment.

‘On the LIGHT side’

Leaving a Light On

An elderly man visits the doctor for a checkup. “Mr. Smith, you’re in great shape,” says the doctor afterward. "How do you do it?"

“Well,” says Mr. Smith, “I don’t drink, I don’t smoke, and the good Lord looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me.”

Concerned, the doctor finds Mrs. Smith in the waiting room and tells her what her husband said.

“I don’t think that’s anything to worry about,” she says. "And on the bright side, it does explain who’s been peeing in the fridge."

Dangerous Driver

One day at the office of the orthopedic specialist I work for, we had to make arrangements for an elderly patient with spinal arthritis to have a special injection. We said we would phone him with the information.

Two days later, the patient called us, concerned that he had missed our call because of his poor hearing. "I can barely hear, barely see and barely walk," he told me.

Then he added cheerfully, "Things could be worse, though. At least I can still drive."

Making Amends With The IRS

After hearing a sermon on Psalm 52:3-4 (lies and deceit), a man wrote the IRS, “I can’t sleep knowing that I have cheated on my income tax. Enclosed is a check for $150. If I still can’t sleep, I’ll send the rest.”

DO YOU WANT TO PLAY??

The city and state has stated that there can be no gambling in any facility, including the Senior Center… BUT… they have conceded that we can play card games with plastic chips that do not equate to money. Sooo Who is interested in getting together to play some ‘no money’ 5-card draw or other games just for the fun of it. We have a card table downstairs that will accommodate us if we want to use it. If you are interested, contact Roy at 385 224 2390 or email roysfnewnewsletter@gmail.com and we will set up some times where we can play cards ‘for the fun of it’
Dixie’s Culinary Corner

**Pretzel Salad**

**Pretzel Crust**
2 cups pretzels—crushed
3 tbsp sugar
3/4 cup butter—melted
Mix and press into a 9x13” pan
Bake at 400 degrees for 5 minutes.

**Filling or Middle**
1 8oz pkg cream cheese
1 cup sugar
1 12oz container cool whip
1 can crushed pineapple—drained
Beat together the cream cheese and sugar. Fold in the cool whip and pineapple.

**Topping**
1 6oz pkg raspberry Jell-O
3 cups boiling water
1 12oz pkg frozen raspberries
Dissolve Jell-O in boiling water, add frozen raspberries and let set until syrupy. Pour over cream cheese and let set up at least 4 hours.

About the Bible Anagram

- hrttu
- bbeil
- eiorsst
- eimoprsz
- aceghint
- aemnssttt
- eerssv
- bkoos
- ahorsttu
- acehprst
Before I write the answers Shirley gave me I want to say, what a special, gracious, funny, helpful and beautiful woman she is. We sit together and she is always making me laugh.

I took over her job assigning servers to their tables it may sound simple but her help was invaluable to me. After 17 years of doing it, she got burned out. (I’m burned out after 17 weeks)

Shirley has been coming to our center and volunteering for over 30 years. She still comes 3-4 days a week and is still helping to set the tables and serving. She loves the camaraderie and friendships she has formed.

Shirley is 81 and a widow and was married 36 years to Donald Oberg. They grew up together. She has 1 son, and 8 grandchildren.

Growing up Shirley had many pets including a skunk named Daisy, a Deer named Bambi, a Goat, also Ducks that were raised by Chickens. Shirley actually saved and raised the goat and rescued the Deer. Bambi was raised on the goats milk and lived in the house. The first time Bambi jumped on the bed, dad said "That's it, outside they go". Oh and she did have normal pets too a cat and a dog.

She made me really laugh by telling this story: They were going to the rodeo and a friend of Donald's came by one day and ask if he could borrow their Volly Bull, no, she said but we have a basket ball if that will work He just left. Donald said, “My hell Shirley he asked for Volly BULL, not a Volley BALL”.

She told a guy this story about the Volly bull and he told her this one: He was working in a service station and 2 ladies pulled in and asked him if he had a restroom. He thought they said Whisk broom he went in and rummaged all over trying to find it and couldn’t. So he went out and told them he could blow it out with an air hose. They took off so fast they didn’t even pay him for the gas.

Shirley has always volunteered doing something, one time doing a veterans dinner supplying the food as well as cooking it. Also cooking for the Stock shows quite often.

Asked what improvements she would like to see at the center if any, she said, ‘none’.

Shirley would like to go on a cruise, her favorite place to be is home, her biggest fear is the dark and her biggest pet peeve is too many bosses (I’m thinking she means at the Senior Center).

I asked her one fact that we would be surprised to know about her………. "None," she said, “I’m perfect!” Shirley, YOU ARE.!! 😊

Her first job was at Fritzies and Barbizon, after that she stayed home on the farm. She has lived in Spanish Fork, Genola, Suntanquin, Eureka, back to Genola and settled in Spanish Fork and went to Payson High School.

One of her favorite foods and one she wishes had no calories? Pizza.

She doesn’t remember the name, but she and Donald had an old truck. I guess it really was a ‘Rolls Canardly’: Rolls down the hill and can hardly get up 'em.

Volunteers
The heart of our Center
Don and Shirley also built a sod house back in the 70’s. To build a sod house, you need the right kind of grass—grass that has densely packed roots that will hold the soil together. So, Nebraska settlers would search for fields of buffalo grass, little blue stem, wire grass, prairie cord grass, Indian grass, and wheat grass. The next task was to cut the sod into bricks. Quite a process.

It’s been said that ‘Laughter IS the Best Medicine!’ Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4 Center Closed</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10 Birthday Celebration Ham Slice w/Pineapple Rings Scallop Potato Peas</td>
<td>11 Center</td>
</tr>
<tr>
<td>Biscuits and</td>
<td></td>
<td></td>
<td>&amp; Carrots French Bread Cupcake &amp; Ice Cream Cup or Chef Salad 2% Milk</td>
<td>Closed</td>
</tr>
<tr>
<td>Gravy</td>
<td>14</td>
<td>15</td>
<td>16 “Creamsicle Day” Meatballs Baked Potato &amp; Sour Cream Chuck wagon</td>
<td>17 Center</td>
</tr>
<tr>
<td>Hash Brown</td>
<td>Meatballs</td>
<td>Closed</td>
<td>Corn French Bread Orange Wedges Orange Creamsicle 2% Milk</td>
<td>Closed</td>
</tr>
<tr>
<td>Patty Bacon</td>
<td></td>
<td></td>
<td>Center Closes 1:30</td>
<td></td>
</tr>
<tr>
<td>Strips Peach</td>
<td>18</td>
<td>19</td>
<td>20 “Picnic at Kiwanis Park (Box Lunch) Ham &amp; Cheese on a Bun Potatoes</td>
<td>21 Center</td>
</tr>
<tr>
<td>Cup</td>
<td>21</td>
<td>22</td>
<td>Chips Pickle &amp; Olives Fruit Cup Cookie Bottled Water &amp; Apple Juice 2%</td>
<td>Closed</td>
</tr>
<tr>
<td>Biscuits and</td>
<td>22</td>
<td>23</td>
<td>Milk (No Chef Salad today) Directions will be available shortly</td>
<td></td>
</tr>
<tr>
<td>Gravy</td>
<td>24</td>
<td>25</td>
<td>26 Ham &amp; Beans Carrot &amp; Celery Sticks w/Ranch Banana Pudding or Chef</td>
<td>27 Center</td>
</tr>
<tr>
<td>Hash Brown</td>
<td>27</td>
<td>28</td>
<td>Salad 2% Milk</td>
<td>Closed</td>
</tr>
<tr>
<td>Patty Bacon</td>
<td>28</td>
<td>29</td>
<td>30 No Meal</td>
<td></td>
</tr>
<tr>
<td>Strips Peach</td>
<td>29</td>
<td>30</td>
<td>31 No Meal</td>
<td></td>
</tr>
<tr>
<td>Carrot</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery Sticks</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2% Milk</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MOUNTAINEERLAND 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 minimum waste. Questions, call 801.798.5015.
# August Weekly Activities, Special Activities and Events and Closures

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Center Closed</td>
<td>2 Center Closed</td>
<td>3 Center Closed</td>
<td>4 Center Closed</td>
<td></td>
</tr>
<tr>
<td>7 Billiards: 9:00</td>
<td>8 Ceramics: 8:30</td>
<td>9 Tai Chi: 9:00</td>
<td>10 Billiards: 9:00</td>
<td></td>
</tr>
<tr>
<td>Tai Ch: 9:00</td>
<td>Tai Chi: 9:00</td>
<td>Billiards: 9:00</td>
<td>Choir: 9:30</td>
<td></td>
</tr>
<tr>
<td>Oil Painting</td>
<td>Billiards: 9:00</td>
<td>Computer Class: 10:15 &amp; 11:15 (call for appointment)</td>
<td>Sit Down Exercise 11:00</td>
<td></td>
</tr>
<tr>
<td>Harmonica: 10:00</td>
<td>Card Games: 1:30</td>
<td>Honey Bee Quilting: 10:00</td>
<td>Card Games: 1:30</td>
<td></td>
</tr>
<tr>
<td>Sit Down Exercise 11:00</td>
<td>Line Dancing: 1:30</td>
<td>Sit Down Exercise 11:00</td>
<td>Line Dancing: 1:30</td>
<td></td>
</tr>
<tr>
<td>Card Games: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Line Dancing: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 Billiards: 9:00</td>
<td>15 Center Closed</td>
<td>16 Tai Chi: 9:00</td>
<td>17 Billiards: 9:00</td>
<td>18 Center Closed</td>
</tr>
<tr>
<td>Tai Ch: 9:00</td>
<td></td>
<td>Billiards: 9:00</td>
<td>Choir: 9:30</td>
<td></td>
</tr>
<tr>
<td>Oil Painting</td>
<td></td>
<td>Computer Class: 10:15 &amp; 11:15 (call for appointment)</td>
<td>Sit Down Exercise 11:00</td>
<td></td>
</tr>
<tr>
<td>Harmonica: 10:00</td>
<td></td>
<td>Honey Bee Quilting: 10:00</td>
<td>Card Games: 1:30</td>
<td></td>
</tr>
<tr>
<td>Sit Down Exercise 11:00</td>
<td></td>
<td>Board Meeting: 10:30</td>
<td>Line Dancing: 1:30</td>
<td></td>
</tr>
<tr>
<td>Deaf &amp; Hard of Hearing: 1:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Card Games: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Line Dancing: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Billiards: 9:00</td>
<td>22 Ceramics: 8:30</td>
<td>23 Tai Chi: 9:00</td>
<td>24 Billiards: 9:00</td>
<td>25 Center Closed</td>
</tr>
<tr>
<td>Tai Ch: 9:00</td>
<td></td>
<td>Billiards: 9:00</td>
<td>Choir: 9:30</td>
<td></td>
</tr>
<tr>
<td>Oil Painting</td>
<td></td>
<td>Computer Class: 10:15 &amp; 11:15 (call for appointment)</td>
<td>Sit Down Exercise 11:00</td>
<td></td>
</tr>
<tr>
<td>Harmonica: 10:00</td>
<td></td>
<td>Honey Bee Quilting: 10:00</td>
<td>Card Games: 1:30</td>
<td></td>
</tr>
<tr>
<td>Sit Down Exercise 11:00</td>
<td></td>
<td>Sit Down Exercise 11:00</td>
<td>Line Dancing: 1:30</td>
<td></td>
</tr>
<tr>
<td>Card Games: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Line Dancing: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 Billiards: 9:00</td>
<td>29 Ceramics: 8:30</td>
<td>30 Tai Chi: 9:00</td>
<td>31 Billiards: 9:00</td>
<td></td>
</tr>
<tr>
<td>Tai Ch: 9:00</td>
<td></td>
<td>Billiards: 9:00</td>
<td>Choir: 9:30</td>
<td></td>
</tr>
<tr>
<td>Oil Painting</td>
<td></td>
<td>Computer Class: 10:15 &amp; 11:15 (call for appointment)</td>
<td>Sit Down Exercise 11:00</td>
<td></td>
</tr>
<tr>
<td>Harmonica: 10:00</td>
<td></td>
<td>Honey Bee Quilting: 10:00</td>
<td>Card Games: 1:30</td>
<td></td>
</tr>
<tr>
<td>Sit Down Exercise 11:00</td>
<td></td>
<td>Sit Down Exercise 11:00</td>
<td>Line Dancing: 1:30</td>
<td></td>
</tr>
<tr>
<td>Card Games: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Line Dancing: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 Ceramics: 8:30</td>
<td></td>
<td>30 Tai Chi: 9:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Billiards: 9:00</td>
<td></td>
<td>Billiards: 9:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:15 (call for appointment)</td>
<td></td>
<td>Honey Bee Quilting: 10:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Card Games: 1:30</td>
<td></td>
<td>Sit Down Exercise 11:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Line Dancing: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Tai Chi: 9:00</td>
<td></td>
<td>31 Billiards: 9:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Billiards: 9:00</td>
<td></td>
<td>Billiards: 9:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:15 (call for appointment)</td>
<td></td>
<td>Honey Bee Quilting: 10:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Card Games: 1:30</td>
<td></td>
<td>Sit Down Exercise 11:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Line Dancing: 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leisure Ladies: 1:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
When I finished my second enlistment with the Air Force, we decided to settle in Portland Oregon. I was quickly hired by Eastman Kodak and they decided they wanted me in Salt Lake City (where the heck was Salt Lake City)? While here, we helped Sue’s mother and her sister and family come from England to live with us. We lived in the Murray area from 1972 until August of 1988 while I earned my Business Management Degree. I was promoted into management and Sue and I moved back to Portland. Everyone else stayed in Utah.

I managed up to 30 service technicians covering a large part of the Northwest, including Hawaii, Alaska, Oregon, Washington, Idaho, Nevada, Montana and Utah.

We lived close to Mount Hood on a secluded 10 acres, where we decided to get into breeding and showing dogs. We built (over time) a very nice dog kennel with heat and air conditioning, inside and outside access with acres to romp on. They enjoyed running the fence line with the baby coyotes. We have been very successful in breeding and showing, and we are well known all around the world and respected as reputable breeders.

I left the corporate world in May 2003 to retire (well not quite old enough) so, I bought a Sprinter Van and had it outfitted to do mobile dog grooming. I enjoyed grooming and dealing with all kinds of pets including rabbits, cats, dogs, parrots, etc. Plenty of scars on my hands and arms to show for it. (Owners weren’t always perfect!)

In early 2013, Marge—my mother-in-law was not doing well and we decided to move back to Utah to care for her. We found a nice place in Woodland Hills and settled in. The view is unreal! I remember living in the Murray area during the winter the smog was so bad, we would drive up to Park City—beautiful! But it was sure depressing driving back down into that muck. Here in Woodland Hills we are above the smog line and get to see clear over to top of the mountain on decent days.

I was going to continue my grooming business in Utah, but the business just wasn’t what I needed it to be, so I sold the van and formally ‘retired’. I am now ‘actively retired’; a volunteer snow plow operator for the city of Woodland Hills, pretty heavily involved in the Senior Center, still go to some dog shows, and try to stay busy around our one acre property.

Side note!!! OUR roads are better kept than anything down the hill—they have to be! There is an imaginary snow line right at the round-about and mail box center on Woodland Hills Dr. The snow magically starts when you are going up the hill and stops when you are going down.

While in Oregon, Sue was active in ceramics before we got too involved with the dogs. So when we moved here she found out that there was an excellent Ceramics Program at the Spanish Fork Senior Center. So we decided to get involved and now we are both involved in many volunteer activities of the Senior Center.

We like the people we meet at the Center and want to continue to be involved in the Center and its operation. The other volunteers are super and we very much appreciate them. We could use more—so step up and help out if you can—you will be amazed what it can do for YOU!

Just do it—You might even enjoy it like we do!