October 2017 Senior Citizens Newsletter

Age is an issue of mind over matter. If you don’t mind, it doesn’t matter—Mark Twain

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Center Hours: Come Join Us

We serve delicious home cooked meals on MOST Mondays and Thursdays (see menu on page 10) for any and all Seniors 55 and older (see Mountainland cost policy on pg 10). 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

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!

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!!!!

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

CHRISTMAS CRAFT BOUTIQUE

COME JOIN US! SIGN UP EARLY IF YOU WANT A TABLE

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.
Meet Ron Lisonbee—Board Member

I was the oldest child in a family of four, born in Vernal, on April 20, 1929. That was the beginning of the depression and my father was out of work, so he filed on an enlarged homestead in Nine Mile Canyon in a side canyon off to the south called Cow Canyon. An enlarged homestead amounted to 640 acres. Dad built a log cabin and was never able to get lumber to put in a floor, so we had a dirt floor which my mother would sprinkle each morning to keep down the dust. There wasn’t a school in Nine Mile at that time and dad had completed improving the homestead so he was given clear title to the land. He leased a farm in Lawrence, Utah and we moved there so that I could go to school in Huntington, Utah.

In March of 1936, dad traded the homestead for a farm in Bridgeland, Utah and I finished up the first grade in Myton, Utah. I went through the first eight years of school in Myton, and then attended high school in Roosevelt, Utah where I graduated in 1947.

I was active in the music department in school, having started to play the saxophone when I was in the fourth grade. The year I was a senior in high school, I was playing in three dance bands. One was the Reynolds Orchestra. Our band leader had played with the Glen Miller band and was with his band when he was lost during World War II. The high school had a dance band that played at all the school dances and I had a little four-piece combo: trumpet, saxophone, piano and guitar.

I started my college education at Utah State Agriculture College in Logan in 1948. I was called on a mission to serve in South Africa in October 1949 and returned home on New Year’s Eve, 1951. I notified the draft board that I was home and registered for the school at BYU.

I got reacquainted with Emma Lee Brady at college and we dated. We grew up in the same area in Bridgeland. I have known her since she was five years old, and we married in the Salt Lake Temple on August 18, 1952. We have been married for 65 years, and I still love her dearly.

We leased a farm and bought 50 head of dairy cows. After two years, we sold the cows and I started driving a gas tanker for Conoco. Farming was an essential business, but when we sold out in a short time, the draft board caught up with me and I was drafted into the army during the Korean War.

After basic training at Fort Ord, Ca, I was shipped to Panama in the Canal Zone. I had been in Panama about four months when my wife, and now our first-born son, were able to join me and we stayed there until my discharge.

I then drove truck from Salt Lake City to Los Angeles until the fall of 1957, when I returned to college at Utah State and received a degree in Forest and Range Management and then went to work for the U.S. Forest Service where I worked for 30 years. My assignments took us all over Utah, then on to Gros Ventre on the Teton National Forest in Wyoming, then back to Utah to Pleasant Grove and on to Spanish Fork where I retired. Of those 30 years, I spent 27 of them as a District Ranger.

I bred and trained Morgan horses for 40 years. They are still the breed of my choice, and they served me well with the Forest Service.

After retiring, I drove truck for 10 years, then Lee and I went on a mission to Nauvoo, Ill. We had joined the Senior Citizens Center before we went on the mission and rejoined when we returned. We love the Senior Center, especially the people, and plan to continue until we can no longer crawl there.
REMEMBER—The 3 Center *computers* are available whenever the center is open. There is internet connection. You can also bring your own computer to the center and we can help with your own programs. We have help and training slots available on Tuesday at 10:15 and 11:15 (early sign up is required)

Volunteers Needed: Contact Verna, Beverly, or Roy with questions.
Entertainment Director—Coordinate periodic entertainment during lunch
Van Drivers—Pick up and return seniors who need transportation to the center for meals.
CDL licensed drivers — Paid position to drive the large bus.
Zumba certified class leader

Can you guess who this young lady and regular volunteer is?

See Page 8 for the real answer!
It’s a “Wonderful Life” at the Spanish Fork Senior Center. Every day I learn something new and never cease to laugh! Such as, shared secrets and tips to good health and longevity …from Seniors: For healthy teeth (if you’re lucky enough to still have your own, except this will probably work on dentures as well) gargle daily with “original” Listerine (From what I remember, I’m assuming this is because the antiseptic is spicy hot and it will burn the plaque off, in an instant!!) Tip for good joints: a daily dose of cod liver oil (this could also be a weight-loss strategy, because it may be difficult keeping it down…). In greeting our seniors, I will say “Good morning how are you today”? Many respond with, “Well I must be doing great, I didn’t see my name in the obituaries”. And then there is… “Well I guess I’m doing pretty good, I’m 6 feet above ground and not 6 feet below.” We have a beautiful Princess Fairy that dances all around (she never misses a beat), and how her sweet precious smile warms our hearts and keeps us all young! (Oh, and did I mention, she is over 95?) Notice how when we age, the saying “Up right and breathing” becomes more meaningful daily. Oh, the importance of comic relief! I’m so blessed to work for and be edified daily, by the grace and wisdom of so many wonderful seniors that I love and adore!! And so, you see... It’s a “Wonderful Life”, at the Spanish Fork Senior Center!

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**October Calendar**

*Bar J Wranglers—At the UVU in December. Tickets on sale in October*

**Monday 2nd** - UVU Nursing Health Clinic 9:30-noon

**Thursday 5th** - No congregate meal today - Membership Meal tomorrow.

**Thursday 5th** - Sundance Fall Foliage trip, see flyer and sign-up on bulletin board 9 a.m.—3:30

**Friday 6th** - Membership Luncheon: noon First Friday

**Tuesday 10th** - Spanish Fork City Facilities Trip-10:00am  Dale Robinson Director of Spanish Fork City Recreation Department, hosts a trip around the city to see all of the City Facilities and share interesting information about each. If interested please call the Senior Center for details

**Wednesday 11th** - Board Meeting 10:30 2nd Wednesday

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**November Calendar**

**Friday 3rd** - Membership Luncheon: noon First Friday

**Saturday 4th** - Hello, Dolly at Hale Theater see sign-up sheet.

**Sunday 5th** - Daylight Savings time ends FALL BACK

**Monday 6th** - Closed after lunch for election

**Tuesday 7th** - Closed for election

**Wednesday 8th** - 2nd Wed Board Meeting 10:30

**Thursday 9th** - 2nd Thursday Bereavement class 1:30

**Sunday 11th** - Veterans Day

**Thursday 23rd** - Thanksgiving (center closed)

**Monday 27th** - Center Open

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**December Calendar**

**Friday 1st** - Membership Luncheon noon First Friday

**Wednesday 6th** - Wed Christmas Craft Boutique

**Wednesday 13th** - 2nd Wed Board Meeting 10:30

**Thursday 14th** - 2nd Wed Bereavement class 1:30

**Tuesday 19th** - Center closed thru Jan 4

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**January Calendar**

**Friday 5th** - Membership Luncheon noon First Friday
Weekly Activities Schedule (Free to Members)

Billiards 9:00 a.m.-3:30 p.m. Monday-Thursday
Card Games 1:30 p.m. Mondays/Thursdays
Ceramics Class 8:30 a.m. - 3:15 p.m. Tuesdays
Chorus Practice 9:30- 10:30 a.m. Thursdays
(New Members Welcome)
Craft Class 10:00 a.m. Wednesdays
Honey Bee Quilting 10:00 a.m. Wednesdays
Line Dancing 1:30 p.m. Mondays/Thursdays
Oil Painting Classes 9:00 a.m. Mondays
Sit-down exercise class 11:00 a.m. Mondays/Thursdays
Zumba class—we are in need of an instructor

Leisure Ladies - meet at AMBERS restaurant at 1:00 p.m. on the Last Wednesday of the month. Everyone pays for their meal.

Membership Meals 12:00 noon 1st Friday of Each Month (Members must bring their own dishes and reservation are required; call us at (801.798.5015)

Artists at work——>

WHAT DOES YOUR $20 MEMBERSHIP ENTITLE YOU TO?

Any senior over 55 may participate in the ‘congregate’ meals on Monday and Thursday (with a charge determined by the government).—You do not have to be a ‘MEMBER’ of the senior center. As a ‘MEMBER’ you are entitled to come to the monthly membership meal on the 1st Friday of the month at no charge, and participate in those weekly activities listed (Free to Members).
THESE ARE LISTINGS OF CURRENT MEMBERS ONLY, AS OF 9/22 IF YOU HAVE BEEN MISSED, PLEASE LET ROY ANDERSON KNOW

Birthdays As the membership database has your birthday, it will be listed here. If it is not accurate, please let us know.

Anderson, Sue 10/1
Averett, Lionel 10/17
Beck, Shirley 10/16
Brown, Ron 10/6
Callister, Joyce 10/14
Creer, Howard 10/27
Fitzgerald, Irene 10/2
Hatch, Leola 10/3
Johns, Roy 10/7
Lisonbee, Lee 10/21
Wilberg, Joan 10/11
Banks, Ray 9/11
Baum, Jerry 9/15
Chandler, Nadene 9/25
Graham, Mildred 9/21
Hair, Karen 9/6

Anniversaries — Do you have an anniversary coming up or from the past few months? If you have one you would like to share, let Roy Anderson know (385-224-2390, email roysfnewsletter@gmail.com, or drop a note at the center. We will list them as you let us know.

Blain & Kaye Poulsen 3/2/55 62 yrs
Gary & Evelyn Webb 8/24/57 60 yrs
Richard & Marti Morgan 9/18/59 58 yrs
Terry & Mary Lou Brandon 9/30/55 52 yrs
Phillip & Wendie Whitehead 6/6/69 48 yrs
Roy & Sue Anderson 6/7/69 48 yrs
Chad & Teresa Argyle 2/10/78 39 yrs
Blake & Sharon Passey 9/23/88 29 yrs

Hansen, Diane 9/30
Harris, David 9/10
Hollingshead, Verna 9/22
Houck, Darlene 9/28
Jackson, Leah 9/30
Jolley, Ned 9/5
McKell, Mark 9/17
Murray, Arlene 9/28
Porter, Neal 9/26
Reynolds, Theresa 9/13
Rice, Pam 9/6
Runolfson, Dinitia 9/5
Smith, Elmer 9/17
Timmins, Max 9/6
Warner, Gordon 9/13
Whitehead, Wendie 9/6
Call, Karen 8/3
Charlesworth, Virginia 8/17
Creer, Joyce 8/12
Davis, Ann 8/23
Davis, Carma 8/11
Edman, Marsha 8/3
Gibson, Ila 8/26
Henderson, Evan 8/19
Houck, Martin 8/11
Johnson, Lee 8/15
Marks, Rowane 8/22
Passeys, Sharon 8/21
Staheli, Nadine 8/21
Sumson, Margaret 8/18
Swenson, Ruth 8/20
Webb, Evelyn 8/27
Wells, Lou 8/24

Passing's these past few months — As we become aware, we will list our friends who have left us recently. Please let us know.

Eliza Gean Wilson 2/7/26—9/4/17

Death leaves a heartache no one can heal.
Love leaves a memory no one can steal.

Other Notices: Great Grandkids, Weddings, Family Reunions, Special Events, etc??????
HASH BROWN CASSEROLE
2 lbs hash brown potatoes
1/2 cup melted butter
1 (10.75 oz) can condensed cream of chicken soup
1 (8oz) container sour cream
1 (3oz) cream cheese
1/2 cup chopped onion
2 cups shredded cheddar cheese
1 tsp salt
1/4 tsp black pepper
2 cups crushed cornflake cereal
1/4 cup melted butter

Preheat oven 350 degrees
In a large bowl, combine hash browns, 1/2 cup melted butter, cream of chicken soup, sour cream, cream cheese, onion, shredded cheese, salt & pepper.

Place in a 3 quart casserole dish.
In a medium sauce pan, over medium heat, sauté cornflakes in 1/4 cup of melted butter, and sprinkle the mixture over the top of the casserole.

Bake covered in preheated oven for 40 minutes.

Enjoy!!!
Pennie Christensen always has a smile for everyone, and is always so pleasant. And at 86 years old she looks and acts like a youngster.

Ten years ago, after a long marriage, her husband passed away. She has 2 children, 9 grandchildren and 18 Great grandchildren.

She didn’t have any pets while growing up, but her brother had a dog. Also, as a child, she never went on vacation at all.

She got into trouble big time, when her and her brother were trying to shoot icicles with a bow and arrow. She managed to shoot an arrow through the window.

She went to Provo high school and had no car until she was married. Her first job was at Lily’s Bakery and that earned her 80 cents an hour, but as a child she dreamed of being a pilot.

She loves driving people on tours to nice places, that they love to see. Her most embarrassing moment was while driving a tour bus. There were 3 buses going to the Salt Lake Tabernacle. When they stopped at their favorite restaurant for lunch, as she left the bus she threw her arms in the air and the keys to the bus went up in the air and down into the drain. The police couldn’t help, so they called the fire department, and they put a ladder down the 6’ drain and scraped and scraped through the muck until they found them. To this day everyone on the trip will not let her forget it.

Penny has always wanted to go to Greece, but Paris is her favorite place to be.

Her biggest pet peeve is that so many people are impolite! Come on people, it just isn’t necessary.

Her biggest fear is not being available to help if and when she is needed.

She would love for chocolate to be calorie free, as it is her favorite thing to eat.

Pennie has been coming to the senior center and volunteering for 28 years. As well as checking in members for lunches, she serves the food, works to update the computers for lunch, counts the lunch money and whatever else needs doing.

Her motivation for volunteering is that she loves life and all of the people at the center. If she could improve on anything here at the center it would be to entice more people to become members and enjoy it as much as she does.

She also teaches Primary, still takes care of her grandchildren 3 times a week and takes them to places they need to go.

Her biggest benefit she receives are the smiles and hugs from everyone.

Thanks Pennie, we love you too!
SENiors helping seniors—do you need some help

If you are in need of help; such as house cleaning, handyman services, transportation, etc. Please let us know. There are many members of our Center who are willing to help you. If we can’t help you, we can help find other resources that may be able to help. LET US KNOW what kind of help you need!

Board Members, Officers, Newsletter Staff

The board and staff are here to represent “you” the membership! Let us know what you think of this Center and what you would like to see improved or changed. We will put up pictures and give a little narrative on different board members and officers throughout the year.

Board Members: Roy Anderson –Secretary/Treasurer, Mary Lou Brandon-Board Chair, Jan Carlisle, Ted Henderson, Ron Lisonbee, Kaye Poulson, Jay Rindlisbacher, Marie Spencer, Marsha Steggell

Officers: Verna Jo Hollingshead—Director, Dixie Webb—Assistant Director, Beverly Schofield – Host/Receptionist,

Newsletter Editor: Roy Anderson; Column Writers —Sue Anderson, Marsha Steggell; Content Providers—Beverly Schofield, Dixie Webb, Verna Jo Hollingshead; Proof Reader—Mary Fran Draisker
October Meal Menu

**PLEASE REMEMBER** Check in for each meal and make **reservations** for the next few meals

Membership meals: You dues must be paid to participate!

*Bring your own plates and silverware*

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<td>Vegetable beef soup</td>
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<td>Carrot and celery sticks w/ranch cup</td>
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<td>Corn Bread</td>
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<td>Chocolate chip cookie</td>
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<td>Fri</td>
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<td><strong>MEMBERSHIP MEAL</strong> BBQ ribs</td>
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<td>Buttered chuck wagon corn</td>
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<td>Chocolate cake with orange icing</td>
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<td>Chocolate pudding</td>
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<td><strong>Birthday Celebration</strong></td>
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<td>Chocolate &amp; ice cream or Chef salad</td>
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<td>Chocolate chip pumpkin cookies or Chef salad</td>
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<td>Harvest hoorah</td>
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<td>Chili &amp; crackers</td>
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<td>Sugar donut</td>
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<td>10/30</td>
<td>Zombie burger</td>
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<td>Mummy fingers</td>
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<td>with count Dracula sauce</td>
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<td>Bloody oranges</td>
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<td>Glenda the witch’s magic cookie</td>
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<td>Frozen ‘jack-o-lantern gizzards</td>
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<td>Thurs</td>
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<td><strong>Center Closed</strong></td>
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<td>Fri</td>
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<td><strong>MEMBERSHIP MEAL</strong></td>
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<td>Turkey &amp; stuffing</td>
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<td>Mashed potatoes w/turkey gravy</td>
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<td>Green beans</td>
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<td></td>
<td></td>
<td>Cranberry cup</td>
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<td></td>
<td>Dinner roll</td>
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<td></td>
<td></td>
<td>Pumpkin pie</td>
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<tr>
<td>Mon</td>
<td>11/6</td>
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<td></td>
<td></td>
<td>Ham &amp; beans</td>
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<td></td>
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<td>Carrot &amp; celery stick w/ranch cup</td>
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<td></td>
<td></td>
<td>French Bread</td>
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<td></td>
<td></td>
<td>Apple sauce</td>
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<td></td>
<td></td>
<td>Oatmeal raisin cookie</td>
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<td>Thurs</td>
<td>11/9</td>
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<td>Center Closed</td>
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**MOUNTAINLAND 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 upcoming week (Monday). Thanks for your cooperation - so we have enough for everyone and we have minimal waste. Questions, call 801.798.5015
CELEBRATING seniors 90+

Mark Mckell 99
Mae Timmins 96
Edna Weight 94
Nadine Saheli 94
Gordon Warner 94
Melba King 92
Betty Anderson 92
Kae Ballard 92
Irene Fitzgerald 91
Leola Hatch 91
Faye Drage 91
Ruth Leifson 91
Geisla Clayson 91
Beverly Clements 91
Mabel Shiflett 91
Dan Degraw 90
Don Korth 90
Joyce Tanner 90

PLEASE LET ME KNOW WHEN ONE OF YOU ARE IN THE CENTER SO I CAN SAY ‘HI’ I’d love to meet you. - Roy Anderson

Mabel Shiflett—
6/30/1926.
She moved to Spanish Fork in 2001.
Joined the Senior Center and immediately started volunteering. Currently she coordinates the Leisure Ladies Group – anyone can participate. They meet at Ambers Restaurant on the last Wednesday of the month. Everyone buys their own lunch and they all sit together and socialize. No transportation is available – get there on your own. Interesting tidbit, Mabel was in a stage play at the age of 13 in Wyoming, with some future Hollywood people. Play title: 10 nights in a bar room. She might share some gossip and old pictures.

Words of Wisdom:
Clint Eastwood—

If a person is confident enough in the way they feel, whether it’s an art form or whether it’s just in life, it comes off—you don’t have anything to prove; you can just be what and who you are!

!!BE YOU!!

Beverly Clements —
6/21/26
Beverly now lives at Sunrise at Spanish Terrace. A fantastic facility that provides chef-prepared meals and many activities—but she still chooses to come to our senior center and spend time with friends. She has five kids including a set of twins. One daughter lives close by in Elk Ridge.

For you golfers!!!

The Course of Life

Life isn’t always fair way
Life isn’t always par
Life isn’t always easy
to go from where you are
The rough may oft’ impede you

On the journey toward your goals
Or an unexpected hazard
Might take a heavy toll

Keep straight your faith and patience
Midst all life’s ups and downs,
And trust your silent partner
Who guides you through life’s rounds

Hard working volunteers
Steve was born in Mesa Arizona on April 24, 1955. He was the oldest child, and while he was growing up, he lived in many places besides Mesa – like Crescent City, California, Las Vegas, Nevada, and finally about 12 years ago, he thought Spanish Fork City looked like a great place to live. We are very thankful for that decision. He graduated from Clark High School in Las Vegas, Nevada and became a Master Mason for most of his life.

While he was growing up, they would go on vacations and come to Spanish Fork where his Grandma and Grandpa lived. They would all pile into a 1969 or 1970 old Ford Ranch Wagon, and off they would go. When they got here, his favorite place to head was up to Scofield or Strawberry Reservoir, where he knew that ol’ fat worm was waiting to be twisted and hung on a hook, and all those fish were his, just for the taking. His grandparents had a trailer in Strawberry they could stay in during the summer. He also loves to hunt Elk, Deer, Rabbits—almost anything, and one of his special places to go is Jar Bridge Mountain in Northern Nevada.

He does remember how embarrassed his parents were on one trip. They had a truck and camper hat all the kids would ride in and they had stopped at a gas station while his mother made sandwiches for lunch. They all used the bathroom, washed up, and jumped back into the truck to eat; and down the road they went. She started handing out sandwiches and there was one leftover, but she knew she had made the right amount. Well guess who didn’t get a sandwich? Yep, that would be Steve! When they turned around and went back to find him, he was sitting on the curb just waiting for them, oh, and most important was the sandwich he almost didn’t get.

Like every child when they are young, I asked Steve what he wanted to be when he grew up. He said he thought being a doctor would be good.

Steve loves to read, and one of his favorite books is called “Earth Abides”. His first job was in Las Vegas at a small restaurant where he made $6.50 an hour. His first car was a burgundy, 1968 Mustang, with a white top, his favorite color is blue, and if he could have any automobile he wanted, it would be a brand new white Ford 4-wheel drive truck.

When it comes to food, well, he likes the best big rib eye, or prime rib he can find. I asked what he thinks he does best; that would be Billiards or just shooting pool. Steve has 3 sons who live in Las Vegas, a granddaughter named Emily, who’s nine, and a grandson named Andrew who’s four. Steve just learned that he also has a daughter and granddaughter that he has never seen or known about! They just found each other after 30 years! Her name is Skyla and his granddaughter’s name is Amelia. She is 10 and they live in Boise, Idaho. Steve is very excited that they get to meet in October and what a reunion that will be for them all!

Congratulations Steve, and what a difference you make for all the people that work with you in the kitchen, and everyone who benefits from having your smile and pleasant attitude every time we see you. THANKS for being you!

By Marsha Steggell