August 2018 Senior Citizens Newsletter

Welcome Back to all the Members and Friends of the Senior Center!

Center Hours: Come Join Us

We serve delicious home cooked meals on MOST Mondays and Thursdays for any and all Seniors 55 and older. Come join us! JOIN our Center and participate in a multitude of activities. (“MEMBERSHIP HAS ITS BENEFITS”)

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 partici-

pants 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!

When you can’t control what’s happening, challenge yourself to control the way you respond to what’s happening! That’s where Your Power Is!
BE AWARE

ANOTHER SERIOUS SCAM PER THE SOCIAL SECURITY ADMINISTRATION

The Acting Inspector General of Social Security, Gale Stallworth Stone, is warning citizens about ongoing Social Security Administration (SSA) impersonation schemes. SSA and the Office of the Inspector General (OIG) have recently received several reports of suspicious phone calls claiming to be from SSA.

In one case, an automated recording states the person’s Social Security number (SSN) “has been suspended for suspicion of illegal activity,” and the person should contact a provided phone number immediately to resolve the issue. The call concludes by stating if the person does not contact the provided phone number, the person’s assets will be frozen until the alleged issue is resolved. In another case, a caller claims to be from “SSA headquarters” and waits for the person to provide personal information, such as an SSN, address, and date of birth. In January, the OIG shared similar information from the Federal Trade Commission, which reported an increase in reports of suspicious phone calls from people claiming to be SSA employees.

SSA employees occasionally contact citizens by telephone for customer-service purposes. In only a few limited special situations, usually already known to the citizen, an SSA employee may request the citizen confirm personal information over the phone. If a person receives a suspicious call from someone alleging to be from SSA, citizens should report that information to the OIG at 1-800-269-0271 or online via https://oig.ssa.gov/report.

Acting Inspector General Stone continues to warn citizens to be cautious, and to avoid providing information such as your SSN or bank account numbers to unknown persons over the phone or internet unless you are certain of who is receiving it. “Be aware of suspicious calls from unknown sources, and when in doubt, contact the official entity to verify the legitimacy of the call,” Stone said.

If a person has questions about any communication—email, letter, text or phone call—that claims to be from SSA or the OIG, please contact your local Social Security office, or call Social Security’s toll-free customer service number at 1-800-772-1213, 7 a.m. to 7 p.m., Monday through Friday, to verify its legitimacy. (Those who are deaf or hard-of-hearing can call Social Security’s TTY number at 1-800-325-0778.)

May those who love us, love us and those who don’t love us, may they turn their hearts. If they don’t turn their hearts, may they turn their ankles so we’ll know them by their limping. JC

WHAT! WHAT! WHAT! - What do you want to see different in our Senior Center this year? What needs to change? What needs to improve? We have a suggestion box by the kitchen. If you want to be anonymous, just jot a note and drop it in the box. OR BE BOLD!!! Just grab one of the staff or board members and tell us what you’d like to see different.
We are starting afresh—membership for the Spanish Fork Senior Center runs from August through July. Dues are $20 for those 55 and older. This entitles you to all the listed activities, plus a FREE membership lunch the first Friday of each month. Please renew your membership, or join, so you can participate. You must wander around the center and see all the different things available.

The board members and staff are here to help with any questions or comments you have. Board members should be wearing their name tags to help identify them while at the center. Don’t be afraid to stop one of us and tell us what you think—Good or Bad. We want to help make this a welcoming environment for all seniors. The congregate meals on Mondays and Thursdays do not require membership, but there is a suggested donation of $3.

Reminder—new Medicare cards are being mailed out and we should receive them within the next few months. Medicare or Social Security WILL NOT call you on the phone. Do not give out personal information over the phone.
AN UNLIVED LIFE Jan Carlisle

In the Western tradition, we are taught many things about the nature of negativity and the nature of sin, but we were never told that one of the greatest tragedies is the un-lived life. To be at death’s door and look back over your life and be full of regret. We put off too many of the things we long to do or say or experience. It is strange to be here, you know. Here on earth. The mystery never leaves us. Behind our image, below our words, above our thoughts, the silence of another world waits. This world lives within us all. Beneath our feet is ancient earth and above us, the galaxies dance out toward infinity. We are new here, yet the earth was designed with us in mind. Savor it all.

I was walking in the woods a few weeks ago and with the temperature high I paused to take a breather near a stream. The human eye adores movement and is alert to the slightest flicker. It enjoys great moments of celebration when it beholds a butterfly or the movement of light. Sabers of shadows and swords of sunlight danced around me as I studied the way each gave life to the surrounding forest. Nature never fails to amaze me.

As I sat there listening to the sounds around me, I was struck by the perfect way in which this ancient earth renews itself. I savored the moment of quiet and solitude and thought of how many places on earth that, at this same moment, was silent and serene. How many desert mesas sat basking in the hot sun while eagles soared on the thermals above it? How many jungles lay hidden under a canopy of lush vegetation? I will never see most of the wonders of this earth but they are there for others to see so I sit quietly in my own little corner of the world and savor what I do see. Look around you and see your world with a new vision.

Most people who are familiar with Claude Monet’s paintings know about his great passion for light, beautiful flowers and his water lily garden. He lived for the second half of his life in the small village of Giverny, where he created a flower garden, a home and a studio. Surrounded with all this beauty and light, Monet’s new paintings were some of the best he had ever painted. When he heard the village intended to make a starch factory across the street from his flower garden, he bought the land and dug a pond. He then diverted the little creek that went through the land to feed it and then planted water lilies. At first the lilies did not grow too well, but he persisted, keeping his vision clear and after a couple of years and much frustration, the little pond began to mature and his water lilies grew. Monet realized the pond caught the light in the most enchanting manner. He painted it over and over again, always pushing himself to paint the fleeting light.

He experienced the sublime in nature, and then magically painted it on his canvases. His true appreciation of Nature attained a certain purity. Nature in turn responded to Monet and there appeared to be an almost sacred connection. Over the years the pond proved to be a place of serenity and renewal for him, a place where he could heal himself, especially after the death of his wife, his son and later, his dear old friend, Renoir.

We all need places of serenity and renewal, no matter what our age. Though we may not have a little pond, or be a great artist as Monet surely was, we CAN sit quietly and be lost in our own stillness. We can savor the life that lives within us all. It is fleeting and precious and we all need to find our own little pond that gives us peace and happiness and we need to make sure we live…really LIVE each day we have. Embrace this wonderful life we have. Artist have a way of looking at things and seeing what the normal eye does not notice, yet we can train ourselves to sharpen that skill. Open your eyes and see the beauty in the world and the people around you. Life is beautiful…live it.

“IM WORRIED!”

Do you suffer from excessive worry? People with generalized anxiety disorder tend to be afflicted with excessive worrying. Over everything and anything. They have trouble with racing thoughts to the extent these thoughts become more and more intense and feed upon each other.

They worry about little things and blow them out of proportion with a negative twist. They can’t stop worrying or slow their thoughts down. This causes more distress which in turn causes more worry. It’s a self-perpetuating disorder and can quickly become incapacitated, preventing the individual from functioning.

A perfect relationship isn’t actually ever perfect. It’s just the one where both people never give up on each other.
### Weekly Activities Schedule (Free to Members)

“Membership has its privileges”

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Billiards</td>
<td>9:00 Monday-Thursday</td>
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<tr>
<td>Card Games</td>
<td>1:30 Mondays/Thursdays</td>
</tr>
<tr>
<td>Ceramics Class</td>
<td>8:30 Tuesdays</td>
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<tr>
<td>Chorus Practice</td>
<td>9:30 Thursdays</td>
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<tr>
<td>(New Members Welcome)</td>
<td></td>
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<tr>
<td>Craft Class</td>
<td>10:00. Wednesdays</td>
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<tr>
<td>Honey Bee Quilting</td>
<td>10:00. Wednesdays</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>1:30 Mondays/Thursdays</td>
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<tr>
<td>Oil Painting Classes</td>
<td>9:00 Mondays</td>
</tr>
<tr>
<td>Sit-down exercise</td>
<td>11:00 Mondays/Thursdays</td>
</tr>
<tr>
<td>Spanish language</td>
<td>1:00 Wed</td>
</tr>
<tr>
<td>Tai Chi Class</td>
<td>9:00 Mon/Wed</td>
</tr>
<tr>
<td>Ukulele</td>
<td>10:15 Mon</td>
</tr>
<tr>
<td>Zumba class</td>
<td>9:00 Tues</td>
</tr>
</tbody>
</table>

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

### “MEMBERSHIP HAS ITS PRIVILEGES”

WHAT DOES YOUR $20 MEMBERSHIP ENTITLE YOU TO?

Any senior over 55 may participate in the ‘congregate’ meals on most Monday and Thursday (with a suggested donation/charge determined by the government—$3.00).—You do not have to be a ‘MEMBER’ of the senior center but reservations are required the week before to insure enough food is prepared.

BUT—as a ‘MEMBER’ - Remember “Membership has its privileges”—you are entitled to come to the monthly membership meal on the 1st Friday of the month at NO CHARGE, and participate in any and all those weekly activities listed (Free to Members).
THESE ARE LISTINGS OF CURRENT MEMBERS ONLY. AS OF THE END OF THE MEMBERSHIP YEAR.

Birthdays: As the membership database has your birthday, it will be listed here. If it is not accurate, please let us know. # 90+

June
Kay Ballard #
Geisla Clayson #
Beverly Clements #
Margarette Cook
Christine Fitch
Ray Galt
Kent Gibson
Merylin Hall
Barbara Hassard
Ted Henderson
Martha Hoffa
Jody Huff
Joyce Johnson

July
Kathy Barbour
Stevie Boone
Velma Boswell
Shirlene Brown
Kathryn Christensen
RaNae Dove
Kathy Evans
Guy Farley
Ronald Hall
Anne Herbst
Mel Hudman
Clairen Jackson

Richard Johnson
Caroline Ludlow #
Marti Morgan
Pam Mottishaw
Ruth Ann Nielsen
Clarice Nilson
Stephen Nyman
Betty Ott
Kaye Poulsen
Cesar Sanchez
Cindy Schauerhamer
Barbara Slavens
Sharee Sorensen
Keith Stace
Patricia Swan
Joyce Tanner #

August
Tom Aust
Brent Barstachi
Karen Call
Allen Carson
Glenda Collins
Joyce Creeer
Ann Davis
Carma Davis
Marsha Edman

Anniversaries — Do you have an anniversary. If you have one you would like to share, let Roy Anderson know (385-224-2390, or drop a note at the center. We will list them as you let us know. (June—Sept)

Roy & Sue Anderson 6/7/69 49 yrs
Ray & Pat Banks 6/1/54 64 yrs
Bob & Stevie Boone 6/4/60 58 yrs
Ron & Sharon Braithwaite 6/1/63 55 yrs
Phillip & Wendie Whitehead 6/3/69 49 yrs
Mark & Rose Wood 6/1/52 66 yrs
Dan & Nancy Bachler 7/17/70 48 yrs
Ron & Marilyn Brown 7/7/59 59 yrs
Bob & Sylvia Farris 8/9/57 60 yrs
Ron & Lee Lisonbee 8/18/52 65 yrs
Jerry & Nikki Orton 8/29/87 30 yrs
Gary & Evelyn Webb 8/24/57 60 yrs
Richard & Marti Morgan 9/18/59 58 yrs
Terry & Mary Lou Brandon 9/30/65 52 yrs
Alberto & Susana Barragan 9/22/66 51 yrs
Blake & Sharon Passey 9/23/88 29 yrs

Sterling & Dixie Web 9/8/73 44 yrs

I know we have a young married couple who were just married recently—I think we need those youngsters listed!

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

Carol & Heber Alldredge passed in July just 5 days apart

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.?????
Bacon Cheddar Potato Cakes

This is a good way to use up leftover mashed potatoes.

- 3 Slices bacon
- 4 Cups leftover mashed potatoes
- 2 Eggs
- 1 Tsp onion powder
- 1/2 Tsp salt
- 1/2 Tsp black pepper
- 1 Cup shredded cheddar cheese

Fry bacon til crisp—crumble. Leave drippings in skillet. Mix all ingredients together. Form 8 patties. Pan fry in drippings about 4 minutes each side.
What IS a Senior Citizens Center and its purpose? That is a really complex question when I think about it and recently, I’ve been thinking about it a great deal. The ultimate goal and real purpose of the Spanish Fork Senior Citizens Center is multi-level. So, as volunteers and staff, what do we want to provide and promote and still stay true to our obligations to our seniors and their families? In all senior centers there is a variety of ages, needs, wants and expectations. Each Senior Citizens Center in Utah Valley have volunteers and staffs that are dedicated to putting their Senior’s needs at the top of the priority list. Each is filled with committed staff that is dedicated to serving local seniors to the best of their ability! I believe, as do many others, that Senior Center services are essential to the benefit of the seniors in their communities. Over the years I’ve personally reflected on the idea that the seniors throughout the entire country are very fortunate to be able to visit different senior centers that is, if you will, similar to a private country club. A place where they are afforded the opportunity to socialize with interesting people, experience a variety of activities, opportunities to learn new things and share fun, laughter and camaraderie. No two centers are alike; each has its own personality and is valued for their personal qualities! As I’ve visited with seniors, these are a few of the suggested common ideas that they felt were vital in meeting some of their needs as well as enriching their lives. Intellectual, Spiritual, Social Environment and Physical Health were all a common thread that was expressed time and again. We’ve all heard the quote, “It takes a village!” Well, our Senior Center is no different. In order to cover each of these suggested common needs requires the work and dedication of many loving, service oriented, generous and fun loving seniors. Each and every senior, whether a member or not, is needed to put together this beautiful picture of their “Senior Citizen Center”? Senior Citizens Centers services are also essential to every community! They are a resource for answering any questions, finding the facts and resolutions to all aging issues, educating seniors about Social Security, Healthcare, end of life planning, and any issue related to a senior citizen. We also provide nutritious and tasty meals and serve them up with a smile. We may not have all of the answers; however, if we don’t know it, we will search until we find the answer. At the Spanish Fork Senior Citizens Center, our Mission Statement states: 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 that 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! I believe in being transparent, responsible and accountable not only to our senior population and the city, but to the tax payers of our community. Our Team of Volunteers and staff at the Spanish Fork Senior Center are here to serve and do our very best to be supportive of our seniors! We appreciate everyone who contributes to our center and thank each of you for coming and your loving spirit that edifies each of us! Thank you for the honor and privilege to work with and for you! Sincerely, Vena

GLAD TO SEE YOU ALL BACK!!!

DO YOU ENJOY THE HOME COOKED MEALS AT THE CENTER???

HELP US FIND ANOTHER PAID PART-TIME COOK! TALK TO DIXIE FOR MORE INFORMATION 801 798-7837

WE ARE ALSO IN NEED OF A PAID VAN DRIVER—MUST HAVE CDL LICENSE.
**Board Members:** Roy Anderson – Secretary/Treasurer/Newsletter, Daniel Bachler, Mary Lou Brandon – Board Chair, Special Events, Jan Carlisle, Jerry Hansen, Kaye Poulson (membership), Marie Spencer (membership), Marsha Steggell

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

Jan Carlisle is a regular contributor to this newsletter. Please thank her if you enjoy her articles. She has published books and many stories—I appreciate her contributions. She also has quite a ‘wit’ and you will see a few short comments by her scattered throughout these newsletters, simply by-lined as JC (don’t get confused). She can be (is) weird….

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Being called weird is like being called a Limited Edition. Meaning you’re something people don’t see that often. JC

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There is a listing (with pictures and contact information) of YOUR Senior Citizens Center Board of Directors. They represent you—please make sure YOU tell them what you like and don’t like about YOUR CENTER. We can’t enhance your experiences here if we don’t know what you like and don’t like. The board members should be wearing their name tags so they can be easily identified. Stop them—talk to them.
The Lone Ranger and Tonto went camping in the desert. After they got their tent set up, both men fell sound asleep.

Some hours later, Tonto wakes the Lone Ranger and says, “Kemo Sabe, Look—towards sky—what you see?”

The Lone Ranger replies, “I see millions of stars.”

“What that tell you? “asked Tonto.

The Lone Ranger ponders for a minute then says.
“Astronomically speaking, it tells me there are millions of galaxies and potentially billions of planets. “
“Astrologically, it tells me that Saturn is in Leo.”
“Time wise, it appears to be approximately a quarter past three in the morning.”
“Theologically, the Lord is all-powerful and we are small and insignificant.”
“Meteorologically, it seems we will have a beautiful day tomorrow.”

“What’s it tell you, Tonto?”

“You dumber than buffalo dung.”

“It means someone stole the tent!”
CELEBRATING seniors 90+

Mark Mckell 99
Mae Timmins 96
Edna Weight 95
Nadine Staheli 94
Gordon Warner 94
Betty Anderson 93
Melba King 93
Caroline Ludlow 93
Clarke Peterson 93
Virginia Stewart 93
Kae Ballard 93
Ruth Leifson 92
Faye Drage 92
Irene Fitzgerald 92
Leola Hatch 92
Mabel Shiflett 92
Geisla Clayson 92
Beverly Clements 92
Dan Degraw 91
Don Korth 91
Irene Petersen 91
Joyce Tanner 91
LaRue Taylor 91
Bonna Cottle 90
Betty Park 90
Mark Wignall 90
Elouise Bell 90
Blanche Jones 90
Maxine Gordon 90
Leon Abbott 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.

WOULD YOU LIKE TO HELP OTHER SENIORS WHO ARE HOME BOUND INDIVIDUALS???

The RSVP (retired and senior volunteer program) has their ‘Friendly Callers Program’. They are looking for volunteers to call ‘home bound’ individuals’ at least once a week just to check up on them. If you are not ready to be a volunteer to make the calls, do you know of someone who could use a weekly phone call just to say hi, how are you doing. Call RSVP for more information, or to volunteer 801 229 3820.

Remember—US SENIORS NEED TO HELP EACH OTHER!

Events, trips etc., Calendar
8/6 Center Reopens
8/8 Board Meeting 10:30
8/13 Start membership drive
8/16 Canyon View Picnic
8/24 Staff Retreat

IT’S BEEN SAID THAT STAYING Socially engaged is as important to healthy aging as maintaining a healthy body. While no technology can replace actual in-person interaction, staying connected through social media, email or video-chat services can help supplement interaction when visits with friends or family is difficult. Being able to connect with loved ones in different geographical locations allows for socialization that might not otherwise be possible. Taking advantage of new technologies can enable you to have more conversations with loved ones.

Given that most seniors would prefer to live independently in their own homes, new forms of technology can make that possible. Sensors have been developed that can detect when you have fallen by measuring your sway, orientation and impact with surfaces. And no senior who lives alone should be without a Personal Emergency Response System (PERS), which allows the wearer to call for help simply by pushing a button. There are also apps for your smartphone that can send refill reminders for prescriptions to reduce missed medications or errors in dosage.
### August Meal Menu

**PLEASE REMEMBER** Check in for each meal and make **reservations** for the next few meals. Membership meals: Your dues must be paid to participate! **Bring your own plates and silverware**

<table>
<thead>
<tr>
<th>Mon 8/6</th>
<th>Mesquite Chicken Sandwich</th>
<th>Macadamia Nut, White Chocolate Cookie</th>
<th>Fruit Cup Cookie or chef salad</th>
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</thead>
<tbody>
<tr>
<td>Thurs 8/9</td>
<td>Baked Beans</td>
<td>Taco Salad</td>
<td>Mon 8/20</td>
</tr>
<tr>
<td>Pickle &amp; Olives</td>
<td>Rice Pudding Cup</td>
<td>Spanish Rice</td>
<td>Peach Pudding</td>
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<tr>
<td>Rice Pudding Cup</td>
<td>Thurs 8/9</td>
<td>Chips &amp; Salsa</td>
<td>Thurs 8/9</td>
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<tr>
<td>Thurs 8/13</td>
<td>Birthday Celebration</td>
<td>Orange Wedges</td>
<td>Peach Pudding</td>
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<tr>
<td>Mon 8/20</td>
<td>Beef Goulash</td>
<td>Pudding</td>
<td>Thurs 8/23 “Luau”</td>
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<tr>
<td>Thurs 8/26</td>
<td>Celery &amp; Carrot Sticks</td>
<td>Hawaiian Haystacks</td>
<td>Hawaiian Sherbet Shells or Chef salad</td>
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<tr>
<td>French Bread</td>
<td>Thurs 8/26</td>
<td>Marinated Carrots</td>
<td>Hawaiian Sherbet Shells or Chef salad</td>
</tr>
<tr>
<td>Orange Wedges</td>
<td>Thurs 8/26</td>
<td>Bread</td>
<td>Hawaiian Sherbet Shells or Chef salad</td>
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<tr>
<td>Cupcake &amp; Ice Cream or Chef Salad</td>
<td>Thurs 8/26</td>
<td>Hawaiian Sherbet Shells</td>
<td>Hawaiian Sherbet Shells or Chef salad</td>
</tr>
<tr>
<td>Mon 9/3</td>
<td>Spaghetti</td>
<td>Scalloped Potatoes</td>
<td>Buttered Baby Carrots</td>
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<tr>
<td>Thurs 9/3</td>
<td>Green Beans</td>
<td>Bread</td>
<td>Bread</td>
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<tr>
<td>Thu 9/3</td>
<td>Green Salad</td>
<td>Pudding</td>
<td>Pudding</td>
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<tr>
<td>Thu 9/3</td>
<td>Bread</td>
<td>Cookie</td>
<td>Cookie</td>
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<tr>
<td>Mon 9/10</td>
<td>Fri 9/7</td>
<td>Seafood</td>
<td>Seafood</td>
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<tr>
<td>Mon 9/10</td>
<td>Month</td>
<td>Sandwich</td>
<td>Sandwich</td>
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<tr>
<td>Mon 9/10</td>
<td>Thu 9/10</td>
<td>Cole Slaw Cup</td>
<td>Cole Slaw Cup</td>
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</tbody>
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**Mountaïnland 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