November 2018 Senior Citizens Newsletter

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!

IS THIS NEWSLETTER OF VALUE TO YOU, THE MEMBERS—OR IS IT A WASTE OF TIME!!!

****Let us know what you think****

Mon, Wed, Thurs. 8:30 a.m.4:00 p.m.
Tue 8:30 a.m.3:30 p.m. Closed on Fridays.

Senior Citizens Center, 167 West Center St, Spanish Fork, Utah

(801) 798-5015 spanishforkseniors@yahoo.com

BEWARE - IT CAN BE A SCARY WORLD OUT THERE.

MORE SCAMS REGARDING SOCIAL SECURITY

The Acting Inspector General of Social Security, Gale Stallworth Stone, is warning citizens about an ongoing Office of the Inspector General (OIG) impersonation scheme. The OIG has recently received reports from citizens about suspicious phone calls claiming to be from the Acting Inspector General.

The reports indicate the caller identifies themselves as ‘Gale Stone’ and states the person’s Social Security number (SSN) is at risk of being deactivated or deleted. The caller then asks the person to call a provided phone number to resolve the issue. Citizens should be aware that the scheme’s details may vary; however, citizens should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

The Acting Inspector General urges citizens to be cautious, and avoid providing information such as your SSN or bank account information to unknown persons over the phone or internet, unless you are certain of who is receiving it. If you receive a suspicious call from someone alleging to be the Acting Inspector General or from the OIG, you should report that information to the OIG at 1 800 269 0271

www.spanishfork.org/dept/parkrec/senior
‘Surround yourself with people who care.’
WHO CARES????? These folks care about YOU

BLAINE POLSEN—He and his crew make sure we have room decorations, chairs and tables to sit at to enjoy our meals. Plus numerous other chores. DIXIE WEBB—She and the kitchen staff make sure we all receive a nutritious, and tasty meal, and NO ONE goes home hungry. THE CHECK IN CREW—Mary Lou Brandon, Pennie Christensen, Sonja Johnson, Janice Orr — They check us in for meals, make reservations for next time, collect and count money, make sure we meet all the government regulations to insure the center can keep feeding all us seniors. THE SERVERS—Too many to list. Ain’t it nice to be waited on? How would it be if we had to go up and get our own food? Plus ‘special delivery’ for those getting the Thursday salads. ACTIVITY LEADERS— I’ll catch flack for missing some, but a few include: Sue Anderson leads the ceramics group, Linda Welch gets some of us to partake in some sit down exercises, Stevie Boone reassures all our singers that they sound great and are appreciated by us all, Kaye Poulsen and Marie Spencer take on the huge task of getting our membership organized every year, Jan Carlisle has such creative talents that she leads multiple classes—insisting that we all have talents—we just need to let them loose, Gordon Warner teaches and convinces members they can play the ukulele. Mary Lou Brandon and her group that organizes and sets up for those ‘special activities’. Kitchen support—lots of people help with water, butter, jelly, napkins, etc. for the tables, cleaning the tables after the meal, taking the garbage out.

And THANKS to all who help when we need to pull down the tables and chairs when we need to clean the floor.

I’m sure I haven’t identified all the volunteers, and I apologize for that. Let me know what YOU do as a volunteer. If you are able and willing to volunteer or help in any way, find a board member and talk with them.

TRY IT—YOU’LL LIKE IT

Whoever invented the “knock-knock jokes” Should get a “NO-BELL” prize
HEY— Did you know that Social Security benefits will increase 2.8% for most of us in 2019!!!!!!!!!!! That means $28 more per $1000 we receive now.

Tips for Winter Wellness

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the Curcuma longa plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature’s Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.
Billiard room, jigsaw puzzle, card game are available whenever the center is open. Lunch is served on Monday/Thursday. (Exception – the first Friday of the month is the membership luncheon. No lunch on preceding Thursday)

**Typical Monday**
- Oil Painting all day
- 9:00 Tai Chi
- 10:15 Ukulele
- 11:00 Sit down exercises
- 12:00 Lunch
- 1:30 Line dancing

**Typical Tuesday**
- 8:30—3:15 Ceramics
- 9:00 Zumba

**Typical Wednesday**
- 9:00 Tai Chi
- 10:00 Craft Class
- 10:00 Honey Bee Quilting
- 1:00 Spanish Language

**Typical Thursday**
- 9:30 Choir Practice
- 11:00 Sit down exercises
- 12:00 Lunch

### November 2018

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<th>MON</th>
<th>TUE</th>
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<tr>
<td>Reservations require for lunch 798-5015</td>
<td>1 CLOSED</td>
<td>8 Typical Thursday</td>
<td>9 Center Closed</td>
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<tr>
<td>NOVEMBER 2018</td>
<td>2 12:00 Membership Lunch—Flag ceremony to honor our veterans</td>
<td>12:00 Membership Lunch—Choir performance (special blood pressure service)</td>
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<td>Center hours 8:30—4:00 (Exceptions—Tues 8:30—3:30)</td>
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**5** Same as typical Monday

**6** Closed for voting—election day

**7** Same as typical Wednesday

**8** Typical Thursday
- 9:30 Choir Practice
- 11:00 Sit Down Exercises
- 12:00 Lunch – Choir performance (special blood pressure service)

**9** Center Closed

**12** Closed Veterans Day

**13** Same as typical Tuesday

**14** Same as typical Wednesday

**15** Same as typical Thursday

**16** Center Closed

**19** Closed for thanksgiving

**20** Closed for thanksgiving

**21** Closed for thanksgiving

**22** Closed for thanksgiving

**23** Center Closed Celtic Thunder Theater

**26** Same as typical Monday

**27** Same as typical Tuesday

**28** Same as typical Wednesday

**29** Same as typical Thursday

**30** Center Closed Branson Trip
Our 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!

Should you ever need an ark —— I noah guy

Did you know Howard Creer helped build this building specifically as the Senior Center and Joyce and Howard have been members since 1995? He said he will get us some more information about how this Senior Center came about

I need to tell you something
(1) I need to tell you something—look at 5
(2) The answer is—look at 11
(3) Don’t get mad—just look at 15
(4) Calm down, Don’t be Mad, and look at 13
(5) First look at 2
(6) Don’t be angry—Look at 12
(7) All I wanted to say was ‘HI’
(8) What I wanted to tell you is —look at 14
(9) Be patient, look at 4
(10) This is the last time—look at 7
(11) I hope you’re not mad when I say look at 6
(12) Sorry, look at 8
(13) Just have a look at 10
(14) I don’t know how to say this, but look at 3
(15) You really need to look at 9
THESE ARE LISTINGS OF CURRENT MEMBERS ONLY. The membership database has your birthday listed, it will be listed here. If it is not accurate, please let us know.

# 90+  *new member

**November**
Bachler, Daniel
Bradford, Karen
Burton, Willis
Child, Nina
Christopherson, Melvin
Glazier, LaDell *
Gull, Eileen
Hudman, Shirley
Laidler, Carol

Loveless, Sheldon *
Meyers, Cathy
Nyman, Deanna
Snow, David
Stallings, Kaye
Sumption, Margaret
Webster, Mary
Whitehead, Phillip
Wignall, Ann

**December**
Andrus, Kathleen
Argyle, Chad
Baker, Kay
Barragan, Alberto
Burton, Joanne
Charlesworth Lester
Dart, Ann
Daughs, Ron *
Degraw, Dan #
Durfee, Lois
Glazier, Janet *
Hansen, Jerry
Jones, Lynn
King, Melba #
Larson, Dawna
Moran, Bliss
Nielsen, Clyde
Nilson, Lloyd
Oberg, Shirley
Odermatt, Evelyn
Odermatt, Lynn
Ore, Linda *
Petersen, Anne
Schofield, Beverly
Swanner, Joyce
Watson, Pam
Wride, Mechelle

**January**
Anderson, Roy
Bachler, Nancy

Ballard, Joyce
Banks, Pat
Barragan, Susan
Bellows, Sharon
Braithwaite, Ronald
Brandon, Mary Lou
Brownell, Fae
Cornaby, Kent
Harkness, Marlene
Jolley, Angel
Larsen, Robert
Lengel, Stephen
Lofgran, Patsy
Nybo, Mavis
Openshaw, Orpha
Orr, Gordon
Story, La Vaun
Woffinden, Sharlene
Zaomor, Maria

**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. (Oct, Nov, Dec).

**IF ALL YOU MARRIED FOLKS DON'T GIVE ME YOUR ANNIVERSARY DATES AND LET US GET A PICTURE OF YOU— I'LL START MAKING THINGS UP ABOUT YOU**

Howard & Joyce Creer 10/51
Rex & Barbara Hassard 11/67
Lloyd & Clarice Nilson 11/58
Gordon & Janice Orr 1/65

Passing's these past few months — As we become aware, we will list our friends who have left us recently. Please let us know, so we can share with the members here.

*Allan Sumson*
Two peanuts walk into a bar—one was ‘a salted!’

WESTERN ZUCCHINI
(8 servings)
3 Cups sliced zucchini
1/4 Cup chopped onion
4 Eggs beaten
1/2 Cup Canola oil
1 Cup bisquick/baking mix
1 tsp salt
1/8 tsp pepper
1 Cup shredded cheddar cheese.

Arrange zucchini and onion in a greased baking dish.
In a bowl, combine eggs, oil, baking mix, salt & pepper. Mix well. Stir in shredded cheese. Pour over zucchini, mix lightly. Bake uncovered at 350 degrees for 25 minutes, or until brown and bubbly.

ENJOY
I learned a valuable lesson of life one afternoon when my mother dropped by unexpectedly. Knowing that her kitchen and especially her bathroom bordered on a sterile environment, I cringed as she announced that she needed to use the “Ladies’ room” while I prepared something to drink.

When she came out, I braced myself for the lecture of the century, but instead I was amazed that she did not say a word. (The fact that she went to the kitchen sink to wash her hands should have given me a clue to the state of her emotions.) She let a silence fall between us and I did not disturb it. After taking a sip of lemonade (the real kind…it was my mother after all) she smiled. Warning…warning.

“You have always made the best lemonade,” she said sweetly. Now, at this point, let me stop and say that if you knew my mother at all, you would know she would never, EVER make a critical comment without first telling you a positive.

“Thank you, Mama, you taught me well.” BIG MISTAKE. I did not only open the door but I rolled out the red carpet with that remark and my mother stepped right out onto it.

“Apparently not, darling,” she said and then paused. Were those tears in her eyes?

“If you remember nothing else I ever say, sweetheart, remember this. The Secret of a Well Balanced life is a clean bathroom! Cleaning your bathroom can vent frustrations, it can give you peace and it will make you smile when you walk back into a sparkling clean bathroom. You may laugh, as I am sure you are doing inside, but it also does something else. It tells anyone who ever enters that little room that you have pride. Cleaning my bathroom has gotten me through a bad marriage, a divorce, a wayward child (I don’t THINK she was referring to me…but with the shine of tears in her eyes, I could be wrong.) I’m sure it will get me though the fact that the nastiest bathroom I have EVER entered in my life belongs to one of my children.”

“Oh mother, please,” I began, but when she looked up and I realized those really WERE tears in her eyes, I pressed my lips together and remained very still. She smiled again, and then stood, hugged me and left. I stood there for a few seconds and then walked through my bedroom with a week’s worth of clothes on the floor, bed, top of the door and computer. I opened my bathroom door and saw it in a whole new light. She was right. This was probably the dirtiest bathroom SHE had ever seen and it was close to the dirtiest bathroom I had ever seen but not THE dirtiest. That distinction was reserved for one of my closest friends.

“Tomorrow,” I said, mimicking Scarlet O’Hara, “I’ll think about that tomorrow.”

Well, tomorrow brought me to the worst day of my life at work and a breakup with my boyfriend of two years and a fender bender. Once I reached home, I slammed the door, threw my purse across the room, kicked my shoes off as I walked to the bathroom and switched on the light. Sobering.

The state of my bathroom pretty much summed up my life…a total, dirty mess. I sat down on the side of the bathtub and rested my chin in my hands as tears threatened but did not fall. I sat up and smiled. Walking to my bedroom, I flipped on one of my favorite music selections, turning the music up so loud that the walls vibrated, rolled up my sleeves, donned rubber gloves (that were still in the package my mother had given me as a must when I moved in) grabbed glass cleaner, powdered cleanser, brush and disinfectant. Pretending that the toilet was my new ex-boyfriend’s head and the tub was my boss’s mouth, I attacked the entire room with an untapped energy source. One hour later, I stood looking at the sparkling clean floor, tub and yes, even the toilet with…could it be…pride? I then ate a half gallon of Death by Chocolate ice cream and sat in front of the T.V. in flannel pajamas, watching re-runs of Beauty and the Beast (the series). Later in the evening, I walked through my bedroom (yes, it was clean also) and flipped on the light in the bathroom and a sense of pride did indeed rest upon my wilted spirits. I knew somehow my mother knew of this moment and had a twinkle in her eye. Perhaps my life would follow suit…perhaps not. The phone rang and I answered it.

“I was just thinking of you, darling, and wanted you to know how much I love you.”

“I love you too, Mother.” A long pause.

“My bathroom is clean,” Another long pause…… “I know.”

As told from the viewpoint of Jan’s youngest daughter.
Board Members:  Roy Anderson –Secretary/Treasurer/Newsletter, Daniel Bachler—Photographer, Mary Lou Brandon—Board Chair, Special Events, Jan Carlisle, - Major Newsletter Contributor , Jerry Hansen, Janice Orr, Kaye Poulson (membership), Marie Spencer (membership), Marsha Steggell, Driver

Officers:  Verna Jo Hollingshead—Director, Dixie Webb—Assist Director, Beverly Schofield – Host/Receipt

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.

If you don’t like your picture—tell Dan and let’s get a new one.
A member of the Senior Center gave me a copy of this great article—unfortunately I don’t remember who it was—THANKS!

(Don’t be suborn—at least consider this)

Depression is unfortunately a widespread problem among older Americans, affecting approximately 15% of the 65 and older population. Here’s what you should know, along with some tips and resources for screening and treatments, and how Medicare covers it.

Everyone feels sad or gets the blues now and then, but when these feelings linger more than a few weeks, it may be depression. Depression is a real illness that affects mood, feelings, behavior and physical health, and contrary to what many people believe, it’s not a normal part of aging or a personal weakness, but it is very treatable.

It’s also important to know that depression is not just sadness. In many seniors it can manifest as apathy, irritability, or problems with memory or concentration without the depressed mood.

To help you get a handle on the seriousness of your loved one’s (or your own) problem, a good first step is to take a free online depression-screening test online at Mental Health America or Help Yourself Help Others. (If you like, we can do this on the senior center computers, or many of us have computers we can use—wouldn’t it be nice to know you do not have depression? Maybe, like me, you’re just an irritable old cuss). The tests are anonymous and confidential and only take a few minutes.

If you or a loved one is suffering from depressive symptoms, that person should see a doctor for a medical evaluation, to rule out possible medical causes. Some medications, for example, can produce side effects that mimic depressive symptoms—pain and sleeping meds are common culprits. It’s also important to distinguish between depression and dementia, which can share some of the same symptoms.

If a person is diagnosed with depression, a variety of treatment options are available, including talk therapy, antidepressant medications, or a combination of both.

Cognitive Behavioral Therapy (CBT) is a particularly effective type of talk therapy, which helps patients recognize and change destructive thinking patterns that lead to negative feelings.

For help finding a therapist who’s trained in CBT, ask your doctor for a referral. You’ll be happy to know that original Medicare currently covers 100% for annual depression screenings occurring in a doctor’s office or other primary care clinic. Medicare also pays 80% of its approved amount for outpatient mental health services, like counseling and therapy services, and will cover almost all medications used to treat depression under the Part D prescription drug benefit.

************ NEED HELP WITH MEDICATION COSTS? ************

This low-income subsidy program called EXTRA HELP can assist seniors on a tight budget with paying for their premiums, deductible, and co-payments in their Medicare (Part D) prescription drug plan. Call the Social Security office at 800 772 1213 to see if you are eligible.

There are also state pharmacy assistance programs and patient assistance programs available to seniors. Call 801 526 0950 or 866 435 7414 for more information.
CELEBRATING seniors 90+

Betty Anderson 93
Fay Angus 90
Kae Ballard 93
Ray Banks 91
Geisla Clayson 92
Beverly Clements 92
Bonna Cottle 90
Dan Degraw 91
Angus Faux 90+
Irene Fitzgerald 92
Leola Hatch 92
Kenneth Johns 90
Melba King 93
Caroline Ludlow 93
Mark Mckell 100
Betty Park 90
Mabel Shiflett 92
Virginia Stewart 93
Ruth Swenson 90
Joyce Tanner 91
LaRue Taylor 91
Mae Timmins 97
Edna Weight 95
Mark Wignall 90

DEMENTIA

While there’s currently no cure for dementia, more recently researchers have been focusing on the prevention of the disease over the treatment of it. Certain risk factors like age and family history cannot be controlled, of course, but studies are showing promising results in regards to making certain lifestyle changes and preventing dementia. In fact, some of these studies have proven that a combination of small adjustments to your daily life can not only slow down the progression of the disease, but also reverse some of the cognitive decline that has already occurred.

Research for a cure for dementia continues, but in the meantime, it’s important to take certain steps in preventing and fighting the onset of cognitive decline. Studies have shown that certain healthy habits have been effective in preventing and delaying some of the symptoms of dementia. As an added bonus, these healthy habits not only reduce the risk of cognitive decline, but they are also effective in reducing the risk of other chronic conditions, such as type 2 diabetes, high blood pressure, heart disease, osteoporosis and more.

Fight dementia by incorporating these healthy lifestyle habits into your daily routine:

**Exercise regularly.** Seniors benefit in many ways from regular exercise, but studies have also shown that physical activity may help protect the brain. Exercise gets the blood flowing, and increases the number of small blood vessels that supply blood to the brain. Plus, exercise also helps stimulate the brain.

**Keep the brain stimulated.** Intellectual stimulation is also associated with a lower risk for dementia. Try an activity as simple as memorizing shopping lists. Or, do crossword puzzles, brain teasers and strategy games.

**Eat a well-balanced diet.** Meals consisting of fruits, vegetables, whole grains and little added fat or sugar may help decrease the risk for cognitive decline – plus, a healthy diet also helps you maintain an ideal weight and reduce the risk for other chronic conditions.

**Avoid isolation.** Humans thrive in social settings (like this senior center), and maintaining a strong support network and continuing to build relationships in later years may help protect against dementia. Find activities that keep you involved in the world around you, like volunteering, joining a club, taking a senior fitness class, or even just scheduling weekly lunch dates with family or friends.

**Manage stress levels.** High levels of stress negatively affect our bodies in a variety of ways, and it can also take a toll on brain health. Chronic stress leads to shrinkage in a key memory area of the brain, which hampers nerve growth. Try some deep breathing exercises and add time every day to indulge in activities you enjoy.

**Get quality sleep.** Adults need at least seven to eight hours of sleep nightly. Plus, deep sleep is necessary for the mind to recover, form memories, and flush out toxins. Create a relaxing bedtime routine, eliminating stimulating activities, caffeine and late afternoon naps to ensure you’re sleeping as soundly as possible.

Additionally, keep in mind that bad habits like smoking or excessive drinking that have negative effects on the body can have the same negative effects on the mind. Cut these habits out of your life as soon as possible. Plus, if you already have some chronic conditions like diabetes or high blood pressure, it’s important to properly manage and control them to prevent further complications from arising.
## November 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**

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<tr>
<th>Date</th>
<th>Meal Details</th>
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<tbody>
<tr>
<td>Thur 11/1</td>
<td>Closed No Meal</td>
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<td>Fri 11/2</td>
<td>Membership Meal</td>
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<td>Turkey &amp; Stuffing</td>
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<td>Potatoes &amp; Gravy</td>
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<td>Green Beans</td>
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<td>Roll</td>
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<td>Cranberry Cup</td>
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<td>Pumpkin Pie</td>
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<td>Reminder—Wendie Whitehead donates crocheted bags for membership dinner plates. The center sells them for $10. Sure makes it easier to deal with your own plates and utensils during our Membership Meals.</td>
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<td>Mon 11/5</td>
<td>Hamburger Goulash</td>
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<td>Carrot &amp; Celery Sticks</td>
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<td>French Bread</td>
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<td>Fruit Cup</td>
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<td>Brownie</td>
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<td>Birthday Celebration</td>
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<td>Meatballs</td>
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<td>Scalloped Potato</td>
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<td>Corn</td>
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<td>Mon 11/12</td>
<td>Fruit Cup</td>
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<td>Cookie</td>
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<td>or Chef Salad</td>
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<td>Thur 11/15</td>
<td>Ham and beans</td>
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<td>Carrot &amp; Celery</td>
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<td>Roll</td>
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<td>Oranges</td>
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<td>Chocolate Pudding</td>
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<td>or Chef Salad</td>
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<td>Mon 11/19</td>
<td>Turkey &amp; Stuffing</td>
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<td>Potatoes &amp; Gravy</td>
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<td>Green Salad</td>
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<td>Cranberry Cup</td>
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<td>Roll</td>
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<td>Apple Dessert</td>
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<td>Thurs 11/22</td>
<td>Closed for Thanksgiving</td>
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<td>Monday 11/26</td>
<td>Turkey Noodle Soup</td>
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<td>Carrot &amp; Celery Sticks</td>
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<td>Roll</td>
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<td>Random Dessert</td>
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<td>Thur 11/29</td>
<td>Spaghetti</td>
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<td>Green Beans</td>
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### MOUNTAIIINLAND 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