Dec 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!!!!

Not all of our volunteers/supporters are active members of our center. One excellent example is Bill Summers (manager of Maceys in Spanish Fork).

He provides bread weekly for our seniors and donates other things for our seniors, like pumpkins for the pumpkin painting class we had in November—just to name a few. When you go in to Maceys (or any of our advertisers businesses)—let them know how much we appreciate their support!

www.spanishfork.org/dept/parkrec/senior
Volunteers give their all…… Even if it goes unnoticed

HONORABLE MENTIONS

WE APPRECIATE ALL OUR VOLUNTEERS!

Do you think someone has gone above and beyond – or done something special for our Senior Center? Do you want to recognize anyone? Just jot a note to Roy Anderson and we will see if we can get it into a newsletter. You can be noted as the person doing the recognition or do it anonymously.

Thanks to Terry Brandon and Richard Meyers for taking on the driving needs of the center while Marsha is unavailable

BIG THANKS to Ruth Ann Nielsen and Mary Webster for the piano playing before lunches.

DID YOU KNOW? Do women live longer than men?

2016 stats show that between the ages of 65 and 74 there were 88 men for every 100 women, but over the age of 85 there were only 53 men for every 100 women!

Any idea why women live longer?? Send me your opinion……..

Which is faster, hot or cold? Answer pg 3

We are always in need of suggestions for this newsletter. Drop us a note—stop us while we are at the center—give us a call or email.

The three center computers are up and running and available whenever the center is open.

They are actually very easy to use and you can find a wealth of information on them.

Don’t be intimidated by them – Many of us can help you get started if you are new or intimidated by those ‘new fangled gadgets’ Ask me, Ask most anyone and we can get you started!
Answer from pg 2—Hot...you can easily catch cold!

Do you realize one of the best things for our health is easy to do and FREE!

WALK!!!!!!!!!!

Improves Circulation. Walking can help lower blood pressure and strengthen the heart.

Strengthens Bones. Helps stop bone loss, helps with osteoporosis.

Leads To A Longer Life. Studies show walking can help you live healthier and longer lives.

Can Lead To Weight Loss. A brisk 30 minute walk burns 200 calories!


Get off your butt......... Grab a couple friends and go walk around the block. As you walk, you can discuss world events or just gossip about your neighbors.

DO YOU HAVE GOOD BALANCE?? Decent balance can help prevent falls (a common problem in us older folks).

Some simple exercises can help improve your balance. (Use a chair or wall to help your balance as you start something like this)

Stand on one foot

Heel-to-toe walk

TAI CHI—come by on Mondays around 9:00 and join others in this member activity downstairs.

Free in Home Assessment!

(801) 798-5333

www.MapleCreekHHH.com
Reservations **ARE** required for lunch 798-5015  DEC 2018  Center hours 8:30—4:00 (Except Tues 8:30—3:15)

*Billiard room, exercise room, jig saw puzzle, card games, board games, etc 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)*

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>3</td>
<td>Normal Schedule –</td>
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<tr>
<td>4</td>
<td>Normal Schedule –</td>
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<tr>
<td>5</td>
<td>Normal Schedule –</td>
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<tr>
<td>6</td>
<td>Closed Day trip Christmas shopping to Smith &amp; Edwards, Mrs. Cavanaugh’s and Western Nut – Cost $8! Sign up required</td>
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<td>7</td>
<td>Membership Lunch – RESERVATIONS REQUIRED 1 WEEK IN ADVANCE Membership required – MUST wear your name tag, bring your own plates/etc e tag!</td>
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<tr>
<td>10</td>
<td>Normal Schedule</td>
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<td>11</td>
<td>Normal Schedule</td>
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<td>12</td>
<td>Normal Schedule</td>
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<td>13</td>
<td>Normal Schedule</td>
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<tr>
<td>14</td>
<td>Closed 6 pm - Christmas Party - reservations required, cost to be announced</td>
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<tr>
<td>15</td>
<td><strong>Saturday</strong> Day trip tour home of Ben Behunin. Reservation required $5</td>
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<tr>
<td>17</td>
<td>Normal Schedule</td>
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<tr>
<td>18</td>
<td>Closed – reopen Jan 4th</td>
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<td>19</td>
<td>Closed – reopen Jan 4th</td>
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<td>28</td>
<td>Closed – reopen Jan 4th</td>
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<tr>
<td>31</td>
<td>Closed – reopen Jan 4th New Years Eve</td>
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<td><strong>Jan 1, 2019</strong></td>
<td>Closed – reopen Jan 4th</td>
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<td>Closed – reopen Jan 4th</td>
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<td>3</td>
<td>Closed – reopen Jan 4th</td>
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<td>4</td>
<td>Center Reopens Membership Lunch –</td>
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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!

How many months have 28 days? Answer pg6

What is a reverse mortgage?

Answer: A reverse mortgage is a special type of home loan only for homeowners who are 62 and older. A reverse mortgage loan allows homeowners to borrow money using their home as security for the loan, just like a traditional mortgage. Unlike a traditional mortgage, with a reverse mortgage, borrowers don’t make monthly mortgage payments. The loan is repaid when the borrowers no longer live in the home. Interest and fees are added to the loan balance each month and the balance grows. With a reverse mortgage homeowners are still required to pay property taxes and homeowner’s insurance, and keep their house in good condition.

With a reverse mortgage, the amount the homeowner owes to the lender goes up – not down – over time. This is because interest and fees are added to the loan balance each month. As your loan balance increases, your home equity decreases.

Warning: A reverse mortgage is not free money. It is a loan that homeowners or their heirs will have to pay back eventually, usually by selling the home.

Reminder—Dec 15 is the deadline to change your health coverage for 2019.
### Current Members

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

<table>
<thead>
<tr>
<th># 90+ *new member</th>
<th>Dec</th>
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<tbody>
<tr>
<td>Andrus, Kathleen</td>
<td>Argyle, Chad</td>
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<tr>
<td>Baker, Kay</td>
<td>Barragan, Alberto</td>
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<tr>
<td>Burton, Joanne</td>
<td>Charlesworth Lester</td>
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<td>Dart, Ann</td>
<td>Daughs, Ron*</td>
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<td>Degraw, Dan*</td>
<td>Durfee, Lois</td>
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<tr>
<td>Glazier, Janet*</td>
<td>Hansen, Jerry</td>
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<tr>
<td>Jones, Lynn</td>
<td>King, Melba #</td>
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<tr>
<td>Larson, Dawn</td>
<td>Moran, Bliss</td>
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<td>Nielsen, Clyde</td>
<td>Nilson, Lloyd</td>
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<td>Oberg, Shirley</td>
<td>Odermatt, Evelyn</td>
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<td>Ore, Linda</td>
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<td>Peterson, Anne</td>
<td>Schofield, Beverly</td>
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<td>Swanner, Joyce</td>
<td>Watson, Pam</td>
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<td>Wride, Mechelle</td>
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<tr>
<td>Cornaby, Kent</td>
<td>Harkness, Marlene</td>
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<td>Jolley, Angel</td>
<td>Jones, Dorothy *</td>
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<td>Larsen, Robert</td>
<td>Lengel, Stephen</td>
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<tr>
<td>Lofgran, Patsy</td>
<td>Nybo, Mavis</td>
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<tr>
<td>Openshaw, Orpha</td>
<td>Orr, Gordon</td>
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<td>Story, La Vaun</td>
<td>Woffinden, Sharlene</td>
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<td>Zaomor, Maria</td>
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### 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**

| Gordon & Janice Orr | 1/65 |
| Chad & Teresa Argyle | 2/78 |
| Roy & Kathleen Evans | 2/68 |

### Passing's

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**

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

**IQ Test**

Mary’s father has 5 daughters. Nana, Nene, Nini and Nono. Who’s the 5th daughter?

Answer on pg. 8
Country Pumpkin Bread

This is a family favorite recipe shared with me by Joyce Webb. I’ve made this bread every holiday for 30 years and it is so simple and fast—I have never had it fail! Sometimes I add chocolate chips—ENJOY!

1 cup oil
4 eggs
2 cup pumpkin (1 small can)
3 cups sugar
3 1/3 cups flour
2 tsp baking soda
1/2 tsp baking powder
1 tsp salt
1/2 tsp nutmeg
1 tsp cinnamon
1/2 cups nuts

Beat oil, eggs and sugar real good.
Add remaining ingredients.
Mix very good.
Bake in loaf tin @ 325 degrees 1 hour (or more) - test with tooth pick

“I know the voices aren’t real, but man do they come up with some great ideas” jc
“I don’t go crazy...I AM crazy. I just go normal from time to time” jc

John Salimbene
The Health Insurance Center, Inc.
Your Medicare Specialist

(801) 400-6473
TheHealthInsuranceCtr.com
thicinc@gmail.com
Did you see the winners of the “GREAT PUMPKIN” carving contest?

Congratulations
Linda Ore—Best Sharlene Woffinden—Prettiest Sandra Griffiths—Scariest

Never Argue with Children

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because, even though it was a very large mammal, its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, “When I get to heaven I will ask Jonah.” The teacher asked, “What if Jonah went to hell?” The little girl replied without hesitation, “Then you ask him.”

Some of the things my Mum taught me about life.
1. My mother taught me about WEATHER.—"Your room looks like a tornado hit it."
2. My mother taught me about RELIGION. — "You better pray that comes out of the carpet."
3. My mother taught me about TIME TRAVEL. — "If you don't straighten up I'm going to knock you into the middle of next week."
4. My mother taught me about OSMOSIS. — "Shut your mouth and eat your supper."
5. My mother taught me about the CIRCLE OF LIFE. — "I brought you into this world, I can take you out."
6. My mother taught me about ENVY. — "There are millions of less fortunate children in the world who don't have wonderful parents like you."
Contact Info for Board and Staff

General Office 801 798 5015
spanishforkseniors@yahoo.com
Roy Anderson (Board, Newsletter) 385 224 2390 text/phone webmagin@icloud.com
Chad Argyle (SF City Council) 801 798 8903 cargyle@spanishfork.org
Dan Bachler (Board) 801 602 1591
Karen Bradford (Parks and Recreation) 801-921-9811 kbradford@spanishfork.org
Mary Lou Brandon (Board Chair) 801-798-2451 tbrandon@sfcn.org
Jan Carlisle (Board) 270 985 8411 jcarlisle43@att.net
Jerry Hansen (Board) 801 592 3466
Verna Jo Hollingshead (Center Director) 801-592-0048 text/phone vernajoh@spanishfork.org
Janice Orr (Board) 801 798 7477
Kaye Poulson (Board, Membership) 801 798 2411
Beverly Schofield (Staff) 208 313 9473 beverlyschofield13@gmail.com
Marie Spencer (Board, Membership) 801 798 3484
Marsha Steggell (Board, Driver) 801 797 6299 marsha.steggell@nebo.edu
Dixie Webb 801 798 7837 pixiedo@hotmail.com

WE represent you—please make sure YOU tell us 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.

??? Our YES has NO meaning if we never say NO???

Laughing is the best medicine. But, if you’re laughing for no reason, you may need medicine!

Singing in the shower is all fun and games until you get shampoo in your mouth….. Then it is just becomes a “SOAP OPERA”
There is perhaps nothing that sets my spirits soaring more than the arrival of the Christmas Season. I’ve loved Christmas since I was a child and I become a child again when the season of love draws near once more. It marks our lives in many ways because it is a time of reflection and a time to pull out those lovely memories from Christmases long ago that have slipped into the pages of history. It is a happy and yet sad time for most of us because when we think of Christmas we also recall those who are no longer with us…those past Christmases that live only in our memories. While we may not realize it we are now making memories for our children, our grandchildren and our great grandchildren …to be recalled with a smile years into the future. Take time to cherish the moment.

Recently I had my DNA analyzed to prove to my youngest daughter that yes, I was indeed of Irish ancestry (even though she enjoyed teasing me that I was not.) I come from a long line of Irish and Scottish with a smidgen of Wales, English, Russian and French, so I can say the word CLAN with authority to my doubting daughter and mean it. What IS a CLAN? Well, according to Google it is “a group of close-knit and interrelated families (especially associated with families in the Scottish Highlands). So, whether your ancestors come from China, South America or the Scottish Highlands, Christmas is a time of gathering your clan around you and I for one am over the moon as this Christmas Season approaches because what makes this clan gathering so very special is that it is the first time that ALL of my family will be together without someone missing…EVER. All four of my children with their respective spouses, my five grandchildren and my three great grandchildren will be in attendance and my mind has been in overdrive for months.

It is a time to pull out old favorite recipes that help conjure up memories. Soon the house will be filled with the aroma of pecan pies, cinnamon apples, candied yams and assorted spices and all of the smells that can transport us back to those long ago days filled with love and laughter. Of course each child will tell me not to go to so much trouble. “Just make pecan pies this year, Mama,” so says one child. “Don’t cook so much this year, Mama, just make a Banana pudding,” says another child while yet another says the same thing adding to just prepare their favorite dish and I smile with each request and think how little they must know me. I will plan and cook and store and enjoy creating each of their favorite dishes…each representing a childhood memory and I will be singing to Elvis’s I’ll Be Home For Christmas the entire time that I am doing it. Boiled peanuts (a Southern thing), pecan pies, banana pudding, Texas Trash (aka Chex Cereal Mix), cornbread stuffing and yes, candied yams will be but a few things on the menu because that is what the gathering of the clan is all about; showing love to those YOU love in any way you can. It is your gift to them and it will bring a smile much bigger than anything that you can buy in the store.

Of course it is not a happy time for many whose loved ones have passed so in this Season of Love look around and reach out to those who may not have a clan descending on them to share this beautiful time of year. Lonely is not being alone…it is the feeling that no one cares, so please, PLEASE look around you this Christmas and seek out those who might be alone and make them a part of your clan. Don’t take no for an answer.

My children began telling stories of years past (mostly gently mocking their mother) but the tales usually come full circle when they recall those years when we were secret Santa’s for someone and although they cannot recall the gift they might have received those years, they recall in infinite details those times when we took part of our limited Christmas budget and shared it with others. A smile cost nothing…a plate of cookies cost little but that little gift of kindness left anonymously at someone’s door or that invitation to join in a family dinner might be the difference in making a memory in someone’s life and can only enrich yours. Remember the true meaning of Christmas. No matter what your religion…remember that Love really is the reason for the Season. Merry Christmas!!!
DIARY OF A SNOW SHOVELER

Dec 8 - 6:00 PM It started to snow. The first snow of the season and the wife and I took our cocktails and sat for hours by the window watching the huge soft flakes drift from heaven. I love snow!

Dec 9 We woke to a beautiful blanket of crystal white snow covering every inch of the landscape. What a fantastic sight! Can there be a more lovely place in the whole world? Moving here was the best idea I've ever had! Shoveled for the first time in years and felt like a boy again. I did our driveway and the sidewalks. This afternoon the snow plow came along and covered up the sidewalks and closed in the driveway, so I got to shovel again.

Dec 12. The sun has melted all our lovely snow... Such a disappointment! My neighbor tells me not to worry- we'll definitely have a white Christmas. No snow on Christmas would be awful! Bob says we'll have so much snow by the end of winter, that I'll never want to see snow again. Bob is such a nice man,

Dec 14. Snow, lovely snow! 8 inches last night. The temperature dropped to -20. The cold makes everything sparkle so. The wind takes my breath away, but I warmed up by shoveling the driveway and sidewalks. The snow plow came back this afternoon and buried everything again. I didn't realize I would have to do this much shoveling, but I'll certainly get back in shape this way. I wish I wouldn't huff and puff so.

Dec 15 20 inches forecast. Sold my van and bought a 4x4 Blazer. Bought snow tires for the wife's car and 2 extra shovels. Stocked the freezer. The wife wants a wood stove in case the electricity goes Out. I think that's silly.

Dec 16 Ice storm this morning. Fell on my butt on the ice in the driveway putting out salt. Hurt like heck. The wife laughed for an hour, which I think was very cruel.

Dec 17. Still way below freezing. Roads are too icy to go anywhere. Electricity off for 5 hours. I had to pile the blankets on to stay warm. Nothing to do but stare at the wife and try not to irritate her. Guess I should've bought a wood stove, but won't admit it to her. God I hate it when she's right.

Dec 20. Electricity's back on, but had another 14 inches of the stuff last night. More shoveling! The snow plow came by twice. Tried to find a neighbor kid to shovel, but they said they're too busy playing hockey. I think they're lying. Called the only hardware store around to see about buying a snow blower and they're out. Might have another shipment in March. I think they're lying. Bob says I have to shovel or the city will bill me.

Dec 22. Bob was right about a white Christmas because 13 more inches of the white stuff fell today, and it's so cold, it probably won't melt till August. Took me 45 minutes to get all dressed up to go out to shovel and then I had to pee. By the time I got undressed, peed and dressed again, I was too tired to shovel. Tried to hire Bob who has a plow on his truck for the rest of the winter, but he says he's too busy. I think the jerk is lying.

Dec 23. Only 2 inches of snow today. And it warmed up to 0. The wife wanted me to decorate the front of the house this morning. What is she, nuts?!! Why didn't she tell me that a month ago? She says she did, she's lying.

Dec 24. 6 inches - Snow packed so hard by snow plow, I broke the shovel. Thought I was having a heart attack. If I ever catch the son of a gun who drives that snow plow, I'll drag him through the snow by his hair and beat him to death with my broken shovel. I know he hides around the corner and waits for me to finish shoveling and then he comes through the street at 100 miles an hour and throws snow all over where I've just been! Tonight the wife wanted me to sing Christmas carols and open our presents, but I was too busy watching for the darn snow plow.

Dec 25. Merry freeking Christmas! 20 more inches of the darn slop tonight - Snowed in. The idea of shoveling makes my blood boil. God, I hate the snow! Then the snow plow driver came by asking for a donation and I hit him over the head with my broken shovel. I know he hits around the corner and waits for me to finish shoveling and then he comes through the street at 100 miles an hour and throws snow all over where I've just been! Tonight the wife wanted me to sing Christmas carols and open our presents, but I was too busy watching for the darn snow plow.


Dec 27. Temperature dropped to -30 and the pipes froze; plumber came after 14 hours of waiting for him, he only charged me $1,400 to replace all my pipes.

Dec 28. Warmed up to above -20. Still snowed in. The wife is driving me crazy!!!

Dec 29. 10 more inches. Bob says I have to shovel the roof or it could cave in. That's silly.

Dec 30. Roof caved in. I beat up the snow plough driver, and now he is suing me for a million dollars, not only the beating I gave him, but also for trying to shove the broken snow shovel up his butt. The wife went home to her mother. Nine more inches predicted.

Dec 31. I set fire to what's left of the house. No more shoveling.

Jan 8. Feel so good. I just love those little white pills they keep giving me. Why am I tied to the bed?
### Dec 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>Date</th>
<th>Meal Details</th>
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| **Mon 12/3** | Shepherds Pie  
|          | Cole Slaw  
|          | Roll  
|          | Fruit  
|          | Pudding  
| **Thurs 12/6** | Closed no meal  
| **Fri 12/7** | Membership Meal  
|          | Remember to bring your own plates and utensils  
|          | Bone in Ham  
|          | Mashed Potatoes  
|          | w/Country Gravy  
|          | Peas & Carrots  
|          | Roll  
|          | Cake  
| **Mon 12/10** | Chicken Chili  
|          | Carrots & Celery  
|          | Roll  
|          | Banana  
|          | Cookie  
| **Thurs 12/13** | Birthday Celebration  
|          | Pulls Pork Sandwich  
|          | Chips  
|          | Baked Beans  
|          | Dill Pickle  
|          | Peach Cup  
|          | Cupcake & Ice Cream  
| **Mon 12/17** | Christmas Lunch  
|          | Salisbury Steak  
|          | Scalloped Potatoes  
|          | Buttered Carrots  
|          | French Bread  
|          | Fruit (Peaches)  
| **Thurs 12/20** | Center Closed Until Jan 4  
|          | 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.  
| **Fri 1/4** | Membership Meal  
|          | Once in awhile there are left overs available. If you are interested, please make sure you bring some baggies or containers that you can put leftovers in. Sometimes there are even full meals available for a fixed cost of $3. , bring containers.  

**SPECIAL NOTE !!!!!!**

If you have a extra name tag holder at home that you are not using, please bring it by the center.

Some other things my Mum taught me about life.

- **7.** My mother taught me about RECEIVING. — "You are going to get it when we get home."
- **8.** My mother taught me about GENEALOGY. — "Shut that door... You think you were raised in a barn?"
- **9.** My mother taught me about JUSTICE. — "One day you'll have kids... I hope they turn out just like you!"
- **10.** My mother taught me about LOGIC. — "Because I said so, That's why."
- **11.** My mother taught me about STAMINA. — "You'll sit there until your spinach is gone."
- **12.** My mother taught me about IRONY. — "Keep crying. I'll give you something to cry about."

Of Course I Talk To Myself. Sometimes I need expert advice.

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**MOUNTAINTLAND 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