

# Springville SENIOR CENTER

65 East 200 South • Springville, UT 84663 • 801.489.8738

## SEPTEMBER 2008

MENUS AND ACTIVITIES ARE NOW POSTED ONLINE AT  
[WWW.SPRINGVILLE.ORG/DEPARTMENTS/SENIORCENTER](http://WWW.SPRINGVILLE.ORG/DEPARTMENTS/SENIORCENTER)

### SEPTEMBER BIRTHDAYS

## WHAT WE'RE DOING

Sep 1—Closed (Labor Day)

Sep 5—Grandparents Day Celebration

Sep 5—Cards 6-8pm

Sep 12—Student Hairdressers 1:30-3pm

Sep 17—Picnic and Bingo in the canyon

Sep 19—Cards 6-8pm

Sep 26—Birthday Party

Sep 27—Fall Leaves Trip

Sep 29—Red Hat Club Luncheon at Dalton's

Oct 13—Closed (Columbus Day)

Oct 14—**FLU SHOTS**

Oct 18—Witchapalooza

Nov 4—Cowboy Poetry

June 1-5, 2009—Grand Canyon Trip!

\*Have you seen the display case in the lobby? There will be a different member spotlighted each month.

A note about the meals...

New federal guidelines have mandated the restriction of extra sugars, fats and salts in the meals that we serve. As the government also provides the funding for our meals, we are required to follow these guidelines. We are very sorry for any frustration that this has caused. However, we want people to be aware that these changes have nothing to do with the providers of our meals. Had the contract remained with the hospital, they also would have been bound by these guidelines. Please con-

- 4 Milton Brady
- 4 Louise Frandsen
- 4 Ruby Purkey
- 6 Joan Arnold
- 6 Helen Perry
- 6 Vicki Savage
- 8 Richard Thompson
- 9 Curtis Ewing
- 11 Angie Caloca
- 11 Mickey Hardesty, Iva Tuttle
- 12 Wally Peterson
- 13 Lilly Allen
- 14 Marolyn Muhlestein
- 15 Carroll Adams, Betty Stewart
- 17 John Spencer
- 19 Marilyn Roundy
- 22 Verna Jo Hollingshead
- 22 Karl Monney
- 27 Iris Osborn
- 28 Irmina Eden, Edith McClellan
- 29 Alice Martin
- 30 Lori Smith

## OTHER ITEMS OF INTEREST

### Notary

If you need anything notarized, Tori now has her notary public commission. She is happy to notarize anything for you. This is a free service provided for the seniors in the community.

### Questions? Comments?

We are always open to your comments and suggestions. Please let us know!

Tori & Verna Jo—Directors

### Your Governing Board

- Elaine Brown
- Jack Windley
- Joe Hudson
- Mary Fran Draisker
- Rex Wardle

### ACTIVITIES

AEROBICS	MWF	8-9am
ART CLASS (OILS)	M	1-4pm
BILLIARDS	M-F	9am-noon
CERAMICS	W	10-3pm
CARDS (PINOCHLE)	M-F	9am-noon
CARDS (500)	T TH	12:30-2
QUILTING	M-F	9am-noon
BINGO	W	12:30pm
TAI CHI	T	8-9am
HEALTH CLINICS	W	10:30-noon





