

Seniors Connected

Happy Birthday!

Ben Vallor – PC
Joni Phillipp – PC
Elizabeth Lonn – PC
Dolores Chute – PC
Gene Lenz – PC
Sharon Christianson – PC
Carma Donaldson – NS
Frieda Orgill – NS
Harold Hobson – NS
Imogene Calderwood – NS
Dorothy Jensen – NS
Roger Crittenden – NS
Florence Wilde – NS
Kathleen Pace - NS
Betty Adams – NS
Larry Worthington – SS
Ellen Thompson - SS

I would like to apologize if by some mistake I miss a name on the Birthday List.

We Want YOUR Story

Navee Vernon the Summit County Historian and Yvonne Judd with the Summit County Library, want to invite you to share your story of life as a woman during times of war. This will be a very informal discussion about what life was like as a wife, mother, or a woman dating a soldier. Join us on **Friday November 18th** at the Coalville Library from 1:00 – 2:00pm.



Monthly Menu

Summit County Seniors | 2
November 2016

Please call to reserve your seat for lunch before 9:30 am the day of;

Park City 435-649-7261, North Summit 435-336-2622, South Summit 435-783-4311

Menus are subject to change; for more information please contact the senior center.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Coalville: Country Fried Steak with Gravy, Mashed Potatoes, Rolls, Veggies, Fruit Salad	3 Kamas: Country Fried Steak, Gravy, Au Gratin Potatoes, Rolls, Veggies, Fruit Salad Park City: Chicken Cacciatore, Brown Rice, Rolls, Green Salad, Green Salad, Mixed Vegetables, Dessert	4 Coalville: Chicken Alfredo Pasta, Garlic Bread, Veggies, and a Brownie
7 Kamas: Salmon with Maple Glaze, Green Salad, Soba Noodles, Veggies, Brownie Park City: Potato Bar, Chili, Focaccia Bread, Veggies, Mixed Fruit, Oatmeal Cookie,	8	9 Coalville: Pulled Pork Sandwich, Potato Salad, Soup, Slaw, Jello with Strawberries	10 Kamas: Spaghetti with Meatballs, Garlic Bread, Veggies, Banana Bread Park City: Honey mustard tenderloin, Baked Beans, Bread, Applesauce, Roasted Veggies, Pumpkin Cake Roll	11 Coalville: Closed
14 Kamas: Pulled Pork Sandwich, Potatoes Salad, Soup, Jello with Strawberries Park City: Roast, Red Pototes, Biscuits, Green beans, Green Salad, Oatmeal Spice Cake,	15	16 Coalville: Spaghetti with Meatballs, Garlic Bread, Veggies, Banana Bread	17 Kamas: Chicken Enchiladas with Red Sauce, Steamed Rice, Beans, Veggies, Raspberries and Flan Park City: Thanksgiving Dinner, Turkey, Mashed Potatoes, Stuffing, Brussel Sprouts and Sweet Potatoes Pumpkin Pie	18 Coalville: Roast Turkey, Mashed Potatoes, Gravy, Cranberry Sauce, Hoagie Buns, Sweet Potatoes, Green Beans, Pumpkin Cookies
21 Kamas: Philly Cheesesteak Sandwich, Soup, Tapioca Pudding Park City: Turkey noodle soup, Focaccia Bread, Cranberry Salad, Vanilla Bread Pudding	22	23 Coalville: Chicken Enchiladas with Red Sauce, Steamed Rice, Beans, Raspberries and Flan	24 Kamas: Closed Park City: Closed	25 Coalville: Closed
28 Kamas: Roast Turkey, Potatoes & Gravy, Cranberry Sauce, Hoagie Bun, Sweet Potatoes, Green Beans, Pumpkin Cookies Park City: Meatloaf, Biscuits, Pureed Sweet Potatoes, Brussel Sprouts, Green Salad, Pistachio Salad	29	30 Coalville: Philly Cheesesteak, Soup, Tapioca Pudding		

Activity Calendar

Park City 435-649-7261 North Summit 435-336-2622 South Summit 435-783-4311

Activities are subject to change; for more information please contact the senior center.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coalville: Shopping Trip Nature Trip Senior Issues Meeting	2 Coalville: One Financial @ 11:00am	3 Park City: Tai Chi 9:45 – 11am \$3 Kamas: Applegate BP	4 Coalville: NS Board Meeting @ 9: 30	5
6	7 Park City: Exercise Class 10 – 11am \$3 Kamas: Board Meeting Brunch for your brain games	8 Kamas: Nature Trip Election Day!	9 Coalville: Symbii BP Park City: Movie Matinee	10 Park City: Tai Chi 9:45 – 11am \$3 Kamas	11	12
13	14 Park City: Exercise Class 10 – 11am \$3 Board Meeting BP with Applegate Kamas: Encompass	15	16	17 Park City: Tai Chi 9:45 – 11am \$3 Kamas: Symbii BP Checks	18 Woman’s Stories from War Times @ NS Library at 1:00	19
20	21 Park City: Exercise Class 10 – 11am \$3	22	23 Coalville: Happy Feet Applegate BP Park City: Movie Matinee	24 Park City: Tai Chi 9:45 – 11am \$3 BP with Symbii	25	26
27	28 Park City: Exercise Class 10 – 11am \$3	29	30			

FUN, FREE, FAMILY FRIENDLY THINGS TO DO IN UTAH DURING NOVEMBER

AARP Presents "The Sound of Music" Starring Julie Andrews, Christopher Plummer, Eleanor Parker

Rated G / 1965 / Family / Drama Run time 2 hrs 54 mins

This event is free and open to the public at the Peery's Egyptian Theater
2415 Washington Blvd
Ogden, UT 84401

AARP is also sponsoring free popcorn and a drink for all attendees.

Come early and enjoy the sounds of our "Mighty Wurlitzer" Theatre Pipe Organ. The fully restored "Voice of the Theater" has over 1,400 pipes plus various percussions which make it capable of a wide assortment of sounds and effects. It can play almost any kind of music, from hits of the past, to today's music. Organ music will start at 6:30pm.

Fri, 11/04/2016 - 7:00pm - 10:00pm

Endangered Landscapes: America's National Lands

Located at Swanter Preserve and EcoCenter – 1258 Center Dr. Park City

Wednesdays – Sundays 10am – 4pm. Suggested donation of \$5

Endangered Landscapes: America's National Lands presents over 50 of Rick Braveheart's full color, black and white, non-traditional and video art works of America's national lands, in celebration of the National Park Service centennial. The exhibition features images captured over 400 days spent living alone within national parks. The exhibit weaves together elements of art, education, environment and ecology with opportunities for visitor reflection and interaction.

IBSF Bobsled and Skeleton NAC

Watch top bobsled and Skeleton athletes compete on the 2002 Olympic track. Admission is free for spectators

November 1st – 12th at Olympic Park

Utah Symphony – Final Dress Rehearsal

10:00am Friday December 2nd

Cost: \$14 a ticket

Lunch: at NS Senior Center at 1:00pm Suggested donation of \$3.00

Program To Include

Mozart Symphony No. 19

Beethoven Piano Concerto No. 2

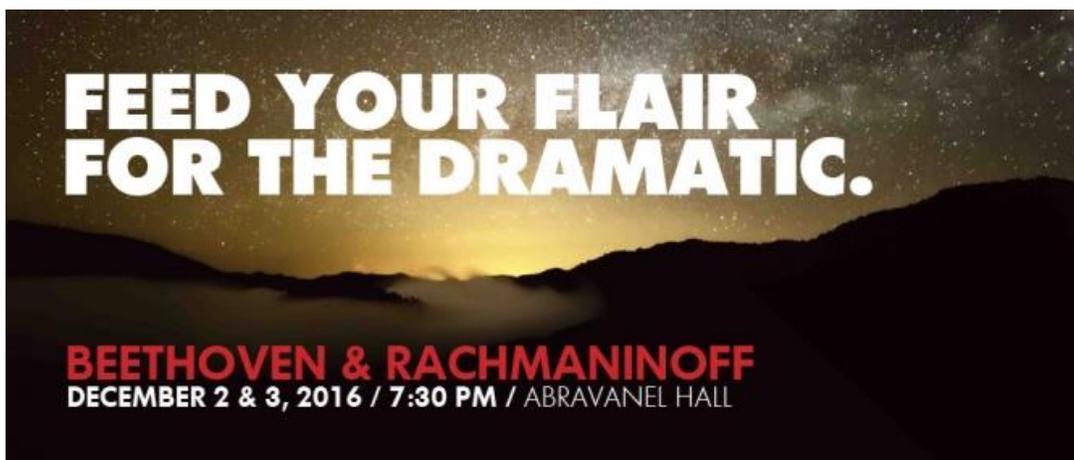
Rachmaninoff Symphony No. 3

Feed your flair for the dramatic

Now here are two composers who knew how to go big. Enjoy the Utah's Symphony's performance of Beethoven's soulful and radiant Piano Concerto No. 2 along with Rachmaninoff's inventive and commanding Symphony No. 3.

Sign up by calling Heather Nalette 435-336-3014 or at your local senior center.

Please keep in mind that this is a final dress rehearsal for their upcoming performance that evening. Bus Pick-up schedule will come later*



Macy's 90th Thanksgiving Day Parade "Scavenger Hunt"

Balloons

- The Elf on the Shelf
- Thomas the Tank
- Ronald McDonald
- Angry Bird
- Paddington
- Hello Kitty
- Pillsbury Doughboy
- Bonus: A balloon gets loose

Music

- Kristen Chenoweth
- Jimmy Fallon & The Roots
- Michael Buble
- Bonus: Singer forgets lyrics

Special Appearances

- Miss America
- NYPD Marching Band
- Patriotic Clowns
- Breakfast Clowns
- Richard Simmons
- Bonus: Celebrity Animal

Parade Talk

- Mention 2.5 miles of viewing
- "Follow Macy's on Twitter"
- Story about Parade History
- Bonus: Surprise Guest!

Parade Classics

- The Rockettes
- Candy Cane Balloon
- Santa's Sleigh
- Bonus: Spinning Dreidel

At Home

- "When I was a Kid" Story
- Drink is Spilled
- Kid asks who Richard Simmons is
- Someone changes the channel
- Someone says "I'm Hungry"
- Someone falls asleep on the couch/chair
- Bonus: Watch the full parade

Veterans Day Word Search



B C V A N F D S E H E U G S U
J N B K P S O C V L E U G R U
I I W I L L I N D D I R D T J
X B I A D F P G X G U M O G O
X V D I I L X B E P P I T B F
B E E R E C I V R E S L S K P
M R C T E W K Z F I M I S W R
S A D Z E G Y Y U R X T K A A
S W C H A R A C T E R A N C O
K A Z Y J D A R T M L R A A A
H O N O R B Q N U Y B Y H U D
O A A K Z M T D S O G K T Y Y
Z C L X D R W Q I K C Z I B V
F L L P I F D X N Q J C P S K
K P X E D O W D X J H N G G E

CHARACTER
HONOR
SACRIFICE
THANKS

COURAGE
MEDALS
SERVICE
VETERANS

HERO
MILITARY
SOLDIERS