Find YOU MORE

at Orem Senior Friendship Center

August 2021

Orem Senior Friendship Center
93 North 400 East

801-229-7111

Program Director: Gena Bertelsen
Co-Editor: Kayleen Sheppard

Newsletter Highlights

Scams!
Coming in September!
Move It Aerobics!

Orem Fitness Center
Phone.....801-229-7154

Connect With Us!!

NEW YouTube

Artist Fae Ellsworth To Teach Class

Guest Artist Fae Ellsworth has an amazing art project that we hope you will join us for!

On Friday, August 27 from 10-11:30 Fae will guide you to create a Self Portrait Collage using things you will collect throughout the month as well as cuttings from magazines that will be provided. We hope to have as many as possible participate in this so we can display the collages in September! Ideas on things to collect: (Keep a baggy with you to corral the items you may use) pieces of yarn, thread, lace, buttons, doily, scraps of colored paper, glitter, feathers, leaves, flowers, basically anything that you could use little pieces of to create a picture! Sign up at the office so we know how many to plan on!

Springville Art Museum Quilt Show Trip/Lunch

Monday, August 9th 10 AM
Lunch @ Trolley **$2 +Lunch**

Thrift Club Shopping Trip

Wednesday, August 18th 1 PM
Uglies Thrift in PG **$2**

Membership Fee Increase

Membership Fees have increased to $17 annually. All memberships are due at the beginning of each year.

Compulsive Eaters Anonymous Meetings Every Tuesday at Noon

Do you feel frustrated and hopeless about problems you have with your weight? Have you tried to shed those pounds, but in spite of your efforts, the weight comes back again? A solution exists that really works to solve this problem. People who have found it are members of CEA HOW.

Join our meeting each Tuesday in classroom #2 at noon. It's a great way to get support and knowledge.

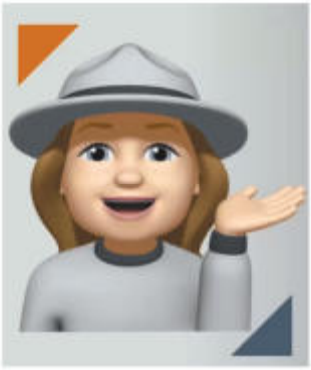
Watermelon Seed Spitting Contest!

National Watermelon Day is August 3rd and we will honor it with all the spittle we have! Join us for a seed spitting contest of epic proportions at 12:30 (right before BINGO)

Classes Offered In-House

Shaking The Family Tree

Family History tips and tricks with Kelli Sanders Wednesdays at 11 AM in classroom #3.



Your Personal History One Story At A Time

Join **Barbara Willes** as she helps you write your personal history, one story at a time every Thursday 10-11 AM in classroom #2.

Register at the office.

Watercolor Group

Under the direction of Berni Mortensen friends gather in classroom #1 to work on their watercolor skills and enjoy each others company. Sometimes they have guest artist attend to teach new technique! Every Wednesday from 9-Noon.

Wood Shop Wonders!

The wood shop is open!
Everyone must schedule an appointment and there will be a strict LIMIT of 5 Patrons at a time! Every person will need to renew their checkoff sheet of each power tool before being allowed to work on a project. There will be no exceptions to this. Current membership and a $1.25 fee applies each time you go to the Wood Shop.

Register at Office

Ukulele Club Strumming In-House & on ZOOM

Join Bart Kerstiens and friends as they do some strumming and singing with their ukuleles every Tuesday morning at 10 AM in classroom #1 and on **ZOOM**.

If you would like to participate please email Bart at **bart.kerstiens@gmail.com** .

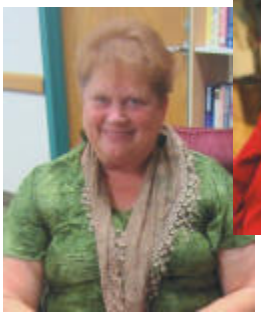
He will send a code for you to log on to the class.

Art with Illa & Kari

Continue inspiring your inner artist with Illa Strasburg, Kari Glahn and friends in our Mixed Media Art Class every Friday from 9-11.30 AM in Classroom #1.

They have been making jewelry, painting and collaging!

This is a limited sized class. You must register at office!



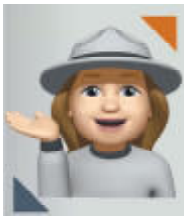
Online Offerings Via YouTube

Whole Health with April

April has a way of making health make sense. Learn easy ways to integrate healthy foods, supplements, exercise and mindfulness into your daily routine with her videos every Monday at 2 PM.

Shaking the Family Tree

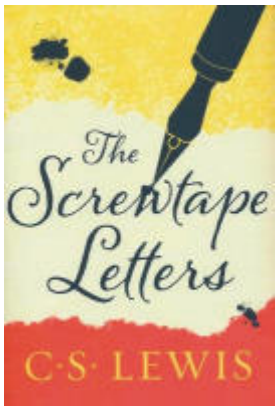
Kelli will recap her Wednesday in house class on genealogy each week so you can join her here AND follow up with the video later! Videos will post on YouTube Mondays at 3 PM.



Cooking With Craig

Delicious dips, creamy sauces, cakes, pastas, tortes, what more could you want? Join Craig every Friday at 10 AM for a new recipe.

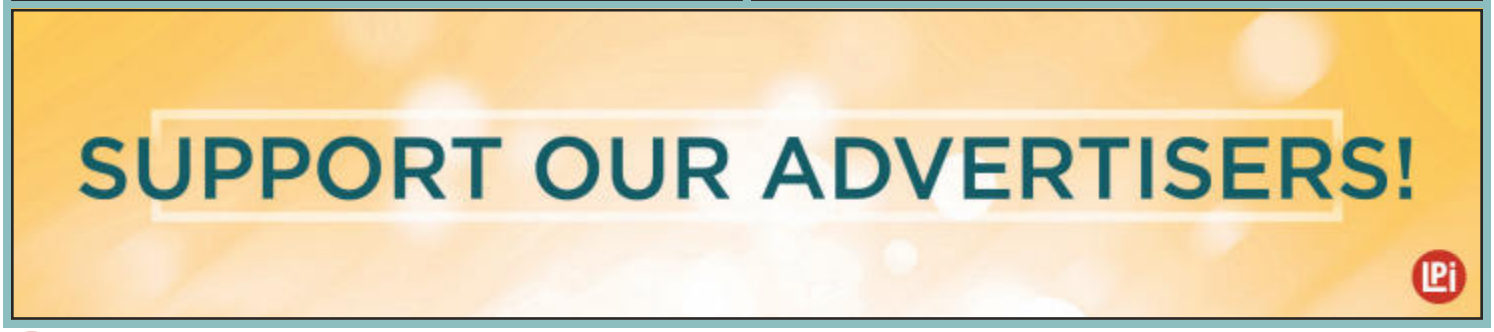
Gena's Book Nook



Better than a book club, listen along as Gena shares some of the best books with you.

Feel free to get the book and follow along or just listen to her read it to you each Thursday at 1 PM on our YOUTUBE channel.

We are currently reading **The Screwtape Letters by C.S. Lewis**.



For ad info. call 1-800-950-9952 • www.lpicommunities.com Orem Senior Friendship Center, Orem, UT A 4C 05-0696

MORE Classes Offered In-House

FOLK DANCE

Join Sarah Paulson and the gang for some fun Folk Dancing every Monday at 10AM in the Dance Studio downstairs! Register at the office!

Line Dancing with Jackie

***BOOTS NOT REQUIRED ;)**

Come and dance with a fun group of friends , get some great exercise and increase those endorphins!
Jackie has taught dance at our center and others for years and will help you understand the steps easily! Mondays and Fridays from 2-4 in the **MP ROOM.**

Yoga with April

Strengthening your body is key to living a longer, healthier life and April can teach you how to do this in her Yoga class every Wednesday at 12:45 PM. Don't be afraid to try this, it can be done in a chair and you know you can sit! **Exercise Center Downstairs**

Sponsored by Sundberg Olpin & Wheeler Mortuaries

We Like To Move It!!!!

Dave Affleck & his daughter-in-law Mele will be helping you move to a healthier life with this class each Friday at 10 AM downstairs in the exercise center!

Monday Movies

A fun movie each week including free popcorn, comfy chairs and your favorite friends. Seating is limited. Bring your own blanket if you choose but remember to take it with you.

August 2nd
Anything Goes
Bing Crosby, Donald O'Connor, JeanMarie, Mitzi Gaynor, Phil Harris

August 9th
The Glenn Miller Story
James Stewart, June Allyson

August 16th
A Star is Born
1937
Janet Gaynor,
Frederic March

August 23rd
I.Q.
Meg Ryan,
Tim Robbins

August 30th
Man from Snowy River
Robert Redford

Tai Chi Times 2

You can now get your Tai Chi two different ways at OSFC!

Every Tuesday and Thursday at 9 AM Sarah Poulson and Sonia Llera guide you through Tai Chi for arthritis. Once you learn this wonderful, graceful flow you will be able to do it anywhere at any time!

Weizu Fang offers traditional Tai chi at 10:30, also on Tuesdays and Thursdays. Both classes are downstairs in the exercise center.

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!
Contact Bill Clough to place an ad today!
wclough@lpicommunities.com or
(800) 950-9952 x2635

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Monday	Tuesday	Wednesday	Thursday	Friday
2 10 Folk Dance in Studio 12:45 Monday Movies 2 Whole Health with April on YT 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	3 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #1 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 12 CompulsiveEatersAnon Ron Roberts on Piano 12:15 Seed Spitting Contest 12:45 BINGO	4 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 12:45 YOGA w/ April from Sundberg Olpin Wheeler Mortuaries	5 9Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 11 Crochet Club MP 12:45 BINGO 2 Gena's Book Nook on YT	6 9 Wood Shop 10 Move It Aerobics w/ Dave & Mele 10Art with Illa & Kari Tommy George singing 1 Cooking With Craig on YT 2 Smarter Than Your Phone on YT
9 10 Folk Dance in Studio 12:45 Monday Movies 2 Whole Health with April on YT 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	10 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #1 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 12 CompulsiveEatersAnon 12:45 BINGO	11 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 12:45 YOGA w/ April from Sundberg Olpin Wheeler Mortuaries	12 9Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 11 Crochet Club MP John Nebeker Spinning Vinyl! 12:45 BINGO 2 Gena's Book Nook on YT	13 9 Wood Shop 10 Move It Aerobics w/ Dave & Mele 10Art with Illa & Kari Wilma Fullmer on Organ 1 Cooking With Craig on YT 2 Smarter Than Your Phone on YT
16 10 Folk Dance in Studio 12:45 Monday Movies 2 Whole Health with April on YT 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	17 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #1 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 12 CompulsiveEatersAnon 12:45 BINGO	18 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 12:45 YOGA w/ April from Sundberg Olpin Wheeler Mortuaries 1 Thrift Club Trip to Uglies in PG!!	19 9Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 11 Crochet Club MP 12:45 BINGO 2 Gena's Book Nook on YT	20 9 Wood Shop 10 Move It Aerobics w/ Dave & Mele 10Art with Illa & Kari Tommy George singing 1 Cooking With Craig on YT 2 Smarter Than Your Phone on YT
23 10 Folk Dance in Studio 12:45 Monday Movies 2 Whole Health with April on YT 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	24 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #1 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 12 CompulsiveEatersAnon 12:45 BINGO	25 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 12:45 YOGA w/ April from Sundberg Olpin Wheeler Mortuaries	26 9Tai Chi w/Sonia &Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 11 Crochet Club MP 12:45 BINGO 2 Gena's Book Nook on YT	27 9 Wood Shop 10 Move It Aerobics w/ Dave & Mele 10 Fae Ellsworth Guest Artist Collage Class 1 Cooking With Craig on YT 2 Smarter Than Your Phone on YT
30 10 Folk Dance in Studio 12:45 Monday Movies 2 Whole Health with April on YT 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	31 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #1 10-11:30 Gift Shop 10:30 Tai Chi w/ Weizu 12 CompulsiveEatersAnon 12:45 BINGO			

August MENU

You can email your lunch order to:
osfc@orem.org You will get an email response when meals are ordered.

Soup with Turkey Sandwich:	Salads:
Aug 2-3 Chicken Noodle **August 4-6** Cream of Potato **August 16-17** Vegetable Beef **August 18-20** Cream of Broccoli **August 30-31** Chicken Noodle	August 9-13 August 23-27

Monday	Tuesday	Wednesday	Thursday	Friday
2 Teriyaki Chicken Bowl (08) Steamed White Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (15)	3 Ziti Pasta with Meat Sauce (25) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	4 Honey Baked Ham and Turkey Sub Sandwiches (15) Crisp Potato Chips (14) Home style Macaroni Salad (20) Apple Sauce (28)	5 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	6 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Corn Bread (33) Apple Sauce (08)
9 Swedish Meatballs (39) Rice (21) Carrots (06) Peaches (18) Fresh Baked Roll (16)	10 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	11 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	12 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	13 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)
16 Cheesy Meat Baked Ziti (19) Seasoned Green Beans (02) Fresh Garlic Roll (15) Jackie's Cake (28	17 Black Angus Meat Loaf (03) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Navel Orange (22) Fresh Baked Roll (15)	18 Grilled Hamburgers with Fresh Baked Bun (17) Coleslaw (04) Roasted Corn (14) Applesauce (14)	19 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Mixed Fruit and Jell-O Cup (09) Roasted Corn (14) Fresh Brownie (23)	20 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Fresh Roll (16) Seasoned Peas (11) Mixed Fruit Cocktail (08)
23 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)	24 Three Cheese Tortellini with Bolognese Sauce (28) Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	25 Sloppy Joe (0) Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)	26 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese and Mixed Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	27 Country Fried Steak (04) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)
30 Barbeque Chicken (03) Au Gratin Potatoes (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)	31 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	Please do your part by making the meal donation for each meal. Donate by the day, week or month. There is a donation box on the wall by the office, pay at the desk or put your donation in an envelope and mail it to MAG.		

All meals are dine in only. If you are homebound and need meals delivered you can call MAG 801-229-3800 to see if you qualify for the Meals on Wheels home delivery.

Lunch service begins promptly at noon.

Please be here at noon in order to ensure your meal.

August Birthdays

If you are not seeing your name on the birthday list it's because it is only on there with current membership! Memberships can be paid at the office 12:30-2:30 M-F.

1 Betsy Christensen
1 Erma Rollins
1 Max Keele
1 Penny Glover
1 Sonia Llera
1 Walter Riley
2 Illa Strasburg
2 Jean McGhie
2 Lee Mackey
3 Duane Bunnell
3 Eunice Barrett
3 Karma Smith
3 Udean Camp
4 Betty Jo Davis
4 David Goodsell
4 Marilyn Rich
4 Neldon Boren
4 Peter Brassanini
5 John Hall
5 La Rae Gourley
6 Ann Goodman
6 Sharon Paulsen
6 Von Hutchings
7 Dorothy Purcell
7 Dorothy Shields
7 Elsie Aston
7 Linda Stanford
7 Martha Newton
7 Peggy Hyland
8 Alberta Burrows
8 Barbara Larsen
8 Dianna Russell
8 Judy Davis
8 Tom Mitchell
9 Gregory Young
9 Marlene Smith
9 May Hoover
10 Anna Bjork
10 Ernest Ketchum
10 Jeneal Petersen
10 Kathryn Loveless
10 Keith Kelly
10 Stanley Kallas
11 Allen Young
11 Carmen Duarte
11 Karen Jones
12 Connie McKell
12 Daryl Gamett
12 Dixie Durfey
13 Billye Glady
13 Elaine Ash
13 Ellen Rands
13 Gerold Beutler
13 Marge Harris
13 Marjorie Winward
13 Mel Olsen
14 Alfred Lewis
14 Diane Stewart
14 Phillip Townsend
15 Alice Scott
15 Delone Peterson
15 Janice Przybyla
15 Margaret Barfuss
15 Mary Eileen Lewis
16 Ann McFate
16 Beverly Rhodes
16 Dixie Lee Davis
16 Donald Rawlings
16 Mirta Villar
17 Elayne Mackey
17 Helen Weeks
17 Leonie Brutsch
17 Marrell Barney
17 Patricia Allman
17 Sybil Kimbrough
18 Beverly Sommerfeld
18 Jack Smith
18 Mary Dauwalder
18 Mikalene Boren
19 David Sorensen
19 Earl Watterson
19 Fern Neubert
19 Leri Smith
19 Roslyn Taylor
20 Douglas Christensen
20 Geri Bartlome
20 Janice Castillo
20 Joan Kofford
20 Sharon Johnson
21 Barbara Bailey
21 Bart Kerstiens
21 Bob Clark
21Donna Baiamonte
21 Donna Shoell
21 Kitty Bair
21 Norma Richardson
21 Peggy Kemp
22 Carol Glazier
22 Connie Van Dorn
22 Vardie Bunker
23 Dennis Frank
23 Jerry Vandersteen
23 Karl Farnsworth
23 Kathy Witte
23 L. R. Hughes
23 Jeannie Thrower
24 Joe Hussey
24 Maria Escamilla
25 Carolyn Steele
25 Kent Booth
26 Craig Huish
26 Donna Burgess
26 Earl Patchen
26 Ila Gibson
26 Leon McNeil
26 Rick Myers
26 Rod Houston
26 S. Bryce Chamberlain
27 David Morgan
28 Barbara Brown
28 Hal Jensen
28 Janet Campbell
28 Norman Johnson
28 Rita Petersen
28 Ron Burgener
28 Teresita Rodriguez
29 Doris Anderson
29 Mark J. Daley
29 Susan Abbot
29 Thelma Whatcott
30 E H Call
31 Fiona Wingrove
31 Glen Harris
31 Kathleen Pierce
31 Lilas Park
31 Richard Prue

BORN IN AUGUST

1. Highly intelligent
2. Always keeps it real 100%
3. Human lie detector
4. Has an unquestionable loyalty
5. Always stand out in the crowd
6. Will beat you at your own game.
7. Professional kisser
8. Has high standards and even higher middle finger
9. Romantic at heart
10. Has a dark side you don't want to mess with

Kay Bradford Honored with CURPA Award

The Central Utah Recreation and Parks Association honored Kay Bradford as an outstanding volunteer in June at their annual awards presentation meeting.

Kay has been a member and serving the seniors of OSFC for more than 20 years and has served on the Senior Advisory Commission with several years as the chairman.

Her vivacious, energetic and lovely countenance is contagious and belies her 97 years of age. She lights up the room the moment she enters and is famous for hugging everyone she meets.

She recently ended her time with the commission but enjoys attending BINGO and other activities at the center with her friends.

Kay is a friend to everyone and we love her shining example!

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HOME REPAIR
A Brush with Kindness
Habitat for Humanity's A Brush with Kindness Repair Program is grants to low to moderate income homeowners who need assistance with repairs that will alleviate health, safety and accessibility issues.
We can help with:
- Home Preservation
- Critical Home Repair
- Aging in Place
Habitat for Humanity® of Utah County
for more info: habitatuc.org

In an effort to help keep our friends safer and hopefully save you from being scammed we will be posting information in each of our newsletters. Make sure you pass it on to those you love (and even those you don't ;))

Tech Support Scams

Older adults who experienced scams reported tech support scams more than any other type of fraud, and they were five times more likely to lose money in these tech support scams than younger consumers.

Other scams that create the most financial loss for seniors include those involving fake prizes, sweepstakes, and lotteries.

Seniors are also three times more likely to report a financial loss due to impostor fraud scams, which often involve scammers impersonating a family member or friend asking for money. According to the Treasury Inspector General for Tax Administration (TIGTA), the most common impersonation scam involves scammers claiming to be IRS representatives.

What do I do if I have already fallen for a scam?

Call Your Credit Card Company or Bank Immediately After You Realize That You've Been Scammed. If you've given out your credit card number or bank information to a suspected scammer then you need to **tell your financial institution** as soon as possible so they can put a hold on your account to prevent further charges against it.

OSFC THRIFT CLUB

The thrill of the hunt for a bargain makes thrifting so much fun! Come along and spend some time with other friends that enjoy this hobby. You can meet the group there or sign up for the trip and pay $2 to help with gas (Limited Seating). We will visit a new thrift shop each month!

Kitty Bair, our very own thrifting Guru, will be with us and can help you get started. We hope everyone will share their fun tips, tricks and amazing finds with the group.

Golden Age SERVICES

A group of local Utah County businesses focused on helping & serving seniors

www.GoldenAgeServices.com

Follow us on Facebook @goldenageservicesUT

Senior Real Estate
PADGETT REAL ESTATE TEAM
Greg Padgett
801-875-7273

Senior Living Advisor
oasis SENIOR ADVISORS
Rona Rahlf
385-422-2500

Mortgages/ Refinance
Superior LENDING ASSOCIATES, LC
Miles Pitcher
801-235-0929

Estate Sales/ Downsizing
Caring Transitions Caring for a Cause
Wynnie Keegan
801-798-6263

"Golden Results for your Golden Years"

Mortuary/ Pre-Planning
Spring Creek UTAH COUNTY MORTUARY
Nanette Tanner
435-749-0881

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DANVILLE Support Services
Holly Pokorny
801-363-1521

Health Insurance
SeniorBenefits INSURANCE SERVICES
Annelise Slack
801-380-1288

Financial Planner
DIVERSIFY
Ruben Vilorio
801-890-7576

Staying Cool at Home!

Orem Neighborhood Preservation and Community Services

With record setting temperatures this summer, it is good time make sure your air conditioner is maintained and working properly. Here are some air conditioner maintenance tips to help keep you cool over the next couple of months.

Understand how your cooling system in your house works.
Fix fins. Make sure they are aligned and not bent.
Keep your air conditioning unit clean. Deep clean with brush.
Fix sinking air conditioner pads.
Get a programmable thermostat.
Add an in-line duct booster.
Unclog drain tube.
Replace the filter.
Make sure the air conditioner is the right size for the home.
Consider a whole house fan.
Keep blinds and curtains closed.
Check your insulation.
Keep the area around the condenser unit clear.
Shade the condenser.
Check and vacuum vents monthly.
Keep doors and windows closed.
Weatherize around doors and windows.
Get your air conditioner serviced by a professional early in the season.

And what if you don't have air conditioner? Here are some suggestions to keep yourself and your home cool when air conditioning is not available or too costly.

Stay hydrated.
Take a cold bath or shower. Use peppermint soap,
Put cold washrags on your neck or wrists
Use box fans.
Open windows in the early morning and later evening when the temperatures are cooler.
Close your curtains and blinds.
Sleep in basement.
Use cotton sheets and blankets. They tend to be more breathable.
Close doors of unused rooms.
Use exhaust fans in kitchen when cooking and the fan in the bathroom during and after showering.
Install energy efficient light bulbs.
Cook in the morning in a slow cooker or outside on grill.
Enjoy frozen treats.
Look online for programs that offer free or reduced ductless air conditioners.
Find out if there are cooling centers in your areas.

Vaccines At Your Doorstep

Through a collaborative effort among local health departments and four state-contracted vaccine administration partners (Community Nursing Services, Hurricane Family Pharmacy, Red Rock Pharmacy, and Liberty Drug), the COVID-19 vaccine is available for administration in the home of individuals with medical conditions or disabilities that make leaving home to be vaccinated an impossible challenge. Additionally, other individuals and caregivers in the home that meet statewide eligibility criteria will also be eligible to receive a vaccine during these home visits. Complete the form at https://docs.google.com/forms/d/e/1FAIpQLSfgMtUu19TvAh1GhQ-cMxVHRIoOoG7EL4UQiZJhw_HSueyHkw/viewform to gain access to this vaccination resource.

OSFC@OREM.ORG

It has finally happened! One easy address for all of your needs from the senior center!

Have a question for Gena or any of the staff??

Send it to OSFC@OREM.ORG

Want to order or cancel lunch?

Send it to OSFC@OREM.ORG

Need a code for a ZOOM class?

Send a request to OSFC@OREM.ORG.

Want to share a picture of your latest project with us?

You guessed it... Send it to OSFC@OREM.ORG

Now, how easy is that??

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Mapleton
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801.489.6021
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We expect to take care of you, it is included in the room charge!!!
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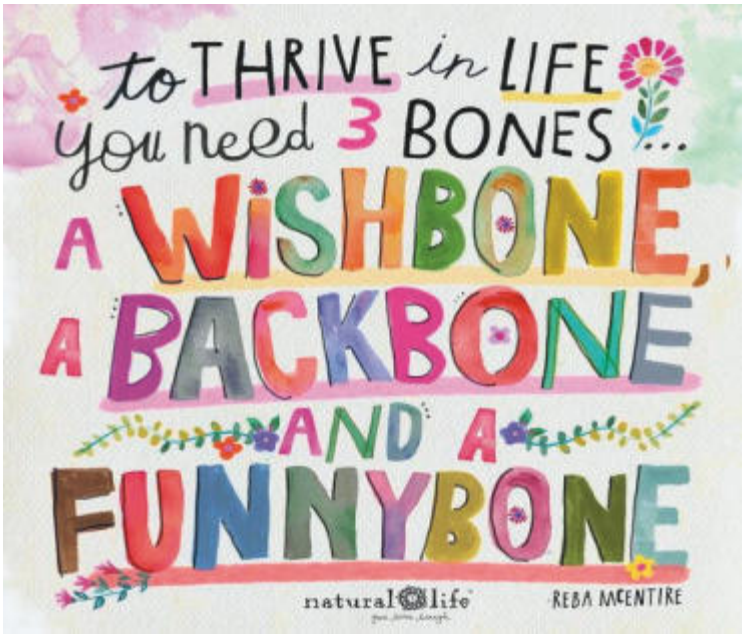
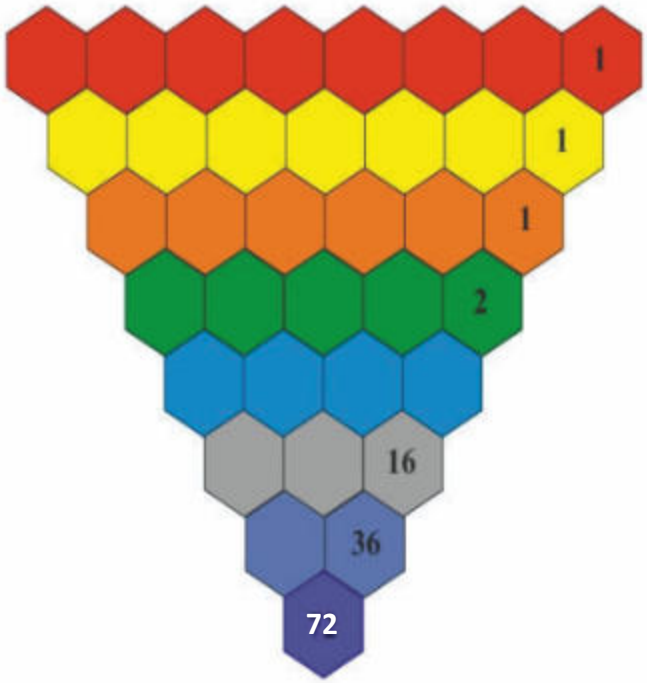
FREE AD DESIGN
WITH PURCHASE OF THIS SPACE
CALL 800.950.9952

30 Holidays

To Celebrate In August

8/1 National Raspberry Cream Pie Day
8/2 National Ice Cream Sandwich Day
8/3 National Watermelon Day
8/4 Coast Guard Day
8/5 National Underwear Day
8/6 Wiggle Your Toes Day
8/7 National Lighthouse Day
8/8 Collector Car Appreciation Day
8/9 Book Lovers' Day
8/10 Lazy Day
8/11 Play in the Sand Day
8/12 National Vinyl Record Day
8/13 Left Handers' Day
8/14 National Creamsicle Day
8/15 Relaxation Day
8/16 National Roller Coaster Day
8/17 National Thrift Shop Day
8/18 Poetry Day
8/19 National Aviation Day
8/20 National Radio Day
8/21 National Spumoni Day
8/22 Be an Angel Day
8/23 Ride the Wind Day
8/24 National Waffle Day
8/25 Kiss and Make Up Day
8/26 National Dog Day
8/27 Just Because Day
8/28 Race Your Mouse Day
8/29 National Chop Sue Day
8/30 Frankenstein Day





Hexagon Number Puzzle

For this brain teaser see if you can fill in the empty hexagons so that the number in each hexagon shows the sum of the 2 numbers in the two hexagons immediately above it. Just take note that negative numbers are not allowed.

The Inspired HOLIDAY

Do You Like The Classes We Offer?

The best way to show that is to go to them! Our volunteer instructors spend a lot of time preparing something to share with you, make it worth their time! Sign up at the office for each class you are attending. Feel free to share ideas of other classes you would be interested in attending with the staff.

Coming in September:

***September is National Senior Center Month and another reason to Celebrate US! We will have a contest every Tuesday that you could win prizes! Watch next month's newsletter for contest info!**

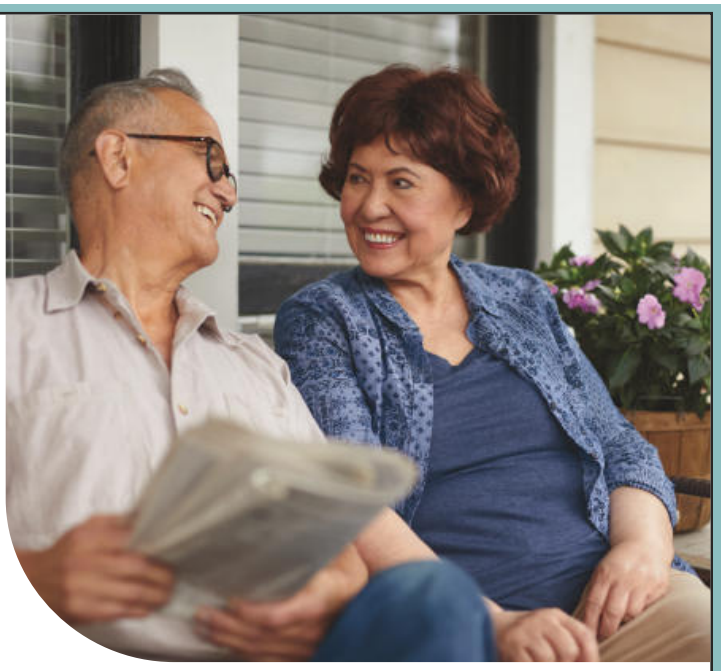
***We need a picture of you under the age of 5 for one of our September contests. Please bring photo (with your name on the back) to the office BEFORE August 13th. You can pick it up after August 19th.**

***Brilliant University is BACK! Classes will begin Monday, September 20th and go through November 19th. Watch for class announcements, you'll want to get signed up as soon as you can!**

ARE YOU TURNING 65 OR NEW TO MEDICARE?

Need a Medicare plan for 2020?

Local sales agents are ready to help you!



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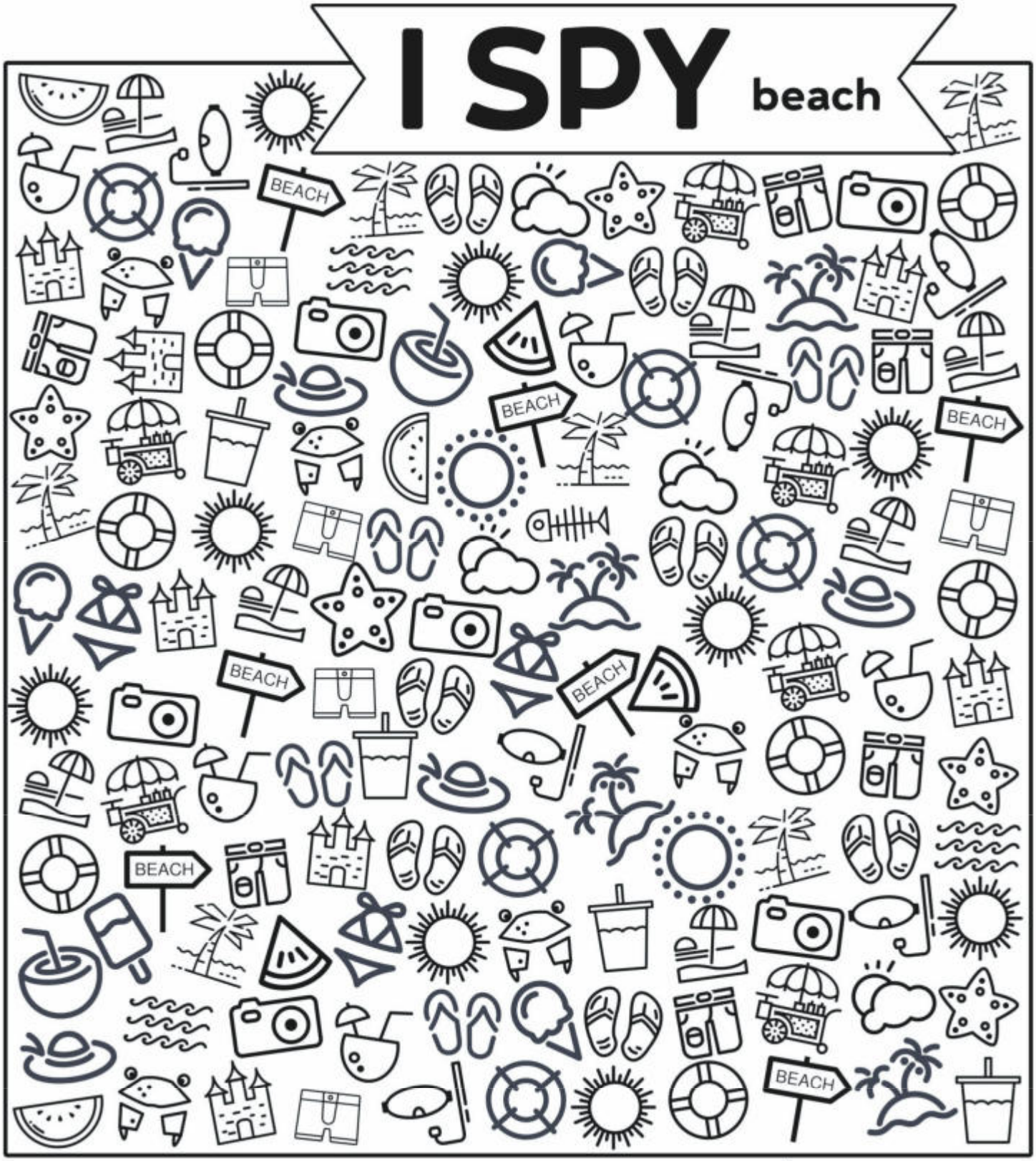
*No obligation to enroll.

For ad info. call 1-800-950-9952 • www.lpicommunities.com Orem Senior Friendship Center, Orem, UT F 4C 05-0696

I SPY beach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