Find MORE YOU

at Orem Senior Friendship Center

CELEBRATING SENIORS!

September is National Senior Center Month and the perfect time to celebrate us! Every Tuesday we will have a fun challenge and hope you will participate with us! P.S. There will be prizes!!

Sep 7th: Identify our friends from their youthful pictures on the wall in the dining hall.
Sep 14: Dress up in clothes from the best years of your life!
Sep 21: Dress as your favorite or most notable person in your lifetime. Don't tell us who it is...we will try to guess!
Sep 28: Write a Haiku about being a senior. Don't know what a Haiku is? See page11 for instructions!

All contests will culminate right before bingo begins and prizes will be awarded then.

Membership Fee Increase

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

BRILLIANT UNIVERSITY

Offering Learning Experiences For A More Brilliant You!

Brilliant University is back and brimming full of new opportunities just for you! Several new classes and lots of your favorite classes all combined for your own "Back to School" moment.

Check out the class listings throughout this newsletter and make a beeline for the office to get registered for the ones that are calling your name. Some classes have limited space so the earlier you register, the better the chance you have of attending the ones you want.

Classes begin Monday, September 20th and run through Friday, November 12th. There are no classes on Monday October 11th and Thursday November 11th.

September 2021

Orem Senior Friendship Center
93 North 400 East
801-229-7111
Program Director: Gena Bertelsen
Co-Editor: Kayleen Sheppard

Newsletter Highlights

Scams!
Brilliant University
Celebrating Seniors

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

Connect With Us!!

NEW YouTube

TRIPS

Thrift Club Shopping Trip
Wednesday, September 15th at 1 PM Provo Deseret Industries **$2**

Wendover with Christmas
Wednesday, October 6th
Leave our center at 8 AM
Return at 8 PM
$20

Please note that the buffet is no longer included in the cost of the trip however the casinos have increased the value of the coupon booklet for you.

BRILLIANT UNIVERSITY

Offering Learning Experiences For A More Brilliant You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-Noon **Quilt Block Class** *Make 12 different blocks to sew together in a quilt, table runner or whatever you wish! See Page 3 for details.* **Laura Bird** Classroom #1	**10:00-11:00 AM** **Ukulele** **10-10:30 Instruction** **10:30-11 Jam Session** *Bring your own instrument or just come enjoy the music!* **Bart Kerstiens** Classroom #1	**9:00-11:45 AM** **Watercolor Group** **Bring your own supplies.** *Guest Artists will be arranged by* **Berni Mortensen** Classroom #1	**10-11 AM** **Your Personal History:** **One Story At A Time** *Now is the time to make your personal history tell **your** story.* **Barbara Willes** Classroom #2	**9:30-10:30 AM** **Rock Dogs** *Tips and Tricks on where to go Rock Hounding, What to look for and how to identify what you have found!* **Craig Huish & Friends** Classroom #3
12:30-2:30 PM **Monday Movies** *Some of the best movies and a few new favorites. Free Popcorn included!* Classroom #2	**11:00-11:50 AM** **Keto 101** *Want to lose weight, stabilize your blood sugar, reduce inflammation? This is your class! Recipes, taster's tables, lots of info!* ***$10 Charge*** **Gena Bertelsen** Classroom #1	**11-11:45 AM** **Yoga** *You can do this seated in a chair! Stretch, Strengthen and improve your flexibility!* **April Wilkey** Sponsored by **Sundberg Olpin Wheeler Mortuaries** Exercise Center Downstairs	**11-11:55 AM** **I Love Literature** *5 Beloved Books will be introduced by someone different each week. Maybe you will find a new book to love!* Facilitated by **Fran Reiser** Classroom #2 **Begins Sept. 30th!**	**10:30-11:30 AM** **What's Your Sign?** *Learn about astrology, and how it can affect our relationships, work and family.* **Kitty Bair** Classroom #2
	2:00-3:00 PM **World Views & Local News** *Stay informed with everything in the world and those things that affect you locally.* **John Nebeker** Multi-Purpose Room	**1:00-2:30 PM** **Native American Style Flute** *Learn to play the Native American Flute.* **Rolayne Young** Classroom #3 You need to have your own flute. See page	**2:00 - 3:00 PM** ***Be Smarter Than Your Phone*** *Email, Pictures, Apps, Social Media, It's all here. Sponsored & Taught by:* ***Golden Age Services*** Classroom #3	**1:00-2:30 AM** **Mixed Media Art** *Explore your inner artist with this creative class! Each class will have an associated fee.* **Ila Strasburg & Kari Glahn** Classroom #1

Classes begin Monday, September 20th and run through Friday, November 12th.
No classes on Monday, October 11th and Thursday, November 11th.

You **MUST REGISTER** for the classes you will be attending as some class sizes are limited. If there are not enough attendees registered a class may be cancelled. All classes are available to **current members** of Orem Senior Friendship Center. You may register at the office, Monday through Friday from 9 AM to 4 PM.

Brilliant University

Quilt Block Class

Laura started sewing at the age of 5 and she hasn't stopped since! She has been teaching quilting since 1992 when the Basting Buddies Club started in her home. She recently retired from Quilts Etc. and is willing to share her talent with you!

You will learn how to make 12 different blocks! You will receive a binder with all of the instructions in cover sheets plus three hours with Laura every week!

Class size is limited! You will need to bring your sewing machine, cutting equipment , material and supplies.

Register at the office and we will give you all of the information you need! **Mondays 9 AM-Noon.**

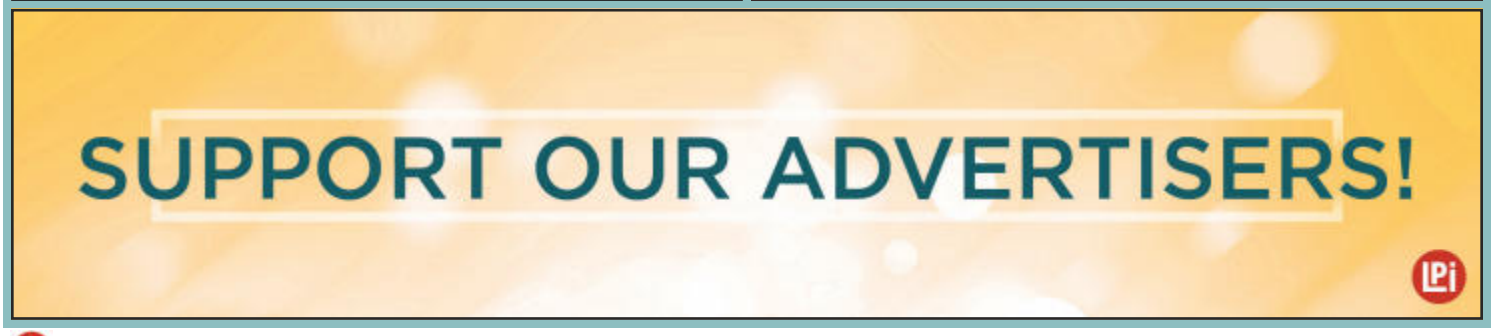
Monday Movies

A fun movie each week including free popcorn, comfy chairs and your favorite friends. Seating is limited. **Mondays 12:45-2PM.**

September 13
Calamity Jane
Doris Day, Howard Keele

September 20
State Fair
Jeanne Crain, Dana Andrews

September 27
Quigley Down Under
Tom Selleck



Brilliant University

Ukulele Group

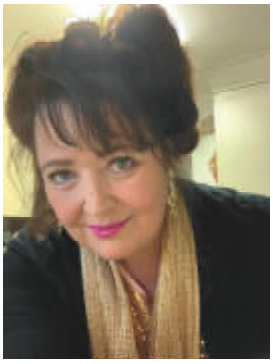
Grab your ukulele and come play with one of the most fun groups we have!

Beginners are always welcome!

Register at the office to reserve your spot.

Tuesdays 10-11 AM Classroom #3.

Keto 101



Want to lose weight, stabilize your blood sugar, reduce inflammation and just feel better? Come learn about KETO with Gena Bertelsen. It's a way of eating that can change your life.

Taster's tables, recipes, lots of information and support in this class. Cost is $10, register at the office.

Tuesdays 11-11:50 AM Classroom #1.

World News and Local Views

Stay informed on the things that matter most with John Nebeker as he leads discussions on news events from across the globe as well as the local stuff that affects you on a daily basis.

Tuesdays 2-3 PM Multi Purpose Room.

Register at the office for this class.

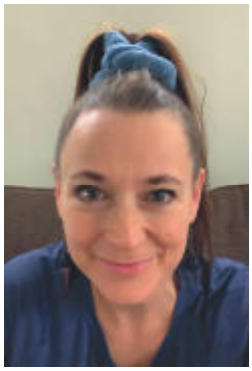
Watercolor Group

Improve your watercolor skills in this fun group that has been meeting for more than 20 years! Bernie Mortensen leads this group that will often have guest artists attend. Bring your own supplies. Seating is limited. **Wednesdays 9-11:45 AM in classroom #1.**

Register at the office.

Yoga with April

You recognize her the minute she enters the room!



Spend 45 minutes with April every Wednesday at 11 AM to stretch and strengthen your muscles and build bone density

We all want to stay healthy as we age and this helps us with that goal.

Get those traditional yoga pictures out of your mind and come give this a try. If you can sit in a chair you can do this! **Wednesdays 11-11:45 AM downstairs in Exercise Center.**

Native American Flute

Roylane has years of experience playing the Native American Flute and now you can learn how with her class!

You will need a 6 hole flute and she has shared a source with us that you can get one for under $30!

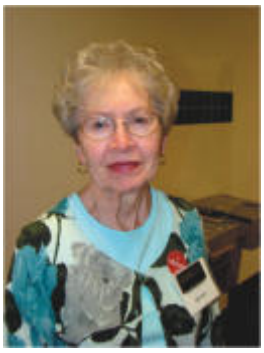
Register at the office and we will give you all of the information you need! **Wednesdays 1-2:30 PM #3.**

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.

I ❤ Literature!



Looking for a new book to read? This class will give you 45 fantastic options as you will get a taste of 5 new books each week by a different presenter.

Thursday from 11-11:55 AM in classroom #2.

This Class Begins September 30th!

Be Smarter Than Your Phone!

Taught by a group of senior service professionals you will explore all facets of that amazing device such as taking pictures, sending emails, texting and so much more.

Thursdays 2-3 PM Classroom #3.

This class is sponsored by Golden Age Services.

Register at the office for this class.

DO YOU QUALIFY FOR HOME HEALTH?

IT JUST TAKES ONE "YES"

1. Do you, or a loved one, require an assistive device to walk? (ie. cane, walker)
2. Are you being driven to appointments due to the inability to drive?
3. Have you had any falls in the last month, if not, are you afraid of falling?
4. Are you unable to get out of a chair without using your arms?
5. Do you have bone pain or are suffering from arthritis?

WAYS HOME HEALTH CAN HELP YOU

- Two or more falls in the past year
- A wound that is not healing well
- Trouble transferring from one place to the next
- Loss of functions of activities in daily living
- Hospitalization in the past year
- Cost covered 100% by Medicare insurance

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11YOGA w/ April from Sundberg Olpin Wheeler Mortuaries	2 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	3 9 Wood Shop Tommy George singing 2 Line Dancing w/Jackie
6 	7 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 Ron Roberts on Piano 12 CompulsiveEatersAnon 12:45 BINGO	8 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11YOGA w/ April from Sundberg Olpin Wheeler Mortuaries	9 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	10 9 Wood Shop Wilma Fullmer on Organ 2 Line Dancing w/Jackie
13 10 Folk Dance in Studio 11 Move It Aerobics w/ Dave & Mele 12:45 Monday Movies 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	14 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 Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO	15 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA w/ April from Sundberg Olpin Wheeler Mortuaries 1 Thrift Club Trip to Uglies in PG!!	16 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 Parkinson's Support Group 2 Gena's Book Nook on YT	17 9 Wood Shop Tommy George singing 2 Line Dancing w/Jackie
20Brilliant UniversityBegins 10 Folk Dance in Studio 11 Move It Aerobics w/ Dave & Mele 12:45 Monday Movies 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	21Brilliant University Begins 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	22Brilliant University Begins 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA w/ April from Sundberg Olpin Wheeler Mortuaries	23Brilliant University Begins 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	24Brilliant University Begins 9 Wood Shop Wilma Fullmer on Organ 2 Line Dancing w/Jackie
27 10 Folk Dance in Studio 11 Move It Aerobics w/ Dave & Mele 12:45 Monday Movies 2 Line Dancing w/Jackie 3 Shaking the Family Tree with Kelli on YT	28 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 Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO	29 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA w/ April from Sundberg Olpin Wheeler Mortuaries	30 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	

September 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:
Sep 1-3 Vegetable Beef Sep 13-14 Chicken Noodle Sep 15-17 Cream of Broccoli Sep 27-28 Chicken Noodle Sep 29-Oct 1 Cream of Potato	Sept 6-10 Sep 20-24

Monday	Tuesday	Wednesday	Thursday	Friday
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.		1 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Cottage Cheese with Fruit (12)	2 Ms. Helen's Cheesy Beef Lasagna (19) Garden Fresh Squash (02) Fresh Garlic Roll (15) Fresh Apple (15) Fresh Baked Cookie Bar (15)	3 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (18)
	7 Grilled Chicken Breast (08) Mashed Potatoes & Gravy (25) Crinkle Cut Carrots (12) Apple (28) Fresh Baked Roll (16)	8 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Assorted Tropical Fruit (08)	9 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	10 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)
13 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fortune Cookie (24)	14 Homemade Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Jell-O Cup with Fruit (09)	15 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	16 Rigatoni Pasta with Meat Sauce (25) Garden Green Salad (02) Fresh Baked Garlic Roll (15) Green Beans (02) Seasonal Fruit Crisp (67)	17 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)
20 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)	21 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (2) Jackie's Cake (28)	22 Barbeque Pork Rib Sandwich (20) Crisp Potato Wedges (18) Fresh Seasoned Squash (2) Mixed Fruit & Jell-O Cup (09)	23 Hearty Beef and Vegetable Stew (14) White Rice (30) Fresh Corn Bread (33) Fresh Apple (15)	24 Grilled Hamburgers w/Fresh Baked Bun (17) Lettuce and tomato (01) Roasted Corn (14) Cinnamon Applesauce (14)
27 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)	28 Swedish Meatballs(39) Steamed White Rice(21) Seasoned Carrots(06) Peaches (18) Fresh Baked Roll (16)	29 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	30 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07) Jackie's Cake (28)	**Suggested donation $3/meal** **Menu subject to change**

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.

September 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 Beverly Meredith
1 Bill Huish
1 Donald Moore
1 Emilie Lehr
1 Jeanette Rawlings
2 David Shepardson
2 Donna Greening
2 Nannette Herndon
2 Richard Peterson
2 Vyonne Hamilton
3 Deon Gubler
3 Patricia Nix
4 Irene Godfrey
4 Owen Bae
5 Carolyn Leavitt
5 Dorothy Romeo
5 Larayne Jensen
5 Larry Wolff
5 Lorriane Gee
5 Tracey Wolfe
6 Bernard Hewitt
6 Dashel Watkins
6 Doris Wilson
7 Delworth Gardner
7 Elinor Rigby
7 Harry Matheney
7 Ralph Hansen
7 TobiCantwell
8 Barbara Willes
8 Dixie Beck
8 Hildred Anderson
8 James Bartlome
8 Judy Pace
8 Milly Aguayo
8 Mona Ketchum
8 Reed Clayson
9 Barbra Scott
9 Elsie Smith
9 Howard Webb
9 Ladean Gillman
9 Leini Tuita
9 Mary Reesor
10 Alcira Ardura
10 Demas Jasper
10 Marylou Carroll
10 Thea Anderson
11 Clive Moon
11 Ernel Anderson
11 Lue Fordham
11 Melvin Wakefield
11 Ruby Carrillo
11 Timothy Elliott
12 Joyce Ottens
12 Oscar Jesperson
13 Arlene Payne
13 H. Hal Clarke

13 JackPeterson
13 Toni Hill
14 Dorene Anderson
14 Linda Dumas
14 Sylvia Graves
15 John Ockey
15 Kay Bradford
15 Larry Kitchen
15 Lois Loveland
16 Dale McAllister
16 Edward Pray
16 Jose' Rico
16 Mary Lockhart
16 R. Gene Calderwood
17 Leo Martinsen
17 Tamara Lott
18 Anne Bishop
18 Marty Spellman
18 Violet Young
19 Marilyn Roundy
19 Marilyn Toone
19 Ray Sherwood
20 Margie Ott
20 Marlene Young
20 Waldemar Chrispim
21 Beverly Gottfredson
21 Chris Miller
21 James Johnson
22 Bill Trowbridge
22 Dosca Garrett
22 Janice Labrum
22 Martina Carrasco
22 Patricia Redd
22 Sara Ulloa
22 Tal John Huber
23 Carmen Dahlgren
23 David Cannon
23 Jan Stafford
23 Kent Wilson
23 Marion Stevens
23 Rona Tarr
23 Sterling Bascom
23 SuzanneMoss
24 Gendi Feng
24 James Wright
24 Linda Burgener
24 Marion Dimond
25 Anna Young
25 Faye Riggs
25 Ray Dominguez
26 Craig Reesor
26 Frances Rhoads
26 Julia Doering
26 Loraine Black
26 Rosaleen Degering
27 Annabelle Baskin
27 Don Ellsworth
27 Donald Dowd
27 Edward Wu
27 Haybron Adams
27 Lorna Lindsay
27 Margene Campbell
28 Edith McClellan
28 Hugh Gregson
28 Ila Thomas
28 Shirley Irvine
28 Tony Salisbury
29 Allen Tian
29 Christa Durtschi
29 Juanita Reeder
29 Marvin Hardy
30 Ross Williams
30 Shirley Markwick
30 Thelma Richins

Brilliant University

Rock Dogs

You have heard of Rock Hounding, searching for amazing rocks for décor, jewelry and collecting? Our Rock Dogs class will get you started in the world of Rock Hounding with Craig Huish and some of his hounding friends.

You'll learn about some spectacular places to search for rocks as well as how to identify them and maybe even have a rock hounding session or two!

Fridays 9:30-10:30 Classroom #3.

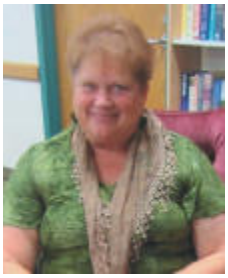
What's Your Sign?

The way you think, communicate, express yourself and even how you show love as a direct relationship with the planets that reside in your astrological house.

Unlock the code with Kitty in her weekly class.

Fridays 10:30-11:30 AM Classroom #2

Mixed Media Art



Invest in that inner artist with this fun class where Illa and Kari help you see artistic possibilities in just about anything. Each project has a charge to be paid at the office.

Fridays 1-2:30 PM Classroom #1.

Register at the office.

AVAILABLE FOR A LIMITED TIME!

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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 ;))

Recent SCAM Reports from Orem Police Department:

A 78yo man received an email from "Amazon" about an $800 charge on his account. The email included a phone number to call to reverse the transaction and get refunded. The man called and the scammer convinced him to give remote-access to his computer and bank account over Teamviewer. He thought he was going be refunded the $800 but the scammer "accidentally" refunded him $80,000. The funds came from the man's other account which the scammer transferred into his checking. The scammer created a sense of urgency, saying he would be fired and his family in trouble if he didn't fix it. The man tried to wire the funds back but the bank caught it. The man did end up mailing $10k in cash before realizing it was all a scam. #twodayshipping #aprimescam

A 65yo man had a "virus alert" pop up on his computer while he was trying to file for social security. He clicked he box and was contacted by someone from "Microsoft". In order to fix the computer, the man needed to buy $4k worth of gift cards and provide them the access codes. Afterwards, the scammer also convinced the man to give remote access to his bank account. $13k was transferred out. Don't give anyone remote access to your computer. Payment with gift cards will always be a scam. #scammersareavirus

A 61yo woman was in a year-long online relationship with a man who was out of the country for work. He claimed to be from the mid-west and even gave her his home address. She sent him money throughout the year using CoinFlip which converts funds to cryptocurrency. He was always needing help with medical bills or other emergencies. The woman went on an adventure many states away to visit his address and found a nice little farm house. It appeared to be open so she went inside and pet the nice dogs. After leaving and coming home, the man requested she deposit large checks for him. The bank notified her of the fraudulent checks and when she called to confront him, another man's voice was on the phone still acting like him. She realized it was all a dating scam and has no clue whose house she had gone into. #somethingsbetterleftunknown

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"

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Spring Creek UTAH COUNTY MORTUARY
Nanette Tanner
435-749-0881

In-Home Care
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

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!

Wood Shop Wonders!

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

Shaking The Family Tree

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

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!

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.**

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.

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.

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

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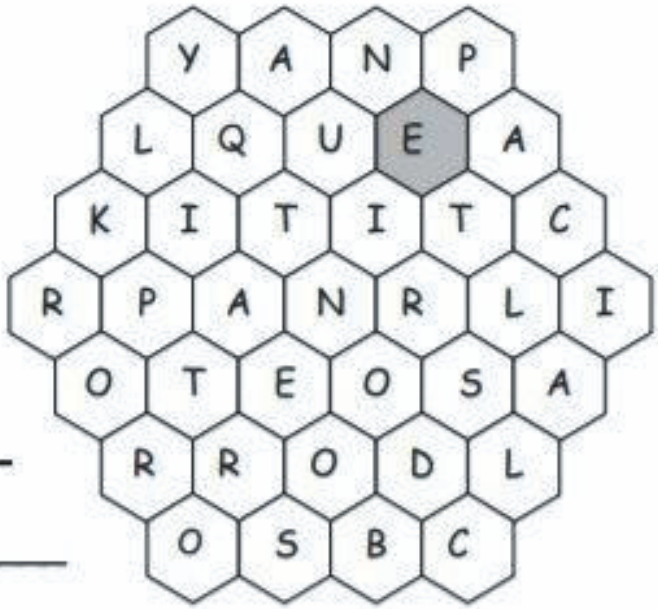
Buzzword!™

#1

by Ann Richmond Fisher

The shaded E and the six letters surrounding it spell PETUNIA, which matches one of the clues below. Find 7-letter words for the remaining clues. Shade the center letter of each word.



1. flowering plant *petunia -E*
2. a solo performance _____
3. excellence _____
4. person receiving medical care _____
5. adult male domestic fowl _____
6. old item _____
7. opening in nose_____

Now unscramble all 7 of the center letters to spell today's BUZZWORD.

A coin: _ _ _ _ _ _ _

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.

WANT OUR NEWSLETTER DELIVERED TO YOUR EMAIL?

Be the first to get the goods (our wonderful newsletter) before others by signing up to be on our email list! We will send a link to the newsletter as soon as it is available which is always several days before we have it in print! This makes planning your activities and ordering your lunches mush easier!

You can write your email address on your meal order form and we will get you put on our list or just call 801-229-7111 and clearly spell out your email address on our voicemail.

You can also access it by clicking on the "Learn More" button on our Facebook page at **www.facebook.com/OremSeniorCenter.**

HELP WANTED!

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...Assisting with simple chores
...Offering respite for caregivers
...Adding richness to the people you serve

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- Be age 55 or older
- Commit to serving 15+ hours per week
- Be income eligible

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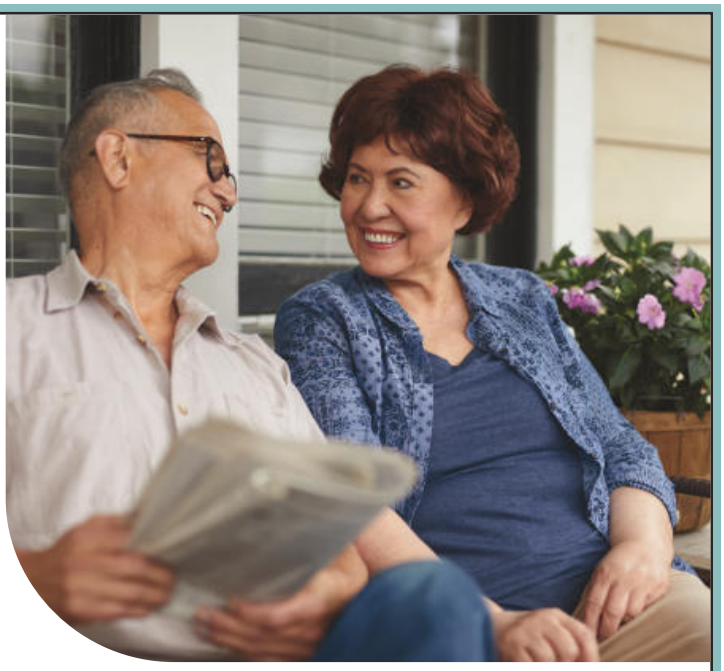

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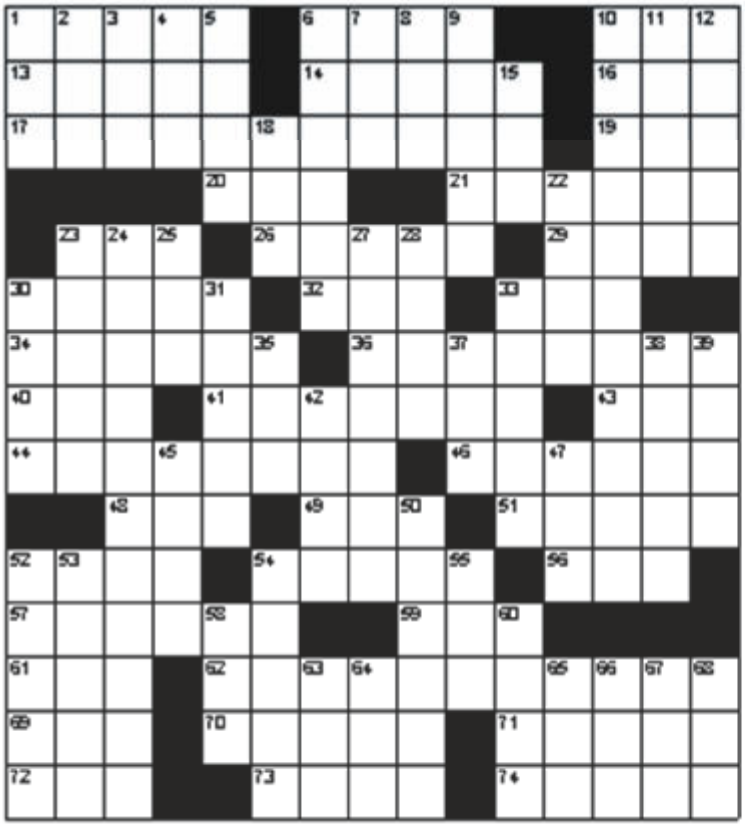
*No obligation to enroll.

BACK TO SCHOOL

Puzzle by Frank A. Longo
Edited by Will Shortz

The New York Times ON THE WEB Learning Network
www.nytimes.com/learning



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ACROSS

1. See 36-Across
6. Rat-___ (knocking sound): Hyph.
10. Bikini top
13. Susan's Lucci's role on "All My Children"
14. ___-ring binder (holder of 36-Across 1-Across)
16. Fall behind
17. They show students' grades: 2 wds.
19. Fussy excitement
20. Last three syllables of "Old MacDonald"
21. Church official below a priest
23. Health facility
26. With 33-Down, school exams requiring a lot of writing
29. Big initials in women's fashion
30. Writers of sonnets, limericks, etc.
32. "Don't Stop ___ You Get Enough" (Michael Jackson hit)
33. Marker on a 36-Across
34. Free from internal stress by heating and gradually cooling
36. With 1-Across, school supply that comes in sheets
40. "Attack, Fido!"
41. Students store things in them
43. Punk/folk singer DiFranco
44. Item found in many grade-schoolers' desks
46. Malls contain many of these
48. Meadow
49. Squeak-stopping liquid
51. Soft drinks
52. Skill in dealing with delicate situations
54. Temporary stoppage of breathing during sleep
56. 33rd U.S. president: Abbr.
57. Tool used for clearing 10-Down
59. From ___ Z (completely): 2 wds.
61. Negative votes
62. Gizmos used in geometry class
69. Communist leader Mao ___-tung
70. Baseball's "Hammerin' Hank"
71. "___ to your health!"
72. "For ___ a Jolly Good Fellow"
73. Cravings
74. Permission ___ (school field-trip requirements, often)

DOWN

1. Miles ___ hour
2. "What ___ you afraid of?"
3. Boy in Dickens's "Great Expectations"
4. ___-friendly (environmentally safe)
5. Like endangered species
6. How clearance items may be sold: 2 wds.
7. "J to ___ L-O!" (2002 Jennifer Lopez album)
8. What the "A" of E.T.A. stands for: Abbr.
9. ___ bear (stuffed animal)
10. Schoolteachers write on them
11. Gaseous element that may be a household hazard
12. Prolonged pain
15. Suffix of languages
18. Office neckwear
22. Very little, as an amount of cream: 2 wds.
23. Seattle N.B.A.'er, for short
24. Students' holders of writing implements: 2 wds.
25. Scarfed down
27. Permeates the mind: 2 wds.
28. First-aid plant
30. Advance to the next grade, in school
31. Spicy taco topping
33. See 26-Across
35. British bathroom
37. ___-80 (classic Radio Shack computer)
38. ___ a time (singly): 2 wds.
39. Smooch
42. Farm yield
45. Movie-shoot locales
47. ___ and aah
50. Is successful in one's studies
52. Sophomore's grade
53. Got out of bed
54. Large, impressive group
55. Week-___-glance calendar: Hyph.
58. Org. concerned with pollution
60. Phil of old protest songs
63. Material that's mined and refined
64. 2,000 pounds
65. ___ Aviv, Israel
66. "Either he goes ___ go!": 2 wds.
67. Weightlifting unit
68. Sound from a snake