

Orem Senior Friendship Center
A New You in '22



January 2022

Orem Senior Friendship Center

93 North 400 East

801-229-7111

Program Director: Gena Bertelsen
 801-229-7110

Newsletter Highlights

Scams!

**NEW Brilliant University
 Leather Class Begins
 New Caregiver Support Group**

Orem Fitness Center

Phone.....801-229-7154

Connect With Us!!



Holiday Closures

Monday, January 17th,
 Martin Luther King Day

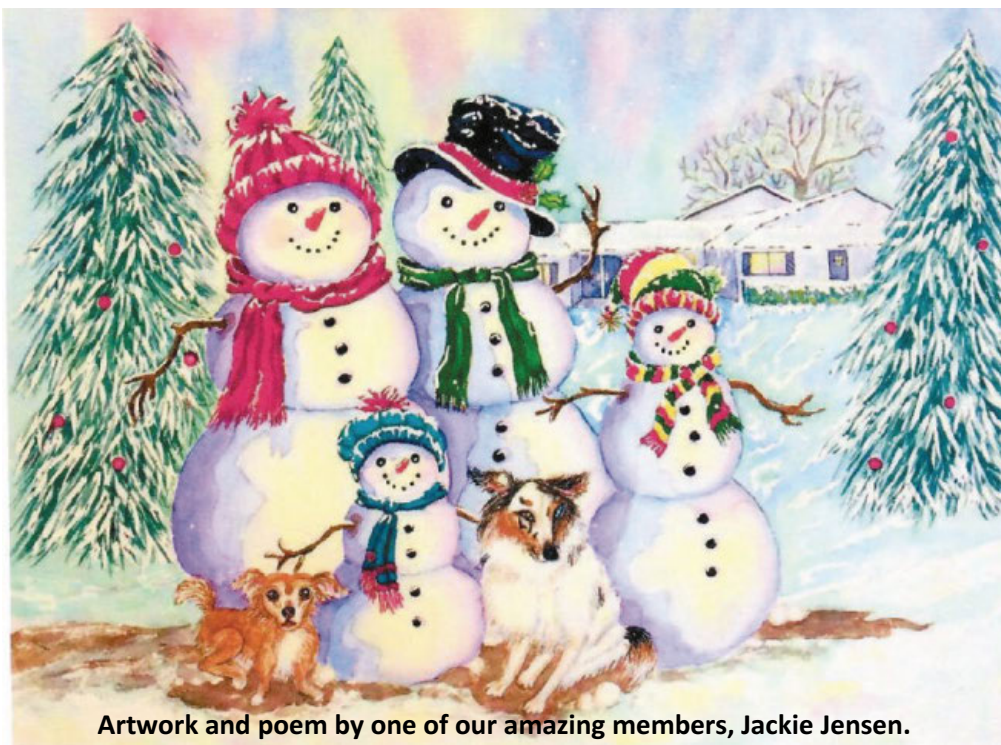
TRIPS

Thrift Club Shopping Trip
 Wednesday, January 19th at
 1 PM Treasures Antiques \$2



Taylor Swift said it in a song and we embrace it..."I don't know about you, but I'm feeling 22!" While she was most assuredly speaking of age we are speaking of the year 2022, and we want to help you feel like a whole New You!

Everything from our classes to our activities and presenters will be about providing opportunities for you to improve your mind, your health and your life. Make sure you check out the new offerings and many of the favorite classes in our new semester of Brilliant University that begins Monday, January 24, 2022. We recommend you get signed up as soon as possible to make sure you have a spot in the class you want!



Artwork and poem by one of our amazing members, Jackie Jensen.

With help of many hands, we built our snowmen fine.
 We come together to roll and stack and throw snowballs sometimes.
 Our snowmen came to share a message, an important one you know,
 That friends come in many forms though some are made of snow!
 We never will forget our friends, come rain or snowy weather.
 We know that they will be with us because thoughts bring us together.
 So gather around now my friends and my family,
 We will share our love extraordinaire with everyone we see.

BRILLIANT UNIVERSITY

Offering Learning Experiences For A More Brilliant You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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9:30-3:30 PM

Open Sew

Learn New skills in your quilt making!

Laura Bird

Quiltroom
Downstairs

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

Let's Think Spring

Learn how to make a beautiful, edible garden!

Wendy Singh

Classroom #1

10:00-11:45 AM

Leatherwork

Work on your own leather projects! Bring your leather, we have the tools!

\$1.25 per day.

Dale Pomeroy

Leatherwork Room
Downstairs

10:00-11:00 AM

Ukulele

Bring your own instrument or come enjoy the music!

Bart Kerstiens

Classroom #3

11-11:45 AM

Yoga

You can do this seated in a chair! Stretch, Strengthen and improve your flexibility!

Mirta Villar

John Marinos

Exercise Center
Downstairs

11-11:55 AM

I Love Literature

5 Beloved Books will be introduced by someone different each week.

Facilitated by

Fran Reiser

Classroom #2

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

12:30-2:30 PM

Monday Movies

Some of the best movies and a few new favorites.

Free Popcorn included!

Classroom #2

11:00-11:55 AM

Keto 101

Want to lose weight, stabilize your blood sugar, reduce inflammation? This is your class!

\$10 Charge

Tonya Johansen

Vicki Olsen

Classroom #1

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

Mastermind Class

Info coming soon!

Norman Tong

Classroom #1

1:00-2:30 AM

Mixed Media Art

Explore your inner artist with this creative class!

Each week will have a fee.

Ila Strasburg

& Kari Glahn

Classroom #1

2:00-3:00 PM

Constitution

Alive

Learn about the Constitution and Bill of Rights

John Hill

Classroom #2

Classes begin Monday, January 24th and run through Friday, March 18th.

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.

Monday Movies

12:45 in the Theater

January 3rd Bachelor Mother Ginger Rogers, David Niven
January 10th Sun Valley Serenade Sonia Henie, Milton Berle
January 23rd Spring Parade Deanna Durbin
January 30th It Happened One Night Clark Gable, Claudette Colbert

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**.



Leatherwork With Dale

Dale Pomeroy will be the new facilitator of our Leatherwork Group beginning Monday, January 3rd. The Leatherwork shop will be open from 10– 11:45 AM every Monday.

He brings years of experience with him and tells us he has worked with leather since junior high although it has been a bit since he tooled something. But from all accounts, it's like riding a bike! Register at the office, pay your fee (\$1.25 per day) or buy a 10-punch pass for \$10 and get it punched before attending.

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Why Plan Your Funeral in Advance

Our families that choose to fund their Pre-Plan have seen advantages and peace of mind with:

1. Making decisions together rather than doing it alone at a most difficult time
2. Guaranteed Prices (at today's cost, regardless of age or health)
3. Protecting assets from long-term care of illness
4. Eliminating emotional overspending
5. Single cash payment or affordable monthly terms

Please call to schedule an appointment with one of our Pre-Planning experts: 801-226-3500

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Classes for everyone!

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!



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.



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.



Yoga with Mirta & John

Spend 45 minutes with Mirta & John 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.**

Wood Shop Wonders!

If you haven't been to our incredible woodshop yet, you are really missing out!

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

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

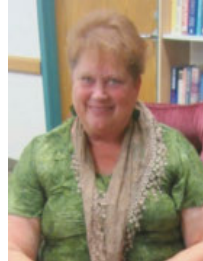
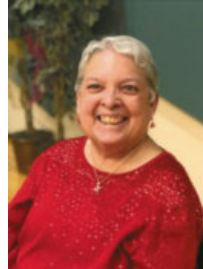
Join **Barbara Willes** as she helps you write your personal history, one story at a time every **Thursday 10-11 AM in classroom #2.**

Register at the office.

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.



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

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?

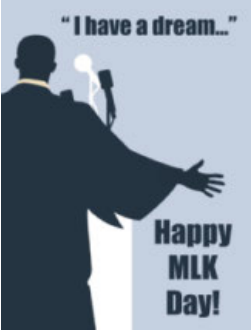
WAYS HOME HEALTH CAN HELP YOU

- 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



53 W University Parkway, Orem Utah
harmonyhomehealth.com
(877) I-NEED-CARE



Monday	Tuesday	Wednesday	Thursday	Friday
3 10 Folk Dance in Studio 10 Leatherworking 12:45 Monday Movies 2 Line Dancing w/Jackie	4 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group Ron Roberts on Piano 12 CompulsiveEatersAnon 12:45 BINGO	5 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3	6 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP John Nebeker Spinning Vinyl! 12:45 BINGO 2 Caregiver Support Group 2 Gena's Book Nook on YT	7 Birthday Meal 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1 Mixed Media Art #1 2 Line Dancing w/Jackie
10 10 Folk Dance in Studio 10 Leatherworking 12:45 Monday Movies 2 Line Dancing w/Jackie	11 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group 12 CompulsiveEatersAnon 12:45 BINGO	12 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3	13 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Be Smarter Than Your Phone w/ Golden Age Services 2 Gena's Book Nook on YT	14 9 Wood Shop 10:30 What's Your Sign #2 11 Wilma Fullmer 1 Mixed Media Art #1 2 Line Dancing w/Jackie
	18 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO	19 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1 Thrift Club Trip to 1-2:30 Native American Flute #3	20 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Parkinsons Support Group 2 Gena's Book Nook on YT	21 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1 Mixed Media Art #1 2 Line Dancing w/Jackie
24 10 Folk Dance in Studio 10 Leatherworking 12:45 Monday Movies 2 Line Dancing w/Jackie	25 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group 12 CompulsiveEatersAnon 12:45 BINGO	26 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3	27 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Gena's Book Nook on YT	28 9 Wood Shop 10:30 What's Your Sign #2 11 Wilma Fullmer 1 Mixed Media Art #1 2 Line Dancing w/Jackie
31 10 Folk Dance in Studio 10 Leatherworking 12:45 Monday Movies 2 Line Dancing w/Jackie	1 FEBRUARY 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group 12 CompulsiveEatersAnon 12:45 BINGO	2 FEBRUARY 8 Silver Sneakers on FB 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3	3 FEBRUARY 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Gena's Book Nook on YT	4 FEBRUARY 9 Wood Shop 10:30 What's Your Sign #2 11 Wilma Fullmer 1 Mixed Media Art #1 2 Line Dancing w/Jackie

January 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:

Jan 3-4 Cream of Potato
Jan 5-7 Vegetable Beef
Jan 18-19 Chicken Noodle
Jan 20-21 Cream of Broccoli
Jan 31 Chicken Noodle

Salads:

Jan 10-14
Jan 24-28

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swedish Meatballs (39) Rice (21) Carrots (06) Orange (22) Fresh Baked Roll (16)	4 3 Bean Beef Chili (3) Seasoned California Blend Vegetables (18) Corn Chips (18) Cheese (22) Peaches (18) Brownie (23)	5 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	6 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	7 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)
10 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)	11 Three Cheese Tortellini with Bolognese Sauce (28) Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	12 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	13 Corn Chowder (22) Green Beans (11) Sliced Peaches (18) Fresh Corn Bread (33)	14 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Peas (11) Mixed Fruit Cocktail (8) Fresh Baked Roll (16)
	18 Cured Honey Baked Ham Scalloped Potatoes (13) Diced Beets (06) Corn Bread (33) Apple Sauce (08)	19 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	20 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese & Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	21 B Barbeque Chicken (03) Au Gratin Potato (19) Green Beans (2) Fresh Orange (22) Fresh Baked Roll (16)
24 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	25 Hearty Beef and Vegetable Stew (14) Seasoned Green Beans (2) Fresh Cornbread (33) Fruit Cocktail w/Jell-O (10)	26 Sloppy Joe (0) Fresh Hamburger Bun(15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)	27 Ziti Pasta with Meat Sauce (25) Green Beans (2) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	28 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)
31 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)		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.

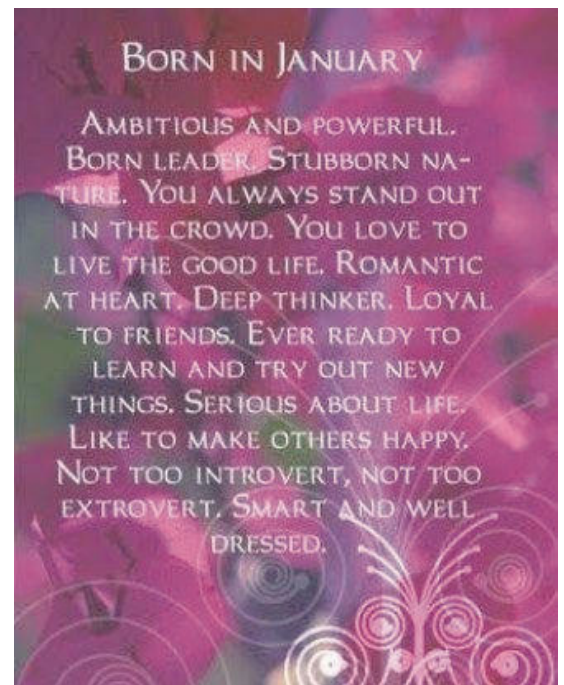
Lunch service begins promptly at noon.

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

January Birthdays

If you are not seeing your name on the birthday list it's
might be due to your membership being

1 Beth Walker	7 Ruby Dee Christensen	18 Lee McQuivey	26 Audrey Paulsen
1 Bill Wright	8 Cheryl Skousen	18 Lois Gray	26 Colleen Cranmer
1 Charlotte Hiskey	8 Clayton Glenn	18 Maria Zamora	26 Joann Bills
1 Ellinor Frank	8 Elaine Andersen	18 Olga Rodrigues	26 Robert Jenkins
1 Gareth Seastrand	8 Elaine Ewell	18 Oriya Webb	26 Russ Johnson
1 Helen Jackman	8 Elaine Anderson	18 Verl Mott	26 Verl Harward
1 Hung Huynh	8 Gary Webb	19 George Hurteau	27 Audrey Nelson
1 Joann Lambertsen	8 Kathy Leblanc	19 James Baiamonte	27 Francisco Ampueno
1 Mable Thompson	8 Sherma Clark	19 Joan Williamson	27 Hilo Romero
1 Majorie Patty	9 Antonio Delgado	19 Marian Hagen	27 Irene Feld
1 Marg Stokes	9 Elizabeth Covington	20 Nelson Dorny	27 Marian Bond
1 Marilyn Seamon	10 Dorothy Jones	20 Carla Giltner	27 Mavis Nybo
1 Marilyn Stubbs	10 Mercedes Rangel	20 Harry McKinley	27 Pat Dymock
1 Noreen Astin	11 Consuelo Roberts	20 Rafael Gonzales	27 Richard Rollins
1 Sharon Bird	11 Donna Frank	20 Steve Lengel	28 CharlieWardle
1 Warren Anderson	11 Rita Carrillo	21 Arlan Greening	28 Maisel Baker
2 Dennis Stay	12 Delmar Davis	21 Gladys Olson	28 Mark Bigler
2 Gillian Sullivan	12 Gloria Barnhouse	21 Rhoda Zobell	28 Richard Wood
2 Margaret Christensen	12 Jay Holbrook	22 Barbara Bowen	29 Donna Ashworth
2 Olive Webber	12 Mary Schleske	22 Bert Sheffer	29 Jewell Hansen
2 Vera Parmley	13 Agnes Palmer	22 Chris Smith	29 Marjorie Stocks
2 Von Stocking	13 Larry Macfarlane	22 Jim Ellis	29 Marylene Chrispim
2 Zona Kern	13 Nancy Sampson	22 John Lee	29 Thomas Carlile
3 Flo Bright	14 Carolyn Linville	22 Nancy Stubbs	30 Chris Fee
3 Gene Jackman	14 Doug Bowden	23 Angelina Pacheco	30 Stanley Ellison
3 Glenn Miller	14 Jo Anne Sharpe	23 Gloria Spencer	31 Angie Sanches
3 Gloria Kwong	14 Mellela Kelly	23 Jannet Ward	31 Karla Hughes
3 Judy Morin	14 Pamela Jespersen	24 Ann Gillis	31 Velva Merrell
3 Ray Bishop	14 Rod Crockett	24 Dwayne	
3 Sylvia Atkin	15 Deevere Mortensen	Case	
4 Arlene Hawkes	15 Jodean McCall	24	
4 Berni Mortensen	15 Marilyn Beck	Lauralee	
4 Emilie Harris	15 Pamela Appleton	Kirkman	
5 Kay Gardner	16 Gaile Sheffer	24 Ruth	
5 Keith Perkins	16 Linda Ward	Larsen	
5 Nobby Muranaka	16 Richard Peterson	25 Caryll	
5 R. D. Sperry	16 Terri Peterson	Bateman	
5 Reed Walker	17 Dixie Davis	25 Janet	
6 Jose Araujo	17 Elsa Lindley	Wright	
6 Norman Tong	17 Gary Wright	25 Kay	
7 Allen Burchfield	17 Inga Prussen	Dorius	
7 Anne Mortensen	17 Jean Chatwin	25 Leroy	
7 Elaine Carlile	17 Jianyi Zhang	Heaton	
7 Fae Crompton	17 Kitty Muranaka	25	
7 Lana Herre	17 Nolan Mangleson	Yvonne	
7 Lawrence Bowman	18 Jan Harper	Moore	





Constitution Alive!

John Hill will facilitate the Constitution Alive program that takes you right to Constitution Hall where the Founding Fathers worked so hard to create that documents that govern our great country. Tuesdays at 2 PM right after BINGO.

Open Sew

Each Tuesday from 9:30-3:30 will be an Open Sew in the new Quilting room downstairs where the old ceramics room was. Check out their new place and learn something new! Laura Bird will be available to answer any questions!



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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 ;))

Gift-card fraud losses reached a "staggering" \$148 million in the first nine months of 2021, when nearly 40,000 victims bought cards for criminals, federal officials warned on Dec. 8.

The Federal Trade Commission (FTC) [alert](#), issued during the busiest shopping season of the year, states that gift-card fraud losses from January through September surpassed those for all of 2020. The agency's warning highlights how Target has become the most popular destination for fraudsters.

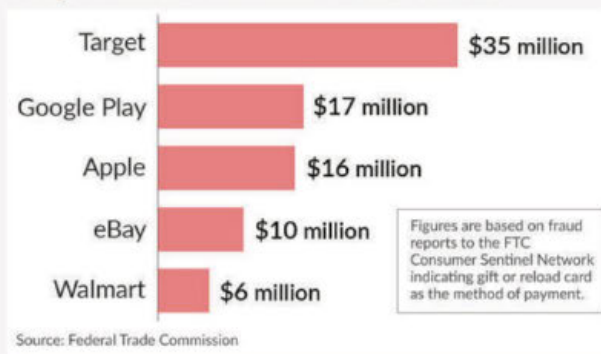
Target-branded gift cards represented \$35 million of all reported gift-card frauds, the most of any single brand. Losses resulting from card purchases at Target were much higher than for other brands popular with crooks: Google Play, Apple, eBay and Walmart.

Target was most often identified as the retail outlet swindlers instructed victims to buy gift cards from, regardless of whether the card being purchased was a Target card or another brand. Fraud victims also commonly were told to buy gift cards at Walmart, Best Buy, CVS and Walgreens, the warning states.

"Whenever someone demands to be paid with a gift card, that's a scam. It's just that simple," Emma Fletcher, an FTC program analyst, cautions in a [blog post](#). "Gift cards are for gifts, not for payments."

[Scammers favor gift cards](#) "because they are easy for people to find and buy," she adds. "Scammers can get quick cash, the transaction is largely irreversible, and they can remain anonymous."

5 Top Gift Cards Criminals Given in 2021



Figures are based on fraud reports to the FTC Consumer Sentinel Network indicating gift or reload card as the method of payment.

AARP
Target-branded gift card were most often purchased by victims of fraud this year in cases reported to the Federal Trade Commission. Next were Google Play, Apple, eBay and Walmart gift cards. Reported dollar losses are from January 1 - September 30, 2021.

Caregivers Meeting

Starting January 2022

Caregiver Meeting will be held at the
Orem Senior Center
93 N 400 E Orem, UT 84057

Meetings will be held the 1st Thursday of every month @ 2:00 PM
Refreshments will be served!

"I like to say that there are only four kinds of people in the world- those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."

-Rosalyn Carter



We hope to see you there!

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.

Tell your friends!

Lunch Donations Low



We are so fortunate to have the meal program at our center. Some things you may not know about it: **1)** It is a federally funded program (at this time). **2)** The cost of each meal is **\$6** but the Federal Government subsidizes \$3 of it. **3)** We ask for the remaining \$3 to be donated by you. **4) Our current donations per meal are \$1.49. (Last month was \$1.15)**

We hear so many rumors about the meal program, like, "It's free if you are over 80" or "My taxes have already paid for it" but these things are simply not true.

Please do what you can to donate for your meals. If you can't donate the full amount, do what you can. If you can donate more, THANK YOU, it will help someone who is less fortunate.

Not long ago the government subsidized the Ensure program. Donations were not as much as they should have been and now the government does not help with it. This and the meal program can be in danger of ending without your support.

 <p>A group of local Utah County businesses focused on helping & serving seniors</p> <p>www.GoldenAgeServices.com</p> <p>Follow us on Facebook @goldenageservicesUT</p>	<p>Senior Real Estate</p>  <p>Greg Padgett 801-875-7273</p>	<p>Senior Living Advisor</p>  <p>Rona Rahlf 385-422-2500</p>	<p>Mortgages/ Refinance</p>  <p>Miles Pitcher 801-235-0929</p>	
	<p>Estate Sales/ Downsizing</p>  <p>Wynnie Keegan 801-798-6263</p>	<p>"Golden Results for your Golden Years"</p>	<p>Mortuary/ Pre-Planning</p>  <p>Nanette Tanner 435-749-0881</p>	
	<p>In-Home Care</p>  <p>Holly Pokorny 801-363-1521</p>	<p>Health Insurance</p>  <p>Annelise Slack 801-380-1288</p>	<p>Financial Planner</p>  <p>Ruben Vilorio 801-890-7576</p>	





OSFC Grocery Shopping

One of the benefits of being a member of the Orem Senior Friendship Center is access to the food donations our partners have shared. Our volunteers have spent countless hours collecting these items, separating them, cleaning, dividing larger items into manageable things and then arranging them so beautifully on our donation tables for you to pick from. Without each of these steps we would not have these items to offer.

We are stewards of the items we have been given and through the agreements we have made with our partners, these items are expressly for the benefit of our senior members. There is plenty to share with our members as long as you only take what you need. We have experienced some abuse in the process by those picking up groceries and for that reason we have set forth a new policy (below) and ask all members to abide by the policy or lose their privilege of participating in this program.

1. **You must be a current member at the time you are picking groceries.**
2. **You may only get items for your household. Not for your kids, not for your neighbors, not for anyone other than your household.**
3. **Please bring your own bag.**
4. **Only one bag per household per day.**
5. **Do not remove any of the boxes holding produce. They are not offerings.**

Our store will open daily at 10 AM. There will generally be a volunteer attendant watching the tables. If they speak with you about taking too much your privileges will be suspended for one week. If we have to talk to you again about not following the rules your privileges will be removed completely.

If we find we have an overabundance of items we may choose to use them for BINGO prizes, prizes for activities or share them with other seniors or senior centers who are not as fortunate as we are. **This is our prerogative and keeps in line with our agreements.**

Thank you for helping us make this the best senior center in all the land!

BINGO RULES

BINGO is one of the highest attended and most anticipated activities we have at OSFC and we want it to continue and to be fun for everyone! Our prizes are donations and vary daily. There is usually plenty for each household to go home a winner.

- 1- Each player is allowed 2 BINGO cards. If that changes the BINGO officiator will let you know.
- 2- Nobody is allowed to go near, inspect, touch or remove items prior to winning and choosing that item.
- 3- You must hand in your card BEFORE picking up a prize.
- 3- Once you pick it up, it's yours. No givebacks!
- 4- DO NOT open the pizza boxes. The type of pizza is written on the box. Don't understand the writing? Just ask!

Failure to follow the rules will result in a 1 week suspension from playing BINGO. If we have to talk to you again you will permanently be banned from participating.





Wendy Sing transformed all of the ornamental flowers and shrub areas in her yard to be not only beautiful but edible. This transformation has provided her and her family plenty of fresh vegetables and fruit, items she can preserve to use through the year and even some winter garden boxes to keep some veggies going long after you put the garden to bed.

Learn from her experience in this timely and informative class. Fridays from 9:30-10:30 AM in classroom #1. Register at the office.



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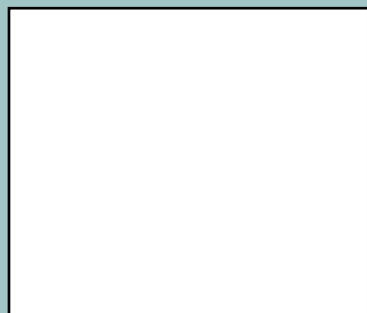
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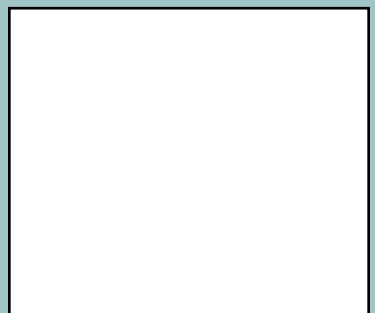
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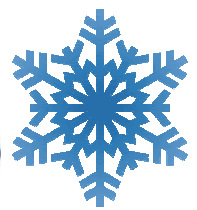
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Winter Wonderland



avalanche
 blanket
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 Christmas
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 December
 earmuffs
 February
 fireplace
 freeze
 freezing rain
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gloves
 hail
 Hanukkah
 heater
 hibernate
 hockey
 holidays
 hot chocolate
 ice fishing
 ice skates
 icicles
 igloo
 Jack Frost
 jacket

January
 Kwanzaa
 lunar new year
 melt
 migrate
 mittens
 New Year's Day
 quilt
 scarf
 shovel
 skiing
 sled
 sleet
 sleigh

slippery
 slush
 snowball
 snowboard
 snowdrift
 snowflake
 snowman
 snowmobile
 snowplow
 snowstorm
 sweater
 vacation
 Valentine's Day

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 much 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.

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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Yo hablo español.

HOW TO SET & ACCOMPLISH GOALS



01. MAKE IT SMARTER

Your goals need to be:

- S - specific*
- M - measurable*
- A - attainable*
- R - relevant*
- T - time-bound*
- E - evaluative*
- R - revisable*



02. WRITE IT DOWN

Write down your goals to clarify and strengthen your intentions.



03. BREAK IT DOWN

Break down your goals into small and manageable steps to overcome overwhelm.



04. HOLD YOURSELF ACCOUNTABLE

Hold yourself accountable by maintaining focus and discipline throughout your process.



05. REWARD YOURSELF

Rewarding yourself will help reinforce the positive actions you've taken so you can continue doing it.



06. DEVELOP SYSTEMS AND HABITS

Effective systems and habits make it easier for you to accomplish your goals on a regular basis.

A New You Begins Here

Everyone talks about making resolutions for the New Year and about 2 to 3 weeks in those are usually forgotten. We want to make it a bit easier.

There is research abounding that shows making small goals that can be accomplished in less time are much more doable and successful for those who are making goals.

What if we looked at 2022 in 12 chunks? (We can call them months if you want!) Have you thought about making a goal for each month? It doesn't have to be something huge, it can be something as little as practicing gratitude or getting enough sleep each night or even reading a new book.

As a way of coming up with things to improve it was suggested to come up with a word that you want to focus on. Some people call it the OLW project...One Little Word to focus on to make improvements. As a center we are going to choose this method and share ideas throughout the month to achieve our goal and we would love it if you want to join along!

For the month of January our OLW is Gratitude. It seems like we focus on Gratitude so much in November but if we take 30 full days to practice Gratitude at the first of the year, think about how that could affect the rest of your year!! You know, it takes 30 days to make something a habit. Let's see what we can do in 2022!