

Orem Senior Friendship Center
A New You in '22



Brent Whitlock Sings the Love Songs for Valentines Day

Make plans for you and your sweetheart to join us for a wonderful Valentine's Day program with Brent Whitlock singing the love songs on Monday, February 14, 2022. The crooning will begin at 11 AM followed by a special Valentine lunch.



Is Your Talent Award Worthy?

Our 7th Annual Grammy's Award Show is scheduled for Friday, March 25th and we are looking for nominees for the most prestigious award in OSFC history!

Our first Talent Share is scheduled for Thursday, February 24th. Please sign up to share your talent with us and most of all...plan to be here to enjoy the talent so when we vote, you will pick the best of the best! Can you sing a song? Play the piano? Dance? Tell Jokes? This is your chance to share!

We give you five minutes and you do the rest!

Forms at the office.

****This is also National Tortilla Chip Day and those who are here to watch the show will get chips and home-made salsa!!**

February 2022

Orem Senior Friendship Center

93 North 400 East

801-229-7111

Program Director: Gena Bertelsen
801-229-7110

Newsletter Highlights

Scams!

Talent Share

NEW Brilliant University

Orem Fitness Center

Phone.....801-229-7154

Connect With Us!!



Holiday Closures

Monday, February 21st
President's Day

TRIPS

Thrift Club Shopping Trip
Wednesday, February 16th
at 1 PM \$2



BRILLIANT UNIVERSITY

Offering Learning Experiences For A More Brilliant You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9:30-3:30 PM Open Sew <i>Learn New skills in your quilt making!</i> Laura Bird Quiltroom Downstairs</p>	<p>9:00-11:45 AM Watercolor Group Bring your own supplies. Guest Artists will be arranged by Berni Mortensen Classroom #1</p>	<p>10-11 AM Your Personal History: One Story At A Time <i>Now is the time to make your personal history tell your story.</i> Barbara Willes Classroom #2</p>	<p>9:30-10:30 AM Let's Think Spring <i>Learn how to make a beautiful, edible garden!</i> Wendy Sing Classroom #1</p>
	<p>10:00-11:00 AM Ukulele <i>Bring your own instrument or come enjoy the music!</i> Bart Kerstiens Classroom #3</p>	<p>11-11:45 AM Yoga <i>You can do this seated in a chair! Stretch, Strengthen and improve your flexibility!</i> Mirta Villar John Marinos Exercise Center Downstairs</p>	<p>11-11:55 AM I Love Literature <i>5 Beloved Books will be introduced by someone different each week.</i> Facilitated by Fran Reiser Classroom #2</p>	<p>10:30-11:30 AM What's Your Sign? <i>Learn about astrology, and how it can affect our relationships, work and family.</i> Kitty Bair Classroom #2</p>
<p>12:30-2:30 PM Monday Movies <i>Some of the best movies and a few new favorites. Free Popcorn included!</i> Classroom #2</p>	<p>11:00-11:55 AM Keto 101 <i>Want to lose weight, stabilize your blood sugar, reduce inflammation? This is your class!</i> \$10 Charge Tonya Johansen Vicki Olsen Classroom #1</p>	<p>1:00-2:30 PM Native American Style Flute <i>Learn to play the Native American Flute.</i> Rolayne Young Classroom #3 You need to have your own flute. See page</p>	<p>2:00 - 3:00 PM Mastermind Class <i>Learn the four pillars of mastering your mind!</i> Norman Tong Classroom #1</p>	<p>1:00-2:30 AM Mixed Media Art <i>Explore your inner artist with this creative class! Each week will have a fee.</i> Ila Strasburg & Kari Glahn Classroom #1</p>
<p>Classes begin Monday, January 24th and run through Friday, March 18th.</p>	<p>2:00-3:00 PM Constitution Alive <i>Learn about the Constitution and Bill of Rights</i> John Hill Classroom #2</p>			

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

February 7th Houseboat Cary Grant
February 14th Come September Rock Hudson, Sandra Dee, Gina Lollobrigida, Bobby Darren
February 28th Boy Did I Get A Wrong Number Bob Hope, Phyllis Diller

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

Every Tuesday and Thursday at 9 AM Sarah Poulsen 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!

Classes are downstairs.



Special Thanks to Jon Nebeker for sharing his vast knowledge and collection of old movies with us!

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

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Classes for everyone!

FOLK DANCE

Join Sarah Paulsen 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 can guide you on where to get one.

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

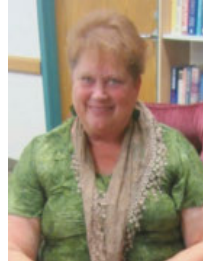
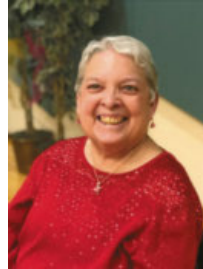
Join **Barbara Willes** as she helps you write your personal history, one story at a time every **Thursday 10-11 AM in classroom #2.**

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
<p>Don't miss our 15 Minute Pre Lunch Crunch, in the dining room. Be at your tables and ready to move to some fun music at 11:45 AM This short time frame is going to be a power punch of strengthening, movement and flexibility to improve every single aspect of your life! Not having lunch with us? Do this at home!</p>	<p>1 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</p>	<p>2 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3</p>	<p>3 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</p>	<p>4 4 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</p> 
<p>7 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>8 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</p>	<p>9 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3</p>	<p>10 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</p>	<p>11 9 Wood Shop 10:30 What's Your Sign #2 Wilma Fullmer on Organ 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>
<p>14 Valentine's Day 10 Folk Dance in Studio Brent Whitlock Singing 12:45 Monday Movies 2 Line Dancing w/Jackie</p> 	<p>15 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</p>	<p>16 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</p>	<p>17 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</p>	<p>18 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>
<p>21</p> 	<p>22 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</p>	<p>23 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3</p>	<p>24 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 11 Talent Share Chips & Salsa for those here by 11:15! 12:45 BINGO 2 Gena's Book Nook on YT</p>	<p>25 9 Wood Shop 10:30 What's Your Sign #2 Wilma Fullmer on Organ 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>
<p>28 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>1 MARCH 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</p>	<p>2 MARCH 9 Watercolor Group #1 11 Shaking the Family Tree with Kelli #3 11 YOGA 1-2:30 Native American Flute #3</p>	<p>3 MARCH 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</p>	<p>4 MARCH 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>

February 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:

Feb 1 Chicken Noodle
Feb 2-4 Cream of Potato
Feb 14-15 Vegetable Beef
Feb 16-18 Chicken Noodle

Salads:

Feb 7-11
Feb 22-25

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Veggies(12) Cottage Cheese & Fruit (12) Fortune Cookie (24)	2 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)	3 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	4 Birthday Meal video Kalua Pork (00) Hawaiian Rice (25) Peas and Carrots (14) Pineapple Tidbits (07) Brownie (23) Fresh Baked Roll (15)
7 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)	8 Three Cheese Tortellini w/ Bolognese Sauce (28) Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	9 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)	10 Hearty Beef and Vegetable Stew (14) Fresh Green Salad (02) Fresh Cornbread (33) Peaches (19) Chocolate Brownie (23)	11 Ziti Pasta with Meat Sauce (25) Steamed Broccoli (04) Fresh Garlic Roll (15) Orange (22) Brownie (23)
14 Valentine Meal Barbeque Chicken (03) Au Gratin Potato (19) Green Beans (2) Fresh Apple (28) Fresh Baked Roll (16) Valentines Cookie (16)	15 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	16 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	17 Three Bean Beef Chili (3) Seasoned California Blend Vegetables (18) Fresh Baked Roll (16) Apple (28) Cookie Bar (24)	18 BBQ Pulled Pork (03) Scalloped Potatoes (13) Seasoned Corn (02) Fresh Local Apple (28) Fresh Baked Roll (16)
 Presidents' Day	22 Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (15) Tropical Fruit (08)	23 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (02) Diced Pears in Jell-O (10)	24 Garlic Roasted Beef Round (0) Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (8) Fresh Baked Roll (16)	25 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)
28 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07) Cookie Bar (24)	<p>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.</p> <p>Last Month's donations were \$1.50/Meal</p>			

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.

February Birthdays

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

1 Barbra Mouna
1 Barney Walton
1 Dale Mackay
1 Judith Williamson
1 Linda Benson
1 Roger Jordan
2 Clifford Robb
2 Margaret Ayala
3 Becky Wright
3 Kay Peterson
3 Ken Hebert
3 Norman Marble
4 Douglas Wood
4 Marta Osorio
4 Scott Lyman
5 Charles Kallman
5 Esperanza Vega
5 Gerald Peterson
5 Kay Jones
5 Loren Sleight
5 Marion Briskey
5 Ramona Demery
6 David Tate
6 Donna Walker
7 Allen Swindler
7 Barb Murdock
7 Betty Hill
7 Consuelo Harris
7 Maria Bartley
7 Ralph M Day
8 Fern Sevy
8 Justina LiuL
8 Paulette Hance
9 Carolyn Crabb
9 Gary Houston
9 Leah Jespersen
10 Bonnie Anderson
10 Douglas Hinckley
10 Kathy Horning
10 Mary Murray
10 Thell Maxwell
11 Barbara Morgan
11 James Gilson
11 Linda Moody
11 Marilyn Neubert
11 Phillip Anderson

11 Robert Moody
12 Claude Hubbard
12 Max Garrett
12 Robert Crowley
12 Ruby Christensen
12 Susan Nuttall
13 Donald Foster
13 Jean Wendt
13 Joyce Tobler
13 Laraine Littleford
13 Ruth Duke
14 Ruth Cheever
15 Dottie Yeager
15 Doyle Harris

15 Sue Jerome
15 Vincent Nuccitelli
16 Ellen Pryor
16 Helen Hunden
16 Ivan Tidwell
17 Ann Petro
17 Betty Lewis
17 Colleen Pinegar
17 Dean Allen
17 Elaine Capps
17 Joan Edwards
17 Larue Gurr
18 Anneliese Allen
18 Connie Hodson

20 Colleen Bickmore
20 Ilamae Barker
20 Maria Diaz
21 Bill Baucom
21 Mary Taylor
21 Olive O' Mara
22 Donna Reid
22 Elaine Farrer
22 Frances Griffiths
22 Gene Brown
22 Wilma Fullmer
23 Gerald Curtis
23 Harold Mulvany
23 Ilse Kuehne
23 John Miller
23 Nancy Staley
24 Dorothy Dean
24 Kay Boley
24 Lavay Hansen
25 Doris Bates
25 Judy Clifton
25 Vona Kelley
26 Charlotte Wilson
26 Glen Smith
26 Jan Bee
26 Juanita Peterson
26 Roy Kendall
27 Dean Bennett
27 Deann Gines
27 James Pickens
27 La Dene Peay Clark
27 Larry Jones
27 Vicki Lynne Darais
28 Beverly Stolle
28 Candy Stetler
28 Frank Anderson
28 Lilo Schiel
28 Tuula Hoggard
29 Ivan Kunic
29 Terese Yost

People Born in February

- ♥ loves reality and abstract
- ♥ intelligent and clever
- ♥ changing personality
- ♥ quiet, shy and humble
- ♥ loves freedom
- ♥ loves aggressiveness
- ♥ too sensitive and easily hurt
- ♥ dislike unnecessary things
- ♥ daring and stubborn
- ♥ loves making friends

15 Evelyn Haines
15 Geneel Scott
15 James B Hansen
15 Karen Jeffs
15 Kay Sheppard
15 Larae Huber
15 Reed Wade

18 Jim Derricott
18 Kathleen Linzer
18 Leroy Fugitt
18 Ruth Isaacson
18 Bill Hess
19 June Durkin
19 Richard Cook

We love
this trait!



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 the 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!



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Bill Clough** to place an ad today!

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- Carbon Monoxide



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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 ;))

Is It Love or is it FRAUD?

One of the most common scams plaguing senior citizens is the absolutely amazing new boyfriend or girlfriend you found on a dating website. According to a Kiplinger magazine article, You get a message on an online dating site or through social media that says something like “Don’t you remember me? I’m your second-grade crush. You look so good,” The seducer may spend weeks or months building a relationship over phone and e-mail, then **ask for money—perhaps to help him or her travel to you or to deal with medical issues.** These are some of the most devastating victimizations. Some victims can lose hundreds of thousands of dollars—and the dream a scammer created for them.

While dating sites do have internal safety nets, if you message or email off of the dating site they can’t catch it. A new love interest trying to get you to do that could very well be a fraudster!

Caregivers Meeting

February 3rd, 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 \$1.50. (Last month was \$1.49)**

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>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>A group of local Utah County businesses focused on helping & serving seniors</p>	<p>Estate Sales/ Downsizing</p>  <p>Wynnie Keegan 801-798-6263</p>	<p><i>"Golden Results for your Golden Years"</i></p>	<p>Mortuary/ Pre-Planning</p>  <p>Nanette Tanner 435-749-0881</p>
<p>www.GoldenAgeServices.com</p> <p> Follow us on Facebook @goldenageservicesUT</p>	<p>In-Home Care</p>  <p>Holly Pokorny 801-363-1521</p>	<p>Health Insurance</p> <p>SeniorBenefits INSURANCE SERVICES</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.

HELP WANTED!

You can touch the lives of adults who need extra assistance to live independently in their own homes. Share friendship with frail older adults through...

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



BENEFITS

- ❖ \$200 Monthly stipend (Does not affect low-income housing, HEAT, food stamps, Social Security, etc.)
- ❖ Transportation reimbursement
- ❖ Meal or meal reimbursement
- ❖ Vacation, sick and holiday pay
- ❖ The satisfaction that comes from serving others

REQUIREMENTS

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

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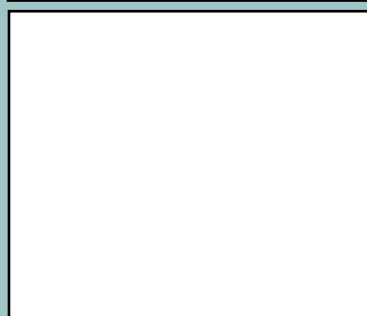
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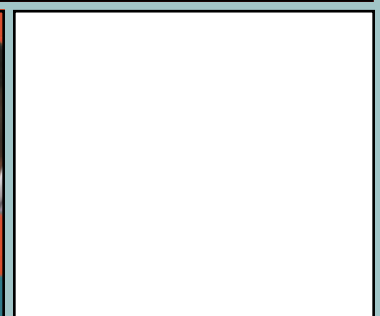
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 Tuxedo
 Valentine


HAPPY VALENTINE'S DAY!

Chicken Scratch NY




G K N I P W L S B Z T N V X M J U D
 E Z N K L P H P B T N F R G Y S C Z
 R O M A N T I C Y U Y O F I T F F E
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be my
VALENTINE
 WORD SCRAMBLE!



PICDU _____
 SHRATE _____
 RATTWEEESH _____
 EB NEMI _____
 BARREYUF _____
 ESSOR _____
 CRANMOE _____
 ELATOHCOE _____
 NIVEENALT _____
 SHGU & SKIESS _____
 RESLOWF _____
 TEQOBUU _____
 WAROR _____
 OLEV DRIBS _____



28 WAYS TO CELEBRATE
February

- 1 PLAN A WEEK'S WORTH OF VALENTINE'S DAY OUTFITS
- 2 MAKE HOMEMADE PASTA FOR DATE/FAMILY FUN NIGHT
- 3 TRY AN OUTDOOR DINING IGLOO AT A LOCAL RESTAURANT
- 4 GIVE YOURSELF A VALENTINE'S DAY MANI AND PEDI
- 5 GET YOUR HEART PUMPING THIS AMERICAN HEART MONTH
- 6 PREPARE BREAKFAST IN BED FOR YOUR PARTNER
- 7 WATCH THE SUPERBOWL AND MAKE TONS OF APPETIZERS
- 8 CLEAN OUT YOUR COMPUTER DAY! DELETE + BACKUP
- 9 EAT PIZZA FOR DINNER FOR NATIONAL PIZZA DAY
- 10 TREAT YOURSELF TO A BOX OF FOREVER ROSES
- 11 PICK A CLEAR NIGHT TO GO STAR GAZING
- 12 PLAN A VALENTINE GIRL'S DAY AT THE MALL
- 13 EXPLORE A COUPLES JOURNAL WITH YOUR PARTNER
- 14 SHOW LOVE IN SMALL WAYS THIS VALENTINES' DAY
- 15 FIX A CUP OF WARM COMFORT
- 16 MAKE PURPLE/GREEN/GOLD CUPCAKES FOR MARDI GRAS
- 17 SPREAD KINDNESS FOR RANDOM ACT OF KINDNESS DAY
- 18 TRY A NEW BOTTLE OF WINE FOR DRINK WINE DAY
- 19 MAKE SOME TREATS TO DROP OFF AT FRIENDS'
- 20 HOST A VALENTINE'S DAY BRUNCH WITH YOUR POD
- 21 READ TAROT OR SEND CARDS FOR CARD READING DAY
- 22 DO A ROMANTIC DOUBLE-FEATURE MOVIE NIGHT
- 23 ASSEMBLE A SWEETS BOARD WITH VDAY CANDY & TREATS
- 24 PLAN A WINTER BONFIRE WITH FRIENDS (+ HOT COCOA!)
- 25 TAKE A POLAROID CAMERA AND EXPLORE A METROPARK
- 26 TODAY IS TELL A FAIRY TALE DAY
- 27 HOST A VDAY BAKING/CRAFT DAY
- 28 ORDER A DIY FLOWER BOX FOR FLORAL DESIGN DAY

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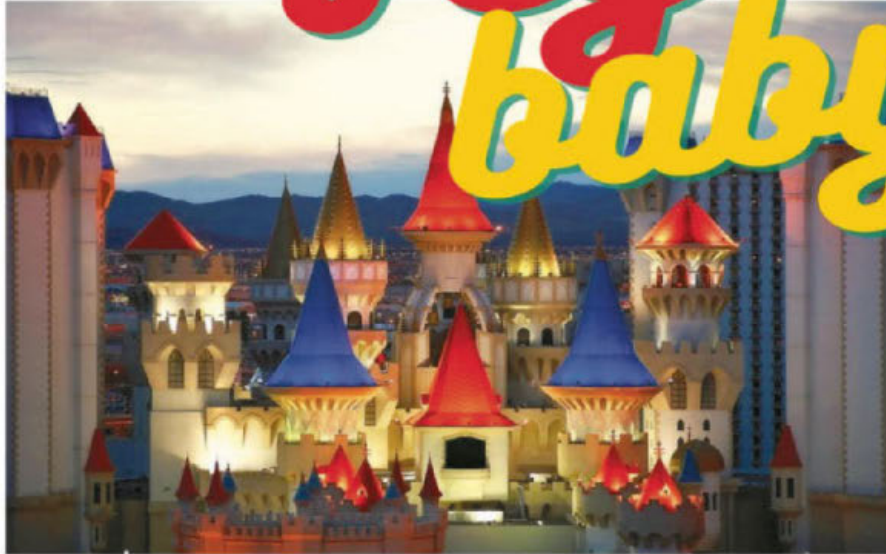
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