



**Orem Senior Friendship Center**  
93 North 400 East  
**801-229-7111**

**May 2022**

## **URGENT: Meal Program Changes**

The congregate meal program that provides lunches for homebound older adults as well as those who congregate at senior centers is in danger due to low donations for meals eaten. In an effort to try to save this valuable program MAG has made some temporary changes as listed here that will take place May 1st:

- Meals will be offered Tuesday thru Friday. No more Monday meals unless each center does it on their own.
- Each center now has a cap of how many patrons can be served each day. OSFC's cap is 50 meals.
- Patrons can reserve lunch up to one week in advance.

With these new directives we ask you to be patient with us as we navigate through these waters and try to provide you with the best service we can offer. We also plead with you to make whatever donation you can and to consider donating more if you are able.

While the meal is so important and for many could be the only hot meal they get each day we want to punctuate the social aspect of gathering for lunch with your friends. Whether you are bringing your own lunch or eating the offered meal here we hope you will make it a priority to continue to gather together!

**Meals offered by our center have a \$5 charge that must be paid upon ordering meal.**

## **You Bet Your Horses; Our 1st Derby!**



Paying homage to The Kentucky Derby we will host our own Run For the Roses on Friday, May 6th at 11:00 am. Come dressed in your Derby attire, we are looking for the best hat for women and the best bowtie for men.

Come prepared to choose which horse you think will win and then choose the winning table to sit at. Everything could win you a prize! Register at the office. **Special thanks to Steve and Kathy Thurgood for helping our Derby Dreams come true!**

Program Director: Gena Bertelsen  
801-229-7110

### **Newsletter Highlights**

**Meal Program in Trouble**  
**Run For the Roses**  
**Vegas Highlights**  
**Scams!**

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



**Facility Closures**  
**May 30th Memorial Day**  
**June 10th Summerfest**  
**June 20th Juneteenth**  
**July 4th Independence Day**

### **Fun May Holidays**

- 5- Cinco De Mayo
- 8- Mother's Day
- 11- Receptionists Day
- 13- Blame Someone Else Day
- 21- Do Dah Day
- 26- National Paper Airplane Day
- 30 Memorial Day

**OSFC TRIPS**  
**Thrift Club Shopping**  
**Trip**  
Wednesday, May 18th  
at 1 PM \$2

# Vegas Trip Was a Winner



52 of our friends had a fantastic time in Vegas last month. We went to three different shows; The Mentalist, Menopause and Donny Osmond. Our group even got to meet Donny after his show! Money was lost and won, laughter and singing abounded and friendships were strengthened



# Monday Movies

12:45 in the Theater

May 2nd <b>Sea Biscuit</b> Diane Lane
May 9th <b>40 Little Mothers</b> Eddy Canter
May 16th <b>My Brother the Pig</b> Scarlett Johanssen Eva Longoria
May 23rd <b>Danny Deckchair</b>

# 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.



<p><b>GROW YOUR BUSINESS</b></p> <p>BY PLACING AN AD HERE!</p> <p><b>CONTACT US!</b></p> <p>Contact Bill Clough to place an ad today! wclough@lpicommunities.com or (800) 950-9952 x2635</p>	<p><b>Place Your Ad Here and Support our Community!</b></p> <p>Instantly create and purchase an ad with</p> <p><b>AD CREATOR STUDIO</b></p>  <p><a href="http://lpicommunities.com/adcreator">lpicommunities.com/adcreator</a></p>
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# SUPPORT OUR ADVERTISERS!



# 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

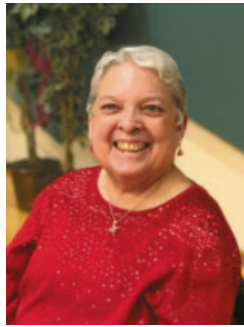
Join **Barbara Willes** as she helps you write your personal history, one story at a time every **Thursday 10-11 AM in classroom #2.**

Register at the office.

### Mixed Media Art with Illa

Invest in that inner artist with this fun class where Illa will 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>2</p> <p>10 Folk Dance in Studio 12:45 Monday Movies 2 Line dancing cancelled today!</p>	<p>3</p> <p>9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop Ron Roberts on Piano 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>4</p> <p>9 Watercolor Group #1 11 YOGA 1-2:30 Native American Flute #3 2 Gena's Book Nook on YT</p>	<p>5</p> <p>9 Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop</p> <p>10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP John Nebeker Spinning Vinyl 12:45 BINGO</p> <p>2 Caregiver Support Group</p>	<p>6 Run for the Roses</p> <p>9 Wood Shop 10:30 What's Your Sign #2 11 Run for the Roses event! 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>
<p>9</p> <p>10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>10</p> <p>9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>11</p> <p>9 Watercolor Group #1 11 YOGA 1-2:30 Native American Flute #3 2 Gena's Book Nook on YT</p>	<p>12</p> <p>9 Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO</p> <p>2 Be Smarter Than Your Phone w/ Golden Age Services</p>	<p>13 Birthday Meal</p> <p>9 Wood Shop 10:30 What's Your Sign #2 11:30 Wilma Fullmer 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p> 
<p>16</p> <p>10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>17</p> <p>9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>18</p> <p>9 Watercolor Group #1 11 YOGA 1 Thrift Club Trip to Surprise! 1-2:30 Native American Flute #3 2 Gena's Book Nook on YT</p>	<p>19</p> <p>9 Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO</p> <p>2 Parkinsons Support Group</p>	<p>20</p> <p>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>23</p> <p>10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>24</p> <p>9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>25</p> <p>9 Watercolor Group #1 11 YOGA 1 Life Support Group #2 1-2:30 Native American Flute #3 2 Gena's Book Nook on YT</p>	<p>26</p> <p>9 Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO</p>	<p>27</p> <p>9 Wood Shop 10:30 What's Your Sign #2 11:30 Wilma Fullmer 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>
<p>30</p> 	<p>31</p> <p>9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 12 CompulsiveEatersAnon 12:45 BINGO</p>		<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>	

# May 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:**

**May 10 –Vegetable Beef  
 May 11-13 Chicken Noodle  
 May 24 Cream of Broccoli  
 May 25-27 Cream of Potato**

**Salads:**

**May 2-6  
 May 16-20  
 May 31**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey Sandwich Chips Fruit salad with cottage cheese	3 Pasta Bake with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	4 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (11)	5 Oven Roasted Pork (00) Au Gratin Potato (19) Seasoned Green Beans (02) Apple Sauce (19) Fresh Baked Roll (16)	6 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Orange (11) Mixed Vegetables (12) Fresh Baked Roll (15)
9 Baked Potato w/ Butter & Sour Cream Diced Ham/ Shredded Cheese/ diced Onion Steamed Broccoli Mandarin Oranges	10 Teriyaki Chicken Bowl (08) Steamed Rice (21) Fresh Steamed Broccoli(04) Pineapple (28) Fresh Baked Roll (15) Chocolate Chip Cookie Bar (15)	11 Kalua Pork (00) Hawaiian Rice (25) Peas (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	12 Sloppy Joe (03) Fresh Baked Bun (15) Hot German Potato Salad (19) Corn (02) Diced Peaches (19)	13 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)
16 Baked Ziti Green Salad French Bread	17 Malibu Chicken w/Honey Mustard Sauce (08) Scalloped Potatoes (22) Seasoned Corn (02) Fresh Baked Roll (16) Mandarin Oranges (11)	18 BBQ Pulled Pork (00) Au Gratin Potato (19) Seasoned Corn (02) Cinnamon Applesauce (28) Fresh Baked Roll (16)	19 Shepherd's Pie (79) Seasoned Peas (11) Pears (12) Fresh Baked Roll (16) Chocolate Brownie (23)	20 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Baby Potatoes (15) Peas (11) Applesauce (19) Fresh Baked Roll (16)
23 Taco Salad W/ lettuce, Meat, shred- ded cheese, diced toma- toes, sliced olives, sour cream, salsa, tortilla chips.	24 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Sliced Peaches (18) Garden Green Salad (02) Fresh Baked Brownie (23)	25 Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Diced Pears in Jell-O (33)	26 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	27 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Fresh Apple (28) Cookie Bar (15)
	31 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)	Meals in yellow are offered by our center for \$5 and must be paid when ordering. There is not a cap for how many we can serve on these meals.		

**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.**



# May Birthdays

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

1 Carma Rae Hamilton	11 Connie Hansen	20 Magda Pacheco	25 Sharon Simmons
1 Harry McCormick	11 Elvira Benavides	20 Margaret Ely	26 Colleen Bement
1 Lee Cox	11 Joanne Lesser	20 Roger Farley	26 Joyce Gibbons
2 Barbara Baxter	11 Liliane Kuonen	20 Sharon Killpack	26 Tommy George
2 Billy L Williams	11 Peggy Klemetson	20 Wayne Herlin	27 Betty Clark
2 Emma Whitnah	12 Jenell Bendall	21 Carma Barlow	27 Ciaglo Yukiko
2 Paul Ginestar	12 Lilian Allred	21 Gayla Muir	28 Dean Benson
2 Tom McClure	12 Mary Dawn Nuzman	21 Lil Morrison	28 Donna Brown
2 Zella Morrow	12 Vernessa Valdez	21 Marcia Schweppe	28 Louie Notarianni
3 Florance Anderson	13 Anna Ciano	21 Richard Baker	28 Margene Shumway
3 Joseph Eldredge	13 Keith Whatcott	22 Arlene Andrus	28 Shirl Finch
3 Duane Bunnell	13 Marge Rose	22 Karol Gleave	28 Tammy Ely
3 Virginia Chen	13 Patricia Love		
3 Virginia Randquist	14 Emily Spellman		
4 Arlin Kuhni	14 Gary Dayton		
4 Ethel Millar	14 Sue Winmill		
4 Kenneth Ralphs	14 Uleda Gause		
4 Shirlee Long	14 Verda Watkins		
4 Steven Smith	15 Muriel Freeman		
5 Diane Wilson	15 Nancy Brooks		
5 Florence Draper	16 Don Robertson		
5 GraceBerrett	16 Joan Mackay		
5 Janet Chamberlain	16 Margaret Black		
5 Jay Rigby	16 Mark Farrer		
5 Max Holbrook	16 Virginia Albanese		
6 Annette Penrod	17 Charles Fillmore		
6 Doug Johnson	17 Earl Schleske		
6 Janet Burton	17 George Sansom	22 Robert Daynes	29 Dorothy Stubbs
6 Myrna Watts	17 Kenneth Larsen	22 Walter Sudweeks	29 Joseph Hamilton
6 Preston Merrill	17 Kent Young	23 Dalee James	29 Mamie Rubio
6 Vern Garry	17 Margarete Hlawatschek	23 Lee Clark	29 Nancy Nielson
7 Diane Daley	17 Marsha Wind	23 Marilyn Powell	29 Stephen Rawlins
7 Laura Naumann	17 Vickie Wishon	23 Pat Benson	29 Tony Earl
7 Richard Moscrop	18 Dale Keim	23 Patty Huillet	29 Vaunda Thomas
7 Sherrie Atkinson	18 Garry Dymock	24 Angie Rodregues	30 Donna Pead
8 Allan Rollins	18 Harriet Steele	24 Mirl Jennings	30 Gena Bertelsen
8 Deanna Taylor	18 Jeanine Cox	24 Orval Skousen	30 George Whitworth
9 Bevan Wright	18 Ruby Williams	24 Preston Davis	30 Marla Walker
9 Jack Huber	19 David Walch	25 Carolyn Hacking	30 Nancy Villaverde
9 Jack Ledyard	19 Dawn Elliott	25 Dixie Lollar-stowe	30 Tom Greer
9 Jennie Kallunki	19 Janice Nelson	25 Elaine Lires	30 Verdon Shaw
9 Joan Hahn	19 Marie Bird	25 Jill Henrie	31 Clare Johnson
10 ClaraPark	20 Arthur Clarke	25 Kenneth High	31 Ethel Stan
10 Roger Nielson	20 Carolyn Walker	25 Leon Przybyla	31 Melinda Berbert
10 Ruth A Durrant	20 Della Jones	25 Raquel Peery	31 Patty Miller
10 Stanley Klemetson	20 Ella May Sawyer	25 Rose Ortega	31 Roland Crenshaw

*May*

extreme understanding  
physically attractive  
pragmatic  
charming  
courageous  
strong-willed  
mentally strong  
zealous and energetic  
assertive and confident  
hardworking and highly motivated





# 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!



## Seniors Qualify For These Discounts!

We all love to go out and enjoy ourselves. But did you know that you can earn discounts just by having fun? If it sounds too good to be true, think again. We've gone ahead and put together a list of fun entertainment options that offer discounts to seniors.

- AMC Theaters: 30% for seniors 60+
- Regal Cinemas: 30% off for seniors 60+
- Kindle E-Books: AARP members save 50% off
- Ticketmaster: Seniors 65+ enjoy reduced prices on tickets (discount varies per ticket)
- US Museums: Seniors 50+ enjoy discounts and special offers at museums. (discount varies depending on museum)

**GROW YOUR BUSINESS BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Bill Clough to place an ad today! [wclough@lpicommunities.com](mailto:wclough@lpicommunities.com) or (800) 950-9952 x2635




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Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help.

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- Meals & Nutrition
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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](http://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 ;))

Orem dispatch center has been receiving a large number of calls from people who have received calls or voicemails from someone claiming to be an officer with the Orem Police Department. **These calls are scams** and we do not call people and try to collect fines or warrants, which don't exist, over the phone. We also do not collect donations over the phone for equipment of parties.

Be careful when someone calls to collect money and they want you to pay over the phone or with a gift card of some kind, these are ALWAYS going to be scam calls. When in doubt verify with us if an officer is trying to get money from you, as this is not our practice.

# Caregivers Meeting

**May 5th, 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!**



Tara Joyner from Dignity Home Health and Hospice will be facilitating the meeting.

**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!**





**Did you know? Each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time.**

## Throwback Thursday on Facebook and Instagram

If you are like most people on this crazy spinning globe you like to remember the good 'ol days by looking at pictures that bring back the fond memories you have.

Every Thursday at 7:00 pm we will post a Throwback Thursday full of pictures and memories for you to reminisce with. Make sure you follow us on Facebook at [www.facebook.com/OremSeniorCenter](http://www.facebook.com/OremSeniorCenter) or on Instagram by searching for Orem Senior Friendship Center so you don't miss one second of it!

 <p>A group of local Utah County businesses focused on helping &amp; serving seniors</p>	<p>Senior Real Estate</p>  <p>Tracy Padgett 801-687-2127</p>	<p>Estate Attorney</p>  <p>Blaine Edwards 801-748-1868</p>	<p>Reverse Mortgages/ Refinance NMLS 2019539</p>  <p>Keith Payne 801-235-0929</p>
	<p>Estate Sales/ Downsizing</p>  <p>Wynnie Keegan 801-798-6263</p>	<p><b>"Golden Results for your Golden Years"</b></p>	<p>Mortuary/ Pre-Planning</p>  <p>Nanette Tanner 385-325-3131</p>
<p><a href="http://www.GoldenAgeServices.com">www.GoldenAgeServices.com</a></p> <p> Follow us on Facebook @goldenageservicesUT</p>	<p>In-Home Care</p>  <p>Lynn Long 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 this new policy 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!
- 5— DO NOT argue with the volunteers and staff about prizes.

**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

*Seniors Serving Seniors  
Making Independence a Reality!!*

#### JOIN SENIOR COMPANIONS

151 South University, Suite 2200  
Provo, Utah 84601  
**Call 851-7767**



Part of the National Senior Service Corp. — Sponsored by Utah County Government.

[www.utahcountyhealth.org/seniorcompanions](http://www.utahcountyhealth.org/seniorcompanions)



**Do you like  
Puzzles?  
Want to Make  
New Friends?**  
Carol Beesley

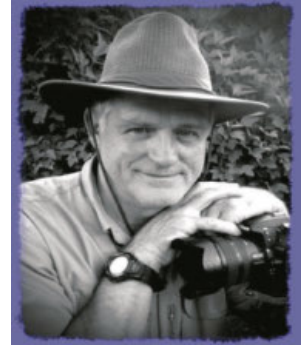


## LIFE SUPPORT GROUP

Rocky Mountain Home Health and Hospice is sponsoring a monthly Life Support Group here at our center **1:00 PM** in classroom #2 the fourth-Wednesday of each month.

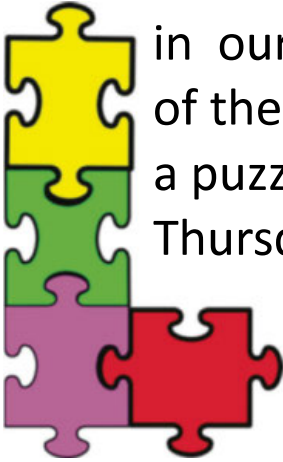
**May's class will  
be on the 4th!**

Bill Cox, Chaplain and SSW, has over 10 years of experience facilitating support groups in the community. This is NOT therapy. It will be educational in nature as well as a place to share, if you are comfortable.



Bill will get the conversation started and will also have some great tips and coping skills as you navigate through the loss of a loved one, a relationship, a job, a pet or ANY kind of loss in your life. **Please register for this group at the office.**

is inviting you to join her in our Library (right side of the lobby) to work on a puzzle together every Thursday at 10:00 am.



Sign up at the office!

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& WHEELER**  
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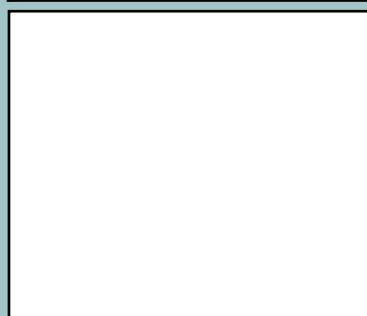
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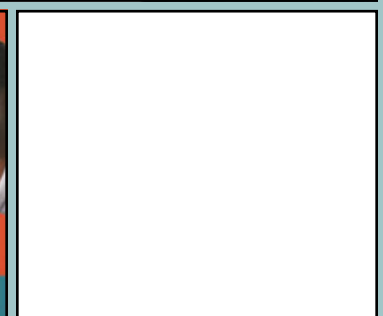


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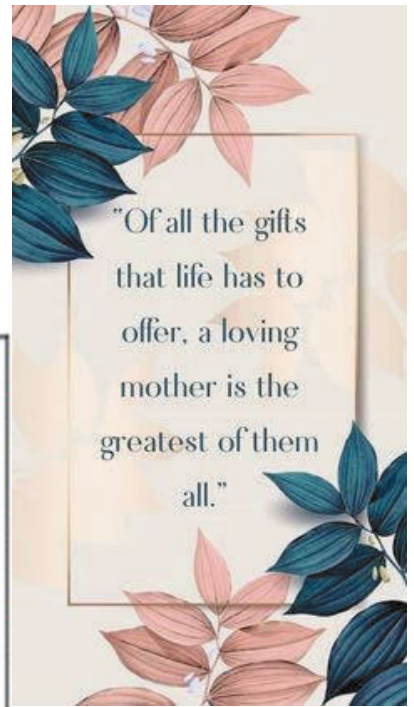
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# Mother's Day

Second Sunday of May



"A mother is the truest friend we have, when trials heavy and sudden fall upon us; when adversity takes the place of prosperity; when friends desert us; when trouble thickens around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts."

-Washington Irving

*Happy*

*Mother's Day*



APPRECIATION  
BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL  
MOM  
MOTHER

NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER  
THE BEST  
WARM  
WISE



# Congratulations to our new OSFC Senior Commissioners!

Our new Orem Senior Citizen Commission was appointed at the April 12th City Council Meeting and is ready to get to work serving the patrons of our center.

Joyce Ottens will be serving at the Chairman, Kathy Thurgood as the assistant chair and rounding out the board with Craig Huish, Sarah Paulsen and Verl Hooley.

If you ever have questions, concerns or compliments that you would like them to bring to our board meetings feel free to visit with them. They are here to serve you.



Joyce Ottens



Kathy Thurgood



Craig Huish



Sarah Paulsen



Verl Hooley

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**801-541-5794**  
**(TTY: 711)**

Monday – Friday  
8 a.m. – 5 p.m.  
Yo hablo español.

# KENTUCKY DERBY 101

## WHAT TO TALK ABOUT: DERBY PARTY TRIVIA

### THE MOST EXCITING TWO MINUTES IN SPORTS

The Kentucky Derby's nickname, referring to the approximate time it takes for the winning horse to get from the starting gate to the finish line



400  
The number of roses in the winning horse's garland, the rose being the official flower of the Kentucky Derby since 1904

### HALF A TON

Amount of fresh mint used in mint juleps sold at the Kentucky Derby every year



SOLID GOLD  
What the trophy that goes to the winning horse's owner is made of (half-size silver replicas go to the jockey, the breeder and the trainer)

## WHAT TO KNOW: RACE DAY BASICS



**The Horses**  
20 three-year-old thoroughbred horses compete



**The Track**  
1 1/4 miles of dirt racetrack



**The Location**  
Churchill Downs in Louisville, Kentucky



**The Date**  
First Saturday in May



**The Purse**  
\$2 million



**The Betting**  
Win: horse comes in 1st  
Place: horse comes in 1st or 2nd  
Show: horse comes in 1st, 2nd or 3rd

## WHAT TO WEAR: DERBY'S BEST DRESSED

Dress up in colorful pastels topped with eye-catching hats and you're off to the races!

### THE LADY



#### THE DRESS

The founder of the Derby modeled the event after European races, where attendees were typically high class and dressed to the nines. Today, ladies don classic spring dresses in pretty solids or prints.



#### THE HAT

A showstopping hat or fascinator (headwear often featuring netting, flowers and/or feathers) is Derby de rigueur.

**THE BAG**  
Cute little purses finish your look and feel spring-fresh in straw or fabric.



### THE GENTLEMAN

#### THE BOW TIE

If ever there was an occasion for a bow tie, the Derby is it. But necktie or bow, Derby-themed prints are a sure bet.



#### THE JACKET

A navy sport coat with gold buttons is a classic, while blue-and-white seersucker ups the fun factor. Want to really make heads turn? Get decked out in a bright pastel print for the win.



#### THE HAT

A straw boater or other old-school hat (think fedora or bowler) caps off any dapper Derby look.

