

June 2022

Orem Senior Friendship Center

93 North 400 East

801-229-7111

Program Director: Gena Bertelsen
 801-229-7110

Newsletter Highlights

Scams!

**New Zodi-Yak Column
 Derby Recap**

Orem Fitness Center

Phone.....801-229-7154

Connect With Us!!

Flamingo-Palooza

One of our favorite events of the year is the celebration of our OSFC Mascot the beloved Flamingo on National Flamingo Day, June 23rd. We will have games and prizes inside this year and hope that you will wear your best Flamingo Outfit to see if you are voted the "Flamingo-Palooza" winner.

Our lunch will be BBQ chicken legs, Debbie's famous potato salad, veggies and dip, a watermelon wedge and a cookie. This is a meal made in-house and the cost is \$5, prepaid.



American Rhythm Folk Ensemble to Perform

The American Rhythm Folk Ensemble of Provo is preparing for an international tour and will be performing their amazing show HERE on Tuesday, June 14th at 11 AM. Don't miss a second of this riveting performance as they do a wide variety of American folk dances and singing to a live band!

Facility Closures
 May 30th Memorial Day
 June 10th Summerfest
 June 20th Junteenth
 July 4th Independence Day
 July 11-25th for Painting and Pioneer Day.

TRIPS

Thrift Club Shopping Trip
 Wednesday, June 15th at 1 PM

\$2





Gemini: (May 21-June 20)

The Twins ruled by Mercury, the messenger.

True to your sun sign, you are a talker, a communicator who is quick with words, thoughts and actions. Gemini people do not sit back and watch the scenery go by, they want to be part of the scene on stage playing all the parts. Basically, your nature is restless, always on the move. You enjoy having two or more of everything, hobbies, jobs, careers, lovers. Not only are you a collector of many things, you surround yourself with things that keep you busy. Often, that busyness gets the best of you as you spread yourself and time too thin. Thus, many tasks or projects do not get completed before you are on to the next.



*Learn more
about yourself
during your
birthday month!*

Your restlessness gives you a wanderlust for a change in scenery. Routine and monotony are two things you dread,

And you will go to any lengths to avoid them. Your occupations must not tie you down, or have a boring routine. You need variety and random activity. Like a butterfly flitting about the garden you enjoy traveling short distances and exploring new territory. While doing so, you gather new information and meet new people with whom you have conversations about anything and everything that comes to mind. This energizes you to keep going. You may be a writer, maybe not lengthy novels, but notes, emails and text messages. The telephone is your major means of communication which you use often and have lengthy conversations. You are attracted to people who will listen and join in the conversation. That's real communication!

Gemini is a perpetual student with an intelligent open mind for learning. When talking with people you are always asking questions. One question leads to another and soon you are inputting new information which widens your interest in the subject and the people. This interest in others is your secret charm. As a result you are an enthusiastic people manager. A combination of the gifts of speaking, writing, self expression make you a success with the public. You are admired for your talent with words and sense of humor.

Change is a keyword to your happiness. What you value most is freedom to pursue your interests and talents. You react instantly to new situations but because you are so keenly attuned to all that is going on around you, your temperament may be short on nerves. Though you give off sparks of energy, excitement and charm, inside you may feel wound up tightly like a spring. Others are fascinated by your enthusiasm for a project but if it drags out too long you may be bored with it before it is finished. In your relationships you are very giving, but you also need time for yourself. ❤️

Monday Movies

12:45 in the Theater



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!

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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

Illa has made some fun plans for classes this month with help from Deann Gines. Don't miss out on !



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!</p> <p>Not having lunch with us? Do this at home!</p>		<p>1 9 Watercolor Group #1 11 YOGA 1-2:30 Native American Flute #3</p>	<p>2 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Puzzles with Carol 10 Personal History #2 12:45 BINGO 2 Caregiver Support Group 2 Gena's Book Nook on YT</p>	<p>3 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 2 Line Dancing w/Jackie</p>
<p>6 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>7 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 9:30-11:30 Thrift Shop Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>8 9 Watercolor Group #1 11 YOGA 1-2:30 Native American Flute #3</p>	<p>9 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 12:45 BINGO 2 Gena's Book Nook on YT</p>	<p>Closed for Summerfest</p>  <p>SUMMERFEST</p>
<p>13 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>14 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 9:30-11:30 Thrift Shop 11 American Rhythm Folk Ensemble Show 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>15 9 Watercolor Group #1 11 YOGA 1 Thrift Club Trip 1-2:30 Native American Flute #3</p>	<p>16 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 12:45 BINGO 2 Parkinsons Support Group 2 Gena's Book Nook on YT</p>	<p>17 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1-2:30 Art with Illa 2 Line Dancing w/Jackie</p>
<p>20 CLOSED</p> 	<p>21 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 9:30-11:30 Thrift Shop 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>22 9 Watercolor Group #1 11 YOGA 1-2:30 Native American Flute #3</p>	<p>23 Flamingo Day 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 11 Flamingo-Palooza 12:45 BINGO 2 Gena's Book Nook on YT</p>	<p>24 9 Wood Shop 10:30 What's Your Sign #2 Wilma Fullmer on Organ 1-2:30 Art with Illa 2 Line Dancing w/Jackie</p>
<p>25 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>26 9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 9:30-11:30 Thrift Shop 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>27 9 Watercolor Group #1 11 YOGA 1 Life Support Group 1-2:30 Native American Flute #3</p>	<p>28 9 Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 12:45 BINGO 2 Gena's Book Nook on YT</p>	<p>29 9 Wood Shop 10:30 What's Your Sign #2 1-2:30 Art with Illa 2 Line Dancing w/Jackie</p>

June MENU



Meals in **YELLOW** column are made in-house and cost \$5 prepaid.

Soup with Turkey Sandwich:

June 6-7 Vegetable Beef
 June 8-10 Chicken Noodle
 June 20-21 Cream of Broccoli
 June 22-24 Chicken Noodle

Salads:

June 1-3
 June 13-17
 June 27-30

Monday	Tuesday	Wednesday	Thursday	Friday
Please do your part by making the meal donation for each meal. Donate by the day, week or month. There is a donation box on the wall by the office, pay at the desk or put your donation in an envelope and mail it to MAG.		1 Sloppy Joe (03) Fresh Baked Bun (15) Potato Salad (19) Pork and Beans (25) Oranges (22)	2 Creamed Chicken over White Rice (30) Seasoned Peas (18) Fresh Baked Rolls (16) Apple Crisp (28)	3 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Mandarin Oranges (08)
6 Blueberry Pancakes Blueberry Compote Whipped Cream Sausage Scrambled Eggs	7 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (11)	8 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Cottage Cheese and Mixed Fruit (13) Brownie (23) Roasted Corn (14)	9 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Mixed Fruit in Jell-O (22)	10 CLOSED 
13 Grilled Ham & Cheese Sandwiches Tomato Cucumber Salad Chips	14 Pasta Bake with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	15 Teriyaki Chicken Bowl (08) Steamed Rice (21) Fresh Steamed Broccoli (04) Pineapple (28) Fresh Baked Roll (15)	16 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Baby Potatoes (15) Peas (11) Apple Crisp (23) Fresh Baked Roll (16)	17 Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Oranges (22)
20 	21 Swedish Meatballs (39) Rice (21) Carrots (06) Apple Sauce (18) Fresh Baked Roll (16)	22 Smokey BBQ Beef Sandwich with Fresh Baked Bun (35) Roasted Corn with Red Peppers (14) Apple (12) Baked Beans (23)	23 Flamingo Day \$5 pre-paid meal BBQ Chicken Legs Debbie's Potato Salad Carrots, celery, dip Watermelon Slice Cookie	24 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Mandarin Oranges (19) Mixed Vegetables (12) Fresh Baked Roll (15)
27 Craig's Beef Enchilada Casserole w/ Sour Cream and Salsa Green Salad w/ Veggies	28 Spaghetti with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	29 Shepherd's Pie (79) Diced Carrots (06) Cottage Cheese and Mixed Fruit (12) Chocolate Brownie (23)	30 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	You can email your lunch order to: osfc@orem.org You will get an email response when meals are ordered.

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.

June Birthdays

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

1 Bonnie Williams	9 Roslyn Kallunki	16 Mardi Condi	24 Allan Hale
1 Janice Worthen	9 Timothy Hessing	16 Richard Jones	24 Armond Passow
1 Sandra Boyce	10 Antonio Sia	16 Ruth Holt	24 Barbara Golding
1 Shiree Thurston	10 Barbara Barlow	17 Bill Turner	24 Della Bown
Coleen Reynolds	10 Gayle Gardner	17 Eva Jean Call	24 Judy Sumner
2 Deanna Moberg	10 Janice Young	17 Janice Bottema	24 K Dale Pomeroy
2 Donna Litherland	11 Dawn Beckstrand	17 Lois Wilson	24 Mireya Salazar
2 Jerry Hyde	11 James Hayworth	18 Bonnie Bennett	24 RheaAndrus
2 Nadine Thacker	11 Jim Goodrich	18 Ferrell Reynolds	24 Stanley Ness
2 Reed Kezerian	11 Richard Ohran	18 Jay Reynolds	25 Al Utter
3 Allan Anderson	11 Sterling Jackson	18 Joan Wallace	25 Barbara Wilson
3 Gerrie Davis	12 Lavona Richardson	18 Kay Ruff	25 Duane Smith
3 Joycelyn Hedman	12 Loy Billings	18 Ray Johnson	25 June Jones
3 Monagene Sorenson	12 Marilyn Fontes	18 Ronald Brereton	25 Nedra Greaves
4 Barbara Fitzgerald	12 Mary Cryer	19 Barbra Chynoweth	26 David C. Johnson
4 Jerri Matlock	12 Mildred Ashby	19 Brent Harris	26 Everett Young
4 June Dimick	12 Ramona Tervort	19 Curtis Forrester	26 Grant Rowley
4 Scott Swain	13 Carolyn Robertson	19 Earle Larsen	26 Lisa Buckner
5 Joan Johnson	13 Cornelia Hudson	19 Francis Lindsey	26 Marilyn Bascom
5 Robert Court	13 Elsie Call	19 Hilda Cercado	26 Marlene Martin
6 Alf Pratte	13 Iren Black	19 Lanet Reed	26 Robert Ward
6 Clara Bennett	13 Kay Davenport	19 Ruth Payne	26 Ruth Gootee
6 John Tafoya	13 Pamela Struthers	19 Terry Christiansen	27 Bar Donna Zollinger
6 Jack Hunden	13 Stan Allman	20 Doug Peck	27 Daniel Peck
6 Joyce Tanner	13 Valera Selfridge	20 Florence Jespersen	27 Louise Johnson
6 Linda Coy	14 Darlene Graham	20 Sam McBee	28 Harold Wallace
6 Serima Damuni	14 Gerald Bradshaw	20 Terry Obrien	28 Harvey Billington
7 Carolyn Phillips	14 James Allen	21 Betty Bloomfield	28 June Johnson
7 Glenn Monson	14 Lyn Lyman	21 Garladine Thorne	28 Kae Ballard
7 Ilene Burmood	14 Mark Golding	21 Jenifer Banz	28 Leo Merrill
7 Melvin Laird	14 Millie Miller	21 Jerry Gootee	28 Maridee Killian
7 Soo Sauque	14 Patti Wetmore	21 Joan Burlingame	28 Sharon Snell
8 Bill Powell	14 Paul Westover	21 Laray Williams	29 Carrie Dart
8 Diane Singleton	15 Alexia Yoakum	21 Larry Jeffery	29 Duane AllredL
8 Kathleen Wanlass	15 Alfredo Cerroni	21 Lynn Thomsen	29 James Morrey
8 Patti Sperry	15 Annette Clark	21 Mary Smith	29 Paul Oldroyd
8 R Kay Long	15 Bianchi Carmigniani	22 Albert Feller	29 Richard Lesser
9 Anne Kendall	15 Charles Prue	22 Clay Puckett	29 Ted Hansgen
9 Carolyn Weber	15 David Affleck	22 Jalane Olsen	29 Winston Otterson
9 David Blackington	15 Dorothy Beckham	22 Pat Correa	30 Colleen Richins
9 Dee Smith	15 Kayleen Sheppard	22 Rhea Jean Hancock	30 Doris Cobb
9 Georgia Buss	16 Alan Stout	23 Barbara Wilkinson	30 June Pack
9 Lawynn Murphy	16 Byron Villaverde	23 Dan Turner	30 Kwok Tai
9 Lois Squires	16 Charlene Wilson	23 Evysue Hudson	
9 Marie Merrill	16 Cheryl Rawson	23 Julia Prue	
9 Rosalie Tucker	16 Jean Dambrosio	23 Wilmer Allen	

Compulsive Eaters Anonymous Meetings Every Tuesday at Noon

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

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

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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Derby Re-Cap

The talkative horse, Gaby, won our first ever Run for the Roses with Verl Hooley as the winning Jockey.

In what some would call a photo finish, Gaby and Verl stuck their necks out like true winners.

Derby attendees donned fancy hats and bow ties, enjoyed the traditional Benedictine sandwiches and mint juleps while choosing which horse they thought would bring home the roses.

Kathy and Steve Thurgood helped call the race and award the riders with special cakes made by Steve. The winning table received horseshoe shaped, rose covered awards. Those who bet on Gaby received a small gold horse for their efforts.

Congratulations also to Illa Strasburg for best hat and Allan Rollins for best bow tie!

We can't wait for next year's race!!



Congratulations also to Illa Strasburg for best hat and Allan Rollins for best bow tie!



Fun Facts About Flamingos

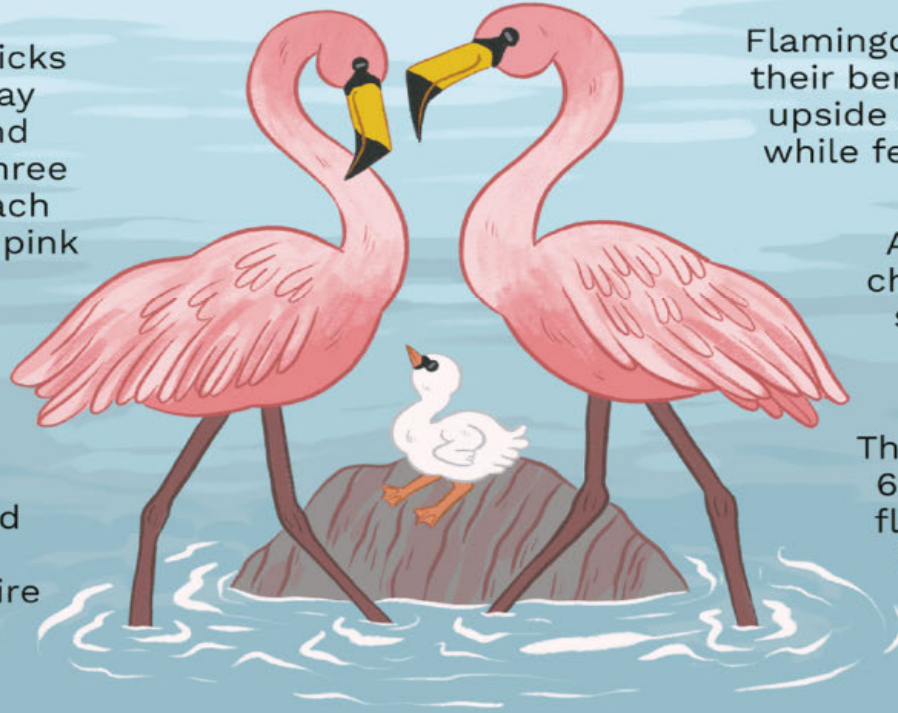
Flamingo chicks are born gray or white and take up to three years to reach their mature pink

Flamingos hold their bent bills upside down while feeding

A flamingo chick's bill is small and straight

The word "flamingo" comes from the Spanish and Latin word "flamenco," which means fire

There are only 6 species of flamingos in the world




from  the spruce



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

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Senior Real Estate



Tracy Padgett
801-687-2127

Estate Attorney



Blaine Edwards
801-748-1868

Reverse Mortgages/
Refinance NMLS 2019539



Keith Payne
801-235-0929

Estate Sales/
Downsizing



Wynnie Keegan
801-798-6263

"Golden Results for your Golden Years"

Mortuary/
Pre-Planning



Nanette Tanner
385-325-3131

In-Home Care



Lynn Long
801-363-1521

Health Insurance



Annelise Slack
801-380-1288

Financial Planner



Ruben Vilorio
801-890-7576





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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Provo, Utah 84601
Call 851-7767



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

www.utahcountyhealth.org/seniorcompanions

Caregivers Meeting

June 2, 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!

Watercolor Group

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



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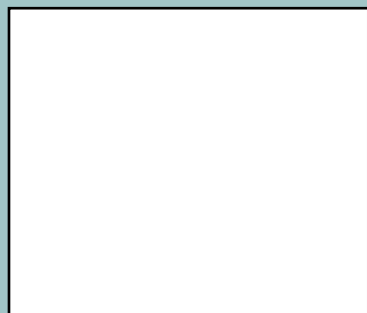
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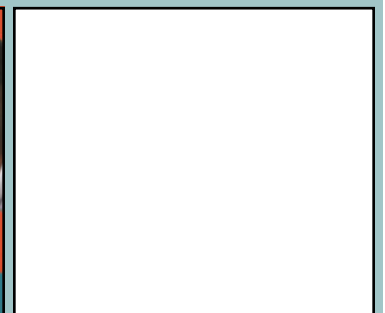


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SCAMS TARGETING VETERANS

Scammers play off veterans' trust and patriotism, costing them millions of dollars. The scam artists lure veterans with lines about benefits and military charities.

Veterans, active duty service members and their families are significantly more likely to be targeted. They lost more than \$267 million last year. The Federal Trade Commission said that is more than double from 2020.

To help veterans spot the scams, AARP launched their Veterans Fraud Center. The center is an online resource meant to keep them from losing money. The group's research found one in three military members lost money to scams.

"Our veterans don't deserve attempts to be taken advantage of, of their service, yet every day scammers attempt to defraud our veterans of their hard earned benefits and steal their identity or take their savings," Troy Broussard from the AARP Fraud Watch Network said.

The AARP Fraud Watch Network tracks the top scams aimed at veterans. The top scam? Benefit buyouts. That's where scammers request you turn over VA pension or disability benefits for a lump-sum payment that never materializes. Next, requests to donate to *fake* veteran charities. Plus, a fraudulent records scam where veterans are asked to pay for updated personal military records.

AARP reminds veterans that they never have to pay for their service records or earned benefits.



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.



Meal Donations UP!

A huge thank you to everyone who helped raise our meal donation level during the month of April. We went from \$1.66 to \$2.38 by the end of that month. Keep making those donations so the meal program can stick around!

Another way you can help is to think about leaving a legacy donation to our center to help the meal program in your will!

Orem Senior Advisory Commission

Chairman

Joyce Ottens

Commissioners

Kathy Thurgood

Craig Huish

Sarah Paulsen

Verl Hooley

Always available to answer your questions!

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

Now, how easy is that??

Are you
turning 65?
Call your
local licensed
Humana
sales agent.

Humana®

Y0040_GHHXDFEN21a_BC_C



Weston Wynn
801-541-5794
(TTY: 711)

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

4 FUN FACTS ABOUT FLAMINGOS

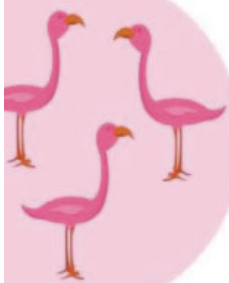


FLAMINGOS ARE PINK BECAUSE OF THEIR DIET

A flamingo's pink and red feather color comes from eating pigments found in algae, shrimp, mollusks, and other crustaceans.

FLAMINGOS ARE MONOGAMOUS

Like swans and lovebirds, flamingos seek their special someone. These romantic birds even dance to find a partner.



A GROUP OF FLAMINGOS IS CALLED A FLAMBOYANCE

The word flamboyance comes from French. It means "to flame" or "flair," and refers to their colorful display of feathers.

THE PLASTIC FLAMINGO INVENTOR HAD FEATHER IN HIS NAME

Artist Don Featherstone of Massachusetts invented the famous American lawn ornament in 1957.



An all shrimp diet tickles me pink!



FIND MORE INFOGRAPHICS AT INFOSTACHE.COM



Senior Health Challenge



Win a Fitbit watch!

Challenge yourself to be more active, no matter your fitness level. Log your physical activity in the month of June and win prizes, including a Fitbit watch! Swag bags for the first 150 registrants. Register by June 1.

When: June 1 - 30

Cost: None

Where: Anywhere you choose to be active.

Age: Anyone age 50+ in Summit, Utah & Wasatch counties.

mountainland.org/health | 801-229-3821



Just once I'd like to read a medication label that says:

Warning! may cause permanent weight loss, increased energy and wrinkle removal.



The Journey Home