



Monday Meet-Ups



During July we will be closed from Monday the 11th through Monday the 25th while our building is being painted inside. We are going to miss seeing you on a daily basis and hope that you plan some fun things to do during this time. While planning we hope you will mark Monday July 11th and the 18th at 11:00 AM to meet up at the North City Center Pavilion (by the playground), pick up some food donations and visit.

On the 18th we hope you will stay for a celebration lunch on us! Gena will be making her famous Sloppy Joe's, Thurgy will make his Clint Eastwood coleslaw and we will have chips and a cookie. This will be served promptly at noon. You need to order at the office so we know how many to plan on.

We will also plan on playing BINGO on the 18th after lunch, weather permitting, so let's make a day of it!

Facility Closures
 July 4th Independence Day
 July 11-25th for Painting and Pioneer Day.



TRIPS

Thrift Club Shopping Trip

Wednesday, July 20th at 1 PM





♋ Cancer (June 21 - July 20) The Crab, ruled by the Moon

People born under the constellation of Cancer tend to be very sensitive, imaginative, sympathetic and kind. As the ruler of Cancer, we know that the Moon has the power to move the tides of the oceans and seas. Since earthlings have bodies comprised of 60% water, the moon affects human beings in the form of emotions. Cancer people, especially during the full moon, are most subject to changes in their emotions, feelings, sensitivity and moods.

The Crab is the symbol of Cancer. The glyph resembles the claws of the crab it also, depicts the breasts, which is the part of the anatomy that Cancer rules. The glyph is two circles of the Sun connected to two crescent moons.

Cancers have a desire to store memories, collect memorabilia and possessions. They find it difficult to let-go of anything with which they have placed a senti-



*Learn more
about yourself
during your
birthday month!*

mental value. They especially have a great memory for home and family and a desire to keep and restore family history. Cancer is the sign of the home and family life with emphasis on close personal relationships, especially with female figures. Cancer represents the matriarch, the mother, grandmothers, etc. Cancers relate & work best with females.

Many Cancers have close relationships with their mothers, but may have a strained or non-existent relationship with her, which usually involves much emotion. This also stands with parenting, and birthing. Cancers have a tendency to have many children, especially more girls than boys. Women may experience ease in fertility, pregnancy and birthing or just the opposite with much difficulty. Cancer men often marry women who come from a large family, already have children or are in a 'family way.'

Being that the part of the body which Cancer rules is the breasts, it represents nourishment, which relates to all things involving food. Cancers love to eat and too often have weight gain in later years. They may also be subject to digestive ailments caused by tension and emotional stress.

Cancers make excellent cooks, chefs and all occupations in the areas of food industries. Because home and family is the prominent focus of Cancers, they can be found in occupations that service homes and families, cleaning homes, building and selling homes. Gynecologists, obstetricians and pediatricians are among Cancerians. All of these traits and occupations most likely have strong Cancer in their charts, maybe not their Sun sign, but strong in their birth charts. As a water sign, Cancers are attracted to water, especially large bodies of water. They love the oceans, lakes and rivers. If they do not live by these water ways, they dream of living or vacationing by them. Does the Cancer sell sea shells by the sea shore or just collect them? Is any one room in the home decorated with sea side pictures and artifacts? Oh, let's not forget the turtles and other animals with shell coverings. That's the Cancer vibe for sure.

When Cancer get's hurt feelings, they scurry off to be alone. Cancer can live in small spaces, like the crab. If not a small house, then a small room, or even under a blanket. They will stay until the feelings pass, which isn't long, as their feelings move with the moon. ♥

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??

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**



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!



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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.**

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 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 2 Line Dancing w/Jackie</p>
<p>4</p> 	<p>5</p> <p>9 Tai Chi w/ Sonia & Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 9:30-11:30 Thrift Shop 11 Ron Roberts on Piano 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>6</p> <p>9 Watercolor Group #1 11YOGA Wilma Fullmer on Organ 1-2:30 Native American Flute #3</p>	<p>7</p> <p>9Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Puzzles with Carol 10 Personal History #2 11 Jon Nebeker Spinning Vinyl 12:45 BINGO 2 Caregiver Support Group 2 Gena's Book Nook on YT</p>	<p>8 Birthday Meal</p> <p>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>11</p> <p>Monday Meet Up in the park 11 AM 300 E Center Street Bring a bag for food donations!</p>	<p>Our building will be closed from July 11th through the 25th as crews remove wallpaper and paint upstairs. Make sure you are following us on Facebook or Instagram for current information!</p> <p>https://www.facebook.com/OremSeniorCenter</p> <p>or</p> <p>Orem Senior Friendship Center on Instagram</p>			
<p>18</p> <p>Monday Meet Up in the park 11 AM Free Lunch at noon!</p>				
<p>25</p> 	<p>26</p> <p>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>27</p> <p>9 Watercolor Group #1 11YOGA Wilma Fullmer on Organ 1 Life Support Group 1-2:30 Native American Flute #3</p>	<p>28</p> <p>9Tai Chi w/Sonia & Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 11 John Offens Mountain Man Presentation 12:45 BINGO 2 Gena's Book Nook on YT</p>	<p>29</p> <p>9 Wood Shop 10:30 What's Your Sign #2 1-2:30 Art with Illa 2 Line Dancing w/Jackie</p>

July MENU



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

Soup with Turkey Sandwich:

July 5-7 Cream of Potato
 July 7-8 Chicken Noodle
 July 18-19 Vegetable Beef
 July 20-22 Cream of Broccoli

Salads:

July 1
 July 11-15
 July 26-29

Monday	Tuesday	Wednesday	Thursday	Friday
<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>You can email your lunch order to: osfc@orem.org You will get an email response when meals are ordered.</p>		<p>1 Beef Hot Dog with Fresh Bun (17) Country Style Baked Beans (32) Seasoned Potato Wedges (18) Applesauce (14)</p>
	<p>5 Spaghetti with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)</p>	<p>6 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Orange (22)</p>	<p>7 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)</p>	<p>8 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)</p>
	<p>12 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>13 Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Applesauce (08)</p>	<p>14 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Peas (11) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)</p>	<p>15 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (18) Fresh Baked Roll (16)</p>
<p>Free Lunch in the Park! Sloppy Joe Cole Slaw Watermelon Slice Chips Must register at office!</p>	<p>19 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Mixed Fruit and Jell-O Cup (09) Brownie (23) Roasted Corn (14)</p>	<p>20 Teriyaki Chicken Bowl (08) Steamed Rice (21) Steamed Broccoli (04) Banana (27) Fresh Baked Roll (15)</p>	<p>21 Savory Chicken Salad Wrap (18) Potato Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>22 Sloppy Joe (03) Fresh Baked Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Orange (22)</p>
	<p>26 Salisbury Steak (05) Loaded Potatoes Casserole (22) Steamed Beets (06) Cottage Cheese and Fruit Cup (12) Fresh Baked Roll (15)</p>	<p>27 Chicken Parmesan with Basil Marinara Sauce and Spaghetti (30) Green Beans (02) Apple Crisp (67) Fresh Baked Roll (15)</p>	<p>28 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Corn (14) Fresh Orange (12) Fresh Baked Roll (16)</p>	<p>29 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)</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.

July Birthdays

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

1 Betty Harrison	11 Ben Barber	18 Joyce Notarianni	25 La Ree Ball
1 Beverly Kennedy	11 Sue Fincher	18 Nan iDuncan	25 Ling Hilton
1 Camile Ralphs	12 Cherie Eldredge	18 Paula Vanhoven	25 Wendy Sing
1 Chris Jones	12 Diane Wilkins	19 Brian Millet	26 De Ann Simons
1 Eve Fee	12 Evelyn Carter	19 Elisabeth Hornabrook	26 Elena Rozas
1 George Fillmore	12 Pauline Felsch	19 Glen Nelson	26 Mable Barlow
1 Gerald Stewart	12 Ron Box	19 Karen Crandall	26 Maxine Bakker
2 Douglas Eddins	13 Donald Chynoweth	19 Richard Hill	26 Pat Reckling
2 Elaine Wilkes	13 Donna Depalma	19 Shirley Edmonds	26 Roy Rowberry
2 Gerald Ashworth	13 Karen Cameron	19 Wallace Trombly	26 Shirley Meyer
2 Lynda Unsicker	13 LouiseCartwright	20 Elaine Toolson	27 Brent Donkersgoed
3 Joanne Linford	13 Shayne Packer	20 H. Steven Anderson	27 Jeanne Thayne
3 Kenneth Bona	13 Shirley Irwin	20 James Kendall	27 June Schaefer
3 Kevin Moss	13 Vila Warner	20 Nancy Licari	27 Louise Lisonbee
3 Reta Peterson	14 Chung Yu	20 Redencion Tuminez	27 Sue Flick
3 Sherrill Jacob	14 Hector Aguilar	21 Delene Holbrook	28 David Boyce
4 Audrey Peterson	14 Irene Wright	21 Jay Deuel	28 Geraldine Bushell
4 Edwardo Cook	14 Joan Muhlestein	21 Linda Hales	28 Harold W. Smith
4 Gloria Robison	14 Joanna Posey	21 Lorraine Johnson	28 Jerry Paulsen
4 Judy Erickson	14 Keith Jespersen	21 Madeline Lewis	28 Larry Dennett
4 Sandi Hershey	14 Mel Hudman	21 Vonda Skousen	28 Zane Taylor
4 Saundra Wright	14 Pat Palmatier	22 Bonnie Bezzant	29 Donna Wiley
5 Maria Alcalá	14 Sally L Breeden	22 Bruce Westover	29 Elaine Lee
6 Beverly Sanders	14 Sylvia Baker	22 Carmelita Jensen	29 George Lower
6 Carol Myers	15 Elinor Smith	22 Cathy Wright	29 Jay Cranmer
6 Elizabeth Bennett	15 Janice Young	22 Eloise Scott	29 John Depalma
6 Linda Bullough	15 John Ford	22 Everett Watts	29 Keith Nielsen
6 Linda South	15 June Shelley	22 Laura Bird	29 Mary Anne Lambert
6 Norman Allman	15 Keith Russell	22 Martha Dearman	29 Olinda Araujo
6 Powell Renae	15 Renee Earl	22 Neal Beecher	29 Nell Bennett
7 Dixie Whitaker	16 Donna Brayton	22 Shirley Mitchell	29 Roger Jackson
8 Debra Clark	16 Juliana Galagar	23 Anne Lambert	30 Alan Platt
8 Lavell Swenson	16 Richard Bauer	23 Beverly Bishop	30 Elaine Butt
8 Marie Ward	17 Dorothy Gee	23 Charlotte Hall	30 James Isom
9 Annette Hardy	17 Elida Herbas	23 Dorothy Salisbury	30 Jim Cobb
9 Barbara Barner	17 Eric Skousen	23 Jim Hansen	30 Joyce Sumner
9 David Wilson	17 Florence Barber	23 Lloyd M Liebelt	30 Newell Ostler
9 Pat Kincaid	17 Gordon Owen	23 Maeser Okerlund	30 Norma Southworth
9 Robert Durrans	17 Joanne Allen	23 Phillis Rooney	30 Phyllis Walch
9 Yvonne Pierson	17 Joyce Taylor	23 Phyllis Miller	30 Web Gudmundson
10 Ann Mineer	17 Marilyn Bickmore	24 Carol Forrester	30 Willis Povey
10 Clay Killian	17 Marlene Kaiser	24 Lois Moore	31 Meralyn Cordner
10 Dan Moss	17 Paula McClure	24 Renee Keele	31 Rhea Wille
10 Gerald Bushman	17 Ruth Davis	24 Valton Jackson	31 Robert V Reeder
10 Guido Bianchi	17 Stuart Slingerland	24 Virginia Oldroyd	
10 Jo Ann Barrett	17 Verl Brimhall	25 Dale Jensen	
10 John Christensen	17 Vickie Olsen	25 Deon Ruf	
10 Marilyn Price	18 Annie Poon	25 Earl Nielsen	
10 Sam Whitehead	18 Ginny McAlister	25 Elvia Lund	
11 Batu Jagchid	18 Joan Champion	25 Jocelyn Howard	

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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4TH OF JULY

WORD SEARCH

T M N W Q J E T A R B E L E C D Y
 I M T Q H H Y M Q R Q U D U E I A
 O Q T A W Q M Z Y E X U C C N T D
 I N D E P E N D E N C E L C J A I
 A S I O U O R H A M U A A T U Q L
 N K S A M E R I C A R P P S O S O
 U R P U F U B E E A Y S T R U B H
 P O A Y D L D W T O E C I N C I P
 K W R W E A A I L P O E A U E O N
 F E K H T F O G I A D E U S D I H
 Y R L I I N T R B E M D T N A T L
 L I E T N P T Z E U R A E T R S C
 U F R E U S L Q R R R U I U A A E
 J V S O D L K V T S L R O K P J B
 W I T O E O M O Y B B F I U P J L
 I A S V Y E M R E D R E M M U S E

America
 Blue
 Britain
 Celebrate
 Declaration

Fireworks
 Flag
 Fourth
 Freedom
 Holiday

Independence
 July
 Liberty
 Parade
 Picnic

Red
 Sparklers
 Stars
 Stripes
 Summer

United
 White



John Ottens:

Mountain Man Extraordinaire

John Ottens will present his award winning Mountain Man presentation on Thursday, July 28th at 11 AM. Make sure you are here early enough to get a good seat as this program is filled with tons of visual elements that will help you understand the life of a mountain man.



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

www.GoldenAgeServices.com

Follow us on Facebook @goldenageservicesUT

Senior Real Estate



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

www.utahcountyhealth.org/seniorcompanions

Caregivers Meeting

July 7, 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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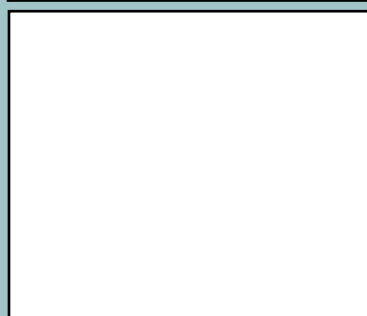
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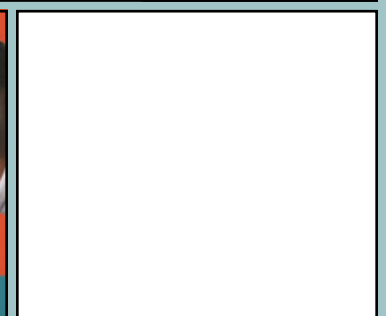



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Social Security Calling? Think Again!

Have you avoided one of 360,000 attempted scams? That's how many fraud reports the Social Security Administration (SSA) received in 2021 alone, according to a recent report to Congress.

This same report also demonstrated just how much retirees stand to lose if they fall for one of these cons. From October to December 2021, seniors between 70 and 84 years old were defrauded an average of \$11,005 — which means some lost even more.

One of the quickest ways scammers can cheat Social Security recipients is to get them on the phone. They might tell you that there was a computer glitch and you need to confirm your information. They might say that your Social Security number (SSN) was involved in a crime and you'll be arrested if you don't comply with their demands.

But the SSA doesn't proactively call benefit recipients unless you've reached out first. And they'll *never* coerce you into sending them money, try to intimidate you, or threaten to suspend your benefits.

Furthermore, fraudsters use a technique called spoofing that lets them make any number they want appear on your caller ID. The phone call might look like it's coming from the SSA, but it's really a con artist. A good rule of thumb? If the "SSA" reaches out to you randomly, it's likely not the real SSA.



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.

Donations Drop Again!

We had such a good burst in donations in April that it was a little disconcerting to see them drop by \$.25 per meal in the month of May. Donations went from \$2.38 to \$2.13. 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!

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.

*Upcoming Fun

In September we will have our first Back to School Event on **September 8th**.

We are planning to have a photographer for "School Pictures" and we hope to have as many of our senior friends here for this. It would be amazing if we could do some type of a yearbook for our center but we don't want to leave any-

one out of it. Make sure to mark your calendar for this and bonus points if you can find your old school sweater to wear that day!



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Yo hablo español.

10 AMAZING Facts for the 4 T H O F J U L Y

1



Benjamin Franklin wanted the turkey to be the national animal but was out-voted when John Adams and Thomas Jefferson chose the bald eagle.

The stars on the original American flag were arranged in a circle to ensure that all colonies were represented equally.

2



4



Thomas Jefferson and John Adams died on the same day: July 4, 1826, the fiftieth anniversary of the signing of the Declaration of Independence.



3

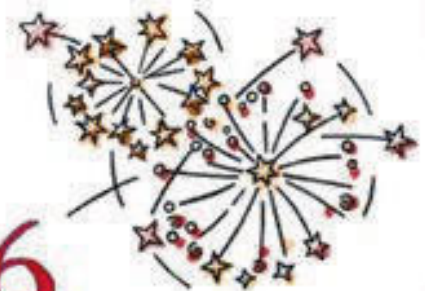
John Hancock was the only person to actually sign the Declaration of Independence on July 4, 1776. The other 55 signers did not sign it until later.

5

History's first submarine attack took place in New York Harbor in 1776.



6



There were no fireworks on July 4, 1776, but there were fireworks 1 year later, on July 4, 1777. This was still 6 years before Americans knew whether the new nation would survive the war.

7



George Washington was the best spymaster in American History! He ran espionage rings in British-held areas and he was a genius at misinformation. He constantly befuddled the British by leaking, through double agents, inflated reports of the strength of his army.

8



Washington was robust man with a seeming immunity to disease and bullets. In one encounter in the French and Indian War, he absorbed 4 bullets in his coat and hat and had 2 horses shot from under him without any injury to himself.

9



The United States of America won its independence despite the fact that the British Army was established, experienced, disciplined, and trained and the American army was not. In addition to this, the British Army had ample quantities of powder, guns, and clothing and the American Army was not well supplied.

The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans.

10

