



# SILVER *Threads*



December 2014 25¢ "Every Life Has a Story... Including Ours" Volume 16 Issue #12

### Announcements:

The Senior Center will be closed at noon on December 24th and all day on December 25th and on January 1st.

### Activities at a Glance:

- 1 BINGO—After Lunch
- 3 Birthday Lunch—12:00 (Senior Swingers)
- 3 Integrity Foot Clinic—12:30
- 4 Festival of the Trees—9:00
- 5 Infrared Light Therapy—12:00
- 6 Christmas Bazaar—9:00-3:00
- 8 Mayor's Advisory Council—9:30
- 8 BINGO—After Lunch
- 9 Christmas Shopping—10:00
- 9 Foot Clinic—12:30
- 10 CNS Giftwrapping—10:00-12:00
- 10 Christmas Lunch/Madrigals—12:00
- 11 Christmas Karaoke—11:30
- 11 Myers Day Lunch—12:00
- 12 Infrared Light Therapy—11:00
- 15 Gillies Day Lunch—12:00
- 15 BINGO—After Lunch
- 15 Christmas Caroling—6:00pm
- 16 Smith's Giftwrapping—10:00-12:00
- 16 Eat, Play, Love—12:00-2:00
- 17 Harmony B.P. Clinic—10:30
- 17 Medical Equip Tune-up—11:00
- 18 Mad Hatter's Tea—11:00
- 18 Make & Take Craft—1:00
- 19 Infrared Light Therapy—11:00
- 19 Giving Tree Gifts Due—12:00
- 19 Christmas Dinner/Dance—5:30pm
- 22 BINGO—After Lunch
- 23 Blood Drive—2:30--7:30pm
- 24 Brunch—11:00
- 24 Center Closed at Noon
- 25 Center Closed—Christmas Day!
- 26 Infrared Light Therapy—11:00
- 29 Happy Feet—10:00
- 30 BINGO—After Lunch
- 31 New Years Eve Lunch—12:00
- 1 Center Closed—New Years Day!

**Merry, Merry Christmases!**—*borrowed from Elaine Cannon*  
*Merry, Merry Christmases, friendships, great accumulation of cheerful recollections, affection on earth, and Heaven at last for all of us.* So said Charles Dickens. And so we say in love: Merry, Merry Christmases! And may we all be able to feel that way by the time the preparations of house and heart have been accomplished.

May this be the year that when we call out "Merry Christmas! Happy Holidays!" to our friends, loved ones, and helpful strangers, we'll know for sure that Christmas is coming to pass.

A symbol of Christmas—a tune, a fragrance, a treat, a game, a way of giving or opening gifts—suggests a life packed full. Traditions become more precious as the years march along. We reflect upon childhood, upon valued relationships, upon kindnesses given and taken, and upon the stretching wonder of the birth night of Jesus, our Lord and Savior.

John Ruskin suggested: "Make yourselves nests of pleasant thoughts. Yet none of us yet know, for none of us have been taught in early youth, what fairy palaces we may build of beautiful thought—proof against all adversity. Bright fancies, satisfied memories, noble histories, faithful sayings, treasure-houses of precious and restful thoughts, which care cannot disturb, no pain make gloomy, nor poverty take away from us—houses built without hands, for our souls to live in."

Think back for a moment to other times, other Christmases, back to the fragrance of Christmas in your family home. You can almost smell the savory, spice, sweet scents your family liked best. You can almost hear the rustlings of Santa at work—the squeaks of the floor, the rattles and the rustles, the faint cries of a talking doll, the bell of a toy train, the distant tinkle of a music box set free for a moment.

With increasing clarity, as you remember, you can almost hear again the new album from Santa peeling from your own record player; hear again your own little ones caroling long ago on the family program; hear again the grand effort of the choir tackling *The Messiah!*

And if you lean a little into your listening, you may even hear back far enough to catch the lilt of your own harmony in senior choir when you sang about the shepherds on that silent night, that holy night we celebrate. Remember how in one singing, one night suddenly it was Christmas?

Think back to the very real feeling of comforting, love-instilling arms around you—of your father, of your grandmother, of someone you loved very much and love yet, even if they are long gone. And if for some sad reason at this particular time all is not at its best in life, remember that because of Jesus the greeting of Christmas comes with a promise of ultimate joy. *Merry, merry Christmases, always and forever.*



### Table of Contents

Activity Calendar	Page 6
Advertisements	Page 9
Monthly Menu	Page 7
Nutrition	Page 3
Travel	Page 5
Word Search	Page 2

**Word Search: *Countdown to Christmas!***

WRAN OSELN ISDK EEP OS IE BGN R  
 YIEK ALFWON STIDFG EB ISAMNE  
 AOSMVLHMLEGNAEC IOJERTTG C  
 EVXES EMACANDY CANEOLLACA A  
 AASWMB IAGOILE OSUGARPLUMS  
 ENPTOERTNVTL LRMPNEBCES CN  
 GNSOGLNPAGECEAEDIWYTSE SN  
 FONGSGGNZBEACTRMVRROPGL F  
 NANENNZARGRRWIRS IGI AA IUR  
 IOGTOIOAGNGO IOYAGTYTPYT U  
 GCAHLJTWBTLCNC ITNTGSTT I  
 YULETIDEMOIER SHNFVIEA IIT  
 ISFROFVEEARRIURT IRRKNHAC  
 RRPNPPOPCORNS TRINGS SAOCSE A  
 LTNELLNSOEGRNHS IAOHNUOPK  
 DOTSVLALSEASHOTCHOCOLATE  
 RLESNITENDPFNHMHUOITCSOS  
 PLAHIWININTLLOAOAIAKUTIN  
 SRSOADVTAIVDAISLPGATEGCT  
 CAEPNOINUERYLIMAFGLRTOA  
 NEVPNOTANRGPOINSETTIAIOA  
 BNTINGYTHGUANJESUSNRAIGN  
 HSTNOITACAVIPESLIASSAWWI  
 WIHGPREOEFORNAMENTSTCUW

Find the Following: ***Fa-La-La-La-Laaa, La-La-La-La!!***



- |                |                 |                   |
|----------------|-----------------|-------------------|
| Angel          | Hot Chocolate   | Scrooge           |
| Bells          | Jesus           | Savior            |
| Birth          | Jingle Bells    | Seasons Greetings |
| Candy Cane     | Love            | Shopping          |
| Carolers       | Manger          | Snowflake         |
| Celebration    | Merry Christmas | Snowman           |
| Charity        | Mistletoe       | Spirit            |
| Coal           | Mittens         | Stocking          |
| Decorations    | Nativity        | Sugarplum         |
| Eggnog         | Naughty         | Tinsel            |
| Elves          | Ornaments       | Togetherness      |
| Family Reunion | Packages        | Tradition         |
| Feliz Navidad  | Pageant         | Unwrap            |
| Fruitcake      | Poinsettia      | Vacation          |
| Garland        | Popcorn String  | Wassail           |
| Gift Giving    | Reindeer        | Wise Men          |
| Goodwill       | Rejoice         | Xmas              |
| Greetings      | Saint Nicholas  | Yuletide          |

**Holiday Cheat Sheet (by Dr. Oz)**

Cheat your way through the holidays without gaining a pound!

- 1) **Week leading up to Holiday:**
    - Enjoy a cup of white tea with lemon twice a day.
  - 2) **Big Meal Day:** Start with a Macronutrient breakfast before 10:00 a.m. (fat, protein, carbs).
    - Holiday Breakfast Smoothie:
      - 1 Cup Soy or Almond Milk
      - 2 Tbsp Walnuts
      - 1/2 Banana
      - 1/4 Cup Canned Pumpkin
      - 1/2 Tsp Ginger
      - 1/2 Tsp Cinnamon
- Mix in blender until smooth.
- 3) **15 Minutes Before the Party:**
    - High Fiber Crackers (look for at least 6 G Fiber per serving).
  - 4) **Start Meal with Vinegar:**
    - Use 2 Tbsp on a salad (or) drink it straight!
  - 5) **For Dessert:**
    - Only eat pie filling (can save 125 calories and 7 G fat!)



\*\*\*

**Family Fun Center**  
 Located at 15 East 500 North  
 Brigham, UT 84302  
 (435) 723-1402

**—Coupon—**

Bowl 2 games for the price of 1.  
 (One coupon per person please)  
 Coupon Expires 12-31-2014

## Weight Loss—What’s Working?

Data from 1960-1962 found 13.4% of Americans, ages 20-74, obese. Data from 1999-2000 showed this number has increased to 30.9%. 61% of Americans are now overweight or obese.

**This weight gain is no mystery.** An increase in body weight requires an intake of calories (energy) in excess of calories burned. Further, to maintain adult weight gain, calorie intake must be permanently increased by about ten calories per pound per day. Each pound of adipose tissue contains about 3,500 calories. It takes about the same amount of additional calories each year to maintain a one-pound weight gain as it took to gain it in the first place.

The first law of thermodynamics demands that losing excess body fat requires an energy deficit. The laws of physics tell us that weight loss requires either a reduction in calorie intake and/or an increase in energy expenditure without a corresponding calorie increase.

**Why does calorie counting often fail in the long run?** Traditionally, Weight loss strategies have focused on reducing calorie intake by restricting portion size or counting calories. However, most people find that as their weight drops, they become more and more hungry. The limited portion sizes leave them unsatisfied. Eventually this increased hunger drives people to eat more than the prescribed amount of calories. People often report that they were doing pretty well with their diet but didn’t really feel satisfied and so they begin to eat more. Sometimes they become so hungry that they binge on rich calorie-dense foods such as ice cream, cookies, pizza, chips, etc.

What individuals are lacking on their calorie-restricted diet plans is called satiety. Research shows that simply eating less of the foods that make up the typical American diet will leave most people unsatisfied. There are two ways to achieve a negative calorie balance without being hungry and unsatisfied.

**1. Change what you eat.** One way is to focus on what people eat rather than how much they eat. Why? Some foods provide greater satiety for the same amount of calories. Satiety is the flip side of hunger. The more satiated you feel after eating a meal or snack the less hungry you feel. Satiety is also a measure of how long it takes for you to become hungry again after eating a meal. A high-satiety meal will make people feel more satiated initially and will also stave off hunger longer than a low-satiety meal.

In general, a higher calorie intake is associated with greater satiety. A small handful of peanuts may leave you hungry for more, but if you ate an 8-ounce can of peanuts, chances are most people would feel very satiated and won’t be hungry again for at least several hours. If people felt the same degree of satiety from the same number of calories regardless of what foods those calories came from, then it really would not matter what they ate. But research has shown that satiety does not depend solely on the number of calories in a meal. Low-satiety foods require more calories be consumed to achieve the same level of satiety as high-satiety foods. There are several strategies that may be useful for achieving more satiety on fewer calories. The strategies listed in the box below may be useful for providing more satiety per calorie and lower daily calorie intake without increasing hunger.

**2. Exercise.** The second strategy for achieving permanent weight loss without an increase in hunger is regular exercise. Contrary to popular belief, walking several miles a day will have little or no impact on appetite. If one burns off an additional 300 calories per day exercising and there is no increase in either appetite or food intake then this could lead to a weight loss of up to 30 pounds. It takes about 10 calories daily to maintain each extra pound of body weight.

**Bottom Line:** Scientific evidence suggests that the most effective strategy for reversing the trend toward increased body weight in the U.S. is a combination of regular exercise and an eating plan that provides more satiety per calorie.

## The “Giving Tree” Gifts

We will continue the traditions of reaching out and sharing in the blessings of giving this Christmas season.



We will be putting up a “Giving Tree” with ornaments representing a need or want from a family member that we can help to fill.

Please take an ornament from the tree and return it with a new “unwrapped” item by Friday, December 19th, so we can prepare the gifts for the family.

If you want to participate, but don’t want to get out and shop, you can make a cash donation that we will use to finish up last minute items. The true spirit of Christmas is giving. Thank you for your gift of helping others!

If you have any questions, please call Gary at 226-1453.

### AARP Smart Driver Course Scheduled in January

The next Smart AARP Driver course will be held on Friday, January 16th, 8:30 a.m.—12:30 p.m. in the lounge.

Cost for course is \$15.00 for AARP members or \$20.00 for non. Please pay by cash or check the day of the class.

The course is designed to refresh drivers on driving laws of the road as well as provide strategies for safer driving.

Those who complete training may be eligible for reductions in insurance rates depending on their insurance company.

Please sign up in advance by calling (435) 226-1450.



## *Marge's Meanderings or I've been thinking. . . by Marge Small*

### **2014 Memories**

Thank you for coming along on our Annual Small Gang Roundup for the year 2014. Ride along with us as we Hog Tie those memories and tuck them away in our Memory Patch. Since you're already in the saddle, why not round up your own memories. It's easier than ropin' calves or pitching hay. This cowgirl might throw in a few "Things I'm Thankful for" along the trail. This is an easy way to make a yearly history of things that have happened at the Ol' Ranch.

**1. Jan.** These Old folks looked for warmer pastures and found them at Daughter Marni's spread in Arizona. Daughter, Madison, graduated in Radiology to join her Cousins, Cassidy Kimball and Trish Small in the medical field. They're R.N.s who can take care of aging Ma & Pa.

**2. Feb.** Ma left Pa Small tendin' the ranch and flew south to St. George with her sister, Ann. Sister Louise greeted us to warmer weather. We spent a joyous week together (If you don't count the sisters making me do CRAFTS!) But, I'm thankful to have sisters to ride the range with to the restaurants and stores. It was the Last Round Up for my Foster Brother Jim Thurell. We'll miss him.

**3. Mar.** Part of our Job on the Brigham City Range is working in our beautiful Temple. When it closed this month for cleaning, we rode to Price and spent delightful days pokin' around old coal mines and museums. BIG NEWS...Ben and Kristal Added a boy to their gang of 3 girls. He was named Hudson John Benjamin Small—big name for a little critter!

**4. Apr.** Easter at church and sing alongs with grandchildren Kourtney, Kaela, and Lily at the care center made Ma and Pa happy! Ben and Kristal's family and Joe pulled chairs up to the table for Easter dinner. Cowgirl Teri and her friends had their annual Mother's day special outing in April. Takin'

their moms to the spectacular Tulip Festival at Thanksgiving Point!

**5. May.** Granddaughter Jacki and husband Kade Erickson finished the "long trail" to college graduation. We went to Utah State and "Whoop and Holler" for them. Marni and her three children visited for Memorial Day. Randy stayed home to "fund" the trip. The gang rode up to the Downey Cemetery and then to swimming pool for our Big Burt and Lottie Almond Reunion. We like our little "Riding the trails" trips. Came home early from one trip to watch Grandson, Chase Kimball, open his Church Mission call to SPAIN! The Small Gang spreads all around the world!

**6. June.** Ma Small rode a big airplane to Japan by herself to attend grandson Jackson's High School Graduation! Great, Wonderful, Adventure. Angels rode with her from Salt Lake to San Francisco to Korea to Japan! Ma Small got back to the homestead in Utah four days before the Sasebo Smalls arrived for the summer and we got on the Pony (Impala) and headed for Yellowstone. It was a must because Ma Small hadn't been there for over a year! Grandson Jackson Small opened his Church Mission call to Honduras. Things are a changin' for our little posse.

**7. July.** Summer with all the Small gang here means slumber parties for cousins, eating out for all of us, the Bear Lake Small (big) reunion with all it's traditions to fireworks in Logan and the Hyrum 4th of July Parade. There's great gatherings at the Kimballs and the annual SMALLS GIRLS DAY OUT (no men allowed except Baby Hudson). Grandson, Chandler Savoy, open his Church Mission call to Peru.

**8. Aug.** The Sasebo Smalls (Laird, Blithe, Jackson, Foster and Anna) were in the Nauvoo, Illinois church pageants. Ma and Pa flew back to be with them for 8 days. Beautiful experience. We also left the ranch to attend the 3 day Sons of the

Utah Pioneer Convention in Kanab. BIG NEWS...We had a new Great Granddaughter Andi Michelle Erickson born to Grandchildren Jacki and Kade. Steve and Teri now have two Grandchildren. Kash Mitton, their other grandchild, has a dad, Kolton, that teaches him to ride horses. Mom Cassidy loves animals, too.

**9. Sept.** Jackson heads for his mission in Honduras by way of the MTC in Mexico...Japan to the US to Mexico to Honduras. Now that's "ridin' a different trail!" Blithe heads back to Japan. The Kimballs have an International Exchange student from Spain, Sophi, living with them this year. She is delightful. McKae now has a sister to help fill up that empty house, since all the other siblings are gone.

**10. Oct.** Grandson Chase trades horse and spurs in and rides airplane to Spain. Many of Small Gang ride back to Ariz. for final farewells with Chandler. The Ben Smalls sold their home and are building a new one in North Brigham. The Savoys are also in a new home. Ma and Pa should be the ones with a new Homestead!

**11. Nov.** This year Thanksgiving will be in Ariz. for Ma and Pa and the Kimball crew. It is so cold in these here parts, Ariz will feel mighty fine. Youngest son, Nate and wife, Trish got away from the cold by going to Jamaica to celebrate their 10th Anniversary.

**12. Dec.** The wonderful month when the Small Gang gets together and gives thanks for the Birth of our Savior Jesus Christ. We also exchange gifts. Thank you for your gift of listening to Marge's Meanderings and hopefully making a few "Gifts of Memories" for your own special folks. The next Meanderings will be in the New Year of 2015. Until then, Happy Trails to You!



## Travel Destinations & Activities

### Now Featuring...

#### Festival of the Trees (\$10.00 / Bus)

**Th, Dec 4, 9:00 a.m. (Dutch)**

The annual Festival of the Trees is always a well anticipated trip. Join us on the bus as we travel to South Town Expo center to see the beautiful display of trees and Christmas décor. We will enjoy a Dutch lunch afterwards in the Salt Lake area.



#### Infrared Light Therapy (1st time free)

**F, Dec 5, 12:00 p.m.**

Beverly Dunford is going to educate us on infrared light therapy as well as provide 20 minute therapy sessions on a first come basis. She will then set up a schedule to come each Friday starting at 11:00 a.m. by appointment only. We will do this throughout December and then evaluate the interest level and participation. Take advantage of this technology that was used on the Space Shuttle!

#### 13th Annual Christmas Bazaar

**S, Dec 6, 9:00 a.m.-3:00 p.m. (N/C)**

Come enjoy all of the holiday festivities (shopping and lunching) at our annual Christmas Bazaar! Enjoy local musical entertainment. Door prizes will be awarded throughout the day. You will be treated to a wide variety of crafts, food, and holiday décor as you shop local for that unique holiday gift that you can find only at our Christmas Bazaar!



#### Cache Valley Christmas Shopping Trip (\$5.00/Bus and Dutch Lunch)

**T, Dec 9, 10:00 a.m.**

If you missed last month's City Creek Shopping Trip, this is your last chance to get out and do some shopping and enjoy the spirit of Christmas! We will go to the Cache Valley Mall and then enjoy a Dutch lunch in the area!

#### CNS Christmas Wrapping

**W, Dec 10, 10:00 a.m. (NC)**

Community Nursing Services will be at the Center to provide Christmas wrapping for our seniors. This will be perfect for those who join us



on the Cache Valley Shopping Trip the day before. Bring your gifts labeled so that we don't lose track of what is what after they are wrapped.

#### Christmas Lunch with the Madrigals

**W, Dec 10, 12:00 p.m. (Lunchtime ET)**  
Join us for lunch at the Center and enjoy special holiday treat/performance by the BEHS Madrigals.

#### Christmas Caroling (\$5.00/Bus)

**M, Dec 15, 6:00 p.m. (Treats included)**  
Do you miss the days of getting bundled up, getting on the hay wagon, and caroling around the neighborhood? Join us on our bus as we drive around town, singing, and having fun. We will stop at some selected places and get out and sign, perhaps at Nancy Green's or the Mayor's home? We will top the night off with hot chocolate and donuts and a drive through the Fantasy at the Bay light display at Willard Bay State Park.



#### Eat, Play, Love—Lunch & Learn

**Stress Relievers and Exercise**

**T, Dec 16, 12:00-2:00 p.m. (NC)**

Join us for a special "power hour" of holiday fun with our lunch presentation focusing on "Stress Relievers" followed by a stress-relieving mini-massage!

#### Mad Hatter's Tea and Brunch

**Cottonwood Grove Clubhouse**

**Th, Dec 18, 11:00 a.m. (NC)**

Please join us this month for a special Mad Hatter's Tea "Christmas Brunch" at the Cottonwood Grove Clubhouse located at 675 South 1075 West.



Please bring a "white elephant" gift for our gift exchange game and a pot-luck dish to share. A white elephant can be something you already have at your home (but no longer want), something you want to "re-gift", or something new (not over \$5).

We encourage those who attend to invite others to attend with you. All who bring a friend or wear a hat will be entered for a prize drawing. Come join the festivities...."Where fun hats and friends are always welcome!"

#### Make & Take Craft (\$10.00)

**Th, Dec 18, 1:00 p.m.**

Please join us for our monthly craft project. See display and sign-up sheet at the Senior Center for more information.

#### "Giving Tree" Gifts are Due

**F, Dec 19, 12:00 p.m.**

Please pull an ornament and help a family in need this holiday season. See Page 3)

#### Christmas Dinner/Dance (\$7.00)

**F, Dec 19, 5:30-8:30 p.m.**

The holiday season is a great time to enjoy good food, socializing, and celebrating the spirit of the season! Join us for this joyous occasion. We will have a delicious dinner and then socialize and dance away the rest of the evening to the music of DJ Bruce Howe. Tickets are available at the Senior Center in advance or at the door the evening of.



### Looking Ahead...

#### Elvis's Birthday Party!

**Th, Jan 8, 11:30 p.m.**

We don't have to look very hard to find a reason to have fun, but here is a good one! Join us as we celebrate Elvis's Birthday with "Elvis Karaoke" with Kelly. Myers will sponsor our lunch and we will have a special guest visitor! Be sure to sign up since we do expect a big crowd for this!



#### AARP Smart Driver Training

**F, Jan 16, 8:30 a.m.—12:30 p.m.**

Please call the Senior Center at 435-226-1450 to sign up for class.

#### Travel Reservation Policy

Payment in full is required within three (3) days of registering to guarantee your seat. Delays in payment will result in your name being moved to a waiting list or dropped from the roster.



# December 2014

## Activity Calendar

Subject to change.



*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

1	2	3	4	5
Kelly Warrant—11:30 Lunch—12:00 p.m. BINGO—After Lunch	Lunch—12:00 p.m.	Birthday Lunch—12:00 (Senior Swingers) Integrity Ft, Clinic—12:30	Festival of Trees—9:00 Lunch—12:00	Lunch—12:00 Infrared Lights—12:00 (Entertainment TBD)
8	9	10	11	12
Kelly Warren—11:30 Advisory Council—9:30 Lunch—12:00 BINGO—After Lunch	Christmas Shopping Trip—10:00 Lunch—12:00 Foot Clinic—12:30	CNS Giftwrap—10-12:00 Christmas Lunch—12:00 (Madrigals)	Christmas Karaoke—11:30 Lunch/Myers Day—12:00	Infrared Lights—11:00 Odell Summers—11:30 Lunch—12:00
15	16	17	18	19
Kelly Warren—11:30 Gillies Day Lunch—12:00 BINGO—After Lunch Christmas Caroling—6:00pm	Smith's Giftwrap— 10-12:00 Lunch—12:00 Eat, Play, Love— 12-2:00	Harmony BP Clinic—10:30 AAMCO/Reliance Medical Lunch—12:00 Equip. Tune-up—11:00	Mad Hatter's Tea—11:00 (@ Cottonwood Grove) Lunch—12:00 Make/Take Craft—1:00	Infrared Lights—11:00 Lunch—12:00 Kevin Kula—12:00 Christmas Dinner/ Dance—5:30 p.m.
22	23	24	25	26
Kelly Warren—11:30 BINGO—After Lunch	Lunch—12:00 Blood Drive—2:30- 7:30 p.m.	Brunch—11:00 p.m.  <b>Center Closed— 12:00p.m. Christmas Eve!</b>	<b>Center Closed— Christmas Day!</b>	Infrared Lights—11:00 Lunch—12:00 Lorisa Pulotu—12:00
29	30	31	1	
Kelly Warren—11:30 Happy Feet—10:00 Lunch—12:00 BINGO—After Lunch	Lunch-12:00	<b>New Years Eve</b> New Years Lunch—12:00	<b>Center Closed— New Years Day!</b>	

**DAILY:**

Lunch M-F 12-1:00 p.m.  
Hall Walking 8-10:00 (HBC)  
Library M-F 8-4:00 p.m.  
Pool Room M-F 8-4:00 p.m.

**Silver Sneakers M-F as follows:**

- M 9:00 Cardio/Strength
- T 9:00 Muscles/Motion
- W 9:00 Cardio/Strength
- TH 8:00 Dance Variety
- TH 9:30 Stretch/Balance
- F 9:00 Muscles/Motion

**Pickleball M-F as follows:**

- M,T,W,F 7:00-9:00 & 10:00-11:00
- M & W 2:30-4:30 p.m.
- TH, F 1:00-4:00 p.m.

**WEEKLY**

Bunka M 9:00  
Advanced Spanish M 10:00  
Intermediate Spanish M 1:00 p.m.  
Game Day (alternate w/Bingo) M 1:00  
Line Dancing M/W 1:30 p.m.  
Beginning Spanish T 10:00  
Yoga T 3:30

**WEEKLY (Continued)**

Zumba T 7:00 p.m.  
Sit & Be Fit W/F 10:00 a.m.  
Pinochle TH 12:30 p.m.  
Oil Painting TH 9:30  
Yoga TH 3:30  
Woodcarving TH 5:30 pm  
Zumba TH 6:00-8:00 p.m.  
Ceramics F 10:00-12:00 p.m.  
Chimes F 1:00 p.m. @ Gillespie Hall

**NOTE: Computer classes as scheduled.**



# December 2014

Menus Subject to Change Without Notice  
Milk served with meal.



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 Clam Chowder Chicken Salad Croissant Lettuce and Tomatoes Strawberry –Orange Fruit Cup Royale Cookie	2 Baked Spaghetti Green beans Tossed salad Garlic Bread Raspberry Parfait	3 Birthday Party Paprika Chicken w/ sour cream gravy Mashed Potatoes Peas and Carrots Roll Caesar salad Strawberry Cake / Ice Cream	4 Sloppy Joe Sweet potatoes Fries Tossed salad Key largo Drunken Apples	5 Caesar Pasta Chick. Salad Pickled beets Parmesan bread stick Fruit Salad Lemon Sugar Cookie
8 Homemade top ramen noodle Soup Tuna salad sandwich Pickles/olives Peaches Chocolate Pudding	9 Chicken Gyros & Tzatziki sauce Greek rice Cucumber & tomato salad Steamed carrots Orange poke cake	10 <b>Christmas Dinner</b> Roast Turkey Herb Dressing/Cranberries Sweet Potato Casserole Green Beans Citrus Cup Whole Wheat Roll Cherry Pie	11 Myer's Day Hamburger noodle bake Mixed vegetable Fruited Tossed salad Biscuit/jam Brownie	12 Beef & broccoli stir fry White Rice Egg Roll Chinese cabbage salad Banana Muffin
15 <b>Gillies Day</b> Swiss steak and noodles Oven roasted zucchini bake Fruited coleslaw Roll Raspberry Rice Krispie Dessert	16 Chicken penne Ziti Garlic Parmesan Roasted Broccoli Tropical Fruit Pumpkin Bread Cook's choice Dessert	17 Hawaiian haystacks Peas Mandarin orange cottage cheese salad Biscuit/jam Raspberry Cake	18 Shrimp Pasta Salad Fresh Veggies/Dip Muffin Citrus Fruit Cup Tapioca pudding	19 Roast beef Mashed Potatoes/Gravy Baked Squash Tossed Salad/Garbanzo Beans Whole Wheat Roll/jam Blueberry Cheesecake
22 Italian Sausage Soup Mini Chef salad Cheddar Bay biscuits Orange Slices Frosted Sugar Cookie	23 Baked Pork Chop Dressing/Gravy Steamed Carrots Tossed Salad Orange Cranberry Muffin Pistachio Ambrosia	24 Brunch Biscuits/Sausage gravy Scrambled eggs Hash brown Patty Stewed tomatoes Melon	25 <b>Closed Christmas</b>	26 Chicken with sun-Dried Tomato Sauce/w bowtie pasta Carrots Tossed Salad Garlic Bread stick Apricots
29 Homemade potato soup ½ French dip sandwich/ au jus Cucumber & tomatoes Tangerines	30 Mini meatloaf Noodles Brussel sprouts Creamy cucumbers Roll/jam Berry Cobbler/Ice cream	31 Hot hamburger with sautéed onions Mashed potatoes & gravy Capri Blend Vegetable Fruited jello parfait Oatmeal Pie		

**The meal rate is \$4.80 for those under age 60. A suggested donation per meal is \$2.75 for those 60+.** Congregate lunch contributions are anonymous and confidential. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. Our kitchen staff appreciates your cooperation in following these guidelines so they can provide you with their best service possible.



## December Birthdays—Happy Birthday to You!

Al Alvarado, Annette Anderson, Mary Lee Anderson, Nadine Anderson, Caroline Anderton, Duard Andreason, Dixie Apodaca, Hazel Asay, Darlene Barker, Bobbie Baron, Wayne Bowcutt, Gwenda Bridenstine, Myrle Brightenburg, Lota Brinton, Bonnie Lee Bryson, Dona Busenbark, Donna Callaway, Sam Cardenas, Mary J Chace, Janet Chadwick, Wendall N. Christensen, Connie Clement, Lila Coburn, Bobbie Coltharp, Carol Cook, Ramona Davis, Cheryl Dickey, Don Dunbar, Gerald Dunn, Arlene Edwards, Karen Everton, Jarvis Facer, Richard Forsgren, Irene Francis, Frances Frazier, James Garvin, Lawren Green, Bonnie Grippen, Beth Gurrister, DeeJay Hammon, Donna Hansen, Florence Hansen, Marilyn Hansen, Vickii Hardy, Diane Hechtle, Laura Herzog, Mary Hess, Judy Hoppie, Lee Howard, Dennis Hume, Bryon Hunsaker, Katherine Jensen,

Penny Jensen, Glenda Jeppsen, Sidney Johnson, Betty Kay, Jay Keller, Floyd Kling, Carol Knickmeier, Caroline Lomaquahu, Glade Lott, Eva Jane Marsh, Geraldine McGaha, Theda Mchugh, Everette McKinstry, Joye Merrell, Carolyn Miller, Blen Nance, Adrian Nelson, Farrell Nielson, Reese Norr, Maxine Nyland, Judy Olsen, Evelyn Petersen, Richard Pett, LuDawn Pierce, Dennis Pimper, John Plowman, Alice Powell, Sterling Purser, Geraldine Reeder, Cheryl Reeves, Von Ritchie, Germaine Roberts, Reid Robinette, Joseph Roybal, Donald Saunders, Charlie Skeen, Ronald J. Smith, Marcia Stuart, Germaine Tanner, Norman Thedell, Douglas Thomas, Dona Thompson, Joan Tuft, Edward Valcarce, Paul Valcarce, Emma Velasquez, Velda Wagstaff, Dee Wallace, Carroll Wayman, Lynn Wiese, Frank Woodland, Boyd Young, Bonnie Zehrung.

## History of the Christmas Tree—What you may not know...

It is unlikely that most Americans would imagine that George Washington's rag-tag army's defeat of the Hessians in December, 1776, would be a pivotal moment in the history of the Christmas tree in the United States but there is more than a grain of truth in that statement. On Christmas eve in 1776 some of the 30,000 German mercenaries (Hessians) hired to aid the British troops, were in a joyful mood for two reasons: they were close to defeating George Washington's troops and it was Christmas Eve, a time of enthusiastic rejoicing with food, songs and **decorated trees** (early British settlers to North American colonies rarely observed Christmas and did not cut down or decorate trees). Not much attention was being paid to their military duties. Early on December 26<sup>th</sup> Washington and his army attacked and were able to defeat their usually well prepared foes. After the war some Germans stayed in the United States and shared their traditions with their neighbors. The Christmas tree has a long history in Germany. Cutting down fir trees to be used in their holiday celebrations is documented in the early 1500's. This was such a popular practice that by 1561 an ordinance was passed limiting the size of trees cut to 8 feet. Decorations on these trees were elaborate - candles, sweets and dolls.

Christmas trees were not popular in England until the German influence prevailed in the 19<sup>th</sup> C. when Queen Victoria married a German nobleman, Prince Albert. The royal family was portrayed in the castle standing around a gloriously decorated tree. The English people took their cues from the royals and began decorating trees and placing presents under them. Other European countries have interesting traditions. People in Finland decorate their trees with flags to remind them of the friendship among nations. As Americans embraced the tradition of Christmas trees and depleted local supplies, it quickly became apparent that trees would have to be supplied by the vast American forests and then transported to cities and towns by land and/or sea. The first Christmas tree market developed in 1851 in New York City. —by Ken Tilt and Bernice Fischman

## Death Announcements

- Helen Tillotson Francom, 91, passed away on Oct 27, 2014
- Edward "Ted" Mitchell, 78, passed away on Oct 29, 2014
- Ted V. Hansen, 56, passed away on Oct 31, 2014
- James Clifford Tuveson, 82, passed away on Nov 2, 2014
- Kurtis Scott Ravsten, 62, passed away on Oct 28, 2014
- Fran Stokes, 79, passed away on Oct 31, 2014
- Eula Anne Hickox, 92, passed away on Nov 2, 2014
- George Stephen "Steve" Ingram, 85, passed away on Nov. 5, 2014
- Martha M. Shoun, 83, passed away on Oct 29, 2014
- Leon Gordon, 89, passed away on Nov 11, 2014
- Lynda Nelson Yeates, 72, passed away on Nov 5, 2014
- Clyde Fred Walker, 70 passed away on Nov 7, 2014
- Rosemary Christina Jensen Nicholas, 81 passed away on Nov 9, 2014
- Jay Sorensen, 59, passed away on Nov 10, 2014
- Glen P. Jensen, 87, passed away on Nov 12, 2014
- June Nagao, 82 , passed away on Nov 13, 2014
- Cherol R. Blake, 87, passed away on Nov 14, 2014
- Lucille Hansen Murphy, 87, passed away on Nov 12, 2014
- Joyce Chlarson Bush Frisby, 93, passed away on Nov 16, 2014
- Carrie Ann Richards, 51, passed away on Nov 19, 2014
- William A. "Bill" Jackson, 83, passed away on Nov 20, 2014
- Duaine R. Simmons, 86, passed away on Nov 20, 2014
- Brian Hore passed away on Nov 24, 2014

### Christmas Quote

"Blessed is the season which engages the whole world in a conspiracy of love."

—Hamilton Wright Mabie (1845-1916)

**HEAT Appointments Available**

The Home Energy Assistance Target (HEAT) Program is an assistance program designed to help low-income households with home energy costs.

**HEAT Appointments are available at the Center by appointment only on December 11 & 18 (am).**

In-home appointments are available to those who live alone and cannot travel to the Center. Please call Gary at 435-226-1453 to schedule appointment. To find out if you are eligible for assistance, please visit: <http://jobs.utah.gov/housing/seal> or to find HEAT office nearest you, call Information and Referral: 2-1-1.

**WANT ADS**

*The following ads are provided free of charge as a service for our seniors.*

**"Got an Hour? Give it Back!"**

Looking for Meals on Wheels Drivers on Monday through Friday from 11:00-12:00. Please call Rocheal at 435-226-1452 if you are able to help!

**Shelled Walnuts from California**

Great for baking, snacking, or gift giving. Great price at \$6.00 lb. (sold in 3 lb. bag for \$18). Please call Joe or Bonnie Jo at (435) 723-1769.

**We are in need of new, hand-crafted items for our gift shop!**

If you would like to donate any specialty gifts for babies, birthdays or weddings, please contact Andrea at 226-1452 or Nancy at 226-1451.

**In need of a used laptop to aid Senior in going back to school!**

If you have a working laptop that you are no longer using, please call Barbara Heldreth at (760) 508-4261.

**LOLA'S LOVING CARE** Respite Care/Companion Service. Reasonable rates. No personal care or lifting. Will stay with your loved one while you take a much needed break. References on request. 435-740-4648.

**BENCHMARK SERVICES**

Window cleaning, yard recovery/care, handyman. Senior Center approved. Call Mark Folkman at 435-695-3739 for an estimate.

**Good News Gossip!!**

Our annual "Bowling for Turkeys" was held on November 25th with the women bringing most of the birds home! Congratulations to **Dixie Apodaca** who was high scorer with a 228 and she also bowled a turkey! **Dorothy Brock** stole the show by bowling six strikes in a row!! **Bill Kos** and **Jim Brock** also bowled turkeys. Everyone was a winner—*Thank you Vulcraft for donating the turkeys this year!*

**Duane Rice** rejoiced in the birth of a great, great grandson born in November (also the birthdate of one of his other grandkids). *Congratulations Grandpa! Enjoy that little boy, Duane!*

**Jack Rogers** is our new Senior Idol for the next six months, taking the competition by storm singing "455 Rocket." —*Congratulations Karaoke King!!... Karaoke just would not be the same without you!*

Our Senior Center cook, **Fran Rawlins**, recently took a 10-day vacation to Hawaii where she soaked up some sun while she cruised to five different islands. Her favorite experience was visiting Polynesian Culture Center and seeing the LDS Temple. *Welcome back to the land of ice and snow, Fran! We are all jealous of your adventure!*

**Bonnie and Roger Norman** are soon to be the proud grandparents of a new baby girl and grandchild No. 32, born to Roger's youngest son who lives in Brigham and already has three boys! This little girl is sure to add some sugar and spice with all of those boys! *Enjoy!*

**Alzheimer's Support Group and Memory Club**

*December's meeting is canceled this month.*

**Caregivers Comfort Club**

*Because of low attendance at the evening Comfort Club we are cancelling December's meeting. Please plan to attend in January.*

**BC Museum Gallery Events:**

- Jan. 3 - Preserving Your Family History Workshop, 2pm @ museum.
- Jan. 10 - Swing Dancing lesson and dance! 6:30pm - 10pm in the Senior Center Auditorium.
- Jan. 17 - Grand Opening of *Journey Stories*, a traveling Smithsonian exhibition @ museum.

For information please call the Museum at (435) 226-1439.

**Lower Your Medicare Prescription Drug Costs!**

If your monthly income is not more than \$1,396 for singles (\$1,891 for couples) and your assets are not more than \$12,510 for singles (\$26,120 for couples), you may be eligible for **Extra Help**, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include such things as bank accounts, stocks, and bonds.

Nancy and Vickie are Senior Health Insurance Information Program (SHIP) counselors will be happy to help you with your needs. Please call the Senior Center at 226-1450 for an appointment for free assistance applying for extra help.

**Holiday Commodity Delivery**

Due to Christmas holiday, the Commodity delivery date is:

**December 18, 11:00 a.m.**

\*\*\*

NOTE: Commodities will now be delivered at the Herwin Bunderson Center [641 E. 200 N.] starting January 2015. Please pick up your packages there. If you have any questions, please call Rocheal at 435-226-1454 or Sammy 435-734-6610.

**VA Benefit Appointments**

Larry Dawson from the VA will be here to assist you with all of your benefit needs December 2nd and 16th (by appointment). Please call Deborah Crowther at (435) 713-1462 for an appointment.



**It's the Most Wonderful Time of the Year...**

***13th Annual Christmas Bazaar***

**Saturday, December 6, 2014**

**9:00 a.m.—3:00 p.m.**

**Community/Senior Center**

**24 North 300 West**

**Brigham City**

**A great place for holiday shopping...**

**35 vendors with various crafts, gifts & goodies!!**



*The Senior Center receives funding from Bear River Association of Government*

The newsletter is published monthly by the Senior Center. A mailed subscription is available for \$8.50 per year or 25¢ a copy. Comments/suggestions are always welcome.

Brigham City Senior Center  
24 North 300 West • Brigham City, UT 84302  
435-226-1450

**Silver Threads**



Return Service Requested

US Postage Paid  
PRSR STD  
Brigham City UT  
Permit #2