

SENIOR

...MOMENTS











Volume 6 Issue 4

April 2013



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Happenings : BILLIARDS & QUILTING EVERY DAY Sitting Exercises daily 10:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Arth. Exercise 9:30 County DUP Weight Watchers 5:00	2 IHC Ladies Blood Pressure 11-12 ♥ Tatting 12:00 Stagecoach DUP 12:30 	3 Wii Arthritis Exercise 9:30 Encompass L&L BINGO 1:00 AARP Tax Help By appointment	4 Civic Club 4:00 Reflections 4:00	5  Odell Summers Entertainment 11:30 Vita Tax Help
8 Arthritis Exercise 9:30 Garland DUP 1:00 Weight Watchers 5:00	9 HEAT Help Tatting 12:00	10 Wii Arthritis Exercise 9:30 Integrity-Pass the Buck game 12:30 AARP Tax Help By appointment	11 Country Quilters  1-3 Reflections 4:00 Computer 2:00pm	12  Becky Kimball entertainment 11:30 Vita Tax Help
15 Arthritis Exercise 9:30 Weight Watchers 5:00	16 Happy Harvesters  Quilt Guild 9:30 AARP Defensive Driving class Sign up please IHC Ladies Blood Pressure 11-12 ♥ Tatting 12:00	17 Wii Arthritis Exercise 9:30 CARD making Legacy Foot Clinic 1:00 	18 Rudd Funeral Home sponsors lunch 12:00, Reservation please. Civic Club 4:00 Reflections 4:00 American Legion	19  Westernaires entertainment 11:30
22 Earth Day Arthritis Exercise 9:30 Weight Watchers 5:00	23 Tatting 12:00 Relay Utah L&L	24 Wii Arthritis Exercise 9:30 Chuck-O-Rama USU cooking on a budget 6:30	25 Reflections 4:00	26  Best Friends entertainment 11:30
29 Arthritis Exercise 9:30 Weight Watchers 5:00	30 Tatting 12:00	Earth Day		

Birthday Wishes to:

Sandra Christensen, Elden Fuller, Donna Hansen, Scott Hansen, Audrey Johnson, Dee Smith, Marilyn Smith, Sheryl Bair, Wayne Grover, Eugene Smith, Mary Ann Andersen, Luhana Herrin, Bonnie Seliger, Charles Nicholas, Reed Pierson, Donald Rawlings, Joan Stokes, Sandra Draper, Walter Anderson, Charlotte Andreason, Burton Johnson, Ken Hight, Faye Kearn, Edwin Miller, Ileen Purcell, Sheila Skinner, Brenda Sagers, Josie Winkler, Keith Barfuss, Marion Sparks, Janet Sagez, Ken Woolf, Vergie Anderson, David Conger, Frank Hill, Patt Welch, Carol Anderson, Sally Gibbons, Cherre Lish, Mary Sambrano, Vanda Simanavicius, LeAnna Skinner, Josephine Vasquez, Pat Bourne, Oralisa Solis, Richard Gill, Graham Shaw, Roberta Fronk, Don Potter, LaVone Woodward, Irene Collom, Ray Dunn, Patsy Fridal, Roy Worthern, Byron McDonald, Donald Vanderhoof, Meri Meyers, Dana Staley, Ila Okada, , Margo Eberhard, Beverly Farley, Doris Burton, Donna Packer, Vera Rose, Bette Beadles, Blake Southwick, Delores Stokes, Kenneth Bronson, Louis Douglas, Dean VanValkenburg, Jess Courter,



TAX DAY

Authors Wanted. What rhymes with National Poetry Month? -APRIL- Not much, unfortunately, since *month* is famously one of those words — along with *purple*, *orange* and others — that are said to have no rhymes. April doesn't have too many good choices either. But we won't let that stop us from versifying, since this is the month to do it in.

Roses are red, violets are blue

A sonnet's a poem and so's a haiku

Limericks have five lines, quatrains only four

Couplets have two, and let's not forget the acrostic, the ode, the canzone, the villanelle, the rondelet and the sestina... and of course free verse.

Whatever your sentiment, why not try expressing it in poetry? The results may surprise you. Send it your best hand at poetry. On the 30th we will read the entries at lunch time. If you would like to read your own. That would be terrific.



It's TAX season. Rid yourself of some stress and get help with your taxes.

1. AARP Tax Specialist. You must be at least 60 years old. Wednesday. Call for an appointment.

2. VITA Tax help: IRS volunteers provide service for low and middle-income, no age requirements

Friday 3-6:30. No appointment necessary.

vice is FREE



FAIR BOARD HAS NEW IDEA!

The Home Arts Department at the Box Elder County Fair, is trying something new for the seniors (70 years of age and above) The week before the fair, week of August 12th, we will be coming to the senior center to pick up your entries. We will let you know the exact day when it gets closer to fair time. We will also return your entries to the senior center so you can pick them up there on Monday, August 26th. You will need to pick up your own perdiams at the fair grounds or have a family member do that for you. We hope you get busy and get something ready for the fair.

This service is only for seniors 70 years or older. Hope to see you at the fair.

The Home Arts department.

Bear River Valley Care Center
Sponsor lunch
1st Monday of the month
April 1st
Call to make a reservation

Care for the Care Giver Class

1st and 3rd Thurs. of every month. 10:30-11:45. This is a great class to help cope with challenges of caring for someone. For more information call us.

Don't forget !!! Rudd Funeral Home sponsors lunch, on the third Thursday, April 19th at 12:00 noon. Please call to make your Reservation.

A Blessing for You

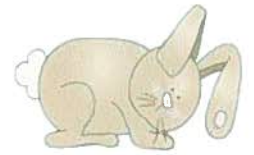
I wish for you,
Comfort on difficult days,
Smiles to follow the clouds,
Laughter to kiss your lips,
Sunsets to warm your heart,
Gentle hugs when spirits sag,
Friendships to brighten your being,
Beauty for your eyes to see,
Confidence for when you doubt,
Faith so that you can believe,
Courage to know yourself,
Patience to accept the truth,
And love to complete your life.
I asked the Lord to bless you As I prayed for
you today.
To guide you and protect you
As you go along your way.
His love is always with you
His promises are true,
You know He will see us through.
So when the road you're traveling on
Seems difficult at best
God will do the rest
~ anonymous

April is : Volunteer Month. Thank you To all our Wonderful Volunteers

PREPARE YOUR GARDEN.....USE MAY PLANT DIFFERENTLY AFTER YOU READ THIS . . .
According to Greek mythology, one could break the magical spells of sorcerers by drinking a tonic made with horehound leaves. Today, a tea made with horehound and honey can be used to ease sore throat pain.
Fennel is one our oldest cultivated plants and was used by the Romans. Gladiators consumed fennel prior to battle to make them fierce, while the Roman women ate fennel to prevent obesity.
Peppers can contain up to six times as much vitamins as oranges! The highest levels are found when the peppers are in their "green" stage. Hot peppers contain less vitamin C than the milder bell peppers.
This bit of information appeared in the Garden Diary and Country Home Guide published in 1908. "An old rule is to plant sweet corn in the spring when the leaves of the white oak tree are as large as a mouse's ear or when the soil feels warm to your bare bottom." (Just make sure the neighbors aren't watching if you try this!!)
During the seventeenth century, the radish was used for a variety of "so called" medicinal purposes. It was used as a general antidote for poisoning, a cure for snake bites, to alleviate the pain of child birth and to remove freckles. When mashed, and then mixed with honey and dried sheep's blood, it was reported to cure baldness! Be COOL as a cucumber? It is true, the inside of a cucumber on the vine measures as much as 20 degrees cooler than the outside air on a warm day.



April



MON	TUES	WED	THURS	FRI
1 Cod Potato Bake Cole Slaw Beets Bread Juice Blueberry Bars	2 Taco Salad Corn Bread Fruit Better Than Cake	3 Meat Loaf Baked Potato Carrots Juice 3-Bean Salad Cake	4 Minestrone Soup Turkey Sandwich Fruit Peanut Butter Pie	5 Lemon Pepper Chicken / Rice Mixed Vegetables Ambrosia Roll Apple Crisp
8 Cowboy Delight Cabbage Buttermilk Salad Bread Peanut Butter Bars	9 Chicken Rice Casserole Carrots Crunchy Fruit Salad Fruit Lemon Bars	10 Lasagna Mixed Vegetable Green Salad Bread Brownies	11 Ham Balls Rice Beets Broccoli Salad Cherry Crisp	12 Turkey Steak Potatoes/Gravy Green Beans Blueberry Jell-O Salad Roll German Chocolate Cake
15 Chicken Fried Steak Bread Potatoes/Gravy Mixed Vegetables Pina Colada Salad Applesauce Cake	16 Stroganoff Noodles Bread Green Beans Frogeye Salad Chocolate Chip Cookie	17 Beef Stew Pistachio Salad Muffins Rice Crispy Treat	18 Sticky Chicken Rice Broccoli Egg Roll Chinese Salad Pumpkin Bar	19 Pork Roast Potatoes/Gravy Peas Seafoam Salad Roll Ice Cream
22 Taco Soup Corn Bread Fruit Salad Tropical Fantasy Cake	23 Chicken Pillows Juice Green Beans Parfait Upside Down German Chocolate Cake	24 Chicken Enchiladas Mixed Vegetables Green Salad Snickerdoodle Cookie	25 Green Bean Casserole Carrots Orange Salad Fruit Bread Pudding	26 Baked Chicken Stuffing Mixed Vegetable Working Girl Salad Roll Cheese Cake
29 Busy Day Steak Potatoes/Gravy Cottage Cheese/Pear Salad Juice Bread Cornflake Cookie	30 Chicken- Broccoli Casserole Rice Green Beans Fruit Cup Banana Cake		Milk available with every meal. Menu subject to change without notice.	

Please make your meal reservation at least one day in advance, especially when the meal is sponsored by a local business. The staff appreciates your thoughtfulness.