



Senior News



December 2011

“ A Caring Place to Grow Old “

25¢ Volume 14 Issue 12

Activities at a Glance

Please see page 4 for more details regarding special events during the month.

- 1 Lunch & Learn, Noon
- 2 CNS Gift Wrap 10:30; Becky Kimball 11:30
- 3 **Christmas Bazaar 9-3**
- 5 Kelly Warren & His Guitar 11:30
- 6 Brunch & Learn 10:00
- 7 Watch Bands Class 10:00; Birthday Party 12:30; Foot Clinic by appt.
- 8 Chiropractic by appt.; Myers Day; Odell Summers & His Xylophone 11:30; Caregivers 6:00
- 9 CNS Gift Wrap 10:30; Christmas Dinner Noon
- 12 Karaoke with Kelly 11:00
- 13 Foot Clinic by Appt.
- 14 Memory Club 10:00; Christmas Light Trip 2:30
- 15 Symphony with Nancy
- 16 Red Cross Blood Drive 2:30-7:30
- 19 Gillies Dollar Day; Kelly Warren & His Guitar 11:30; Christmas Dinner Dance 6:00
- 22 Commodities
- 25 **Merry Christmas**
- 26 **Center Closed for Holiday**
- 27 HCNU 12:15
- 31 **Happy New Year Party at 7:30**



Table of Contents

<i>Events Calendar</i>	<i>Page 6</i>
<i>Month's Menu</i>	<i>Page 7</i>
<i>Nutrition</i>	<i>Page 8</i>
<i>Travel</i>	<i>Page 4</i>
<i>Volunteer of the Month</i>	<i>Page 10</i>
<i>Word Search</i>	<i>Page 2</i>

Sharing Christmas Traditions

As we can see by the expressions to follow, not every Christmas is of the Clement Moore type. Because America is a melting pot of nations, so are the traditions that are celebrated by many families in our community. With each new family unit a melding begins, and sometimes “new traditions” come into their own being.

Doug Thompson: Tamales and champorrado are traditional in our house at Christmas time. My sweetheart kept it going in our family from hers. I love her mother’s tamales—they are the best, and she makes them just like her mom. Champorrado is a thick chocolate drink with bits and chunks of walnuts mixed in. When the weather gets cold, it’s the first thing I think about.

Loni Sehrgosha: We have a midnight dinner of baked ham, pickles, potatoes, hard boiled eggs, black olives, and fresh baked bread. [We offer] lots of shared prayers for being blessed and living in America, and hugs and kisses. We also have pelemeni, perieshki, and spirits. We also sing, call friends and play Christmas music.

Sandy Stoddard: My father worked at Bushnell Hospital during WWII. Each weekend we hosted a houseful of soldiers during December. Sgt. Carr was a frequent guest and we became attached to him as he did to us. He kept in touch with me through the years, and when my son went to Phoenix to school, he was living there. We were going to stay at a motel after settling Tom into his apartment. Sgt. Carr insisted that we stay with him. He watched over Tom like his own son. I remember a particular Christmas when one of the soldiers didn’t have a present for his little girl and he was worried about what he could do. My sister gave him her new doll for his daughter. This was a real sacrifice when there wouldn’t be a new doll for my sister on Christmas morning. (In a small town like Brigham City, dolls were scarce and you had to shop early to get one). The soldiers would put on plays and programs at the hospital during the holidays. Our family would attend them and we really enjoyed them. It has meant a lot to me all of my life.

Marilyn Rogers: Santa Claus brought me and my daughter, Laura, new nightgowns or jammies on Christmas Eve to wear that night. The tradition continues as I, Laura, and my granddaughter, Kira, still receive them on that night.

Jack’s maternal roots are from Texas, so we and our daughter’s family always have black eyed peas on New Year’s Day for good luck. It’s a Southern tradition.

Dotty & Jim Brock: We have a Christmas Eve party together or apart. Our favorite holiday food is sugar popcorn. Now that we’re alone during the holidays, we find it important to remember all of our friends and family, and thank God for all of our blessings. On the lighter side, Jim says that they give each other presents and then race each other back to the store to return it. As for food he says, “Turkey and dressing — yum! Generations ate it.” He likes to watch Christmas on TV—Jim explain that for us...

Marian Lopez: We usually get together as a family and do a lot of cooking of all kinds of cookies, breads, popcorn balls and Chex mix. We make these to give to relatives, friends, and neighbors. We have the traditional dinner. As for being alone, “I don’t know how it will be as this is the first for me.”

Leda Jeffery: We always ate sauerkraut sausage for New Year’s Eve. You’re

(Traditions continued on page 2)

Word Search: December

G O N H S G C L O S S W E M A C A O O S A
 N R T F S G C S D O T N R C R G R R U A S
 E E I G S K L N A T O O A E E L H N Y A T
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Craft Room To Get New Look

The Senior Center Craft Room will be closed to all use the week of December 26-31, 2011, for a bright new makeover to better reflect its future. Prediction would have that the end of the world will come with the year 2012, but here at the Senior Center we are going to move forward breathing new life into the already great programs that we presently offer. Stay tuned for the new reveal as the introduction of new offerings for your creative outlets in 2012.

family comes over to my home, and we take turns putting up Christmas decorations. We play Christmas music, and watch Christmas movies. We also do a special Christmas Mass for my late husband. Christmas time is very special at my house.

Rayola Nielsen: In 1968 I was divorced and didn't have a lot of money, but I wanted my children to realize what the meaning of Christmas really was all about. I started the tradition of finding a family with little money and had each of my children purchase a \$5.00 gift per child in the family. The gifts were wrapped; then we piled in the car with the gifts and parked out of sight. The children took the box of gifts to the door, knocked, then ran and hid. After the family picked up the gifts and tried to see who left them, my children ran back to the car. We went home to a warm house with warm hearts and had a discussion of their feelings about what they had just done. This went on for many years, and each year the gift price went up. My children still talk about those times when we get together. We also made fruit baskets and took them to the Elderly in your neighborhood. Then we would sing carols to them as they received the basket.

Ralph Hechtle: Ralph grew up in Germany and shares his Christmas memories. The Germans have a more extended season offering more occasions for

FIND THE FOLLOWING: Angels, Bethlehem, Bow, Calling Birds, carols, Charity, Concerts, Crèche, Decorations, Elves, Evergreen, Family, French Hens, Garlands, Gift giving, Golden rings, Grinch, Holiday, Lights, Lords a Leaping, Magical, New Year's Eve, North Pole, Ornaments, Parties, Partridge, Scrooge, Service, Shopping, Skates, Now, Snowflakes, St. Nicholas, Star, Stockings, Tinsel, Tiny Tim, Toys, Trees, Turtle Doves, Twelve Days of Christmas, Wise Men, Workshop, Wreath

(Traditions continued from page 1)

supposed to put your purse outside your door. These two traditions started with my mother-in-law. We have turkey, gravy, dressing, sweet potatoes, and pies for both Thanksgiving and Christmas, unless we choose to have a ham dinner instead. I bring the Christmas spirit into my home now that I'm alone by playing Christmas music, attending city and school events, and continue to decorate my home with the tree and other decorations. I also enjoy driving around town to see the houses with the lights and yard decorations.

Minerva "Minnie" Nieto: When my children were little, we would go to midnight Mass (now it's at 10:00). After church we would go home and kids would get to open one Christmas gift. We still go to Mass, but now I do it with my grandchildren. We also do the Nine Days Before Christmas celebration. We take turns at different homes and pray a rosary, read the bible, and then break a piñata. Our family food tradition is making tamales as a family during the holiday season. We have been doing this for many, many years. We cook the tamales on Christmas Eve and everybody comes over for a huge family feast. I have also given my neighbors tamales when we make them. All the

(Traditions continued on page 3)



Days Gone By

with Doug Thompson

Christmases past seem to have been much more fun than the most recent ones. I remember when mom and dad had to leave for some reason, and their last warning to me about not getting into the presents under the tree. As they closed the front door and got into the car, I watched out the front window. They drove away and my brother and I dove into the packages. I got one that I thought might contain a great gift and oh so carefully detached the bow on top that was stuck on with tape. Then, I tried, sometimes unsuccessfully, to pull the scotch tape away from the paper without tearing it. I unfolded the paper finally getting a look at the prized gift from Santa. I was excited at the fun I was going to have playing with it. Then I had to put it all back together. Folding the paper just like it was before and putting the pieces of tape in exactly the same place as they were before, even the torn ones. At last I put the bow on top and inspected it. Mom and dad wouldn't be able to tell that anything was wrong. I did the same thing for my brother. It was great! Christmas morning we got up and tore into the presents and ripped off the paper and were so excited. They never found out. Ha. Ha.

One year before Christmas, when I was 6 or 7 and my brother was 3 or 4, we were watching Santa Claus on TV. We sat on the floor side by side, and watched as Santa said that we should be good boys and girls. If we were, he would bring us some nice toys to play with. Then he said that we should eat our vegetables and pointed right at us. We both felt guilty, and we tried to hide so he couldn't see us. I went to the right side and my brother went to the left side of the TV. When we did that he followed us with his finger pointing at us saying, "Don't hide from me; I know where you are. You

come back here." Mom was watching all of it and began laughing at what she saw. She told my dad about it when he came home from work, and they both had a good laugh.

When I got my first bicycle, my brother got an electric train that had smoke coming out of the stack. I got up first at about 2:00 a.m. I stumbled across the living room to get to the light switch, and knocked over the train that was all set up in the living room. I flipped on the light and saw my bike and his train set. When dad put it back together and got it going, my little brother put our parakeet on the engine and gave it a ride around the living room. After about an hour of playing with the train, and opening presents, we all went back to bed.

I remember putting out cookies and milk for Santa on Christmas Eve. The next morning the

We both felt guilty, and we tried to hide so he couldn't see us.

cookies were all gone and just a little milk was left. To our surprise, there were big signs hung up around the apartment thanking us for the milk and cookies, and for being good boys (even though we weren't).

What great memories of Christmas those are.

Mom and Dad did the best they could to give us those memories, and we try to pass them along, but somehow it will never be the same. Everyone has their own special memories of Christmas. I hope yours are as special to you as mine are to me.

Merry Christmas.



(Traditions continued from page 2)

celebration. The season begins with the first Sunday of Advent and the placing of the Advent wreath. One red candle is placed in the wreath on each of the four Sundays preceding Christmas, usually accompanied by singing. Sankt Nikolaus is the German name for Santa Claus. He tours the countryside visiting children everywhere, questioning them about their behavior. He is not

Christmas Bazaar December 3rd, 2011

The Annual Santa's Merry Old Workshop Christmas Bazaar is waiting for your shopping and gift giving pleasure. It will be held at the Senior/Community Center on Saturday, December 3 from 9-3. There are 35 vendors offering a wide variety of merchandise. Door prizes will be drawn on the half hour beginning at 9:30 a.m.

Angie's Kitchen will be open during the bazaar. She will have a variety of Mexican/American food to choose from, plus cookies and fresh rolls.

We encourage you to shop at home — that is in Brigham City.

accompanied by smiling, toy-making elves, but by the unpleasant Krampus or Knecht Ruprecht, a ragged, sinister, dark figure, the very alter ego of good old Nick. Krampus carries a sack full of switches and chains around his neck for the less well-behaved children, and would strike terror in any child who thought he or she had misbehaved. On Dec. 5th, the eve of the visit, children put out a shoe or boot, a sturdy precursor to our stockings hung by the chimney. If they were good children, they were rewarded with toys and sweets, if not; the notorious lumps of coal were put in the shoe.

The Christmas tree didn't appear until the night before Christmas, and it was decorated with hand-blown glass ornaments and real lighted candles. When the tree was ready, the family gathered around the tree to exchange presents, then continued on to Mass.

The twelve days of Christmas, December 25 through January 6, or the Three Kings Day (Drei Ksnig Tag) was also celebrated.

Goose is the traditional German Christmas dish. And, of course, there is the wonderful sweet bread with nuts and raisins that is called stollen with frosting on top.



Travel Destinations & Activities

December 1, 2011; 12:00 Lunch & Learn

December starts a new series called Lunch and Learn. Alpine Homehealth and Hospice by Encompass will be coming the first Thursday of each month to inform us on interesting and relevant topics that will help us all. Come join us for lunch that day and participate in the fun.

December 2 & 9, 2011 CNS Gift Wrap; Free; 10:30

Once again CNS brings the Holiday Spirit to the Center by offering free gift wrapping. Bring your unwrapped gifts for beautiful wrapping topped with a bow. CNS knows how to have a good time, so come and join in the festivities.

December 6, 2011; 10:00 Brunch & Learn

Abby Neville along with Josey Beth Archibald will be presenting some great holiday tips. Come join in the fun and kick-start your holiday spirit.

December 9, 2011; 2:00 Christmas Lunch

Our annual Christmas lunch will be held earlier this year on December 9. This is always a nice time to get together to enjoy a delicious meal and holiday entertainment. The Hale Family Musical Ties will be our entertainment. They are from North Ogden and this will be their debut at our senior center. Please don't forget to bring along your manners so that we can have them back in the future.

December 12, 2011; 11:00 Karaoke

A year from now we can hold this event on 12/12/12. Loosen up those vocal chords and come join us for our monthly Karaoke. This is a great time to sing your favorite Christmas carols.

Last month we held our semi-annual Senior Idol and are proud to an-

nounce our winners. Jack Rogers 1st Place, Karen Everton 2nd Place, and Dennis Spence 3rd Place. Congratulations!

December 14, 2011; 2:30 Christmas Light Trip; \$25

Can you believe it's that time again?! This is a much anticipated trip. Join us as we travel in style on a chartered bus to Bountiful for a late lunch/early dinner at Chuck-a-Rama. We will then travel to Salt Lake city to Temple Square where we will spend some time walking around looking at the wonderland of lights. From there, we will head to Layton Park for a drive through the light displays. Our last stop will be the lights at Fantasy at the Bay—always a magical ride. The cost of the trip covers the bus and your meal.

December 15, 2011 Symphony with Nancy

This will be a great evening at the symphony at the Browning Center on the WSU campus. Dress warm for an evening of sensory delight. Nancy will be your escort. Tickets must be purchased on your own.

December 19, 2011; 6:00 Christmas Dinner Dance; \$5.00

What better way to celebrate the holidays than to join us for a delicious meal, good musical entertainment and dancing. Every girl loves to wear her holiday finery and dance the night away. First, join us at 6:00 for a meal including soup, holiday salad, Ham, Yummy Potatoes, Key Largo Veggie, Roll and Peppermint dessert. Easy Listening will be here to play for the dance and during their intermission, Susan Anderson's talented group of musicians will play for us. This promises to be a lovely event. We encourage nice dress—especially when you have your photo taken with Santa.

December 31, 2011; 7:30 New Year's Party

It seems early, but it will be here before you know it. Let's get together and bring in 2012 with a bash! Food, fun, games and dancing to the Greg Simpson Band. This is a family event planned for a good time. Brent Gillies will be our Bingo caller. We will have great prizes. Bingo is a lot more fun than any of us like to admit. Drinks from Swire Coca Cola, Papa Murphy's pizza and salad are on the menu. We encourage you to bring goodies, and we will provide the party favors to usher in the new year.

The Etiquette of Group Travel By Melba Murphy

Show courtesy to those making your trip possible: your family, your advisor, your trip coordinator, your driver, your hosts. Pause and take the time to recognize, appreciate, and verbalize the fact that if it were not for them, you wouldn't be having this opportunity.

Express your thanks verbally (this is a must) and later in a note of appreciation (when appropriate).

Defer to the group. Immature children and selfish brutes think only of themselves. If the rest of the group wants to eat hamburgers and you want chicken, yield. The key word is TEAM and there is no "I" in the word team.

Be **cheerful**. Any group experience will mean a degree of stress and inconvenience at times. That is the nature of the beast. Don't compound problems by whining, griping, complaining and pouting when you don't get your way.

Change in Travel Program Reservation Policy

The City's Accounting Policy for Senior Center trips has changed the way trips are organized. *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.



Marge's Meanderings, or I've been thinking. . .

by Marge Small

Desk's Are For

A few years ago when the children were little, they all chipped in their small change and bought me a florescent yellow paper poster that had a picture of a desk on it. The desk was piled high with "who knows what" and "the kitchen sink". At the bottom of the poster was written: "A clean desk is the sign of a sick mind." If that is the case, then my mind is one of the healthiest around! I still have the poster and my desk still looks the same.

During this Christmas season it probably seems strange to write about "my desk", but there is a point to it. Every once in a while (like on the third Thursday of the week), I decide to clean to the bottom of my desk. It is usually when I need to find the card that I bought for a grandchild's birthday 5 months ago. I am always trying to plan ahead and get birthday cards before the day they are needed, and then usually I can't find where I put them! It seems that anything done more than two days ahead of time gets put on my desk so I will know where it is. Then it gets buried. Anyway, I was cleaning off my desk and when I got to the bottom of the pile, there was last years "Small Gang Christmas Letter". I am sure that it hasn't been there an entire year. I probably found it in one of my "pile it" programs and put it on the desk so I would be able to find it this year!

When Jack and I moved to California after college, we left a whole caboodle of family, friends, and short time acquaintances (like salespeople, milkmen, and the people next door that we saw twice a year). When Christmas Time came, instead of writing everyone individually, we thought that we would try a Christmas letter. Erma Bombeck says those letters fill her with jealousy-"because her family never does anything you could write about on a religious holiday!" By the time we went to California we had

one child, so in anticipation of dozens of more children to come to our family, we called ourselves the Small Gang. Our letters had a Western Theme. Now we have 48 years worth of letters piled somewhere in the house. I know where last year's letter is... On my desk! Many people say they love getting the letters, and they look forward to them each year. Maybe it's just the salesmen that say that! If nothing else, they have made us chronicle a year at a time, and now we have almost a 50 year-old Family History in a scrapbook. The first one of my children that can tell me where the scrapbook is gets an extra quarter in the will. I know it is not on my desk because I already looked there... with a shovel.

The desk syndrome started when I was a child. My father had an office at home and at his Ford Dealership. I loved to sit in his big swivel office chair at home and look at all those interesting things on his desk. That was when I would think, "I will do daddy a favor and clean his desk." I would put things in drawers and make very neat stacks of his papers. Soon I would get to the bottom of everything on his desk and wait for him to come home so I could take him in his office and surprise him. It always was a surprise or maybe a shock. He always thanked me and made me feel so good. It was usually later that night he would take me on his knee and say, 'Honey, I am so glad that you were trying to help me today, but now I don't know where anything is on my desk. Maybe you could tell me when you want to clean my desk!' "What, and spoil the big surprise," I thought. I usually waited a few more months before I tried to "help" my daddy again. His desk at the Ford Garage was always clean because he had a secretary and many files there. I wonder if he told her not to clean his desk.

When dad moved in with us for the last 3 years of his life, he brought a card table. It was in the middle of

his room piled high with his "desk" work. I never tried to touch it. I had my own desk to worry about.

It is Christmas and we all have memories. Are they getting passed on? Instead of singing the Twelve Days of Christmas, why not tell or write down twelve stories or facts like: On the 1st day of Christmas this is what I told: How I was named; On the 2nd day... who were my parents; 3rd day... names of y siblings; on the 4th... Grandparents and memories; 5th... Schools I attended; 6th... teachers who helped me; 7th... Friends in my youth; 8th... churches I went to; 9th... Who did I marry/what was our courtship; 10th... Who were our children; what we did; 11th... Where did I work; 12th... What were my favorites/and advice I would pass on!!

See how easy that was! You have written your life story in 12 days. Now set it aside and give it to your family on Christmas. I would let you set it on my desk... but I am still looking for my grandchild's Birthday card.

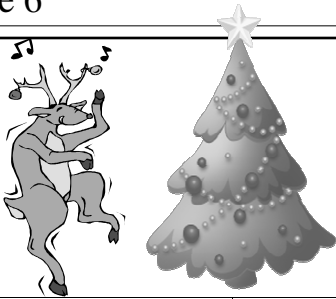
Angels for Christmas



Help make someone's Christmas merrier by choosing an angel from the tree in the back of the hall. Please complete all the information for the angel(s) you select. This information will become important in the event that the gift is not returned by December 9.

Please do not distribute any religious, commercial, or personal solicitations to families or include such solicitations in gifts. Gifts should be new, not used. Please limit gift to a quantity of ONE item per angel (1 pair of pants, one blanket, etc.). Each ornament contains a gift number coded to the recipient. Please make sure the angel ornament is securely attached to the unwrapped gift. Turn the gifts in to Gary Baron.

Your generosity is greatly appreciated!



December 2011 Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			1 Lunch & Learn	2 CNS Gift Wrap 10:30 3 Christmas Bazaar 9-3
5 Kelly Warren & His Guitar 11:30	6 Brunch & Learn 10:00	7 Watch Bands Class with LouAnn Thirkill 10:00 Birthday Party 12:30 Foot Clinic by Appt	8 Myers Day Chiropractic by appt. Odell Summers & His Xylophone 11:30 Caregivers 6:00	9 CNS Gift Wrap 10:30 Christmas Dinner 12:00
12 Karaoke with Kelly 11:00	13 Foot Clinic by Appt	14 Memory Club 10:00 Christmas Light Trip 2:30	15 Symphony with Nancy	16 Red Cross Blood Drive 2:30-7:30
19 Gillies Dollar Day Kelly Warren & His Guitar 11:30 Christmas Dinner Dance 6:00	20	21	22 Commodities	23
26 Center Closed For Holiday	27 HCNU 12:15	28	29	30 31 New Year's Party 7:30
Craft room closed for renovation this week.				

DAILY

Lunch M-F 12-1
Hall Walking 8-10 a
Library M-F 8-4
Pool Room M-F 8-4

WEEKLY

Advanced Spanish M 10:00 a
Bunka M 9:00
Tai Chi M 10:00 a
Beginning Spanish M 10:00
Intermediate Spanish T 10 a
Watercolor T 9:45-12

Woodcarving T 6:00 p
Square Dance T 7-10 p
Line Dancing M/W 1:00 p
Yoga Tu/Th 4:00 p
Bridge/Pinochle Th 10:00 & 1:00
Ceramics Tue & Fri 10-4
Oil Painting Th 9:30
Sit & Be Fit W/F 10:00
Chimes F 1:00

Computer classes as scheduled. Contact Nancy to enroll.

GENERAL INFO: Telephone Reassurance, Friendly Visitor, Info. and Referral; Senior Transit M-W-F 226-1456; MOW Hot meals M-F Frozen Sat-Sun.; **Please make lunch & To Go reservations one day in advance.**



December 2011

Menus Subject to Change Without Notice

Milk served with meal.

226-1454



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Brunch and Learn December 6 Egg Casserole Sausage Stewed Tomatoes Milk	Christmas Dinner Dance Soup Baked Christmas Ham Yummy Potatoes Key Largo Vegetable Holiday Salad Carrot Cake Muffins Peppermint Dessert	Please sign up for lunch one day in ad- vance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.	1 Smothered Home-style Chicken Rice Mixed Vegetable Tossed Salad Muffin Ginger Pear Cake	Chicken Fried Steak Mashed Potatoes/ Country Gravy Peas and Carrots Fruited Cole Slaw Biscuit/Honey Butter Peaches
5 Chef's Salad Cheesy Potato Soup Whole Wheat Roll Fruit cup Cookie	6 Salisbury Steak Mashed Potatoes Mixed Vegetable Tossed Salad/ Kidney Beans Whole Wheat Roll Fruit	7 Parmesan Chicken Rice Pilaf Capri Blend Vegetable Broccoli Raisin Salad Roll Cake and Ice Cream	8 Spaghetti/Meat Sauce Italian Blend Vegetable Caesar Salad Bread Stick Brownie	9 Roast Turkey Sweet Potato Casse- role Dressing/Gravy Green Beans Roll Spinach Salad Cherry Pie
12 BBQ Chicken Au Gratin potatoes Broccoli/Cauliflower Biscuit/Jam Tossed Salad/ Garbanzo Beans Apple Crisp	13 Moo Shu Beef Rice Chinese Cabbage Salad Egg Roll Roll Pudding/Fortune Cookie	14 Chicken Tenders Mashed potatoes/ Gravy Steamed Cabbage Fruited Jello Salad Roll Cookie	15 Baked Cod Baked Potato/Sour Cream German Blend Vegeta- ble Dry Jello Salad Roll Frosted Banana Bar	16 Tamale Pie Green Beans Tossed Salad/Black Beans Cookie
19 Chicken Enchilada Green Wax/bean Blend Spanish Rice Fruit Cup Corn Muffin Chocolate Pudding	20 Beef Stroganoff Noodles Broccoli Stewed Tomato Roll Sliced Oranges	21 Chicken Paella Bean Medley Carrot Raisin Salad Roll Cookie	22 Ravioli Casserole Italian Blend vegetable Bread Stick Tossed Salad/Canellini Beans Lemon Tortoni	23 Sweet n' Sour Chicken Steamed Rice Oriental Blend Vege- table Muffin Chinese Cabbage Salad Cook's Choice Des- sert
26 Center Closed 	27 Chicken Cordon Bleu Scalloped Potatoes Peas and Carrots Fruit salad Muffin Pudding	28 Runza Casserole Steamed Carrots Tossed Salad Roll Fruit	29 Shrimp Pasta Salad Pickles/Olives Fresh Veggies/Dip Fruit Cup Cookie	30 Pork Roast Mashed Potatoes/ Gravy Brussels Sprouts Marinated Carrot Salad Roll Raisin Bar



Month's Birthdays— Happy Birthday to You...

Annette Anderson, Mary Lee Anderson, Nadine Anderson, Duard Andreason, Dixie Apodaca, Carol Baker, Sam Banner, Darlene Barker, VaLoy Booth, Wayne Bowcutt, Gwenda Bridenstine, Myrle Brightenburg, Lota Brinton, Bonnie Lee Bryson, Donna Busenbark, Donna Callaway, Sam Cardenas, Don Chadwick, Wally Christensen, Wendall N. Christensen, Lila Coburn, Bobbie Coltharp, Carol Cook, Ramona Davis, Gerald Dunn, Arlene Edwards, Myrna Ellis Richard Forsgren, Irene Francis, Frances Frazier, James Garvin, Edna Godfrey, Clifford Graham, Bonnie Grippen, Beth Gurrister, Dee Jay Hammon, Donna Hansen, Florence Hansen, Marilyn Hansen, Diane Hechtle, Mary Hess, William Hoffman, Lee Howard, Byron Hunsaker, Katherine Jensen, Sidney Johnson, Dick Kaeser, Betty Kay, Jay Keller, Floyd Kling, Carol Knickmeier, Caroline Lomaquahu,

Mary Losee, Glade Lott, Eva Jane Marsh, Geraldine McGaha, Theda McHugh, Everette Mckinstry, Carolyn Miller, Blen Nance, Lynne Nance, Adrian Nelson, Muriel Nicholas, Farrell Nielson, Reese Norr, Maxine Nyland, Judy Olsen, Bruce Peterson, Evelyn Petersen, LuDawn Pierce, Dennis Pimper, John Plowman, Jack Poulsen, Alice Powell, Sterling Purser, Don Reeder, Geraldine Reeder, Penny Reeder, Cheryl Reeves, Von Ritchie, Reid Robinette, Donald Saunders, Karen Everton, John Singh, Charlie Skeen, Ronald J. Smith, Deloy Stewart, Germaine Tanner, Norman Thedell, Dona Thompson, Maxine Thomsen, Joan Tuft, Edward Valcarce, Paul Valcarce, Don Valentine, Emma Velasquez, Patricia Vigil, Velda Wagstaff, Reed Walker, Dee Wallace, Caroll Wayman, Lynn Wiese, Earl Windley, Frank Woodland, and Bonnie Zehring.

Gingerbread Biscotti

Let's face it, anything that tastes good is full of calories. It's the holidays and we can still enjoy if we don't overdo it. If you still like to bake, try this recipe.

These spicy Italian cookies are the perfect accompaniment for cocoa or coffee during the holiday season. They can be drizzled with lemon flavored almond bard for a special treat.

1/3 C vegetable oil
1 C white sugar
3 eggs
1/4 C molasses
2 1/4 C all-purpose flour
1 C whole wheat flour
1 tablespoon baking powder
1 1/2 tablespoons ground ginger
3/4 tablespoon ground cinnamon
1/2 tablespoon ground cloves
1/4 teaspoon ground nutmeg

1. Preheat oven to 375° F. Grease a cookie sheet.
2. In a large bowl, mix together oil, sugar, eggs, and molasses. In another bowl, combine flours, baking powder, spices; mix into egg mixture to form a stiff dough.
3. Divide dough in half, and shape each half into a roll the length of the cookie. Place rolls on cookie sheet, and pat down to flatten the dough to 1/2 inch thickness.
4. Bake in preheated oven for 25 minutes. Remove from oven, and set aside to cool.

Servings per Recipe: 48
Calories: 70
Total Fat: 2g
Cholesterol: 13 mg
Sodium: 26 mg
Total Carbs: 12.1g
Dietary Fiber: 0.6g
Protein: 1.4g

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,353 for singles (\$1,821 for couples) and your assets are not more than \$12,510 for singles (\$25,010 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 for an appointment for free assistance applying for **Extra Help**.

Watchband Class Scheduled



Lu Ann Thirkill will be here on December 7 at 10:00 a.m. to help you create a great gift for that special girl on your list, or one for yourself. The cost of the class is \$10 for a beaded watchband plus the cost of the watch face. She has a great selection of beads and colors to choose from.

She has a **one-time special** on watch faces with 7 ribbon bands for \$5. Combine that with a beaded watchband and you have 8 ways to wear your watch. A great deal for \$15. There is a limited number to choose from on this great deal. First come, first serve.

Five Myths about Exercise and Older Adults . . .

1. There's no point to exercising. Fact. Lots of health benefits.
2. Elderly people shouldn't exercise. Fact. Sedentary lifestyles are unhealthy. Period.
3. Exercise puts me at risk of falling down. Fact. It reduces the risk of falling.
4. It's too late. Fact. You're **never** too old to exercise.
5. I'm disabled. I can't exercise sitting down. Fact. There are lots of exercise for you. Sit & Be Fit!

WANT ADS

The following ads are provided as a service for our seniors.

SHELLED WALNUTS FOR SALE

Just right for your holiday baking. Two pounds for \$8.00. Call Bonnie or Joe at 723-1769.

Meals On Wheels Needs You!

Drivers are needed M-F. In these troubled financial times, MOW is being hit just as hard. If you are able to help deliver meals, someone is waiting with a smile of thanks and a hot meal that makes a difference in their life. Contact Rocheal if you can help.

ALTERATIONS Reliable, excellent seamstress. Call Karen at 723-7119.

NEED HOUSEKEEPING? Contact Gail Diane at 723-8894. Licensed. References available.

BENCHMARK SERVICES

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

Suggestion Box

We have a Suggestion Box to help resolve certain issues. You must fill in your name if you want to be notified when the problem is resolved.

You may list your suggestion, complaint, and/or a Thank You for Great Service.

The box will be placed at the front desk with forms.

Coming in January—
ZUMBA Gold!

Exercise for the young at heart!
Get moving to Latin Rhythm.
Watch for more information.

Senior Transit M-W-F 435-226-1456



Comfort Club

Our December meeting will be on the 8th at 6:00 p.m. The presentation will be by Alison Johnson, RN, with Integrity Home Health. A light meal will be served. Please RSVP to Vickie or Nancy.

Memory Club

Decembers meetings will be held on the 14th and 28th at 10:00 a.m. Meeting will be focused on the holidays.

New Donation Price

Beginning January 1, the Congregate lunch contribution donation will increase to \$2.75 per meal for those 60+, and \$4.75 for those under 60.

Congregate lunch donations are anonymous and confidential. No one should be watching to see who contributes and who doesn't.

Transit Policy

We have some concerns that need to be brought to your attention concerning scheduling. We want to provide the best service possible, therefore, please make a note of the following:

Transit operates M-W-F. Our schedule is made up two (2) days ahead of time so that we are ready to go when we get to the Center.

We are experiencing a lot of "same day" calls for reservations, which can really throw our schedule off. Even if you call in the day before you need a ride, to us, it is like a "same Day: call since our schedule has already been made up the day before.

If you know ahead of time that you will be needing our service, the more advance notice you can give, the better service we can provide. We can put you on our permanent schedule and you do not have to call each time for a reservation, but please call if you need to cancel.

Please be aware that sometimes our schedule may already be full and you may be denied service.

HEAT Appointments Begin Nov 1

The Home Energy Assistance Target program (HEAT), will be accepting appointments beginning November 1. This winter home heating assistance for income-eligible households is for those who meet eligibility requirements determined by federal income guidelines.

How long the funds last depends on the amount of Federal funds awarded to the State as well as the number applying for HEAT.

This year's guidelines are:

Household Size	HEAT
1	\$1,361
2	\$1,839

Rocheal will be working with the homebound elderly. Call her at 226-1454.

Tammy from BRAG will be working with those seniors who attend the Center, who live alone without family. She will be here on ; December 8 & 15. Remember, this service is for seniors only.

If you are able to drive, or have someone who can chauffeur you, you need to go to the BRAG office in Perry.

Make sure you bring the following items to your appointment:

1. SS card for everyone in the household.
2. Picture ID
3. Current Utility Bills for both gas *and* electric. You must bring the **most recent** utility bills received as of the appointment date.
4. Proof of income for everyone in the household **received** in the previous calendar month.
5. Receipts for Medical bills paid by you in the previous month. Rx, dentist bills, eyeglasses, over-the-counter drugs, etc.
6. If any of your utilities are included in your rent or you pay utilities directly to your landlord, you must provide Landlord Statement Heat form 1062-H.

Volunteer Corner

December spotlights Steve Peabody as Volunteer of the Month. Steve is one of those people who volunteers quietly behind the scenes. He has made about 35 wood holders for the hot stones that keep the MOW meals hot. These holders used to be made of cardboard and didn't last very long, so Steve decided that wood ones would be better. Then he saw that he could fix the carts used in the kitchen—you know, the ones that extremely hot pans had melted through the plastic. Now they'll last for a long time since they've been replaced with wooden, laminated tops. This saves the Center a lot of money.

Steve was born in Malad, Idaho, and later his moved to Marysville near Ashton. He grew up on a farm and was in that business until he married Joyce. They met at a dance, where else? If you know the Peabodys, you know they love to dance.

While at Ricks, they entered a dance contest against some of the ballroom class dancers and came home with first place for their waltz. They have six children; 18 grandchildren, and one great grandchild on the way.

Steve has never lacked for a job. In fact, he says that job opportunities came to him. He worked for stud mill running the planer for 26 years before moving to Brigham City to work with a cousin.

One of Steve's unique talents is playing the saw—something he picked up from a missionary companion. Before learning to use the bow, he used a yardstick which he says helped him find that sweet spot for the notes. That is the hardest part of learning to play the saw.

He and his wife served a church mission to Trinidad. With inhabitants mostly African, he said that it wasn't hard to find them in a crowd.

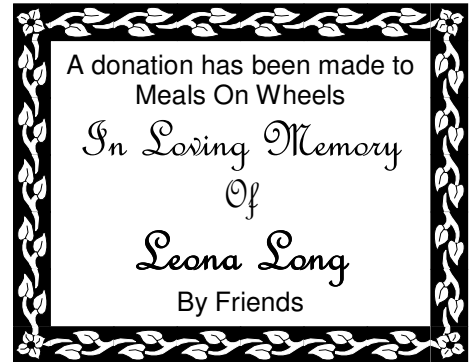
Steve refers to himself as a "can do anything" guy.

Congratulations, Steve. See you on the dance floor...

Were Wishin'



- Wii for Activities
- Laundry Detergent
- Flour sack/bar dish/bar towels
- 44¢ Stamps



Look for the following symbol hidden somewhere in this issue of the Senior News.



Christmas Bells are Ringing . . .



The Senior Center receives funding from Bear River Association of Government

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