



## Travel Destinations & Activities

### July 2, 9, 2012; 1:00 p.m.; \$35 Ceramic Clay Puzzling Class

Much interest was expressed in making the fun fish that the beginning ceramics class made this spring. Join Teresa Sackett as she teaches this fun class one more time. The project requires several weeks drying time, so a later date will be set to complete the piece. Cost includes all materials and provides a \$5 donation to Meals On Wheels. Sign up with Gary.

### July 6, 2012; 10:00; \$5 + Greenware Ceramics Chalking Class

Lynn Hess will be joining us to teach a ceramics Chalking Class starting July 6th. The class will be held each Friday during the month of July at 10:00 a.m. This is a great opportunity to learn a new technique. The cost is \$5 plus your choice of greenware. Sign up with Gary.

### July 10, 2012; 9:00; \$10; Dutch Lunch Tracy Aviary

A visit with our fine feathered friends will take us to the Tracy Aviary. Join us for a pleasant summer day at Liberty Park to enjoy all the Aviary has to offer. We will enjoy lunch at The Old Spaghetti Factory.

### July 17, 2012; 11:00 n/c Hand Massage & Manicures with Harts Home Health & Hospice

Come and be pampered by the fine folks from Hearts for Home Health and Hospice. They will provide hand massages and manicures, treats and a great time. They will be at your service from 11:00 a.m. through lunch. Sign up with Gary so we can plan on how many aids we will need.

### July 19, 2012; 12:00; \$30, meal included.

Come join us for a pleasant drive to Heber City on the bus while enjoying a sack lunch, then board the Heber

Creeper for a late afternoon ride. We will be riding the Deer Creek Express, a two-hour trip that offers incredible views of the Wasatch Mountains and wide-open vistas of Deer Creek Reservoir and beautiful Heber Valley. Experience the Alps of Utah.

### July 27, 2012; 11:00 Wii Bowling — Christmas in July

Why not? It has been six months since we celebrated Christmas. Let's do it again. Bring a can of food or other nonperishable food item to participate. The food will be donated to Brigham's Food Pantry. Wear your favorite Christmas sweater or Santa hat and bowl for Christmas gifts.

### July 30, 2012; 7:30 a.m. Wendover \$20

Sign up early to reserve your seat. The fee gets you on the bus trip, buffet lunch, \$5 cash back, a free beverage and fun bucks. Also included are BINGO prizes on the way. Reserved seating for all seats.

Not into gambling? People watching, good food, and a day's get-away are a bargain.

## Basic Drawing and Watercolor Class

Do you know that we have a beginner/intermediate watercolor class? The instructor incorporates basic drawing and individual as well as class instruction during each session. There is room for at least six more students. All you need is the desire to express your creative side and your materials. There is no charge for the class. We meet on Tuesdays at 9:45 a.m. each week and begin instruction at 10:00.

We have a workshop presented by a professional at no charge once a year. You must attend the watercolor class to participate in this special event.

For more information, contact lantha.

## Summertime and a Healthier You

Summertime is a wonderful time of year. We want to be outdoors and the fresh fruits and vegetables fill out our menus.

Summer health is important and there are some ideas that can improve our health if we just given them a try.

It's important to keep hydrated. Make sure you are drinking enough water, or green tea. You should be getting a half gallon of water a day. Green tea has a natural component that helps speed up your metabolism. If you carry a water bottle with you, it can serve as a reminder to stay hydrated.

Don't skip breakfast. Breakfast helps jump start your metabolism and gives you the necessary energy for the day.

Just about everyone enjoys grilling outside during the summer. When cooking burgers, build a better one by using whole wheat buns, lean meats and delicious toppings like pineapple, wasabi, guacamole and feta cheese.

Don't burn your burgers as studies have shown that well-done and charred meat contains carcinogens that can increase your risk of cancer. Choose lean cuts, trim off excess fat and marinate meat before grilling. Fresh fish like salmon and tilapia are packed with heart-healthy omega-3 fatty acids and are low in calories. Cooked on a cedar plank with seafood seasoning, a squeeze of lemon juice you'll wonder why you don't do it more often. Also try kabobs with chicken, peppers, onion, squash and mushrooms.

Avoid food poisoning by thoroughly cooking meats and keeping cooked and raw meats separate. If it's above 90 degrees outside, don't keep food out for more than an hour.

Go easy on ice cream cones. Choose fruit salad, sliced watermelon or grilled pineapple, and lightly dip it in dark chocolate. You'll get a delicious dessert with antioxidants and fewer calories and sugar than ice cream.

Source: WebMD & the Internet