

SENIOR MOMENTS

EAST JUAB SENIOR CITIZENS

HOW DO WE GET MORE SENIORS INVOLVED?

Our Senior Citizens program is dependent on volunteers. It is set up to be ran and completely governed by the Senior Board. With that being said, the board cannot effectively run the program without individuals being willing to step up and volunteer their time, talents and ideas as well as participate in planned activities.

In talking to several different people there seems to be a "stigma" associated with Senior Citizens. For some reason people don't want to join and actively participate in Senior Citizens because they "are not old enough". I have pondered the question of how

to get more people involved so that we can continue this wonderful social group and breathe some new life into it.

I have come to one conclusion—the only way to continue having senior citizens is to invite our friends, neighbors and family members that are 60+ to come join with us.

Senior Citizens is a social group that people of all walks of life that are 60+ can come and associate with like-minded individuals going through the same stage of life as themselves. Here you can participate in activities specifically

targeted for that age group. You can have conversations with and meet new friends that have had similar experiences as yourself.

Please help us continue having this program by starting to

HAPPY BIRTHDAY

Marianne Wightman	Dec 1
Sherian Morris	Dec 2
Ora Stewart	Dec 2
Connie Lofgran	Dec 8
Bill Moss	Dec 8
Glen Gooch	Dec 14
LaJuana Warthen	Dec 16
Glenna McDonald	Dec 17
Delmer Lawrence	Dec 20
Jim Stephensen	Dec 22
Carolyn Bailey	Dec 23
Joy Beal	Dec 23
Robert Simpson	Dec 23
Allan Hamada	Dec 24
Diana Hickman	Dec 24
Alden Orme	Dec 24
Paul Greenhalgh	Dec 24
Mary Bussian	Dec 25
Carol Williams	Dec 25
Anne Bown	Dec 27
Jenine Crofts	Dec 27
Nancy Fowkes	Dec 29

sorry if any are missed



actively participate and help.

You don't stop
having fun because
you get old,
you get old because
you stop having fun.



**Our kitchen will be closed
December 20th-31st for the Holiday
Season.
We are sorry for any
inconvenience these closures may
cause.**



Do you remember.....

Archives of the Times News from December 1955

- Dec 8, 1955 front page headline read, "Thermoid Plant Employees Vote Work Stoppage". The article stated that the employees had voted to strike if they didn't get a 15 cents per hour wage increase. The company was trying to negotiate a 7.5 cent per hour wage increase. The plant employees 300 people however the vote to strike was only 122 to 1, so apparently most workers didn't even vote.
- Playing at the Venice Theater: "Pete Kelly's Blues, "War Paint", "The Night of The Hunter".
- Tide soap giant package \$0.66, Campbells soup 6 for \$1.00, Sausage 3 lbs for \$1.00
- Chapman Furniture advertised the new 1956 Kelvinator automatic 2 cycle washing machine for \$3.75 a week.

Upcoming Activities/Entertainment...

- Dec 1st Old Time Fiddlers
- Dec 8th Holiday craft
- Dec 15th Holiday treat exchange/Holiday Movie
- Dec 20-31st Kitchen closed


Merry Christmas

If you have anything you would like to add to the monthly newsletter, please let Marty or Carla know. You can call 435-623-7306 for any questions.

EAST JUAB SENIOR CITIZENS
160 N Main
Nephi, UT 84648
(435) 623-7306
seniorsnephi19@gmail.com

**We are on Facebook search for us
under: East Juab Senior Citizens**

DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Please call by 9:00 am on the day you plan to eat 623-7306. Thank you Menu is subject to change and substitutions.</p>	<p>Suggested donation for seniors 60+ is \$2.50. Under 60 cost of meal is \$5.50</p>	<p>1 Pork Chop Baked sweet potato Broccoli Applesauce Cinnamon raisin bread 2% Milk</p>	<p>2 French Dip Potato salad Coleslaw Fruit cup 2% Milk</p>
<p>6 Chicken strips w/sauce Carrot & Raisin Salad Baked beans Pears and cottage cheese White cake w/frosting 2% Milk</p>	<p>7 Cook's Choice</p>	<p>8 CHRISTMAS DINNER Roast beef, mashed potatoes w/gravy, Seasoned green beans, Roll w/margarine, Cranberry salad Cream pie 2% Milk</p>	<p>9 Taco soup w/cheese & sour cream Frito's Fruit Cinnamon roll 2% Milk</p>
<p>13 Ground beef taco w/ lettuce, tomato, onion, kidney beans, cheese & soft tortilla Chips and salsa Pineapple & mandarin w/sour cream salad 2% Milk</p>	<p>14 Turkey & cheese sandwich w/lettuce, pickle and tomato 3 bean salad Peaches in Jell-O Snickerdoodle cookie 2% Milk</p>	<p>15 Meatloaf Baked Potato w/sour cream Peas and carrots Applesauce Roll 2% Milk</p>	<p>16 Navy bean and Ham Soup Cheese stick Fruit cup Bread stick Chocolate Mousse pudding 2% Milk</p>
<p>20 Closed</p>	<p>21 Closed</p>	<p>22 Closed</p>	<p>23 Closed</p> 
<p>27 Closed</p>	<p>28 Closed</p>	<p>29 Closed</p>	<p>30 Closed</p> 