GETTING OLD IS NOT FOR SISSIERS!

Tai Chi Class at the Park City Center
Nuts About Love
“Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. ‘Why the new sign?’ I asked. ‘My boyfriend didn’t approve of the old one,’ she said. When I glanced at what hung above the counter, I understood. It declared: Local Honey Dates Nuts.” — Contributed by Theodore Bologna

Check-Out Romance
“I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn’t answer. Finally he unearthed one of the rubber stamps I used to identify reference books. ‘Since I couldn’t find the right engagement ring,’ he said, ‘this will have to do,’ and he firmly stamped my hand. Across my knuckles, in capital letters, it read NOT FOR CIRCULATION.” — Contributed by Ruth E. Chodrow

Sexy Nightgown
“The lingerie store where my aunt works was crowded with shoppers selecting Valentine’s Day gifts for their wives. A young businessman came to the register with a lacy black negligee. My aunt noticed that the next customer, an elderly farmer, was holding a long flannel nightgown and kept glancing at the younger man’s sexier choice. When it was his turn, the farmer placed the nightgown on the counter. ‘Would you have anything in black flannel?’ he asked.” — Contributed by Christine A. Pandolfo

Devoted and Determined
“During World War II my parents had planned a romantic Valentine’s Day wedding. Suddenly my father, then stationed at Camp Edwards in Massachusetts, received orders to prepare to ship out, and all leaves were cancelled. Being a young man in love, he went AWOL. He and my mother were married four days earlier than originally planned and he returned to base to an angry sergeant. After hearing the explanation, the sergeant understandingly replied, ‘Okay, okay!’ Then, as an afterthought: ‘But don’t let it happen again!’” — Contributed by Sandra L. Caron
Valentine's Day Word Search

c g f l o w e r s i p
j s w e e t h e a r t
e f p a c u p i d a e
v h o i k a c p s r t
a o g u y h e a r t s
l o v e r r d e g o f
e k r a p t r r o w r
n r i r o s e s p x i
t o h s d r d e i r e
i s u h s p i n n h n
n r g a r e l l l k t d
e o s c h o s r o s h
s w e e r t s f r i e
v e c h o c o l a t e k

valentine
arrow
cupid
hearts
love

t red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

Valentine's Day Word Scramble

DER ____________  KNIP ____________
ERTHA ____________  SESISK ____________
OROWA ____________  UFYBYRFAE ____________
HOLCEAOE ____________  OPEM ____________
SHHUC ____________  L'ETRE ____________
DYNGA ____________  FESTW ____________
VLOE ____________
PELEVEON ____________
NEOYH ____________
CIDPU ____________
Join us during the month of March when all three senior centers in Summit County head to the museum. An architectural marvel and a case study in "green" design created by community generosity; we welcome you to the Natural History Museum of Utah at the Rio Tinto Center.

Look for sign-ups at your local senior center

Midway Ice Castles

Explore ice castles

Ice Castles is an award-winning frozen attraction located in six cities across North America. The experience is built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more. Winter-season ice castles weighing around 25 million pounds, with resident princesses & fire shows.

Address: 700 Homestead Dr., Midway, Utah 84049
Hours: Mon-Fri 4:00pm-9:00pm
Sat  Noon-10:30pm
Phone: 866-435-2850
Wear warm clothing, hats, gloves, scarves & snow boots.

It's the 150th anniversary of the Golden Spike, the Governor and all of Northern Utah are celebrating at the Union Pacific Sesquicentennial on Friday, May 10, 2019

Join the Summit County Seniors in a county activity

Look for sign-ups in April at your local senior center
**Why Get A Hearing Test?**
Uncorrected hearing loss leads to higher hospitalization rates and health care costs, according to new research from Johns Hopkins University in collaboration with AARP. The study looked at health data of 150,000 people age 50 and over. It found that over a period of 10 years, individuals with untreated hearing loss had a 52 percent greater risk of dementia, a 41 percent higher risk of depression and an almost 30 percent greater risk of falls than those with no hearing loss. (2019)

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**Fun Facts:**

**The Dangers of Dehydration in the Elderly—A Hidden Problem:**
Water is always best. However, if the senior has been vomiting or having diarrhea or is experiencing challenges with their blood pressure or heart rate, it may be beneficial to encourage them to drink Gatorade to restore necessary electrolytes to the body. (caringpeopleinc.com 2017)

**Soda Pop is a no-no:**
Kidney Stones—A study cited by the American College of Physicians found that kidney stone patients changed their beverage habits and cut their risk of a recurrence by 15%. (NPR.org 2014) Purified Water is best.

RA—Rheumatoid Arthritis
Drinking one or more sugary sodas a day, including regular cola, caffeine-free cola, and other sugar-sweetened carbonated sodas, may significantly increase a person’s risk of developing RA, according to a study published recently in The American Journal of Clinical Nutrition. (2015)

**Is Glucosamine Good for Joint Pain?** If you’re looking for a supplement that may ease your joint pain, glucosamine might be worth a try. Some studies show it gives relief for mild to moderate knee osteoarthritis and other joints. (webmd.com 2018)
## February Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>KAMAS/PC</td>
<td>CLOSED</td>
<td>COALVILLE</td>
<td>KAMAS/PC</td>
<td>COALVILLE</td>
</tr>
<tr>
<td>1</td>
<td>Spaghetti &amp; Meatballs w/ Marinara Sauce</td>
<td>Garlic Bread</td>
<td>Broccoli</td>
<td>Fruit</td>
</tr>
<tr>
<td>2</td>
<td>Spaghetti &amp; Meatballs w/ Marinara Sauce</td>
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<td>Fruit</td>
</tr>
<tr>
<td>4</td>
<td>Hot Dogs</td>
<td>Soup</td>
<td>Green Salad w/Tomatoes, Beets, &amp; Carrots</td>
<td>Chips</td>
</tr>
<tr>
<td>5</td>
<td>Grilled Chicken w/Gravy</td>
<td>Funeral Potatoes Rolls</td>
<td>Sautéed Vegetable</td>
<td>Fruit</td>
</tr>
<tr>
<td>6</td>
<td>Roast Turkey Stuffing</td>
<td>Mashed Potatoes Gravy Rolls</td>
<td>Asparagus &amp; Green Beans</td>
<td>Fruit</td>
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<tr>
<td>7</td>
<td>BBQ Shrimp Grits</td>
<td>Baby Carrots &amp; Yams</td>
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</tr>
<tr>
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<td>Fruit</td>
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<tr>
<td>18</td>
<td>CLOSED</td>
<td>Presidents' Day</td>
<td>CLOSED</td>
<td>CLOSED</td>
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<tr>
<td>19</td>
<td>20</td>
<td>Beef Stew Baked Potato Caesar Salad Rolls Cauliflower Fruit</td>
<td>21</td>
<td>Spaghetti &amp; Meatballs w/ Marinara Sauce Garlic Bread Broccoli Fruit</td>
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<tr>
<td>20</td>
<td>21</td>
<td>Beef Stew Baked Potato Caesar Salad Rolls Cauliflower Fruit</td>
<td>22</td>
<td>Jay's Famous Meatloaf Mashed Potatoes Gravy Rolls Mixed Vegetables Fruit</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>Beef Stew Baked Potato Caesar Salad Rolls Cauliflower Fruit</td>
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<td>22</td>
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<td>Beef Stew Baked Potato Caesar Salad Rolls Cauliflower Fruit</td>
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<td>Fish Chinese Rice Peas, Carrots &amp; Asparagus Fruit</td>
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<td>24</td>
<td>Fish Chinese Rice Peas, Carrots &amp; Asparagus Fruit</td>
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<td>Fish Chinese Rice Peas, Carrots &amp; Asparagus Fruit</td>
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</table>

### Serving Three Senior Centers In Summit County

**Please call before 9:30am** to reserve your seat for lunch

- Park City 435-649-7261
- North Summit 435-336-2622
- South Summit 435-783-4311

Park City and Kamas open Mon & Thurs 9:00am-3:00pm
Coalville open Wed & Fri 9:00am-2:00pm

Menus are subject to change. For more information please contact the Senior Center.
Happy Birthday!

Kathleen Albert-PC  Victoria Seifert-PC
Maureen Bradley-PC  Christine DeVoy-PC  Hazel Feller-PC
Amelia McGinnis-PC  Kathleen Bolinder-NS  Donna Evans-NS
Charles Grower-NS  Linda Grant-NS  LaVaun Vernon-NS
Melanie Bosworth-NS  Tony Powell-SS  Demont Lott-SS
Lois Carlile-SS  Janice Crystal-SS  Bonnie Wilde-SS
Troy Davis-SS  Charly Hogan-SS  Wanda Prescott-SS
Jackie Holcomb-SS
# FEBRUARY ACTIVITIES CALENDAR

**NS-North Summit**  
**SS-South Summit**  
**PC-Park City**

<table>
<thead>
<tr>
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<td></td>
<td><strong>NS-Residents of Family Tree Assisted Living join us for Lunch at Noon</strong></td>
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<td>4</td>
</tr>
</tbody>
</table>
| 4      | PC-Exercise Class 10-11am $3  
Every Monday |         |          | 5      |
|        | SS-Board Meeting | NS-Shopping Trip | 6 | 6  
NS-Quilting Club 10:00-11:45am |
| 11     | PC-Exercise Class 10-11am $3  
Every Monday  
PC-Applegate Blood Pressure Check and Board Meeting |         | 7 | 7  
PC-Tai Chi $3  
9:45-11:00am |
| 18  
CLOSED  
**PRESIDENTS’ DAY** | 19 | 20  
SS—Nurture Nature  
NS-Quilting Club 10:00-11:45am  
NS-Applegate Blood Pressure Check | 21 | 22  
PC-Tai Chi $3  
9:45-11:00am  
**NS-Encompass Health Check** |
| 25     | 26  
PC-Exercise Class 10-11am $3  
Every Monday | 27 | 28 | 28  
PC-Tai Chi $3  
9:45-11:00am |