Stepping On!
Learn how to prevent falls, increase your balance and have a more vibrant life.
**EASTER ACTIVITIES**

**INDULGE IN EASTER BRUNCH**  Choose from a variety of Park City restaurants offering Easter brunch on Sunday, April 21:

- **Café Trio Park City**, 9:00 AM-3:00 PM (Special Easter Brunch menu)
- **Flanagan's**, 11:00 AM-3:00 PM (Serving a special traditional Irish Breakfast menu)
- **Grubsteak**, 10:00 AM-2:00 PM (Buffet: $37.75 for adults, $17.85 for kids)
- **J&G Grill** at St. Regis, 10:00 AM-3:00 PM (Buffet: $75 for adults, $40 for kids)
- **Powder Restaurant** at Waldorf Astoria, 11:00 AM-4:00 PM (Buffet: $65 for adults, $26 for kids)
- **Red Rock Brewery**, 10:00 AM-10:00 PM (Easter specials, plus $2 bloody Marys and mimosas)
- **State Road Tavern** at the Dejoria Center, 11:00 AM (Buffet: $32 for adults, $19 for kids)
- **Versante Hearth + Bar**, 8:00 AM-1:00 PM (Buffet: $25 for adults, $14 for kids)

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**Coalville Neighborhood Co-op Easter Egg Hunt!**

**When**: Saturday April 20th

**Time**: 10:00 am

**Where**: Playground @ Elementary School

Candy due no later than Thursday APRIL 18th

Children ages 12 and younger are welcome to participate. This egg hunt is a neighborhood co-op activity. If you would like your children to participate, Please bring 1 or 2 bags of individually wrapped candy (per family) to Holly Stephens (8 North 50 East) or Laurie Hirzel (271 Beacon Hill) no later than Thursday April 18th. The candy should be small enough to fit inside a regular sized plastic egg. Please no jelly beans etc. Candy needs to be individually wrapped. We will also be having a special visit from the Easter Bunny!! Please remember to bring candy to Laurie or Holly on or Before the 18th so we have time to stuff the eggs :-) Thanks so much and See you there!!
He is not here. He has risen!

Words taken from John 20:1-18 (NIV)

ACROSS
2. To shed tears
4. The opposite of alive
8. A heavenly being
9. The thing that covered the entrance to Jesus' tomb
10. The color that is the opposite of black
12. A person who takes care of plants and flowers
14. The name of the woman who discovered Jesus' empty tomb

DOWN
1. The male parent
3. Return to an upright position after lying down; to return from the dead
5. The opposite of late
6. A period of seven days
7. An adult female person
11. A place where someone is buried; another name for grave
13. The opposite of light

Crossword puzzle answers on page 7
under the birthday eggs
Summit County Senior Newsletter

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 at your local Senior Center

Join a Stepping On Workshop at your Senior Center

Stepping On has been known to reduce falls by 30%!

- Identify and remove or avoid fall hazards in your home and outside.
- How vision, hearing, medication, and footwear affect your risk of falling.
- Strength and balance exercises you can adapt to your individual level.
- To get back on your feet the right way if you do fall.

Wednesdays, March 6-April 17 at 10:00am-11:30am at the North Summit Senior Center.
The class will be held every Wednesday for 7 weeks. Free
Classes for South Summit and Park City will be announced soon. Stay tuned.
Schedule of Events for the Union Pacific Sesquicentennial

Schedule for May 10, 2019
8:00 AM Golden Spike National Historic Site Opens to the Public
8:15 AM Jupiter and #119 Replica Steam Engines Arrive
11:00 AM - 1:30 PM Sesquicentennial Celebration Ceremony, Keynote Address & As One Performance
1:30 - 7:00 PM Spike 150 Festival: Music, Performances, Storytelling, Historical Reenactments, Train Demonstrations, Frontier Village, Innovation Summit, Reenactments, and Steam Train Demonstrations

Schedule for May 11, 2019
9:00 AM - 7:00 PM Spike 150 Celebration Festival: Music, Performances, Storytelling, Historical Reenactments, Train Demonstrations, Frontier Village, Innovation Summit, Reenactments, and Steam Train Demonstrations

Schedule for May 12, 2019
9:00 AM - 3:00 PM Spike 150 Celebration Festival: Music, Performances, Storytelling, Historical Reenactments, Train Demonstrations, Frontier Village, Innovation Summit, Reenactments, and Steam Train Demonstrations

https://www.up.com/goldenspike/index.html
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>KAMAS/PC</td>
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<td>COALVILLE</td>
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<tr>
<td>1</td>
<td>Pork Loin Funeral Potatoes Asparagus Roll Fruit</td>
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<td>Pork Loin Funeral Potatoes Asparagus Roll Fruit</td>
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<td>Pork Loin Funeral Potatoes Asparagus Roll Fruit</td>
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<td>9</td>
<td>Pesto Turkey Mashed Potatoes Gravy Rolls Mixed Vegetables Fruit</td>
<td>10</td>
<td>Jay's Famous Meatloaf Mashed Potatoes Gravy Rolls Broccoli Fruit</td>
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<td>13</td>
<td>Pork Chops Applesauce Baked Potato Sautéed Vegetables Fruit</td>
<td>14</td>
<td>Bratwurst Sauerkraut Potato Salad Veggie Casserole Soup Fruit</td>
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<td>17</td>
<td>Fish Teriyaki Sauce White Rice Squash &amp; Carrots Fruit</td>
<td>18</td>
<td>Pesto Turkey Mashed Potatoes Gravy Rolls Mixed Vegetables Fruit</td>
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<td>21</td>
<td>Jay's Famous Meatloaf Mashed Potatoes Gravy Rolls Broccoli Fruit</td>
<td>22</td>
<td>Fish Teriyaki Sauce White Rice Squash &amp; Carrots Fruit</td>
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<td>25</td>
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<td>26</td>
<td>Beef Enchilada Beans Lettuce with Pico deGallo Salad Fruit</td>
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**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!

George Sturzenegger-SS    Brenda Petersen-SS

Linda Bertrand-SS    Byron Rockhill-SS    Carleen Gardner-PC    Peggy Fletcher-PC

Ray DeCamillis-PC    Leone Lewis-NS    Helen Thiriot-NS    June Wilde-NS    Annette Vernon-NS

Crossword puzzle answers: early week dark stone angels white woman
cry gardener rise dead Mary father tomb
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<td>1</td>
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<tr>
<td>PC-Exercise Class 10-11am $3 Every Monday</td>
<td>NS-Shopping Trip</td>
<td>NS-Stepping On! 10:00-11:30am</td>
<td>PC-Tai Chi $3 9:45-11:00am</td>
<td>NS-Utah Legal Services: Presentation on Wills, Personal Injury, etc. 10:30am</td>
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<td>SS-Board Meeting</td>
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<td>NS-Quilting Club Cancelled until Stepping On Classes are over.</td>
<td>SS-Applegate Blood Pressure Check</td>
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<td>PC-Exercise Class 10-11am $3</td>
<td>Nurture Nature</td>
<td>NS-Stepping On! 10:00-11:30am</td>
<td>PC-Tai Chi $3 9:45-11:00am</td>
<td>National Grilled Cheese Day</td>
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<td>PC-Applegate Blood Pressure Check and Board Meeting</td>
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<td>SS-Utah Legal Services: Presentation on Wills, Personal Injury, etc. 10:30am</td>
<td>Saturday 13 BYU Ballroom Dance Concert &amp; Lunch 2:00 Matinee</td>
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<td>PC-Exercise Class 10-11am $3</td>
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<td>NS-Stepping On! 10:00-11:30am Last Class</td>
<td>PC-Tai Chi $3 9:45-11:00am</td>
<td>Arbor Day</td>
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<td>ALL CENTERS INVITED SS-Movie Matinee 1:00 after lunch SOMEWHERE IN TIME Free popcorn, 50 cents for soda pop</td>
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<td>NS-Applegate Blood Pressure Check</td>
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<td>NS-Board Meeting &amp; BINGO!</td>
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<td>Tax Day</td>
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<td>Symbii Birthday Celebration and Health Check at NS</td>
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<td>PC-Exercise Class 10-11am $3</td>
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<td>EARTH DAY!</td>
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<td>NS-Encompass Health Check</td>
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<td>PC-Park City</td>
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<td>PC-Exercise Class 10-11am $3</td>
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<td>26 Arbor Day</td>
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<td>SS-BINGO!</td>
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<td>ACTIVITIES CALENDAR NS-North Summit SS-South Summit</td>
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**ACTIVITIES CALENDAR**
NS-North Summit
SS-South Summit
PC-Park City