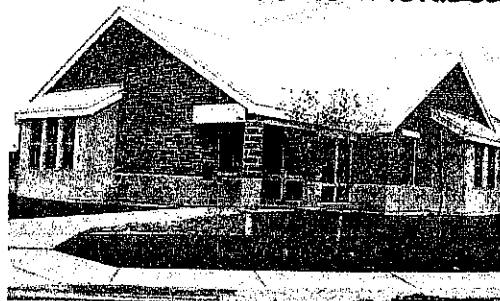


1896 N 1800 W
Farr West, UT
801-782-3497
Director-Shauna Jensen

Farr West Senior Center Newsletter



January

2010

Menus

4th

BRING YOUR OWN ENTREE
OR SALAD.
WE WILL PROVIDE DESSERT

11th

Beef Fried Rice
Buttered Peas
Beet & Egg Salad
Cherry Crisp / Cream
Dinner Roll

18th

MARTIN LUTHER KING DAY.
SOUP DAY - Bring your
favorite soup.

20th

BIRTHDAY DINNER

Country fried Steak/Country gravy
Garlic mashed potatoes
Cauliflower & peas
Creamy Mandarin fruit salad
Oatmeal Raisin Cookie
Dinner Roll

25th

Crabby Cake Sandwich
Tartar Sauce
Au gratin potatoes
Coleslaw / Fruit pudding
Almond Buttered broccoli

Milk served daily
Menus subject to change

Schedule of Activities

Every Monday

9:00 Painting
9:00 Foot clinic - Jan. 4th
9:00 Quilting
9:30 Line Dancing
10:00 Blood Pressure: Jan 11th
10:30 Wii Gaming available
11:30 Lunch (2.50)
12:00 Bingo

Tuesday

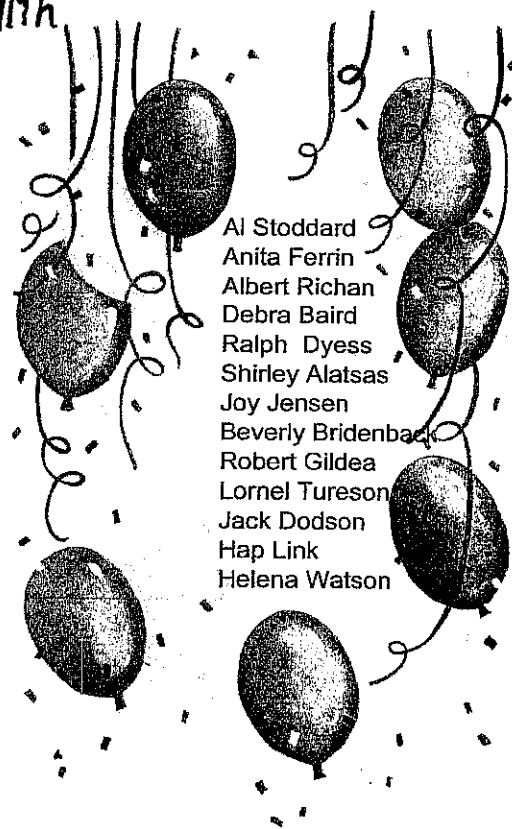
Jan. 5th & 19th
10:15 Wii Bowling
Tournament

Every Wednesday

9:00 Ceramic
9:00 Stained glass class
9:00 Leather class
10:00 Computer class

Jan. 20th

Birthday Dinner
Wednesday 5:00 PM
\$5.00 Dinner \$3.00 Sign-up
and pre-pay.
Program: Seasons



Al Stoddard
Anita Ferrin
Albert Richan
Debra Baird
Ralph Dyess
Shirley Alatsas
Joy Jensen
Beverly Bridenback
Robert Gildea
Lornel Tureson
Jack Dodson
Hap Link
Helena Watson

**Have a Happy & Safe
New Year's.**



Newsletter by: Paula Rasmussen
Spotlight by: Keitha Geilman