

January 2017



CARBON  
COUNTY  
UTAH

# SENIOR CENTERS



## Carbon Center Clinics

January 4th Blood Pressure 10am

January 9th Blood Pressure Clinic 10am

January 18th Blood Pressure Clinic 10am

Jan 23rd Blood Pressure Clinic

January 24th Toe Nail Clinic 10am (Please call for appointment)

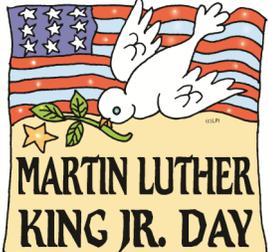
## Blood Pressure Check



450 South Fairgrounds Way, Price | 435-636-3202

# Menu

# BOTH CENTERS LUNCH AT NOON

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <b>CLOSED</b></p> 	<p><b>3</b> Cream of Potato Soup, Ham &amp; Cheese Sandwich w/ fixings, Fruit Cup</p>	<p><b>4</b> Spaghetti w/ Meatballs, Green Salad, Brd Stix, Lemon Cookie</p>	<p><b>5</b> <b>Chicken Tetrazini Casserole</b>, Tuscany Veggies, Roll, <b>S'mores Cake</b></p>	<p><b>6</b> BLT Sandwich with Lettuce &amp; Tomato, Pasta Salad, Cookie</p>
<p><b>9</b> Salsa Chicken, Rice, green Beans, Roll, Mandarin Orange Dessert</p>	<p><b>10</b> Shrimp &amp; English Chips, Mixed Veggies, Roll, Fruited Jell-O</p>	<p><b>11</b> Pork Roast, Mashed Potatoes &amp; Gravy, Wheat Roll, Mandarin Blend Veggies Coconut Pie</p>	<p><b>12</b> Ham &amp; Bean Soup, Carrot Raisin Salad, White Cake w/ Strawberry Topping, Cheesy Garlic Biscuit</p>	<p><b>13</b> Chef Salad (Turkey, Roast Beef with Cheese) Bread Stix Boiled Egg, Jell-O</p>
<p><b>16</b> <b>CLOSED</b></p> 	<p><b>17</b> Fried Chicken, French Fries, Cole Slaw, Biscuit, Chocomallow Pie</p>	<p><b>18</b> Fish &amp; Wild Rice Corn Muffin, Rancho Fiesta Veggie, Mandarin Orange Cake</p>	<p><b>19</b> Bacon Cheeseburgers, Corn Chips, Steamed Carrots, Cookie</p>	<p><b>20</b> Potato Bar (Cheese, Bacon, Broccoli, Green Onions) Chili, Bread Stix, Fruit Cup</p>
<p><b>23</b> Swiss Steak over Rice, Capri Blend Veggies, Roll, Chocolate Cake</p>	<p><b>24</b> Orange Chicken Over Rice, Asian Blend Veggie, Egg Roll, Fortune Cookie</p>	<p><b>25</b></p>  <p>Roast Beef, Mashed Potatoes &amp; Gravy, Green Beans, Roll, Cake &amp; Ice Cream <b><u>Birthday Lunch</u></b></p>	<p><b>26</b> Baked Ham Macaroni &amp; Cheese Steamed Cabbage, Roll, Brownie, fruit Cup</p>	<p><b>27</b> Tuna Salad Sandwich on a Croissant, Fruit Salad, Cookie, Chips</p>
<p><b>30</b> Stuffed Bell Peppers, Baked Potato, Broccoli with Cheese, Wheat Roll, Oreo Cookie Pie</p>	<p><b>31</b> Chicken Cordon Bleu with Cream Sauce over Rice, Brussel Sprouts, Garlic Cheese Biscuit, Apple Pie De-light</p>	<p><b>Call Before 10am Menu Subject to Change</b></p>	<p><b>Milk served with each meal</b> <b>New Menu Item In Blue</b></p>  <p><b>To Come Have Lunch With Us!!!</b></p>	

AARP Thursday January 12, 2017

# AARP Driver Safety Course

Thursday January 12, 2017

Carbon County Senior Center 450 South Fairgrounds Way  
will host the next

AARP Driver Safety Course

1:00pm –5:00pm

AARP members will pay \$15.00 for the class and

\$20.00 for non-members

To register for the Driver Safety Course, contact the center 636-3202

2

MORE SLEEP

MORE MUSIC

MORE TEA

0

MORE BOOKS

MORE SUNSETS

MORE CREATING

1

MORE LONG WALKS

MORE LAUGHTER

MORE HUGS

MORE DREAMING

7

MORE ROAD TRIPS

MORE FUN

MORE LOVE

Dear Seniors,

2016 was a fantastic year. Granted, it started out a little shaky but soon turned into opportunity and wonder. Beginning in April we started our Friday lunches with donations from the community; private individuals, businesses and charitable organizations. It was wonderful to see how people pulled together to make sure the seniors had a nutritious lunch on Fridays. I am happy to report Friday lunches will continue with the support of Carbon County.

Another opportunity was made a reality in 2016, *The Senior Center Gift Shop* came to fruition. It was an idea that had been sitting idle for some time. It is a great way for seniors to support the center both by providing items to sell and by purchasing items. The shop opened in July and we have been in the black for several months! I expect an even better year in 2017.

And finally, we had our first newsletter of 2016 in December. The letter is published at no cost to the seniors. Advertisers within the newsletter are making this possible. I encourage you to support those who advertise in the newsletter.

We have seen many changes in 2016 and we are missing some familiar faces in the dining room. Sometimes, I am sad, but I thank God for the opportunity to know each of you. You are all a blessing in my life and the lives of each of the senior center staff members.

As always I look forward to the New Year. I pray for blessing in your lives.

May God bless you all in the New Year,  
Debby

## MOVIE LINE UP

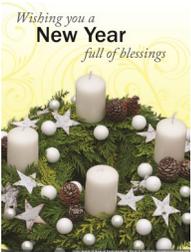
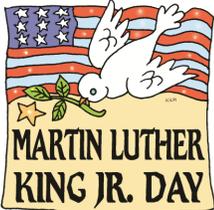
**Jan 3rd. Fool's Gold ~ 2008 ~PG-13~ 1hr 52 mins~** Charming but luckless treasure hunter Ben Finnegan has sacrificed his relationship with his wife to search for the Queen's Dowry, a legendary treasure lost at sea. But a new clue rekindles his hope for riches -- and for salvaging his marriage.

**Jan 10th. Mirror Mirror ~ 2012/PG/ 1hr 46 mins~** Much darker than the well-known animated Disney version, this remake of the classic Grimm tale follows fair-skinned princess Snow White on a quest to regain her royal throne with help from a team of shady dwarves.

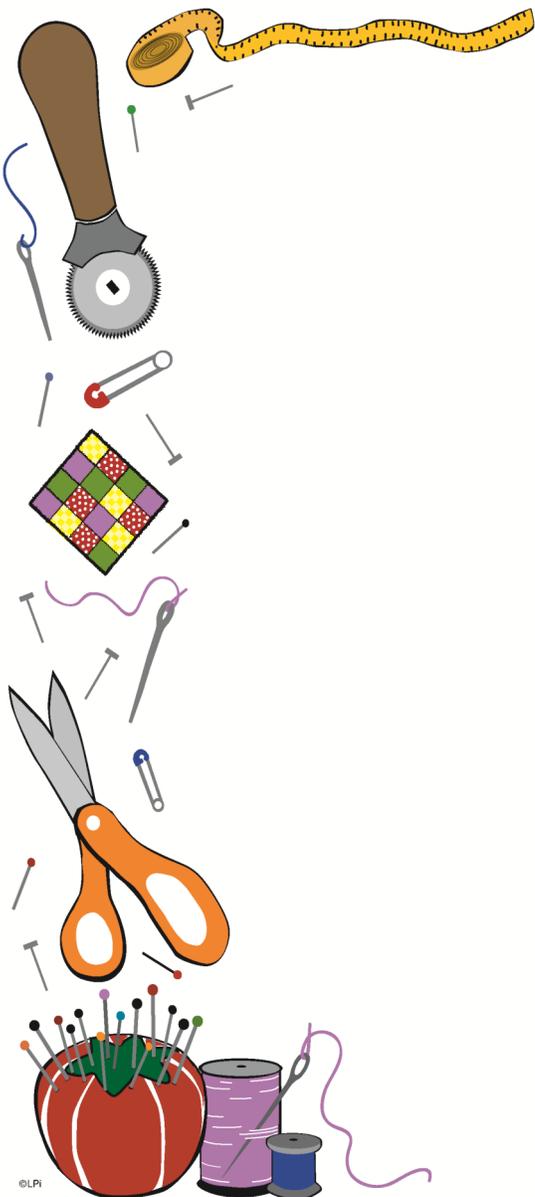
**Jan 17th. Dear John ~ 2010/PG-13/1hr 48 mins~** A U.S. soldier falls for a Southern college student, but their love is put on hold when terrorist attacks prompt him to reenlist. Now, handwritten letters hold the lovers together in this modern romance based on the novel by Nicholas Sparks.

**Jan 24th. Father of the Bride ~ 1991/PG/1hr 45 mins~** In this charming update of the much-loved Hollywood classic, Steve Martin turns in a winning performance as George Banks, the befuddled father who has a hard time letting go of his daughter when she unexpectedly announces her plans to wed.

**Jan 31st. Dirty Rotten Scoundrels ~ 1988/PG/1hr 50 mins ~** Small-time con man Freddy butts heads with Lawrence, a successful European swindler working the Riviera. Hoping to get rid of one another, they make a loser-leaves bet to scam the fortunes of a wealthy heiress.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <i>Wishing you a New Year full of blessings</i>	<b>3</b> 9a Line Dancing 10a Needle Arts 10:30a Fit Class 1p Movie	<b>4</b> 10a Zumba 10a Quilting 1p Bingo	<b>5</b> 9a Line Dancing 10:30a Fit Class 1p Quilting 1p Smith's 1:30p Sew	<b>6</b> 10a Zumba 10:30a Chair Yoga
<b>9</b> 9a Line Dancing 1p Lin's Market (Shopping)	<b>10</b> 9a Line Dancing 10a Needle Arts 10:30a Fit Class 1p Movie 1p Quilting	<b>11</b> 10a Zumba 10a Quilting 1p Bingo	<b>12</b> 9a Line Dancing 10:30a Fit Class 1p Quilting 1p Smith's 1:30p Sew	<b>13</b> 10a Zumba 10:30a Reflex- ology
<b>16</b>  <b>MARTIN LUTHER KING JR. DAY</b>	<b>17</b> 9a Line Dancing 10a Needle Arts 10:30a Fit Class 1p Movie 1p Quilting	<b>18</b> 10a Zumba 10a Quilting 1p Bingo	<b>19</b> 9a Line Dancing 10:30a Fit Class 1p Quilting 1p Smith's 1:30p Sew	<b>20</b> 10a Zumba
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Looking for a unique gift  
Come check our gift shop out  
Open daily 8am to 4pm

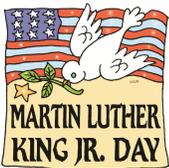


Looking for embroidering  
helpers

We have dish towels & pil-  
lowcases with the  
design pre-ironed on  
and ready for your  
talents to shine on them.  
Ask at the front counter!

# Activities

# EAST CARBON CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  HAPPY NEW YEAR!	<b>2</b>	<b>3</b> 10a Needle Arts	<b>4</b>	<b>5</b> 11a Poker
<b>9</b>	<b>10</b>	<b>11</b> 10a Needle Arts	<b>12</b> 11a Blood Pressure Clinic	<b>13</b> 11a Poker
<b>16</b>  MARTIN LUTHER KING JR. DAY	<b>17</b> 11a Blood Pressure Clinic	<b>18</b> 10a Needle Arts	<b>19</b>	<b>20</b> 11a Poker
<b>23</b>	<b>24</b>	<b>25</b> 10a Needle Arts 11a Blood Pressure Clinic & Toenail trimming	<b>26</b>	<b>27</b> 11a Poker
<b>30</b>	<b>31</b>			

EUCCU

Mike & Leanne Milovich

Jeff & Emily Wood

The Tony Basso Group

David & Debby Kobe

AARP

House of Hearing

Webb Tours

Kay Colosimo/Laurie Tryon/ Julie Medley

Norm Patterson (in Memory)

Auto Farm Group

Helen Priano & Family

Marilyn & Joe Graham

Carbon Senior Line Dancers

Tony Martines

American Legion Post 3

Dr. Russell Beecher (both centers)

Frank Saccomanno & Family

Anonymous Contribution

Slovenian Lodge 113

Michelle Fidell Blue Cut RV Park

Castleview Hospital (both centers)

Soroptimist (both centers)

UMWA Health & Retirement Funds (both centers)

## Friday Lunch Sponsors 2016

### Sponsors Continue

Carbon Medical Services EC

EC card players

EC recreation

Bonnie Bell

Helen Garr

Brenda Richardson

US Foods

Wayne Stevens

Aldene Thomas

Rhonda & Ray Peterson

Lin's Fresh Market

Rep. Brad King

William Lonnie Mitchell III

UMWA –M. Dalpiaz—both centers

Zumba Rockerettes (contribution)

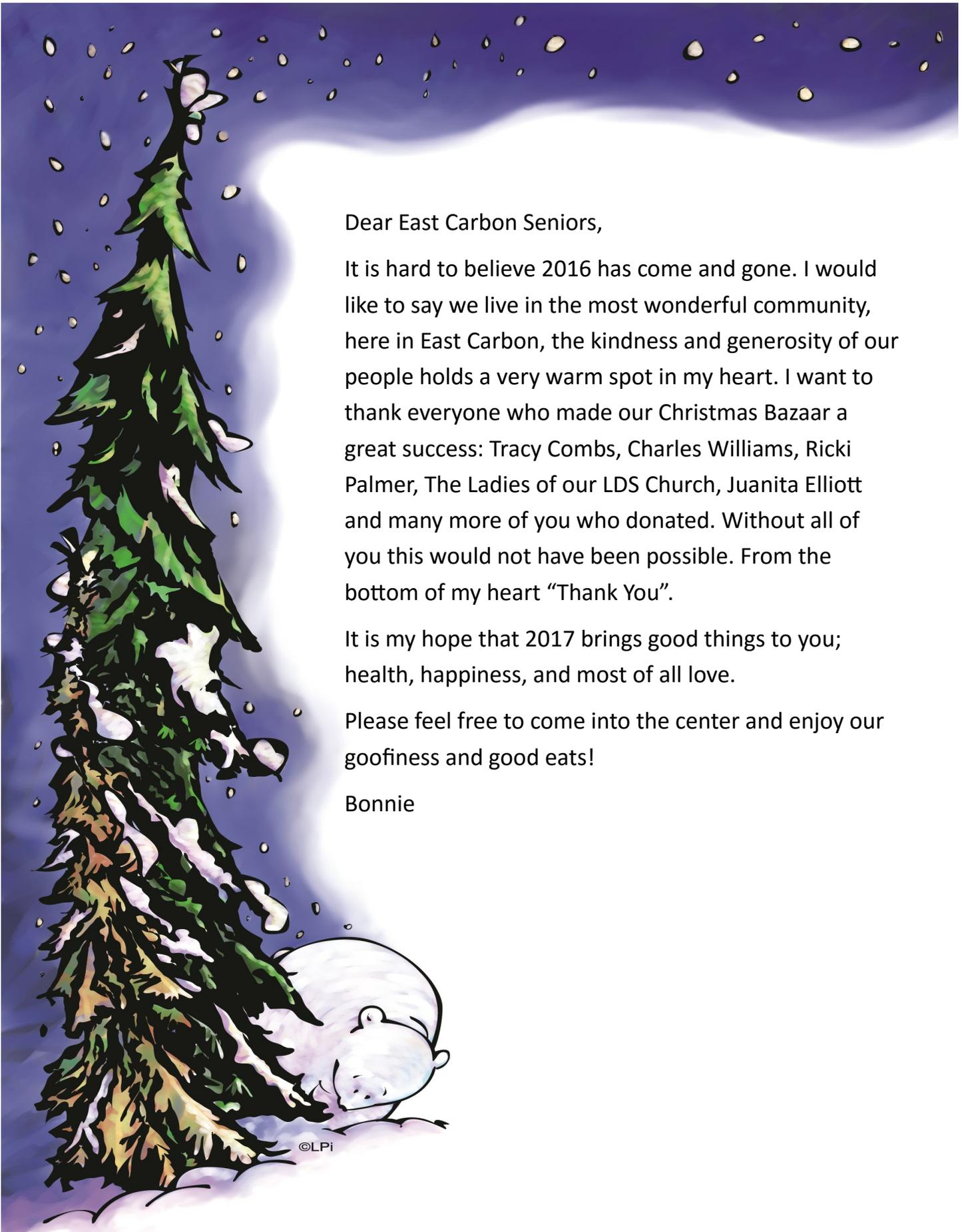
Lazy S Storage—Kathy Hanna Smith

Ascension St. Matthew Church

Tram Electric (both centers)

Dugout Mine (both centers)

Community Nursing Services (both centers)



Dear East Carbon Seniors,

It is hard to believe 2016 has come and gone. I would like to say we live in the most wonderful community, here in East Carbon, the kindness and generosity of our people holds a very warm spot in my heart. I want to thank everyone who made our Christmas Bazaar a great success: Tracy Combs, Charles Williams, Ricki Palmer, The Ladies of our LDS Church, Juanita Elliott and many more of you who donated. Without all of you this would not have been possible. From the bottom of my heart "Thank You".

It is my hope that 2017 brings good things to you; health, happiness, and most of all love.

Please feel free to come into the center and enjoy our goofiness and good eats!

Bonnie

# 2017 Holiday Schedule

January 2 New Year's Day (Monday)

January 16 Martin Luther King Day (Monday)

February 20 President's Day (Monday)

May 29 Memorial Day (Monday)

July 4 Independence Day (Tuesday)

July 24 Pioneer Day (Monday)

September 4 Labor Day (Monday)

October 9 Columbus Day (Monday)

November 10 Veteran's Day (Friday)

November 23 & 24 Thanksgiving (Thur & Fri)

December 25 Christmas (Monday)



**Carbon County Senior Center**

450 South Fairgrounds Way

Price, Utah 84501

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**Center Hours**

Monday—Friday 8am to 4pm

**Daily Activities:**

Ceramics

Computer Lab

Gym

Billiards

Game Room