



CARBON COUNTY UTAH

SENIOR CENTERS

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards	8a-4p Billiards	8a-4p Billiards	8a-4p Billiards
8a-4p Library	8a-4p Library	8a-4p Library	8a-4p Library
8a-4p Exercise Room	8a-4p Exercise Room	8a-4p Exercise Room	8a-4p Exercise Room
8a-4p Game Room	8a-4p Game Room	8a-4p Computer Lab	8a-4p Game Room
8a-4p Computer Lab	8a-4p Computer Lab	8a-4p Game Room	8a-4p Computer Lab
9:45a Aerobics	9a Line Dancing	9:45a Aerobics	9a Line Dancing
10a Ceramics	10a Toning	10a Ceramics	10a Ceramics
10a Quilting	10a Ceramics	10a Quilting	10a Ukulele/ Silver Strings
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	12:00p Lunch	10a Toning
10a Crochet	11a Blood Pressure Clinic (every second Tuesday, 8th & 22nd they will have trivia)	1p Bingo	10a Quilting
12:00p Lunch	12:00p Lunch		10:30a Nail Clinic (First Thursday of Each Month)
1:00p Beginning Line Dancing	1p Movie		12:00p Lunch
	1p Quilting		1p Shopping
			1p Organ Class
			1:30p Sewing & Quilting

**ALL ACTIVITIES ARE SUBJECT TO CHANGE
MENU SUBJECT TO CHANGE**

SHOPPING DAYS

April 3rd Walmart ~ April 10th Smith's

April 17th Lin's ~ April 24th Walmart

April 23rd Silver Strings perform

Dave & Ray April 9th (music)

Tom Smith April 15th (music)

APRIL Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
	<p>1 Supreme Pizza w/ pepperoni, sausage, onion, gr. Pepper, olive, Green Salad, Chocolate Peanut Butter Cake</p> <p>April Fool's Day</p>	<p>2 Honey Mustard Chicken, Baked Potato, Peas & Carrots, Wheat Roll, Coconut Cream Pie</p>	<p>3 Wisconsin Cheese Soup, Roast Beef Sandwich w/ lettuce, tom., onion, Fruited Jell-O</p>
<p>7 Tuna Casserole, Tuscany Veggies, Roll, Banana</p>	<p>8 Chicken Enchiladas, Corn & Black Beans, Roll, Mandarin Orange Dessert</p>	<p>9 Breaded Veal, Potatoes & Gravy, Broccoli, Roll, Coffee Cake</p>	<p>10 Chef Salad w/ ham, turkey, tom. Cucumber, cheese, egg, Br. Stick, Strawberry Cream Pie</p>
<p>14 Chicken Basket (chicken nuggets, curly fries & BBQ sauce), Baked Beans, Corn Bread, Peaches</p>	<p>15 Cheese Omelet, Hashbrowns, Sausage, Bacon, Bagel, Yogurt, Juice</p>	<p>16 Parmesan Herb Chicken, Potatoes & Gravy, Caribbean Blend Veggies, Roll, Cherry Torte</p>	<p>17 EASTER LUNCH Sloppy Joes, Potato Salad, Steamed carrots, Colored Eggs, Peanut Butter Squares</p> <p>WEAR A HAT DAY</p>
<p>21 Tamales, Spanish Rice, Fiesta Corn, Fruit</p>	<p>22 Chicken Pot Pie, Steamed Cabbage, Roll, Lemon Cake</p>	<p>23 Pork chops, Potatoes & gravy, Mixed Veggies, Wheat Roll, Carrot Cake & Ice Cream</p> <p><u>Birthday Lunch</u></p>	<p>24 Chili w/ cheese & onion, Brussel Sprouts, Corn Muffin, Banana Pudding w/ whipped topping</p>
<p>28 Orange Chicken, White Rice, Mandarin Blend Veggies, Roll, Fortune Cookie</p>	<p>29 Pigs in a Blanket, Tator Tots, Beets, Oatmeal Raisin Cookie</p>	<p>30 Meat Loaf, Potatoes & Gravy, Green Beans, Roll, Lemon Bar</p>	<p>CALL BEFORE 9a MENU SUBJECT TO CHANGE CARBON CENTER 636-3202 EAST CARBON 636-3703 MILK SERVED WITH EACH MEAL</p>



Payson Salmon Supper

August 1st 2025

\$45.00 per person

Price includes supper and transportation

Please when signing up for this trip we are asking for you to pay at the time.

We will be ordering the tickets on June 2nd
The center will not be responsible for selling your ticket, if you are unable to go.

No refunds

WENDOVER

August 3rd and 4th

\$155.00 double occ.

Per person

\$205.00 single occ.

Sign up and pay
with Tammy Vea

Cinco De Mayo Dance May 5th
Dance will be held after lunch at 1pm.



Senior Medicare Patrol Newsletter

March 2025

Medicare/Medicaid complaints? Call our Utah SMP/SHIP partners.

Bear River AAA – 435-713-1467
Serves Cache, Rich, and Box Elder counties.

Davis County Health Department – 801-525-5050

Five County AAA – 435-673-3548
Serves Beaver, Garfield, Iron, Kane, and Washington counties.

Mountainland AAA – 801-299-3819
Serves Summit, Utah, and Wasatch counties

Salt Lake County AAA - 385-468-3200

San Juan AAA – 435-587-3225

Six County AAA – 435-893-0728
Serves Sanpete, Sevier, Millard, Juab, Wayne, and Piute counties.

Southeastern AAA – 435-613-0028
Serves Carbon, Emery, and Grand counties.

Tooele County AAA – 435-277-2420

Uinta Basin AAA – 435-722-4518
Serves Daggett and Duchesne counties.

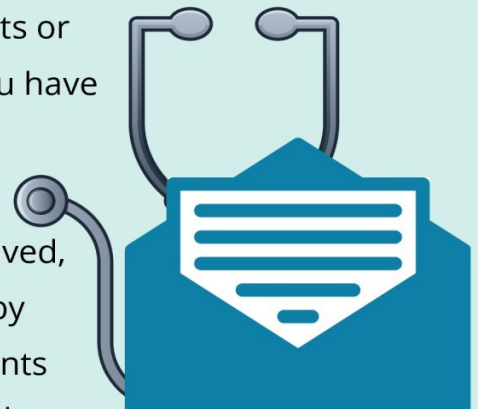
Uintah County AAA – 435-789-2169

Weber-Morgan AAA – 801-625-3770

How to check your bill for errors

Medicare is a complex program that provides healthcare to millions of beneficiaries. Even with careful training and attention, mistakes can and do still happen.

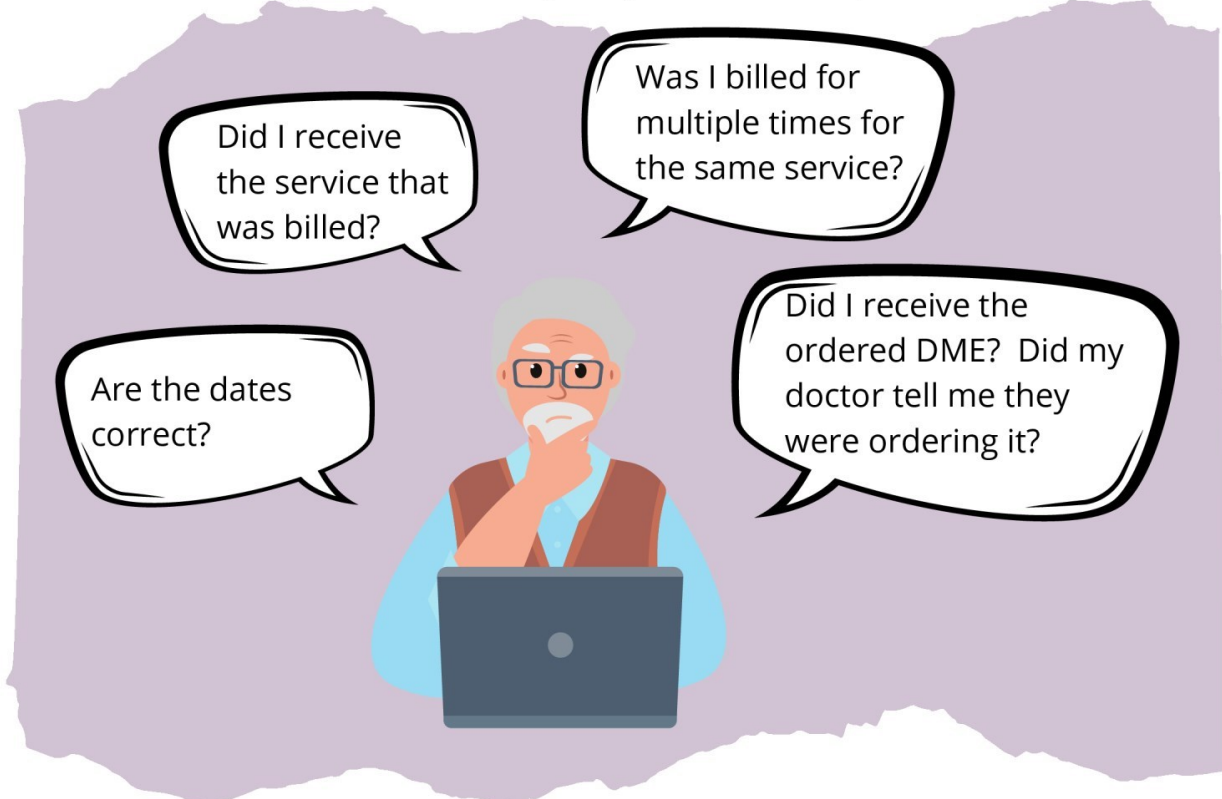
Medicare sends out a Medicare Summary Notice (MSN) every 3 months if you received care using Original Medicare. If you are enrolled in a Medicare Advantage Plan, you will receive an Explanation of Benefits or (EOB) each month you have received care. These documents detail the services you received, the payments made by Medicare, any payments you have already made (like deductibles and copays), and the amount you owe.



Reviewing these statements will help you spot potential errors.

Checking your MSN and EOB

When reviewing your statements, ask yourself these questions:



Be aware that services provided outside your doctor's office may incur additional charges. If your doctor oversees your care in a hospital, they may bill separately.

With Advantage plans, it is important to know what your plan covers and if there are different charges for out-of-network care. Advantage plans provide an Evidence of Coverage document that outlines various services and their costs.

If you have concerns, take the time to do some research. If you think there is an error, start by contacting your provider. If you need help contact your local SMP.



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What to do if you fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and take the following steps:

- Breathe. Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt. Getting up too quickly or in the wrong way could make an injury worse.
- Crawl to a sturdy chair. If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Slowly sit down in the chair. Put your hands on the chair seat and slide one foot forward so that it's flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

Get help. If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive. Prepare for a fall by keeping a well-charged cordless or mobile phone with you at all times and arrange for daily contact with a family member or friend. Emergency response systems are another option: These systems enable you to push a button on a special necklace or bracelet to call for help. Some smartwatches also have this feature.

Keep your bones strong to prevent fall-related fractures

Having healthy bones won't necessarily prevent a fall, but if you do fall, healthy bones may help prevent serious injury, such as breaking a hip or other bone. Bone breaks and fracture can lead to a hospital or nursing home stay, long-term disability, or even death. [Getting enough calcium and vitamin D](#) can help keep your bones strong. So can staying active. Try to get at least 150 minutes per week of [physical activity](#).

Other ways to maintain bone health include [quitting smoking](#) and [avoiding or limiting alcohol use](#). Tobacco and alcohol use may decrease your bone mass and increase your chance of fractures. Additionally, try to [maintain a healthy weight](#). Being underweight increases the risk of bone loss and broken bones.

[Osteoporosis](#) is a disease that weakens bones, making them thin and brittle. For people with osteoporosis, even a minor fall may be dangerous. Talk to your doctor about osteoporosis.

Falls are a common reason for trips to the emergency room and for hospital stays among older adults. Many of these hospital visits are for fall-related fractures. You can help lower your risk of fractures by keeping your bones strong and following the tips above to avoid falls.

April 1st ~ Footloose 2 ~ PG-13/2011/1hr 53 min/ starts at 12:45

April 8th ~ Something Borrowed ~PG-13/2011/1hr 52 mins/starts at 12:45

April 15th ~ Fool's Gold ~PG-13/ 2008/ 1hr 52 mins/starts at 12:45

April 22nd ~ Sherlock Holmes ~ 2009/PG-13/ 2hr8mins / starts at 12:45

April 29th ~ Here Comes the Boom ~PG/2012/1HR 45 MINS

Well here we are in April. I hope we get a lot of April showers this Spring. Or we will have a dry summer which I am not looking forward to.

Remember April Fool's Day is on the first so beware of a lot of jokes coming your way. Easter is on the 20th this year. I hope everyone can spend some time with your family.

The ladies has chosen a novel for this month "Castle Gate" by Lisa Bonnice, Castle Gate is a true and tragic saga of a Scottish family whose dreams of finding their fortunes in a bountiful coal mine of Castle Gate, Utah during the prohibition Era explore in one of the most devastating mine disasters in American History. Is their presence there bad luck, or is it due to a generational curse dating back to their ancestor's involvement in a grisly witchcraft trail in the 1600s? Find out! You may pick this book up online or at the library. Enjoy the History close to home.

Mark your calendar for Cinco De Mayo in May, the time and date has not been decided as of yet. We will let you know when.

We are open Monday thru Wednesday from 8am to 4pm and Thursday 8am to 1pm.

My door is always open for new ideas, so please share what you would like to do in the months.

Happy Easter

Brenda



East Carbon Center Activities Mon– Weds 8am-4pm & Thurs 8am– 1pm

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards 8a-4p Puzzle 1st Monday of each month at 10:30a Book Club	8a-4p Billiards 8a-4p Puzzle	8a-4p Billiards 8a-4p Puzzle 11a Blood Pressure 3rd Wednesday of month 11a Crochet 1p Cards	8a–1p Billiards 8a-1p Puzzle 11a Exercise 1p Shopping

Happy Spring Seniors!

Hope you are all enjoying the beautiful spring weather. I just love getting outside and back in my yard, and even better the longer days with more sunlight. It feels so good.

Just a reminder we are wrapping up our taxes. We will be doing taxes here at the center up until the 15th of this month so if you want to get in to get those done you have a couple more opportunities. Just give us a call here at the center and we will get you scheduled.

Another fun thing coming up will be our Cinco de mayo party. We will be having a fun Mexican dish for lunch on May 5th and then a dance right after lunch. Please plan on coming to join us that day. It should be a lot of fun.

Again, please let us know if there is anything we can help you with or do to make your time here with us better. We are always here to help.

Love,
Rebecca

A B R O N C H I A L T U B E T A
 D P K L T M U S C L E E V I V B
 I K P R W Y Y F E J C D O H B S
 A L A E L I V E R P B Z R G I T
 P E O W N N U H E I L O G V L H
 H A T L O D Y F B T A V A N E Y
 R N N L I N I H E U D A N U E R
 A Q O C F Y M X L I D R S N S O
 G C N E R V E S L T E Y D B O I
 M B F E R E K R U A R I T R P D
 X J T S I K A L M R K J U A H U
 T R A C H E A S U Y T T S I A Z
 A D E N O I D I L N V R P N G V
 F Z B L O O D B X O G R I U U E
 A F J B F I N T E S T I N E S I
 T S T O M A C H S K E L E T O N

ADENOID

CEREBELLUM

LIVER

SKELETON

APPENDIX

COLON

LUNG

SPINE

ARTERY

DIAPHRAGM

MUSCLE

STOMACH

BILE

ESOPHAGUS

NERVES

THYROID

BLADDER

FAT

ORGANS

TRACHEA

BLOOD

HEART

OVARY

VEIN

BRAIN

INTESTINES

PANCREAS

BRONCHIAL TUBE

KIDNEY

PITUITARY