

December 2023



CARBON
COUNTY
UTAH

SENIOR CENTERS

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 10a Aerobics 10a Ceramics 10a Quilting 10a Ukulele/ Silver Strings 10a Crochet 11:30a Music 12:00p Lunch	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 8:30a Line Dancing 10a Toning 10a Ceramics 10a Ukulele/ Silver Strings 11:30a Music 12:00p Lunch 1p Movie 1p Quilting	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 10a Aerobics 10a Ceramics 10a Quilting 11:30a Music 12:00p Lunch 1p Bingo	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 8:30a Line Dancing 10a Ceramics 10a Ukulele/ Silver Strings 10a Toning 10a Quilting 12:00p Lunch 1p Shopping 1p Organ Class 1:30p Sewing & Quilting
ALL ACTIVITIES ARE SUBJECT TO CHANGE			
MENU SUBJECT TO CHANGE			

Silver Strings Performing for Birthday Lunch, December 27th



SHOPPING DAYS

DEC 7TH @ LIN'S ~ DEC 14TH @ WALMART ~

DEC 21ST @ SMITH'S

CENTERS WILL BE CLOSED DECEMBER 25TH FOR CHRISTMAS

CENTERS WILL BE CLOSED JANUARY 1, 2024 NEW YEARS

DECEMBER 26TH NO MOVIE ~ DECEMBER 27TH NO BINGO

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

DECEMBER

MENU FOR BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
4 Swedish Meatballs over Noodles, Spinach, Roll, Fruit	5 Chicken Bacon Ranch Soup, Bread Stix, Pumpkin Dump Cake	6 Beef Steak, Potato & Gravy, carrots, Roll, Apple Crisp	7 Cream of Potato Soup, bread Stix, Chocolate Carmel Cookies
11 Hawaiian Haystacks w/ Rice, cheese, gr onions, diced chicken, coconut slice almonds, pineapple, bell pepper, chow mien noodles, Roll, Fruit Cup	12 Egg Salad Sandwich on Croissant, Chips, Chocolate Chip Cookies	13 Garlic Parmesan Crusted Chicken, Brussel Sprouts, Wheat Roll, Christmas Fruit Salad WEAR YOUR UGLY CHRISTMAS SWEATER	14 German Dip (pastrami, Ham), Pasta Salad, Chips, Sugar Cookie Bars
18 Cod w/ Rice Pilaf, Carrots, Roll Fruit Cup	19 Spaghetti w/ Meat Sauce, Italian Blend Veggies, Bread Stix, Peach Dump Cake	20 Who's Christmas Feast Roast Beef, Potatoes & gravy, Stuffing, Gr Beans, Roll, Peppermint Mocha Cake <u>Christmas Lunch</u> Dress like a Who or a Grinch	21 Sausage Potato, Green Bean Casserole, Roll, Carrot Cake Cookies
25 	26 Green Chili w/ ground pork, potatoes & Green Verde Sauce, Tortilla, Fruit Cup	27 Ranch Chicken, Potatoes & Gravy, Peas, Roll, Cake & Ice Cream <u>Birthday Lunch</u>	28 Cereal Bar, Oatmeal, Fruit, Yogurt, walnuts, Raisins, Brown Sugar, Blueberry Scones, Juice <u>Wear your PJ's</u>
	CALL BEFORE 9a MENU SUBJECT TO CHANGE CARBON CENTER 636-3202 EAST CARBON 636-3703 MILK SERVED WITH EACH MEAL		Mobile Meals: Breakfast Sandwich (sausage, egg, cheese) Yogurt, Fruit

Happy December Seniors!

Can you believe the holidays are here already. We hope you are all doing well and getting to spend some time with family and friends. This can be one of the best times of the year, but as we know for many it is one of the hardest times. Please check on your neighbors and fellow seniors and make sure they are feeling loved and appreciated at this time.

The Notre Dame church is doing their annual senior angel tree again this year. This is one way to help out some of our seniors who need a little extra help this time of year. If you are interested in sponsoring one of the seniors on the angel tree you can get a name off the tree at the county building or you are welcome to talk to me and I will help get you a name.

We have some fun Christmas activities planned. Check your newsletter for some of the fun days like The Grinch day, the ugly sweater contest and more. We will have a fun Christmas/New years party on December 28th during lunch. There will be dancing and snacks as well as a delicious lunch served. Hope you can all make it that day.

As always, please let me know if you have any ideas or recommendations to make the Senior Center the best it can be. Love and appreciate you all!

Rebecca

Movie Line Up

Dec. 5th ~ Elf ~ 2003/PG/1HR 37MINS ~ Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit.

Dec. 12th ~ Holiday in the Wild ~ 2019/TV-PG/1hr 25min ~ Jilted by her husband on the eve of embarking on an African safari, a woman travels to the continent solo and meets an elephant conservationist.

Dec 19th ~ How The Grinch Stole Christmas ~ 2000/PG/1hr 45mins ~ Jim Carrey plays the titular role of the green-faced villain who plots to rob Whoville of Christmas. The Grinch has been an outcast all his life, but a dash of kindness from little Cindy Lou Who and her family may be enough to melt his heart.

Dec 26th NO MOVIE



ATTENTION
ALL SENIORS

CHRISTMAS –NEW YEAR PARTY WILL BE HELD
DECEMBER 28TH AT 1:00p RIGHT AFTER LUNCH
MUSIC WILL BE PROVIDED BY THE DESERT SAGE

Please wear your favorite pajamas

Music and Dancing

Hats and noise makers will be provided

ENTERTAINMENT FOR DECEMBER



MON	TUES	WEDS	THURS
4	5	6	7 KAY RUKAVINA 11:30A
11 WELLINGTON CHILDREN 11:30a	12	13 DORA & NORA	14 LINE DANCERS 11:30A
18 WELLINGTON CHILDREN 11:30a	19 SUE WOODBURY 11:30A	20 PRETTYMAN & MADRID 11:30A	21
25 CENTERS WILL BE CLOSED	26 TAYLOR FAMILY 11:30	27 SILVER STRINGS 11:30a	28 CHRISTMAS & NEW YEARS CELEBRATION 1:00P

Are you eligible to get your prescriptions at a reduced cost under your Medicare plan?



Is your monthly income:

Single: less than \$1,822

Couple: less than \$2,465

Are your assets:

Single: less than \$15,160

Couple: less than \$30,240

You may be eligible for “Extra help”

A Federal program that pays some of the cost of your Medicare prescription drug coverage (Part D).

FREE, UNBIASED MEDICARE ASSISTANCE

Or to report Medicare fraud, and medical identity theft

Call Southeastern Association of Local Governments SHIP/SMP Counselor

Wendy Fauver at 435-613-0028

Puede ser elegible para obtener sus recetas a un costo reducido bajo su plan de Medicare a través de "Ayuda adicional", un programa federal. Llame al número de teléfono anterior para obtener ayuda.



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance with 100 percent funding by ACL/HHS.



CENTERS WILL BE CLOSED
DECEMBER 25TH, 2023
JANUARY 1ST, 2024

Happy Holiday's East Carbon Seniors,

Fall is behind us. To the ladies and gentleman for carving the pumpkins for Halloween. They were amazing. Thank you for taking the time. I believe winter is here. It's time to put on warm coats, scarfs, gloves and turn up the furnace. Enjoy a hot beverage of you choice.

This month the Ladies of the Book Club have chosen " A Man of His Own " by Susan Wilson. A true story about a dog named Pax. A couple volunteered Pax for the Army's K-9 corps., not knowing if they'd ever see him again. Keller Nicholson is the soldier who fought the war with Pax by his side. When the was over Keller did not have the heart to turn Pax back to the owners. All three needed healing and were lost. Pax with his unconditional love and unwavering loyalty, maybe the only one who can guide them home. You may pick up the book onine or at the nearest library near you.


Christmas is such a fun month for the young and old. Trees and homes are decorated in their finest trimmings and the smell of different breads, pies and candies, and being with loved ones and dear friends.

Think of some crafts that you would like to do during the winter months to pass the time by. Please call in if you would like to have lunch with us.

Merry Christmas and Happy New Year,

Brenda

East Carbon Center Activities
Mon- Weds 8am-4pm & Thurs 8am- 1pm
CENTERS WILL BE CLOSED DECEMBER 25th, 2023 & JANUARY 1ST, 2024

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

#3 - Medium

	6		2	7				
		5	6					
	7	1	9					4
		4	5	9			2	
6		7				9		8
	9			8	6	3		
3					7	4	1	
					9	2		
				5	1		9	

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**BIG THANK YOU to the
Notre Dame de Lourdes Oktoberfest**



#3 - Medium - Solution

4	6	3	2	7	5	1	8	9
9	8	5	6	1	4	7	3	2
2	7	1	9	3	8	5	6	4
8	1	4	5	9	3	6	2	7
6	3	7	1	4	2	9	5	8
5	9	2	7	8	6	3	4	1
3	5	9	8	2	7	4	1	6
1	4	8	3	6	9	2	7	5
7	2	6	4	5	1	8	9	3

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2024 HOLIDAYS

January 1st, New Year's Day

January 21st, Martin Luther King, Jr.

February 18th, Presidents Day

June 19th,

July 4th, Independence Day

July 24th, Pioneer Day

September 2nd, Labor Day

October 14th, Columbus Day

November 11 , Veterans Day

November 28th & 29th, Thanksgiving

December 25th, Christmas