



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	8:30a Line Dancing	9:45a Aerobics	8:30a Line Dancing
10a Ceramics	10a Ceramics	10a Ceramics	10a Ceramics
10a Quilting	10a Ukulele/ Silver Strings	10a Quilting	10a Ukulele/ Silver Strings
10a Crochet	11a Blood Pressure Clinic (every other Tues 11th & 25th)	12:00p Lunch	10a Toning
12:00p Lunch		1p Bingo	10a Quilting
1:00p Beginning Line Dancing	12:00p Lunch		10:30a Nail Clinic (First Thursday of Each Month)
	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



[Silver Strings Performing for Birthday Lunch, February 26th](#)

SHOPPING DAYS

Feb 6th Smith's ~ Feb 13th Lin's
Feb 20th Wal-mart~ Feb 27th Smith's
 Days the Centers will be CLOSED
 February 17th for President's Day

February Menu


BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p align="center">Call Before 9am Carbon Center 636-3202 East Carbon Center 636-3703</p> <p align="center">MILK SERVED WITH EACH MEAL</p>			
<p>3 Chicken Strips, Mac & Cheese, Pease & Carrots, Biscuit, Banana</p>	<p>4 Rigatoni w/ meat sauce, Green Sal- ad, Bread Stix, Lemon Bar</p>	<p>5 Bourbon Chicken, Mashed Potatoes, Beets, Roll, Banana Cream</p>	<p>6 Cream of Potato Soup, Mandarina Orange Dessert</p>
<p>10 Shrimp & Fries, Cole Slaw, Lemon Muffin, Fruit Cup</p>	<p>11 Pepper steak over Rice, Broccoli, Roll, Fruited Jell-O</p>	<p>12 Valentine's Day Lunch Fried Chicken, Po- tatoes & Gravy, Corn, Wheat Roll, Cherry Cheese Cake</p>	<p>13 Minestrone Soup, Club Sandwich w/ ham, turkey, ba- con, lettuce, tom., onion, Brownie</p>
<p>17 </p>	<p>18 Lemon Pepper Fish, Wild Rice, Malibu Veggies, Roll, Peaches</p>	<p>19 Swiss Steak, Baked Potato, Green Beans, Roll, Rasp- berry Cream Cake</p>	<p>20 Chicken Tortilla Soup, Tortilla Chips,, Green Sal- ad, Chocolate Chip Cookie</p>
<p>24 Orange Chicken over Rice, Steamed Cab- bage, Roll, Fortune Cookie</p>	<p>25 Tater Tot Casse- role, Tuscan Blend Veggie, Roll, Pea- nut Butter Cookie</p>	<p>26 Baked Ham, Yummy Potatoes, Steamed Carrots, Mandarin Orange Cake, Ice Cream</p> <p align="center">  </p>	<p>27 Chicken Noodle Soup, Pastrami Sandwich w/ let- tuce, tom., onion, Frog Eye Salad</p>




What's New for Medicare in 2025?

Part A: Hospital insurance

Part A premium	Free if you've worked 10 years or more \$285 per month if you've worked 7.5 to 10 years \$518 per month if you've worked fewer than 7.5 years	
Part A hospital deductible	\$1,676 each benefit period	
Part A hospital coinsurance	\$0 for the first 60 days of inpatient care each benefit period \$419 per day for days 61-90 each benefit period \$838 per lifetime reserve day after day 90 in a benefit period (You have 60 lifetime reserve days that can only be used once. They're not renewable.)	
Skilled nursing facility insurance	\$0 for the first 20 days of inpatient care each benefit period \$209.50 per day for days 21-100 each benefit period	

Part B: Medical insurance

Part B premium (For individuals with incomes below \$106,000 or couples with incomes below \$212,000)	\$185 is the standard premium	
Part B deductible	\$257 per year	
Part B coinsurance	20% for most services Part B covers	

Part D: Prescription drug coverage

National average Part D premium	\$36.78 per month	
Part D maximum deductible	\$590 per year	
Catastrophic coverage You will owe \$0 on covered drugs after reaching this cap.	\$2,000	

GIFT SHOP

There are caps and scarves, warm lap and regular blankets, of course, warm baby blankets, some with matching hats Bless your kitchen and yourself with some new hot pads, dish towels and more!

Hours

Monday—Thursday

8:00am –4:00pm

Ask a staff member for help!



What's New for Medicare in 2025?

Changes to Part D in 2025

The \$2,000 cap on out-of-pocket drug costs

- Starting in 2025, your annual out-of-pocket Part D costs are capped at \$2,000. After you reach this out-of-pocket limit, you owe nothing for covered drugs for the rest of the year.
- Your Part D plan should keep track of how much money you have spent out of pocket for covered drugs and your progression through coverage periods—and this information should appear in your monthly statements.
- Remember that only costs associated with covered drugs help you move through the coverage phases. If you spend money on non-covered drugs, those costs will not help you reach the annual cap.

The Medicare Prescription Payment Plan (MPPP)

- Beginning in 2025, you have the option to sign up for a payment plan for Part D out-of-pocket costs.
- The MPPP allows you to spread your drug costs throughout the year, with the goal of helping you manage your monthly expenses.
- For example, if you anticipate reaching the annual Part D cap quickly due to expensive medications, you can spread those costs throughout the year—rather than paying a lot in the first months of the year and nothing in later months of the year.
- When you sign up for the MPPP, your plan will communicate your choice to your pharmacy. You should pay \$0 at the pharmacy for your covered Part D drugs. Your plan will pay the cost-sharing at the time of your purchase and send monthly bills to you for the cost-sharing amounts. You pay no fees or interest, even if your payment is late.

If you have a Medicare Advantage Plan,
contact your plan directly to learn about your 2025 costs.

Happy February Seniors!

First month of the year is done and now it's February. Wow the year is already racing by. I hope you are all staying safe and warm through the long winter. One more month and hopefully we will get some warmer temperatures.

I want to take the time to invite you all out to our Valentine Dance on Thursday February 16th from 6 to 8pm. Please let us know if you will need a ride on the bus so we can get you down for that. It should be a lot of fun.

One thing to make you aware of, please know that meals on wheels will never call you asking for money. There has been a scam going on where someone calls pretending to be meals on wheels and asks you to pay your bill. That is not us. If that happens to you please don't give them any information and please call the police to report. If you ever have any questions concerning your meals you can call us directly here at the center. Meals are paid for by donations only, we will never call you to collect money.

As always please let me know if there is anything we can do for you here at the center. We are here to serve and help how we can!

Love,
Rebecca

VALENTINE'S DAY DANCE

Carbon County Senior Center

418 South Fairgrounds Way, Price

FEBRUARY 13TH

6:00PM-8:00PM

\$2.00 A PERSON

The bus will be available. Please sign up for a ride, if you need one.



MOVIE LINE-UP

**Feb. 4th ~ The Sandlot ~ PG/ 1993 / 1hr 42 mins/ Family/
Comedy**

Feb. 11th ~ Flicka ~ G/ 2006/1hr 50 mins / Family/ Adventure

**Feb 18th ~ Evan Almighty ~ PG / 2007/ 1hr 36 mins /Family/
Comedy**

**Feb. 25th ~ Freaky Friday ~ PG/ 2003/ 1hr 37mins / Family-
Comedy**

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

HAPPY VALENTINE'S DAY,

We are in our second month of the new year. Lot of activities are ahead of us this month. We have our weather Ground Hog Day on February 2nd coming out to let us know we have 6 weeks of Winter or Spring is on the way. February 14th is Valentine's Day the florist will be very busy delivering flowers to all the loved ones and families. February 17th is President Day, the Senior Centers will be closed for us to observed. Our book Club Ladies took this month off. But they will be back next month with an exciting novel, so keep your favorite chair open to enjoy a wonderful novel. We are open Monday thru Wednesday from 8:00am to 4:00pm. On Thursday we are open from 8:00am to 1:00pm. Come in, have a hot meal and hot beverage and enjoy company with some wonderful people.

Have a wonderful Valentine Day,

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 Crochet 1p Cards	8a– 4p Billiards 8-4p Puzzle 11a Exercise 11a Blood Pressure 3rd Thursday of month 1p Shopping

I N S E C T I C I D E O C V Q L
 H R A G R I C U L T U R E B G G
 I A R C O M P O S T I L O L R A
 T V R I C B D H Y E O V E B A N
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ACRE

COMPOST

HORSE

RANCH

AGRICULTURE

CULTIVATOR

INSECTICIDE

SEEDS

ANIMALS

DIARY

IRRIGATION

STABLE

BARN

FERTILIZER

LAMBS

TRACTOR

BEE

GOAT

MEADOW

WATER

BULLS

GRAINS

MILK

WHEAT

CALF

HARVEST

OATS

CHICKEN

HONEY

POULTRY