

January 2024



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 Ukulele/ Silver Strings	12:00p Lunch	12:00p Lunch	10a Toning
10a Crochet	1p Movie	1p Bingo	10a Quilting
12:00p Lunch	1p Quilting		<u>10:30a Nail Clinic</u> <u>(First Thursday of</u> <u>Each Month)</u>
1:00pm Beginner Line Dancing			12:00p Lunch
			1p Shopping
			1p Organ Class
			1:30p Sewing & Quilting

SHOPPING DAYS

Jan. 5th Lins ~ Jan 12th Walmart
Jan 19th Smith's ~ Jan 26th Lin's


ALL ACTIVITIES ARE SUBJECT TO CHANGE

MENU SUBJECT TO CHANGE

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

January Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
2 	3 Chicken Strips, Fries, Coleslaw, Roll, Fruit	4 Pork Chops, potatoe & Gravy, Broccoli, Roll, Cake	5 Taco Salad w/ meat, toms, onions, Cheese & olives, Chips (Fritos), Strawberry Short Cake
8 Beef & Broccoli, Oriental Veggies, Roll, Fruit	9 Ravioli w/ Meat Sauce, Tuscany Blend Veggies, Bread Stix, Apple Pie Delight	10 Baked Chicken, potatoes & Gravy, Carrots, Roll, Cookie	11 Cowboy Pasta (hamburger, bacon) Peas & Carrots, Garlic Bread Stix, Brownies
15 	16 Chicken Fajitas w/ Tortillas, Corn, Fruit	17 Baked Potato Bar w/ bacon, onions, cheese, chili & broccoli, Roll, Angel Food Cake	18 Clam Chowder, Green Salad, Bread Stix, Chocolate Lasagna Pie
22 Country Gravy Breakfast Enchilada, Hash Browns, Fruit, Yogurt	23 Mashed Potatoes w/ Corn, Chicken, Cheese, & Gravy, Roll, Pumpkin Bar	24 Birthday Lunch Chicken Fried Steak, Potatoes & Gravy, Brussel Sprouts, Roll, Cake & Ice Cream 	25 Cowboy Stew, Bread Stix, Lemonade Fruit Salad Crazy Sock Day
29 Pepper Beef over Rice, Peas & Pearl Onions, Roll, Fruit	30 Chicken & Wild Rice Soup, Garlic Bread Stix, Cheddar Broccoli Soup, Dr Pepper Cake	31 Meatball w, Cheese on a Hoagie bread, Potato Salad, Cookies, Fruit	MILK SERVED WITH EACH MEAL MENU SUBJECT TO CHANGE CALL BEFORE 9A Price Center 636-3202 East Carbon 636-3703



CARBON COUNTY SENIOR ACTIVITY CENTER
SPRING HAS SPRUNG AND WHAT COULD BE
MORE FUN THEN A SPRING FASHION SHOW

(COMEDY)

\$5.00 DONATION PER PERSON

ALL PROCEEDS GO BACK TO THE CENTERS

MARCH 23, 2024

1:00PM IN DINING ROOM

Mark Your Calendars

MORE INFO TO COME

FRIENDLY REMINDER

COST OF MEALS

Individuals 59 yrs of age & under \$10.00 per person

Individuals 60+ yrs of age, suggested donation of \$4.00 per person

Happy New Year Seniors!!!

I hope that this new year is full of many good things for you. I am excited to get started with this new year. We have a lot of fun ideas in mind for the center and hope to bring them to pass. We had a lot of fun this past year with the Valentine dance, Cinco de Mayo party, Luau, and Christmas party. We hope to continue these fun parties and incorporate new things as well. As always, please let me know if you have any fun ideas you would like to see come to life here at the center.

I am so looking forward to this next year of getting to know you all better and spending time together. Thank you for all you do for the senior center and for the support you give us all each and every day. It takes all of us to make this center what it is.

Love,
Rebecca

EAST CARBON CENTER SENIORS

Dear East Carbon Seniors,

I hope everyone had a nice Holiday. I can't believe we are starting a new year. Let's have a fun year with new activities and new crafts.

Thank you Helen for suggesting and helping with our snow blow glass. They turned out to be cute. We have some very creative ladies. I can't wait to see what other crafts we can do.

Did you know that January was named for the Roman god Janus known as the protector of gates and doorways who symbolize the beginnings and endings. January is National Hot Tea Month. So get your tea kettle and your favorite hot tea and enjoy January. January 15th is Martin Luther King Jr. the centers will be closed this day. And on January 1st we will be closed also. The book club ladies took this month off so they could visit with their families. Come and share a book that we might read during the long winter months. We had some amazing adventure novels last year.

Remember that we are open Monday-Wednesday from 8am –4pm and Thursday 8am to 1pm. Until next month, have a wonderful January,

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

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

BABY

FIREWORKS

MUSIC

CALENDAR

FIRST

PARADE

CHAMPAGNE

FOOTBALL

PARTY

CHEER

HAPPY

RESOLUTION

CLOCK

HAT

YEAR

CONFETTI

JANUARY

DANCE

KISS

FAMILY

MIDNIGHT

CENTERS WILL BE CLOSED JANUARY 1ST



Carbon County Senior Bus Guidelines

1. There is a suggested donation of \$1.00 when riding the bus.
2. Riders must remain seated until the bus comes to a complete stop and are instructed by the driver to disembark.
3. Riders must call by 9 a.m. if they need a ride. If the bus fails to pick up a rider who has called in advance the bus will come back and pick the rider up.
4. Riders must stay at the address given for pick up. The bus driver will not look for you.
5. Appointments need to be called in **24 hours** ahead of time. (When notifying the center of an appointment please indicate if you are in a wheelchair as extra time is required for drop off and pick up.) It is appreciated if you can give at least two days prior notice. One days notice is acceptable. If the bus is full we may not be able to accommodate everyone. Doctor appointments will be given first priority.

(Appointments need to be made between 9 a.m. and 11 a.m. When making afternoon appointments, keep in mind that the bus may be able to get you there but may not be available to pick you up.)
6. Grocery shopping days are Mondays and Thursdays. (Monday - Lin's Fresh Market; Thursday - Smith's Food King, 2nd Monday of month Wal-mart) If you leave the grocery store you need to be back for pick up at the time given by the bus driver. The bus driver will not go looking for you.
7. There is a limit on the amount of groceries allowed on the bus. Absolutely NO CASES of anything. Try to keep your groceries to no more than four (4) bags.
8. Be courteous to other passengers. Keep in mind that not everyone shares your views on politics and religion.
9. No one under the age of sixty (60) years will be allowed on the bus unless there is prior approval from the director.
10. Please be considerate of the bus driver.



SILVER STEPPERS

Movie Line-up

Jan 3rd ~ **Godmothered** ~ PG/2020/1h 55m

Jan. 10th ~ **Beauty & the Beast** ~ PG/2017/2h 20m / **starts at 12:45pm**

Jan. 17th ~ **The Kid** ~ PG/2000/1h 44m

Jan. 24th ~ **Turner & Hooch** ~ PG/1989/1h 39m

Jan. 31st ~ **Three Men and a Baby** ~ PG/1987/1h 43m

ALL MOVIES ARE SUBJECT TO CHANGE

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

BIRDS

DAYLIGHT

RAIN

BIRTH

EGGS

RAINBOW

BLOSSOM

FLOWERS

SPRING

BREEZE

GRASS

SPROUT

BUDS

GROW

SUNSHINE

BUTTERFLY

HATCH

THAW

CLOUDS

NEST

WIND