

MARCH 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 Toning	10a Quilting	10a Ukulele/ Silver Strings
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	12:00p Lunch	10a Toning
10a Crochet	12:00p Lunch	1p Bingo	10a Quilting
12:00p Lunch	1p Movie		10:30a Nail Clinic (First Thursday of Each Month)
1:00p Beginning Line Dancing	1p Quilting		12:00p Lunch
ALL ACTIVITIES ARE SUBJECT TO CHANGE			1p Shopping
MENU SUBJECT TO CHANGE			1p Organ Class
<u>IMPORTANT DATES TO REMEMBER</u>			1:30p Sewing & Quilting

Sunday March **10th** **SPRING FORWARD YOUR CLOCKS**



SHOPPING DAYS

March 7th Lin's ~ Feb 14th Walmart

March 21st Smith's ~ March 28th Lin's

March 27th Birthday Lunch the Silver Strings perform

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

MARCH Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
4 Chicken Salad Sandwich on Croissant, Chips, Banana	5 Sausage Tortellini Soup, Bread Stix, Cookie	6 Roast Beef, Potatoes & Gravy, Carrots, Roll, Peach Coffee Cake	7 Ham, Egg & Cheese Sandwich on a Biscuit, Yogurt, Juice, Apples
11 Lazy Cabbage Rolls, Carrots, Roll, Fruit Cup	12 Chicken, Broccoli Alfredo Pizza, Pudding	13 Meat Loaf, Potatoes & Gravy, Green Beans, Roll, Strawberry Sheet Cake	14 Ruben Sandwich w/ Sauerkraut, Chips, Pistachio-mallow Pie St. Patrick's Day Wear Green
18 Taco Loaded Potato Bowl, (Tom., Lettuce, Cheese, Onions & Tortilla) & Fresh Fruit	19 Pulled Pork, Mac. & Cheese, Brussel Sprouts, Roll, Jell-O	20 Hamburger Steak, Potatoes & Gravy, Steamed Cabbage, Roll, Chocolate Pie	21 BBQ Chicken, Rice, Corn, Roll, Cherry Pie
25 Pigs in a Blanket, Pork & Beans, Winter Blend Veggies, Fruit Cup	26 Crispy Chicken w/ Creamy Cheddar over Noodles, Italian Veggies, Bread Stix, Banana Pudding	27 Pork Chops, Potato & Gravy, Broccoli, Roll, Cake & Ice Cream Birthday Lunch & Easter Lunch	28 Loaded Baked Potato Soup, Green Salad, Bread Stix, Jell-O

CALL BEFORE 9AM

MENU SUBJECT TO CHANGE

CARBON CENTER 636-3202 / EAST CARBON CENTER 636-3703

MILK SERVED WITH EACH MEAL

Hi Seniors,

I hope that March is going to bring us some spring weather. Maybe that's wishful thinking. Either way, I hope that this time of year finds you all doing well. Just wanted to update you on a few things going on here at the center.

We know the computer lab has been cleared out for awhile, but there are still computers here for your use. We have laptops available and they are wirelessly connected to the printer in the library if you need to print. Please let one of us know if you need a laptop and we will sign that out to you for use here at the center. When you are done just return it to the front desk.

I also want to remind everyone that we still have times available for taxes. If you would like to get your taxes done please give us a call or sign up at the front desk. We have someone here every Tuesday from 12 to 3 to assist you with that. You do need an appointment.

Thank you for all you do for the center, we appreciate you and we love serving you!

Love,
Rebecca

MOVIE LINE-UP

March 5th ~ The Cheyenne Social Club ~ PG/1970/ 1hr 43 min

March 12th ~ Firecreek ~ 1968/1hr 44mins

March 19th ~ License to Wed ~ 2007/PG-13/1 hr 31 min

March 26th ~ A Walk in the Clouds ~ 1995/PG-13/ 1hr 42 mins

Subject to Change

*May your troubles be less and your blessings be more and nothing but
happiness come through your door.*

Spotlighting Our Silvers



Meet Rose Brockman. She was born in 1931 in Woods Kansas. Rose has 3 children and to present time she lives with her sister. She likes all kinds of food and all colors! In her former days she worked grading apples and roses. Rose has been coming to the senior center for 30 years. Her favorite thing to do here at the Center is ceramics. Rose has a Great sense of humor.

Free Tax Preparation

If you would like help filing your free income tax the VITA (Volunteer Income Tax Assistance) volunteers are here every Tuesday from 12:00pm to 3:00pm thru April 9th. Be sure to sign up for an appointment, slots are filling up fast! Stop by the front desk or call the center at 435-636-3202 to make an appointment

Home Safety for Older Adults

Everyone needs to pay attention to home safety issues. But as we age, safety issues become more important than ever. Here are some simple things to help keep your home or the home of a loved one safe.

Safety Matters.

- Older adults often find their vision, hearing, memory or strength isn't what it used to be. These changes can put a person at risk for accidental injury.
- Older adults living alone may have difficulty getting help if they become ill or injured.
- A review of home safety and emergency plans may help prevent a serious injury.

Prevent falls.

- Remove or secure tripping hazards like small rugs and telephone cords.
- Keep the floor and stairways free of clutter.
- Be sure the home has good lighting, especially the stairways.
- Wear sturdy shoes with non-slip soles.
- Always use handrails on stairs. Check to see that all handrails are firmly attached and run the entire length of the stairway.
- Use a non-slip mat in the shower or tub.
- Install grab bars on the shower or tub and next to the toilet.
- Be sure you get regular eye exams, as poor vision can lead to a fall.

Prevent fire-related injury.

- Never smoke in bed. Do not leave candles unattended.
- Install smoke detectors in or near bedrooms. Change the batteries twice a year.
- For those with limited hearing, use an alarm that combines sound, strobe lights or vibrations.
- Avoid loose-fitting or long-sleeved clothing when using the stove.
- Keep space heaters away from flammable materials. Keep the furnace in good working order.

Stay safe outdoors.

- Be sure all entrances to the house are well lit and all stairs have handrails.

- Be sure pathways and decks have non-slip surfaces.
- Keep pathways free of clutter, ice, snow and leaves.
- If you cannot keep up with outside clean-p, consider hiring someone to help. Or ask a neighbor or family member for help.

Be safe with medications.

- Ask your doctor to review all medications. Some medications can cause a person to feel lightheaded or dizzy, which can lead to a fall.
- Be sure all medications are clearly labelled. Take your medication exactly as prescribed.
- Ask your doctor to advise you about alcohol and your medications. Drinking alcohol with certain medications can be dangerous.

Information from www.journeyworks.com

Dear East Carbon Seniors,

Guess we in the 3rd month of this year. I hope this year does not go as fast as last year. "March" is named for the Roman god of war. We think of it as the beginning of Spring, as March brings the vernal equinox full of Worm Moon the return of daylight Savings Time (March 10th). Remember to turn your clocks one hour ahead. March 15th is the Ides of March legend surrounding this ill-fated day. So beware the Ides of March. March 17th is St. Patrick's Day. On this day, wear green. Some folks wear Shamrock on this day. The Saints used its three leaf leaves to explain the trinity. March 19th Spring begins and warmer days ahead. This month our ladies have chosen a novel "The End With Us" by Colleen Hoover. Colleen Hoover portrays the transformation from Domestic Violence Victim into a survivor. The novel tells the story of Lily Bloom and her Doomed romance with Ryle Kincaid and traces her history growing up in an abusive home, the inevitable fall into an abusive relationship all her own and her escape from that relationship. From there we're taken on Lily's journey as she develops feelings for Ryle just as an opposing atlas, Lily's first love, reappears and challenges all that has developed in the hearts and minds of Lily and Ryle. This book is in the library and online. If you love the story you will enjoy this novel. Please come in and enjoy wonderful company and a nice beverage with us. Remember to wear your green shamrock on March 14th for lunch and have a wonderful March.. 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– 4p Billiards 8-4p Puzzle 11a Exercise 1p Shopping

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

ACTIVITY	FAMILY	LEISURE	TOURISM
AIRPLANE	FRIENDS	RECREATION	TOURIST
BEACH	GUEST	RESORT	TRAVEL
BREAK	GUIDE	REST	TRIP
CAMP	HOLIDAY	SIGHTS	VACANCY
CRUISE	HONEYMOON	SUMMER	WEEKEND
ENJOY	HOTEL	SWIMSUIT	
EXCURSION	JOURNEY	TIMESHARE	

If someone contacts you unexpectedly about a tax refund, the most important thing to know is that **the real IRS won't contact you by email, text message, or social media** to get your personal or financial information. Only scammers will.

If someone does reach out, here's what to do:



- Never click on any links, which can put malware on your computer or phone, letting scammers steal from you.



- Check the status of any pending refund on the IRS official website.
Visit Where's My Refund at <https://sa.www4.irs.gov/wmr/> to see if you're really getting a refund.



- Share what you know. By telling your friends and family members about the scam, you can help protect your community.

If you clicked on a link in one of these messages, or you shared personal or financial information, report it at [IdentityTheft.gov](https://www.identitytheft.gov) to get a free, customized recovery plan.

If you see this or any other a scam, even if you didn't lose money, report it to the FTC at ReportFraud@ftc.gov.



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