

MARCH 2025



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	10a Toning	12:00p Lunch	10a Toning
12:00p Lunch	11a Blood Pressure Clinic (every other Tuesday, 11th & 25th)	1p Bingo	10a Quilting
1:15pm Beginner Line Dancing	12:00p Lunch		<u>10:30a Nail Clinic (First Thursday of Each Month)</u>
	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

March 6th Lin's ~ March 13th Walmart
March 20th Smiths ~ March 27th Lin's

**BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING MARCH 26th
Dave & Ray PERFORMING MARCH 12TH**

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

MARCH MENU

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
3 Chili Dogs, Tator Tots, Mixed Veggies, Cottage Cheese & Pineapple	4 Chicken Alfredo over Fettuccini Noodles, Mixed Veggies, Bread Stix, Chocolate Cream Pie	5 Parmesan Cod, Wild Rice, Brussel Sprouts, Roll, Lemon Pie Ash Wednesday	6 Taco Soup, Fritos, Green Salad, Fruited Jell-O
10 Manicotti w/ mushroom Sage Sauce, Cauliflower, Bran Muffin, Fruit	11 Mongolian Beef Bowl w/ Rice & Veggies , Biscuit, Rocky Road Browne	12 Chicken Cordon Bleu, Baked Potato, Spinach, Wheat Roll, Carrot Cake	13 Liver & Onions, Yummy Potatoes, Oregon Blend Veggies, Roll, Lemon Cookie
17 Cabbage Rolls, Baked Potato, Roll, Pistachio Pudding 	18 Sweet & Sour Chicken, White Rice, Veggie Egg Roll, Roll, Fortune Cookie	19 Shepherds Pie w/ Country Gravy, Sliced Beets, Peach Pie Delight	20 Creamy Veggie Soup, Tuna Sandwich w/ lettuce, tom., onion, Apple Crisp 
24 BBQ Pulled Pork Sandwich, Sweet Potato Fries, Cole-slaw, Peaches	25 Lasagna, Green Salad, Breadstick, Peanut Butter Bars	26 Ranch Chicken, Potatoes & Gravy, Gr. Beans, Roll, Chocolate Cake & Ice Cream 	27 Ham & Bean Soup, Carrot Raisin Salad, Biscuit, Coconut Cookie
31 Taco Bake Casserole, Fiesta Corn, Roll, Grapes	<p>Call Before 9am Menu Subject to Change Carbon Center 636-3202 East Carbon 636-3703 MILK SERVED WITH EACH MEAL Mobile Meals PLEASE CALL BY 9am</p>		

Happy March Seniors,

The weather is starting to look so much better. I always look forward to spring after a long cold winter. Hope you all are too.

Thanks to everyone who came out to our Valentine dance. It's always fun to get together. We are especially grateful to the band for coming and playing. They make it so much fun and we couldn't do it without them. Thank you!!

Just a reminder to everyone that we are doing taxes here at the center on Tuesdays from 1 to 3. If you need your taxes done please call us to set up a time. This service is offered free of charge to seniors 60 and over.

Also, one last thing I want to bring to everyone's attention. Let's all work together to be welcoming to everyone who comes to our center. Everything in the center is available to all seniors. A seat at your table or a pool table to play on is open to all. Let's do our best to make sure all seniors feel welcome and loved when they come here to the center. It is a wonderful place for all of us to be.

Thank you for all you do and let us know if we can be of service.

Love,
Rebecca





SUNDAY MARCH 9TH



Caregiver Conference

March 12, 2025 10am-2pm

SERDA Building
252 S Fairgrounds Rd, Price
Lunch Served



Elder Abuse
Suicide Prevention in the Elderly
Caregiver Self Care
Dementia Live Simulation
Dementia and Caregiving



Must RSVP to reserve spot
Shawna Horrocks 435-613-0036
Wendy Fauver 435-613-0028

**To the unsung
heroes
caring for their
loved ones**

*Thank
you!*

Senior Medicare Patrol Newsletter

February 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

Medicare card scams

Your Medicare number is valuable to scammers. In the wrong hands, your Medicare number can be used to bill for services and products that you may not even receive in order to line the pockets of scammers.

It is important to never give out your Medicare number over the phone or to people at booths/fairs who may ask for it. Doing so can cost the Medicare program a lot of money, increasing prices for everyone and putting the program at risk – not to mention all the damage it can do to your medical identity! Remember to guard your card.



If you have received any of these calls or have given out your Medicare number, please contact your local Senior Medicare Patrol at the number listed for your county.

Scammers will try anything to get your Medicare number

Watch out for these common scams:



Scammers may call you asking for your Medicare number so that they can send you a new plastic or microchipped card. You are not getting a new Medicare card that is:

- ✗ Plastic or laminated
- ✗ Has a microchip



Scammers may call asking for your Medicare number so they can update your Medicare card for the new year. You are not getting a new Medicare card because of Open Enrollment.

If you joined an advantage plan during open enrollment they will automatically send a card for that plan, you do not need a new Medicare card.



Scammers may call to say that your Medicare card is going to expire unless you give them your number to update it. If it expires you owe a fine up to \$10,000.

Your Medicare card is not going to expire and you don't need to worry about a fine.



Scammers may call asking for your Medicare number so they can send you a new card because of the election..

You are **not** getting a new Medicare card because of the election.



Scammers are calling telling you that you qualify for free food if you give them your Medicare number.

This is a scam!



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Movie Line-Up

March 4th ~ Never Been Kissed ~ PG-13/ 1hr 47mins/1999

March 11th ~ Maleficent ~ PG/1hr 37 mins/2014

March 18th ~ Cinderella ~ PG/ 1hr 45 min/2015

March 25th ~ The Jungle Book ~ PG/1hr 51min/ 2016

ALL MOVIES START AT 1PM

ALL MOVIES ARE SUBJECT TO CHANGE

Dear East Carbon Seniors,

I can not believe we are in March already. March is a fun month, everyone is getting prepared for Spring which is March 20th. I am so ready to get out doors. Good thing we turn our clocks ahead that makes our day longer and helps us to do things out door. March 17th is St. Patrick's day so you should wear your green. Our amazing Book Club Ladies are back with an exciting book "Apples Never Fall" by Liane Mairarty. The Delaney are fixtures in their community. The parents Stan and Joy are the envy of all their friends. After 50 years of marriage they've finally sold their famed tennis academy and are ready to start what should be their golden years of their lives. When a stranger shows up on their doorstep covered in blood. A family member comes up missing and no answers to questions are being answered. Do gather up your favorite blanket and comfortable chair and enjoy a good mystery. You can get this book online or at the Library. We are gathering plastic bottle caps or hard caps to help the Veterans with artificial limbs. If you have any ideas or activities that you would like to do for this year, my door is always open. Our door is open Monday thru Wednesday 8am to 4pm. Thursday 8am- to 1pm. Come in and enjoy a beverage and meet some wonderful people.

Have a wonderful Spring Day

Brenda

East Carbon Center Activities <u>Mon- Weds 8am-4pm & Thurs 8am- 1pm</u>			
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 11a Blood Pressure 3rd Wednesday of month 1p Cards	8a- 4p Billiards 8-4p Puzzle 11a Exercise 1p Shopping

WORD SEARCH

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

BALL

FOUL LINE

MASK

SWIPE

BASE

GLOVE

OUTS

THIRD

BASEBALL

GRAND SLAM

PITCHER

WORLD SERIES

BASEMAN

HELMET

PLATE

BAT

HITS

SECOND

CATCHER

HITTER

SHIN GUARD

DOUBLE

HOMERUN

SINGLE

FIELDER

INFIELD

SPIKES

FIRST

INNINGS

STRIKE

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

