

May 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 Game Room	8a-4p Game Room
9:45a Aerobics	9a Line Dancing	9:45a Aerobics	9a Line Dancing
10a Ceramics	10a Ceramics	10a Ceramics	10a Ceramics
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	12:00p Lunch	10a Ukulele/ Silver Strings
10a Crochet	10a Toning	1p Bingo	10a Toning
12:00p Lunch	11a <u>Blood Pressure Clinic (Tuesday, 13th & Trivia on the 27th)</u>		<u>10:30a Nail Clinic (First Thursday of Each Month)</u>
1pm Beginner Line Dancing	12:00p Lunch		12:00p Lunch
	1p Movie		1p Shopping
	1p Quilting		1p Organ Class

Dave & Ray
PERFORMING MAY 14th

ALL ACTIVITIES ARE SUBJECT TO CHANGE

MENU SUBJECT TO CHANGE

Silver Strings Performing for Birthday Lunch, May 28th

CENTERS WILL BE CLOSED ON
MAY 26TH FOR MEMORIAL DAY

SHOPPING DAYS

May 1st Smith's ~ May 8th Lin's
May 15th Walmart ~ May 22nd Smith's
May 29th Lin's

Monday	Tuesday	Wednesday	Thursday
<p style="text-align: center;">MENU IS SUBJECT TO CHANGE Milk Served with Meal Call before 9a Carbon Center 636-3202 East Carbon 636-3703</p>			<p>1 Turkey & Cheese Sandwich w/ lettuce. Tom. & onion, Macaroni Salad, Fruited Jell-O</p>
<p>5 Chicken Soft Tacos, Spanish Rice, Fiesta Corn, Churro</p>	<p>6 Pork Lo Mein, Mixed Veggies, Roll, Fortune Cookie</p>	<p>7 Chicken Fried Steak, potatoes & Gravy, Prince Edward Veggies, Roll, Cherry Pie Delight Mother's Day Lunch</p>	<p>8 Fish & Chips, Cole-slaw, Corn Muffin, Brownie</p>
<p>12 Bacon Cheeseburger w/lettuce, tom., onion, Sweet Potato Fries, Fruit</p>	<p>13 Cheesy Sausage Penne, Spinach, Bread Stick, Frog Eye Salad</p>	<p>14 Swiss Steak, Baked Potato, Peas, Roll, Mandarin Orange Cake</p>	<p>15 Chicken salad Wrap, Cucumber & Tomato Salad, Chocolate Chip Cookie</p>
<p>19 BBQ Chicken, Baked Potato, Oregon Blend Veggie, Roll, Pears</p>	<p>20 Spaghetti w/ meat sauce, Green Salad, Garlic Breadstick, Peach Coffee Cake</p>	<p>21 Bourbon Chicken, Mashed Potatoes, Beets, Wheat roll, Chocolate Peanut Butter Cream Pie</p>	<p>22 Taco Salad w/ beef, lettuce, tom., onion, cheese, tortilla chips, Applesauce Spice Bar</p>
<p>26 Memorial Day</p>	<p>27 Chicken Stir Fry over Jasmine Rice, Steamed Broccoli, Roll, Peaches</p>	<p>28 Pot Roast, Potatoes & Gravy, Corn, Roll, Raspberry Cream Cake & Ice cream </p>	<p>29 Ham & Cheese Sandwich w/ lettuce, tom., onion, Potato Salad, Peanut Butter Cookie</p>

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

WENDOVER

August 3rd and 4th

\$155.00 double occ.

Per person

\$205.00 single occ.

Sign up and pay

with Tammy Veal

MOVIE LINE UP (TUESDAY)

May 6th ~The Lion King ~ 2019/2hr 7mins/PG ~ STARTS AT 12:45

May 13th ~ Beauty and the Beast ~ 2017/PG/ 2h 20mins ~ STARTS AT 12:45

May 20th~ Mulan~ 2020/1hr 58 mins~ STARTS AT 12:45

May 27th ~ Lady and the Tramp ~ 2019/1 hr 52 minutes ~ STARTS AT 12:45

EAST CARBON

East Carbon Center Activities Mon– Weds 8am-4pm & Thurs 8am– 1pm

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

Hello East Carbon Seniors,

I can't believe it's May already. This year is going fast so hold onto your summer hats.

This month our ladies have chosen a novel "James" by Percival Everett, this novel is about salve named Jim that overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan. With the electrifying humor and lacerary observations that have made Everett a literary icon, this brilliant and tender novel vadically illuminates Jim's agency, intelligence, and compassion as never before. This novel can be found at our local Library. Gather up a chair and enjoy this novel with a nice beverage.

We are having our annual Cinco de Mayo Dance on May 5th, right after lunch at the Price Center. COME AND HAVE SOME FUN.

Mark on your calendar September 6th , both centers are having a Bingo Night. We re asking the seniors to volunteer that night and help to gather prizes for this fun fundraiser. If you are interested please call the Price Center at 636-3202 and East Carbon Center at 636-3703 if you would like to help. We would like to know by the end of this month. Thank You.

Remember Both Centers will be CLOSED May 26th for Memorial Day.
 Have a wonderful May and enjoy all the Spring Flowers.

Brenda

CARBON COUNTY SENIOR CENTER PRESENTS

Garden of the Gods, the Royal Gorge & Colorado Springs



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in scenic Colorado
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Tour of the GARDEN OF THE GODS
- ◆ Visit to the UNITED STATES AIR FORCE ACADEMY
- ◆ Visit the Royal Gorge, Including Bridge & Aerial Tram
- ◆ Visit HISTORIC MANITOU SPRINGS at the foot of famous PIKES PEAK
- ◆ Guided Tour of COLORADO SPRINGS
- ◆ Visit the U.S. OLYMPIC & PARALYMPIC MUSEUM

and much more

\$800*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Oct 6 - 10
2025



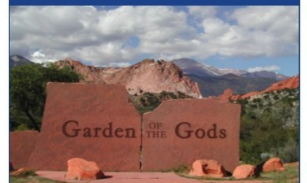
Visit to the U.S. Air Force Academy



Famous Pikes Peak - America's Mountain



Visit to the Royal Gorge Bridge and Park



See the Garden of the Gods

Departure: Price, UT @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for spectacular Colorado. Upon arrival, enjoy a relaxing Dinner and check into your Colorado Springs area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before heading for a visit to HISTORIC MANITOU SPRINGS located at the foot of famous PIKES PEAK, a town rich in history and surrounded by beautiful Rocky Mountain scenery. While there, taste the spring waters that made Manitou famous and enjoy lunch on your own. Then you will depart for guided tour of GARDEN OF THE GODS, the magnificent park of red sandstone formations, a spiritual retreat of ancient peoples. This evening, enjoy Dinner at a local restaurant.

Day 3: After a Continental Breakfast, depart with your guide for a guided tour of Colorado Springs. You will enjoy a visit to the U.S. OLYMPIC & PARALYMPIC MUSEUM. Journey through the 60,000 square foot interactive museum that is dedicated to these exceptional competitors. Experience their compelling stories, with the artifacts, media and technology behind the athletes who make the United States proud. Then, you'll depart with your guide to the impressive UNITED STATES AIR FORCE ACADEMY. You will see the Academy displays and a movie. Tonight, enjoy Dinner at a local restaurant.

Day 4: After enjoying a Continental Breakfast, you will depart for COLORADO'S "NATURAL WONDER" - the ROYAL GORGE. At the Royal Gorge Bridge and Park, you will have an opportunity to view the breathtaking Gorge, cross the suspension bridge and ride the AERIAL TRAM. You will also have an opportunity to visit the Visitor Center or step back in time and explore the story of the Royal Gorge at the PLAZA THEATER. Tonight, you will enjoy Dinner with Entertainment.

Day 5: Today after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD SOME PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive Travel Confident® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$290 for single occupancy.
Final Payment Due: 7/30/2025

FOR INFORMATION & RESERVATIONS CONTACT:

Tammy Veal @ (435) 636-3202

Flyer price includes gratuities.



Flyer Seller of Travel Ref No. ST32973.

Form ID: 5100-5A0806

WM

Tour#: 2198600

Happy May Seniors,
I want to take this opportunity to wish you all a Happy Mother's Day. We are all affected in some way by this day. Whether you are Mother yourself, or you are celebrating your own Mothers and Grandmothers, I hope you know how much you are loved and appreciated for all you do. This month brings a few things I just wanted to make you aware of. Of course our Cinco de Mayo Party on May 5th. This will start right after lunch. Please join us for a fun lunch and dancing and entertainment.

We also are planning some fun day trips and even overnight trips. Watch for these in the newsletter and let us know if you would like to sign up. Our current trips include, the Payson Salmon Supper, Wendover, and Colorado Springs. You will find information about these trips in this newsletter. Please call if you have any questions.

Thanks so much for all you do! We love you,
Rebecca

GIFT SHOP

There are scarves, 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

Mark your calendars

June 19th

Picnic at Spring Glen Park

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

#3 - Medium - Solution



Cinco De Mayo Dance

May 5th

Dance will be held after
lunch at 1pm.

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

ANGELA

ELIZABETH

LISA

RUTH

BARBARA

HELEN

MARGARET

SANDRA

BETTY

JENNIFER

MARIA

ARAH

CAROL

JESSICA

MARY

SHARON

CYNTHIA

KAREN

MELISSA

SHIRLEY

DEBORAH

KINBERLY

MICHELLE

SUSAN

DONNA

LAURA

NANCY

DOROTHY

LINDA

PATRICIA