

NOVEMBER 2023



CARBON
COUNTY
UTAH

SENIOR CENTERS

Monday

8a-4p Billiards
8a-4p Library
8a-4p Exercise Room

8a-4p Game Room
10a Aerobics
10a Ceramics
10a Quilting
10a Ukulele/ Silver
Strings
10a Crochet
11:30a Music
12:00p Lunch

Tuesday

8a-4p Billiards
8a-4p Library
8a-4p Exercise Room
8a-4p Game Room

8:30a Line Dancing
10a Toning
10a Ceramics
10a Ukulele/ Silver
Strings
11:30a Music
12:00p Lunch
1p Movie
1p Quilting

Wednesday

8a-4p Billiards
8a-4p Library
8a-4p Exercise Room
8a-4p Game Room

Game Room

10a Aerobics
10a Ceramics
10a Quilting
11:30a Music
12:00p Lunch

1p Bingo

Thursday

8a-4p Billiards
8a-4p Library
8a-4p Exercise Room
8a-4p Game Room

Room

8:30a Line Dancing
10a Ceramics
10a Ukulele/ Silver
Strings
10a Toning
10a Quilting
12:00p Lunch
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**

Silver Strings Performing for Birthday Lunch, November 29th

SHOPPING DAYS

**NOV. 2ND @ WAL-MART ~ NOV. 16TH @ LIN'S ~ NOV. 30TH @ SMITH'S
CENTERS WILL BE CLOSED NOVEMBER 9TH FOR VETERANS DAY
CENTERS WILL BE CLOSED NOVEMBER 22ND & 23RD THANKSGIVING
REMEMBER ON NOVEMBER 5TH TO YOUR CLOCKS BACK!**

NOVEMBER

MENU BOTH CENTERS

Monday

Tuesday

Wednesday

Thursday

Menu Subject to Change

Carbon Center 636-3202

East Carbon

**Center 636-3703 MILK SERVED WITH
EACH MEAL**

1

Bangers & Mash w/
Gravy, Brussel
Sprouts, Roll,
Cookie

2

Clam chowder,
Corn Bread, Fruit Salad

6

Chili cheese Dogs
with onions
& Cheese, Broccoli,
Fruit Cup

7

Biscuit & Gravy,
Cheese Omelet,
Hashbrown's
Yogurt, Juice

8

Breaded Veal &
Gravy, Sweet
Potato, Peas &
Carrots, Roll,
Chocolate Cake

9

**CLOSED
FOR**



Thanksgiving Lunch

13

Chicken Pot Pie w
potato, carrots,
peas & Gravy, Roll,
Fruit Cup

14

French Dips, Onion
Rings, Pasta Salad,
Peach Dump
Cake

15

Turkey Roast, Potatoes
& Gravy, Stuffing, Gr.
Beans, Cranberry
Sauce, Wheat Roll,
Pumpkin Pie

16

Mexican Lasagna
w/ tortillas, Refried
Beans, Bread Stix,
Brownies

20

Cheese Tortellini w/
Sauce. California Bleed
Veggies, Garlic Brd
Stix, Fruit Cup

21

Baked Cheese
Sandwich, Tomato
Florentine Soup,
Orange Cake

22



23

27

Polish sausage w/
Alfredo Sauce
over Noodles,
Corn, Roll, Fruit
Cup

28

Chicken Stir Fry
over Rice, Oriental
Veggies, Roll,
Coconut Pie

29 Birthday Lunch

Swiss Steak,
Potatoes & Gravy,
Mixed Veggies,
Roll, Cake & Ice
Cream

30

Variety Soup Day.
Bread Stix, Green
Salad, Fruit

Happy November Seniors,

This is such a great month to remember all that we are thankful for.

This year my list includes all of you for the support you have given me this first year here at the center. I have enjoyed it so much. Thank you for all you do.

I want to make you aware of November 1st. We will be having our State Medicare Rep here, Wendy Fauver. She will be here to answer any questions you may have about Medicare since it is almost time again for open enrollment. You can call here to the center to set up an appointment to meet with her.

Another change that will be taking place the 1st of December is a raise in our suggested meal donation. With rising costs of food we are going to be asking for a suggested donation of \$4 per meal. We hope you understand our reasoning behind raising this donation amount as we are paying a lot steeper prices for the food we order and we want to be able to continue to provide you with the best possible food options. Please remember that this is a suggested donation and you are welcome to pay whatever you feel you can afford.

I hope this month is a great one for all of you. Enjoy time with family and friends and try to stay warm! Let me know if I can be of service to you.

**Love,
Rebecca**



Movie Line Up

Nov. 7th ~ The Help ~ 2011/PG-13/2 hrs 26min An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis. **STARTS AT 12:45**

Nov. 14th ~ Hugo ~ 2011/ PG/ 2hrs 6mins 1931 Paris, an orphan living in the walls of a train station gets wrapped up in a mystery involving his late father and an automaton. **STARTS AT 12:45**

Nov. 21st ~ Nanny McPhee~ 2005/PG/ 1hr 37 mins ~ A governess uses magic to rein in the behavior of seven ne'er-do-well children in her charge.

Nov. 28th ~

When in Rome ~ 2010/ PG-13/ 1hr 31mins Beth is a young, ambitious New Yorker who is completely unlucky in love. However, on a whirlwind trip to Rome, she impulsively steals some coins from a reputed fountain of love, and is then aggressively pursued by a band of suitors.

Turn the clocks back

Remember to move
your clocks
back one
hour.



AP

November 5th



DECEMBER 7TH

CERAMIC CLASS STARTS AT 11A TO PAINT THE CERAMIC PIECE BLACK
RESUMES AT 1P AFTER LUNCH

COST FOR THE CERAMIC PIECE WILL COST \$20.00
THE CLASS IS LIMIT TO 12 MUST BE SIGNED UP AND PAID FOR
BY NOVEMBER 30TH

Turn the clocks back

Remember to move
your clocks
back one
hour.



AP

November 5th

GIFT SHOP

Come stay warm for the holidays and winter season.

There are caps and scarves for only \$2.00 -\$5.00; warm lap and regular blankets, \$18.00-\$50.00; of course, warm baby blankets, some with matching hats, \$20.00-\$25.00.

Don't forget "Turkey Day"!

Bless your kitchen and yourself with some new hot pads, some in sets, \$1.00 -\$3.50.

Dear East Carbon Seniors.

Hope everyone had a nice fall in October. I enjoy the little kids in their scary costumes. They are so cute. On November 2nd is the Medicare enrollment with Wendy from 10a-2p, please call to make an appointment for this day.

We are **closed November 9th** to honor our servicemen who gave up their lives for our freedom.

The ladies of the book club have chosen "Half Broke Horses" by Jeannette Walls. This novel is a true Jeannette reimagines the life of her grandmother, Lilly Casey who by the age of six was helping her father break horses. At the age of fifteen she left home, riding 500 miles on her pony to get to her post. She learned to drive a car, fly planes with her husband and manage Vast Ranch in Az., surviving tornadoes, drought, floods and great depression. If you like reading about horses you will enjoy this book. You may pick up this book at the Sunnyside Library Wednesday 2p-6p

This month is Thanksgiving with the different aromas in the air to bring in the Fall for sure. The smell of the turkey cooking the pie baking. The family gathers to share this fine feast.

Senior Centers are closed November 22 and 23 for Thanksgiving.

We are open Monday thru Wednesday 8a to 4p and Thursday 8a to 1p. Come in and visit with us.

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

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

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

AMERICA
ANTHEM
BANNER
BETSY ROSS
BLUE
COUNTRY
DAY
EAGLE
EMBLEM
ENSIGN
FIFTY
FLAG
FLUTTER
HISTORY
HOIST
JUNE
MAST
OLD GLORY
PATRIOTIC
RAISE
RED
SALUTE