

AUGUST 2023



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	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	10a Toning	12:00p Lunch	10a Toning
10a Crochet	11a <u>Blood Pressure Clinic (every other Tuesday, 8th & 22nd)</u>	1p Bingo	10a Quilting
12:00p Lunch	12:00p Lunch		10:30a Nail Clinic (<u>FIRST THURSDAY OF EACH MONTH</u>)
1pm Beginner Line Dancing	1p Movie1p Quilting		12:00p Lunch
			1p Shopping
			1p Organ Class
			1:30p Sewing & Quilting

SHOPPING DAYS

August 3rd Lin's ~ August 10th Walmart ~ August 17th Smith's
August 24th Lin's ~ August 31st Walmart

BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING AUGUST 23RD

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

AUGUST Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
Carbon Center 636-3202 East Carbon Center 636-3703 Milk served with each meal	1 Pigs in a Blanket, Broccoli, Cottage Cheese & Pineapple, Cookie	2 Chicken Parmesan with Marinara Sauce over Noodles, Peas & Carrots, Roll, Peach Pie Delight	3 Chef Salad w/ Ham, Turkey, Cheese, Onion, Tomatoes, Bread Stix, Pumpkin Chocolate Chip Bars
7 Cabbage Casserole w/ Hamb & Rice, Cali- fornia Blend Veggies, Roll, Fruit Cup	8 Shrimp & English Chips, Cole Slaw, Corn bread Muffin, Chocolate Cream pie	9 Spaghetti with meat sauce, Tomato & Cu- cumber Salad, Roll, Peach Coffee Cake	10 Caesar Chicken Wrap, Chips, Cookie
14 Soft Tacos, Tomato, Lettuce, Onions, & Cheese, Chuckwag- on Corn, Fruit Cup	15 Pepperoni Pizza w/ Cheese, Olives, Pep- per Rings, Gr . Pep- pers, Green Salad, Fruited Jell-O	16 Meat Loaf, Potatoes & Gravy, Steamed Car- rots, Wheat Roll, Bana- na Cream Pie	17 Chicken Broccoli Pen- ne, Harvard Beets, Roll, Mandarin Or- ange Dessert
21 Ham & Yummy Potatoes, Steamed Carrots, Roll, Fruit Cup	22 Fish & English Chips, Tuscany Blend Veg- gies, Roll, Lemon Pie	23 Chicken Cordon Bleu, Potato & Gravy, Man- darin Blend Veggies, Roll, Cake Birthday Lunch	24 Taco Bake Casserole, Peas & Carrots, Roll, Pumpkin Chocolate Chip Bar
28 Orange Chicken over Rice, Asian Blend Veggies, Spring Egg Roll, Fortune Cookie	29 Pizza Casserole , Steamed Carrots, Roll, Fruit Cup	30 Roast Beef, Potatoes & Gravy, Gr. Beans, Wheat Roll, Rootbeer Float Cake, Ice Cream	31 Ham & Turkey, Cheese, Tom., onions & lettuce Sandwich, Chips, Strawberry Short Cake

Hi Seniors,

Wow this summer is flying by. I hope you are all enjoying yourselves and this great weather. August is wedding time for our family so I will be out of the office on August 9th and 10th to celebrate my daughter's wedding. Wedding planning is time consuming and stressful so I'm excited to finally get to the actual celebration.

Something else coming up this month is the county fair. Our senior center will be hosting the 4-H projects as well as the quilts. Come out and see all of the fun things on display August 11th and 12th. We are also doing a bake sale during this time to help raise money for a Luau. If you would like to donate anything to the bake sale you are welcome to bring your items on the 11th or 12th.

Lastly, Symbii home health and hospice is starting some wellness classes. They will be here Wednesday August 30th at 11:00am. They will be presenting on Home Care and how to advocate for yourself and get the services you are entitled to. They will address the what, when, why, who and how as well as answer questions. These should be some very informative classes and I would encourage you to come participate.

As always, please let me know if there is anything I can do for you to help make the senior center a wonderful place to be. I am always here to help,

Rebecca



Movie Line Up

August 7th ~ George of the Jungle ~ 1997/PG/ 1he 32 mins ~ Raised by a protective primate in the African jungle, a bumbling Tarzan type unexpectedly finds love with a wealthy woman on safari. Through trail and error, the mismatched pair learns life outside the jungle is no picnic.

August 14th ~ Hachi: A Dogs Tale ~ 2009/G/ 1hr 33mins ~ When his master dies, a loyal pooch named Hachiko keeps a regular vigil— for more than a decade— at the train station where he once greeted his owner everyday in this touching drama based on a true story.

August 21st ~ Tooth Fairy ~2010/PG/1hr 41 mins ~ When minor-league hockey player Derek Thompson— who has a penchant for knocking out his opponents' teeth every time he plays — disillusioned a fan, he is sentenced to a stint for one week as a bona fide, tutu-clad, real life tooth fairy. Soon, derek us inspired to rekindle his youthful dreams. Ashley Judd portrays his love interest, Carly, in this family comedy starring The Rock aka Dwayne Johnson.

August 28th ~ The Greatest Showman ~ 2017/PG/1hr 45 mins ~ Behind "The Greastest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.

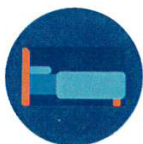


Medicare and Transportation Services

Medicare covers emergency ambulance services if:

- It is the only safe way to transport you
- You are on the way to or back from receiving Medicare-covered care
- You are transported to and from certain places, like your home or the hospital
- The transportation meets Medicare's ambulance requirements

Medicare covers non-emergency ambulance rides ordered by a doctor if:



You are confined to your bed.



Or, if you need vital medical services during your trip that are only available in an ambulance

Medicare may also cover scheduled and regular non-emergency ambulance transportation.

To get this kind of transportation covered, your doctor must send the ambulance supplier a written order saying it is medically necessary. For example, if you need help getting to your dialysis treatment facility every week, Medicare may cover your scheduled ambulance rides. Certain states also require that you get permission from Medicare before receiving the transportation.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★☆☆☆☆

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

Answer to Sudoku

FREE MONTHLY FOOD BOX FOR SENIORS



Carbon County Distribution Sites

Carbon County Food Bank

375 E 400 S

Price, UT 84501

If you are unable to pick up your box at the chosen distribution site, you may designate a proxy (person authorized to act on your behalf) in your place.

Must be 60 years of age or older and meet income guidelines to qualify. Scan the barcode below or visit utahfoodbank.org/csfp to apply.



UTAH
FOOD
BANK



This institution is an equal opportunity provider.

No one is perfect that's why pencils have erasers



**It's not the
years in your
life that count.
It's the life
in your years!**

(Abe Lincoln)

Today is
the perfect
day to be
happy

Dear Seniors,

I cannot believe that August is the hottest month of the year. Remember to drink plenty of fluids and stay cool. Hope everyone had a fun July. Our bake sale went very well. Thank You Seniors , you made this happen. Some of you have suggested a yard/bake sale in late September. Think about it and let me know. This month the ladies of the Book Club have chosen "Lesson in Chemistry" by Bonnie Garmus. This book takes you back in the 1960's where a women's arsenal of tools was often limited to the kitchen and where Elizabeth Zott hellbent on overturning the status quo one meal at a time. I believe you all will enjoy this book. So pull up a patio chair and a nice cold drink and enjoy this delightful book. You may pick it up online or at the library.

BEWARE: of the medical scam calls that are going out, DO NOT give out information, until you get in touch with Wendy at 435-613-0028.

Please keep cool and enjoy your summer!

Brenda

East Carbon Center Activities <u>Mon– Weds 8am-4pm & Thurs 8am– 1pm</u>			
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

ARAB	EUSKERA	LADINO	RUSSIAN
ARAMAIC	FINNISH	LATIN	SPANISH
BENGALI	FRENCH	MANDARIN	TURKISH
CATALAN	GREEK	MAYAN	WELSH
CZECH	HEBREW	NAHUATL	XHOSA
DANISH	HINDI	PORTUGUESE	YIDDISH
ENGLISH	HUNGARIAN	QUECHUAN	
ESPERANTO	JAPANESE	ROMANY	

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



Bottle Billiards Tournament

Register

At the front desk at the Price Senior Center

August 21st 1:00pm Men's Single	August 22nd 1:00pm Men's Doubles	August 23rd 1:00pm Women's Single	August 24th 1:00pm Women's Doubles
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All Ages Welcome

\$10.00 per person

Coaches available for all participants

Double Elimination

Donations go to special projects
for both Senior Centers