

February 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 Toning	10a Ceramics	10a Ceramics
10a Quilting	10a Ceramics	10a Quilting	10a Ukulele/ Silver Strings
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	12:00p Lunch	10a Toning
10a Crochet	First Tuesday of each Month Blood Pressure 11a-12p	1p Bingo	10a Quilting
12:00p Lunch	12:00p Lunch		10:30a Nail Clinic (First Thursday of Each Month)
1:00p Beginning Line Dancing	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

Feb 1st Walmart ~ Feb 8th Smith's

Feb 15th Lin's ~ Feb 22nd Walmart ~ Feb 29th Smith's

Days the Centers will be CLOSED

February 19th for President's Day

February Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p>Call Before 9am</p> <p>Carbon Center 636-3202</p> <p>East Carbon Center 636-3703</p> <p>MENU SUBJECT TO CHANGE</p>			<p>1</p> <p>Shrimp & Fries, Cole-slaw, Corn Bread, Chocomallow Pie</p>
<p>5</p> <p>Spaghetti w/ Meat Sauce, Gr. Beans, Roll, Fruit Cup</p>	<p>6</p> <p>Stuffed Bell Peppers, Baked Potato, Veg-gies, Roll, Pumpkin Brownie</p>	<p>7</p> <p>Ranch Chicken, Pota-toes & Gravy, Beets, Roll, Coconut Cream Pie</p>	<p>8</p> <p>French Dips, Tater Tots, Green Salad, chips, Banana Pud-ding Cookies</p> <p>Wear your Favorite NFL Shirt</p>
<p>12</p> <p>Chicken Tacos w/ let-tuce, onions, cheese, tomatoes, Black Beans & Corn, Orang-es</p>	<p>13</p> <p>Pulled Pork Sandwich, Baked Beans, Lemon bars</p> <p>Mardi Gras</p>	<p>14</p> <p>Cod, Wild Rice, Brus-sel Sprouts, Roll, Cher-ry Cheese Cake</p> <p>Valentine's Day</p> <p>Ash Wednesday</p>	<p>15</p> <p>Chili w/ Cheese & Onions, Pasta Salad, Corn Bread, Cookie</p>
<p>19</p> 	<p>20</p> <p>Hot Dogs w/ bun, Mac & Cheese, Green Beans, Grapes</p>	<p>21</p> <p>Meatballs & Gravy over Mashed Pota-toes, Carrots, Roll, Rice Krispie treats</p>	<p>22</p> <p>Chicken Enchilada Soup W/ Cheese, Fri-tos, Jell-O</p>
<p>26 NEW ITEM</p> <p>Cannoli w/ hamburg-er, Italian seasoning, marinara over canoli, Peas & Onions, Roll, Fruit Cup</p>	<p>27</p> <p>Chicken Alfredo w/ fettuccine, Broccoli, Bread Stix, P-nut But-ter, Sheet Cake</p>	<p>28</p> <p>Meatloaf, Potatoes & Gravy, Cauliflower, Roll, Cake & Ice Cream</p> 	<p>29</p> <p>Pasta E Fagioli Soup, Green Salad, Bread-stick, Applesauce Bars</p>



Happy February Seniors!

Winter has finally found us. I hope you are all staying warm and safe. Please take extra caution with the slick sidewalks and roads.

This month we have a lot going on. Tax season is upon us again and we will have someone in the building every Tuesday to help you file your taxes if you would like the help. Please call or stop by the front desk to make an appointment. Also this month we will be having our second annual Valentine dance on February 16th at 6:00pm. Please plan to attend. It will be so much fun. We will have buses running so let us know if you are needing a ride.

Another thing we have brought back to the center is our blood pressure clinic. Pinnacle Nursing and Rehab will be coming the first Tuesday of every month from 11:00 to 12. They are also willing to do blood sugar testing as well.

Hope you are all doing well and as always, please let me know if there is anything we can do to make the senior center a better place. We are always up for new ideas and want to do all we can to serve you all.

Thanks again,

Rebecca

GIFT SHOP

There are caps and scarves, warm 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

Ask a staff member for help!

1. THERE IS A SUGGESTED DONATION OF \$1.00 WHEN RIDING THE BUS.
2. RIDERS MUST REMAIN SEATED UNTIL THE BUS COMES TO A COMPLETE STOP AND ARE INSTRUCTED BY THE DRIVER TO DISEMBARK.
3. RIDERS MUST CALL BY 9 A.M. IF THEY NEED A RIDE. **IF THERE IS NO ANSWER LEAVE A MESSAGE.** IF THE BUS FAILS TO PICK UP A RIDER WHO HAS CALLED IN ADVANCE THE BUS WILL COME BACK AND PICK THE RIDER UP.
4. RIDERS MUST STAY AT THE ADDRESS GIVEN FOR PICK UP. THE BUS DRIVER WILL NOT LOOK FOR YOU.
5. APPOINTMENTS NEED TO BE CALLED IN AHEAD OF TIME. **(WHEN NOTIFYING THE CENTER OF AN APPOINTMENT PLEASE INDICATE IF YOU ARE IN A WHEELCHAIR AS EXTRA TIME IS REQUIRED FOR DROP OFF AND PICK UP.) IT IS APPRECIATED IF YOU CAN GIVE AT LEAST TWO DAYS PRIOR NOTICE. ONE DAYS NOTICE IS ACCEPTABLE.** IF THE BUS IS FULL WE MAY NOT BE ABLE TO ACCOMMODATE EVERYONE. DOCTOR APPOINTMENTS WILL BE GIVEN FIRST PRIORITY.
(APPOINTMENTS NEED TO BE MADE BETWEEN 9 A.M. AND 11 A.M OR 1:15 P.M. AND 2:30 P.M.
WHEN MAKING AFTERNOON APPOINTMENTS, KEEP IN MIND THAT THE BUS MAY BE ABLE TO GET YOU THERE BUT MAY NOT BE AVAILABLE TO PICK YOU UP.)
6. MAKE SURE YOU ARE READY WHEN THE BUS ARRIVES. IF YOU ARE NOT READY WHEN THE BUS COMES YOU MAY BE LEFT SO OTHERS CAN GET TO APPOINTMENTS ON TIME.
7. GROCERY SHOPPING DAYS ARE THURSDAYS ONLY. STORES ARE ROTATED CONTINUOUSLY BETWEEN SMITH'S, LIN'S AND WAL-MART. IF YOU LEAVE THE GROCERY STORE YOU NEED TO BE BACK 5 MINUTES BEFORE THE TIME GIVEN BY THE BUS DRIVER. THE BUS DRIVER WILL NOT GO LOOKING FOR YOU.
8. **BE COURTEOUS TO OTHER PASSENGERS.** KEEP IN MIND THAT NOT EVERYONE SHARES YOUR VIEWS ON POLITICS AND RELIGION. PASSENGERS ARE NOT ALLOWED TO SAVE SEATS.
9. NO ONE UNDER THE AGE OF SIXTY (60) YEARS WILL BE ALLOWED ON THE BUS UNLESS THERE IS PRIOR APPROVAL FROM THE DIRECTOR.
10. PLEASE BE CONSIDERATE OF THE BUS DRIVER. ANY CLIENT WHOSE BEHAVIOR IS INAPPROPRIATE OR DANGEROUS WILL BE DENIED SERVICE.



Read your Medicare statements to find potential fraud, errors, or abuse.

An **Explanation of Benefits (EOB)** is the statement that your Medicare Advantage Plan or Part D prescription drug plan typically sends you after you receive medications, services, or items. An EOB is not a bill.



An EOB is also different from a Medicare Summary Notice (MSN), which you receive if you have Original Medicare. You may receive both statements if you have Original Medicare and a stand-alone Part D plan—an MSN for your Original Medicare and an EOB for your Part D plan.

Let's learn more about EOBs:

- Your EOB is an summary of the medications, services and items you have received. It tells you how much your provider billed, the approved amount your plan will pay, and how much you may owe the provider.
- EOBs are usually mailed once per month, but some plans give you the option of accessing your EOB online.
- If you keep a record of your appointments, tests, and receipts for services and items received with your SMP My Health Care Tracker, you can compare your EOBs to what you recorded in your tracker.
- It's important to read your EOB as soon as you receive it to ensure you actually received all the medications, services, or items listed.
- If you spot a potential billing mistake or error, first contact your provider so they can make corrections.



If potential errors are not corrected by your provider, contact your **Senior Medicare Patrol (SMP)**. The SMP program empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

December 2023 Medicare Minute

Feb 6th ~ Matilda ~ 1996/PG/1hr 42m

Feb 13th ~ Happy Feet ~ 2006/PG/1h 48 m

Feb 20th ~ Three Amigos ~ 1986/PG/1hr 44m

Feb 27th Moon Struck ~ 1987/PG/1h 42m

Subject to Change



Are you getting your \$30/ month discount on home internet? If you participate in certain government assistant programs such as (but not limited to):

- Medicaid
- Supplemental Security Income (SSI)
- Veterans Pension and Survivors Benefit
- Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps

You are eligible for a 30\$/month discount on home internet through the Federal Communications Commission (FCC) Affordable Connectivity Program (ACP). This government program was created to help bridge the digital divide and connect families and households who are struggling to afford internet services. This month, an ACP representative will be coming during lunch on Wednesday's to answer questions and help with the application process if you are interested in applying. To learn more and to apply for the program, visit getinternet.gov, or call: (877) 384-2575.



Valentine Gnomes
February 12th & 13th at 10a
When signing up you must
pay the \$20.00

Dear East Carbon Seniors,

We are in the second month of our New Year. This month is the shortest month in the calendar year. And it's the most missed spell month in the calendar year. February fluctuates between having 28 and 29 days per year. 29 days only occur every 4 years during leap year. February is the biggest month for special events. Ground Hog Day, Valentine's Day Presidents Day.

The ladies has chosen a novel by Sandra Dallas "New Mercies" Nora Bondurant is running away-from her husband's death from his secrets and from the ghosts that dog her every step. She receives a telegram informing her that she has an inheritance. Nora suddenly has somewhere to run to a house named Avoca in Natchez, Mississippi. Before she knew little about her father's people. Nora inheritance a mystery, of murder of her Aunt Amalia Bondurant was killed in a murder/suicide. If you like mystery novels you will like to read this novel. You may pick it up online or go to your library.

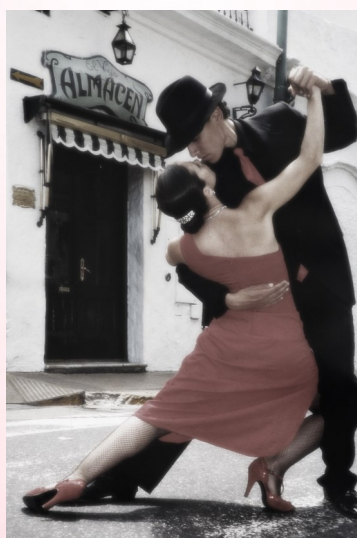
We are open Monday thru Wednesday 8:00a –4:00p and Thursday 8:0a to 1:00p. Come in and have a cup of warm beverage and visit with some awesome people.

Have A Happy Valentine's Day

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 Crochet 1p Cards	8a– 4p Billiards 8-4p Puzzle 11a Exercise 11a Blood Pressure 3rd Thursday of month 1p Shopping

Valentine's Dance
February 16th
at 6:00pm
Carbon County
Seniors Activity Center
suggested Donation
\$3 PER PERSON



CARBON COUNTY SENIOR ACTIVITY CENTER
SPRING HAS SPRUNG AND WHAT COULD BE
MORE FUN THEN A SPRING FASHION SHOW

(COMEDY)

\$5.00 PER PERSON

ALL PROCEEDS GO BACK TO THE CENTERS

MARCH 23, 2024

1:00PM IN DINING ROOM

Mark Your Calendars

MORE INFO TO COME