

July 2015

CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

HOURS: 9:00 A.M. – 4:00 P.M. Monday—Friday

PHONE: (435)755-1720 FAX: (435)752-9513

www.cachecounty.org/senior

Visit us on Facebook:
Cache County Senior
Citizens Center

July 1st @ 9:00 am
Commodities Pickup

*Are you concerned someone you love or care about may be the victim of abuse? Don't be silent. Call 1-800-371-7897

Center will be closed July 3rd and July 24th

Lunch and Learn

July 10th— Name That Tune with Dianne Hardy

July 17th— Estate Preservation

July 31st— SENIORS GOT TALENT Hosted by Sunshine Terrace.

ASK A LAWYER

Utah Legal Services will be visiting the Senior Center on July 9th. They will be here from 1:00 to 4:00 pm. Call Marisol for an appointment.

Join us on July 30th as we have a fun Wii tournament with the Brigham City senior Center. We will begin at 9:30 am. Every player will play one game. There will be prizes! Come and cheer us on as we have a great time.



**Need help paying your property taxes?
There may be help available.**

“Low Income Abatement and Homeowner’s Tax Credit Abatement”

This program is for individuals 66 or older on or before December 31 or widows/widowers of any age where total income is below \$31,702 in 2014 and is sometimes referred as a circuit breaker Abatement program.

In order to qualify for the “Circuit Breaker Abatement” the applicant must be the **owner** of the home as of January 1st. This home has to be the "**primary residence**" and the applicant **must furnish proof of income** for all "members of the household."

Applicants must file before September 1, 2015. Assistance with this application may be found at the Cache County Treasurer’s office at 179 North Main – Room 201, Logan, Utah 84321.

**Please remember to bring proof of all income
for each household member for 2014.**

The information contained in this notice is necessarily brief and general. Its purpose is to make you aware of the availability of the Homeowners' Tax Credit. If you have any further questions not answered here or if you wish to know how certain features of the program apply to your own case, please call the Cache County Treasurer’s office. We are here to be of service to you **(435) 755-1500.**

The Homeowners' Tax Credit is not automatically granted and each person must apply and disclose his or her income. You must apply every year by no later than September 1, 2015. Attached at the end of the newsletter is a Low Income abatement application.



Seniors Got Talent Competition!

Come enjoy singing, dancing, and many musical talents by local seniors at The Cache County Senior Center! Join us as we watch our finest compete in the first ever prize winning, head turning



“Seniors Got Talent Competition!”

FRIDAY, JULY 31 at 12:15 PM

We invite all seniors that are 60 years and older to compete.

Don't forget to sign up.

Call Giselle at (435)755-1720 or Amy at (435) 754-0233

Berry Cantaloupe Salad

Ingredients:

1/2 cantaloupe, scooped with melon baller
1 cup strawberries, thinly sliced
1 cup blueberries
1 tablespoon freshly squeezed lime juice
1/2 teaspoon lime zest
2 teaspoons chopped mint leaves

Directions:

In a large bowl, combine cantaloupe, strawberries, blueberries, lime juice and zest and mint; set aside in the refrigerator for at least 30 minutes.



Health Benefits of Cantaloupe

Wonderfully delicious with rich flavor, cantaloupes are very low in calories (100 g fruit has just 34 calories) and fats. Nonetheless, the fruit is rich in numerous health promoting poly-phenolic plant derived compounds, vitamins, and minerals that are absolute for optimum health. The fruit is an excellent source of **Vitamin A**, (100 g provides 3382 IU or about 112% of recommended daily levels). Vitamin A is a powerful antioxidant and is essential for healthy vision. It is also required for maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in vitamin A has been known to help protect from lung and oral cavity cancers. It is also rich in antioxidant flavonoids which have the ability to help protect cells and other structures in the body from oxygen-free radicals and hence; offer protection against colon, prostate, breast, endometrial, lung, and pancreatic cancers. Cantaloupe is a moderate source of electrolyte, potassium. 100 g fruit provides 267 mg of this electrolyte. Potassium is an important component of cell and body fluids and helps control heart rate and blood pressure. It thus offers protection against stroke, and coronary heart diseases. The fruit also contains moderate levels of B-complex vitamins, such as niacin, pantothenic acid and vitamin C, and minerals like manganese. Consumption of foods rich in **vitamin-C** helps the human body develop resistance against infectious agents and scavenge harmful oxygen-free radicals.



Healing Meditation Class

A meditation class will be held every Friday at 11:15 in the multi-purpose room. Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.



Something new is happening in the gift shop, we have a little **Red Hatter Corner**. There you will find an assortment of red and purple accessories, hats, and gifts. Come and take a look!



Medicare— Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for EXTRA Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include bank accounts, stocks, bonds, 401k etc. Giselle and Kristine are SHIP counselors here at the Center and can help you with your needs. Please call for an appointment and inquire about applying for the Extra Help.



July 2015

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 11:15 Sit-n-be-fit/ Pickle Ball 12:30 Jeopardy 1:00 Bridge	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 1:00 Movie	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 10:30 Bingo 11:15 Sit-n-be-fit/ Ping-Pong 1:00 Bridge/Ping- Pong/Pickle Ball 1:30 Bobbin Lace	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 Wii Bowling 1:00 Wii Bowling 1:30 Spanish 101	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11:00 Pickle Ball 11:15 Sit-n-be-fit Healing Meditation 1:00 Bridge/Movie/ Internet Help
		1 9:00 Commodities  NO Classes For Spanish 101	2 NO Classes For Spanish 101	3  Center Closed
6 9:15 Breakfast Club  12:30 Jeopardy	7 1:00 Movie: McFarland	8 Cooking Class (\$1.00) Balsamic Steak Rolls 1:30 Spanish 101	9 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	10 10-12 Blood Pressure  9:15 Walking Club 12:20 Lunch and Learn: Dianne Hardy 1:00 Movie: The Long Walk Home
13 9:15 Breakfast Club  12:30 Jeopardy	14 1:00 Foot Clinic by Rocky Mountain Care  1:00 Movie: The Aviator	15 1:00 Foot Clinic by Rocky Mountain Care  1:30 Spanish 101	16  1:00 Book Club 1:30 Spanish 101	17 10-12 Blood Pressure  9:15 Walking Club 12:20 Lunch and Learn: Estate Preservation 1:00 Movie: Still Mine
20 9:15 Breakfast Club  12:30 Jeopardy	21 1:00 Movie: The Hunt for Red October	22 1:00 Red Hat Activity  2:00 Spanish 101	23 1:30 Spanish 101	24 Center Closed
27 9:15 Breakfast Club  12:30 Jeopardy	28 10:00 Cards w/ CNS 1:00 Foot Clinic by Integrity Home Health & Hospice  1:00 Movie: The Identical	29 1:30 Spanish 101	30 9:30 Wii Bowling Tournament With Brigham City SR Center 1:30 Spanish 101	31 10-12 Blood Pressure  9:15 Walking Club 12:20 Lunch and Learn: Seniors Got Talent 1:00 Movie: People Will Talk

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<p>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat. Menus can change with out notice.</p>	<p>1 Pork Burritos Corn Spanish Rice Mandarin Oranges</p>	<p>2 Sloppy Joes Coleslaw Chips Fruited Jell-0</p>	<p>3 Center Closed</p>
<p>6 Chicken & Broccoli Casserole Beets Mixed Fruit Muffin</p>	<p>7 Porcupine Meat Balls Baked Potato Cali Blend Veggies Apple Crisp</p>	<p>8 Pigs in a Blanket Mac & Cheese Green Beans Pears</p>	<p>9 Club Sandwich Zucchini Soup Chips Peaches</p>	<p>10 Swiss Steak Red Potatoes Carrots Apricots Roll</p>
<p>13 Roast Beef Sandwich Corn Chowder 4-Bean Salad Apricots</p>	<p>14 Turkey Rollups Mashed Potatoes & Gravy Carrots Roll Pears</p>	<p>15 Sweet & Sour Chicken Rice Broccoli Pineapple Egg Roll Fortune Cookie</p>	<p>16 Chicken Enchiladas Refried Beans Chuck Wagon Corn Peaches</p>	<p>17 Hamburgers w/ Fixins' Chips Ramen Cabbage Salad Melon</p>
<p>20 Hawaiian Haystacks Peas Mixed Fruit Muffin</p>	<p>21 Chicken Cordon Bleu Au Gratin Potatoes Peas Pears Roll</p>	<p>22 Pizza Casserole Mixed Veggies Fruit Crisp Garlic Bread</p>	<p>23 Breaded Chicken Sandwich Pea Salad Chips Apricots</p>	<p>24 Center Closed</p>
<p>27 Lasagna Mixed Veggies Garlic Bread Apricots</p>	<p>28 Busy Day Steak Mashed Potatoes & Gravy Cali Blend Veggies Pears Muffin</p>	<p>29 Split Pea Soup Turkey Sandwich Carrot Raisin Salad Peaches</p>	<p>30 Rosemary Chicken w/ Noodles Broccoli Mixed Fruit Wheat Bread</p>	<p>31 Hot Dog Chips Cole Slaw Watermelon</p>