July 2015

CACHE COUNTY JENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

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

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

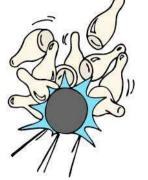
July 10th— Name That Tune with Dianne Hardy
July 17th— Estate Preservation
July 31st— SENIORS GOT
TALENT Hosted by Sunshine
Terrace.

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.







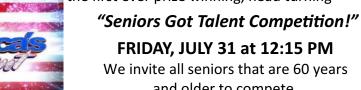




Seniors Got Talent Competition!

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



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

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Monday	Tuesday /* * *	<u>Wednesday</u>	Thursday	<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
		9:00 Commodities NO Classes For Spanish 101	NO Classes For Spanish 101	Center Closed
6 9:15 Breakfast Club	7	8 Cooking Class	9 12-4 AARP Driver Safety Course	10 10-12 Blood Pressure
12:30 Jeopardy	1:00 Movie: McFarland	(\$1.00) Balsamic Steak Rolls	1:00 Foot Clinic by Rocky Mountain Care	9:15 Walking Club 12:20 Lunch and Learn: Dianne Hardy
		1:30 Spanish 101	1:30 Spanish 101	1:00 Movie: The Long Walk Home
9:15 Breakfast Club	1:00 Foot Clinic by Rocky Mountain Care	1:00 Foot Clinic by Rocky Mountain	16 1:00 Book Chub	17 10-12 Blood Pressure
12:30 Jeopardy	1:00 Movie: The Aviator	1:30 Spanish 101	1:30 Spanish 101	9:15 Walking Club 12:20 Lunch and Learn: Estate Preservation 1:00 Movie:
				Still Mine
20	21	22	23	24
9:15 Breakfast Club	1:00 Movie: The Hunt for Red	1:00 Red Hat Activity		Center
12:30 Jeopardy	October Red	2:00 Spanish 101	1:30 Spanish 101	Closed
27 0.15 Prostefact	28 10:00 Cards w/ CNS	29	30	31 10-12 Blood
9:15 Breakfast Club 12:30 Jeopardy	1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie:	1:30 Spanish 101	9:30 Wii Bowling Tournament With Brigham City SR Center	Pressure 9:15 Walking Club 12:20 Lunch and Learn: Seniors Got Talent
	The Identical		1:30 Spanish 101	1:00 Movie: People Will Talk

July 2015

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