

Cache County Senior Center

240 N 100 East Logan, Utah 84321
435-755-1720 | Fax: 435-752-9513
Hours: Mon-Fri 9am -4pm
www.CacheCounty.org/Senior
Photo by Mike Bullock



June 2017

June 7th @ 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

Lunch and Learn

June 2nd—Exercising out of the box by Sunshine Terrace
June 9th—Scams by Wells Fargo

Larry Dawson from the VA will assist you with all of your benefit needs on June 13th & June 27th from 9:00-12:00.

Please call 435-713-1462 to schedule an appointment.

We will begin a Speechreading Class starting July 10th and going thru Sept. 18th on Mondays from 10:30 am—12:00 pm. This class will help improve understanding of conversation.

We will have a lawyer here on July 14th from 1:00—4:00 pm. If you have any legal questions please schedule your appointment with the front office.

June 8th—Picnic by the Lake
10:30 am \$2.00 bus RSVP

June 16th
Health and Safety Fair
9:00—1:00

June 29th—Out to Lunch Bunch
11:30 am - \$2.00 bus fare

Directors Message

There is an Irish proverb that says: “It is in the shelter of each other that people live”. For the past eight years the Cache County Senior Center has been that shelter for me, but now I have decided to face a change in my life and leave that shelter. On June 30th, I'll be leaving my desk for the last time — I have decided to retire! I have genuinely enjoyed working with a great staff and sincerely appreciate the association I have had with each of you over the past years.

As I leave the Cache Senior Center I not only look to the future but I am blessed to have the past. I have so many memories which I will treasure the rest of my life. Not only are you my friends but you are and have been my family. Thank you for sheltering me over the years. Thank you for welcoming me when I first walked through the doors. Thank you for teaching me how to be a better person through your example and experiences I have had to go through. Thank you for joining with me as we wear purple and red once a month and for sharing popcorn as we watched movies together. Thank you for being there during my many surgeries. Thank you for letting me play Mahjong and poker with you and sometimes letting me win. Thank you for visiting as you paint and as you color in the adult coloring class and thank you for the many visits in my office.

I look back at every tear shed, the many times I giggled till my sides ached and the many lessons of life I learned from each of you with gratitude, love and thanksgiving. There is a saying that memories are a way of holding onto things you love, the things you are, and the things you never want to lose. Thanks for the jokes, the laughter, the time shared, the advice and especially the friendships. Thanks for the memories dear friends!
Kristine

On Thursday, June 22nd there will be a Retirement Party from 10:30-12:00. Please come and visit and let me thank you and give you a hug for all that you have done and meant to me over the years.



Cache County
Senior Citizens Center



Please stop by our gift shop that is located at the front of our Senior Center. If you need a gift for a friend, birthday, holiday, baby or just something for yourself we have it. We have beautiful hand sewn quilts. All proceeds go to our Meals on Wheels program and for our activities.



We want to thank all of our Meals on Wheels volunteers and those that help at the Senior Center. Thank you for all that you do!!!

Good Things To Eat

Frozen Strawberry Lemonade

Serves 1
1 cup Frozen Strawberries
1 Tbsp. Frozen Lemonade Concentrate
 $\frac{3}{4}$ cup Sprite
1 Tbsp. Sugar



Add ingredients to your blender and blend thoroughly.
Serve in a Mason Jar and get ready to be refreshed... Yum!

Strawberry Facts

1. Over 53 percent of seven to nine year olds picked strawberries as their favorite fruit.
2. Eight strawberries will provide 140 percent of the recommended daily intake of Vitamin C for kids.
3. One cup of strawberries is only 55 calories.
4. There is a museum in Belgium just for strawberries.
5. Strawberries are the first fruit to ripen in the spring.
6. Strawberries are a member of the rose family.
7. On average, there are 200 seeds in a strawberry.
8. The fruit size of the very early strawberries was very small.
9. Ninety-four percent of United States households consume strawberries.
10. California produces an amazing one billion pounds of strawberries each year.
11. Lebanon, Oregon's annual strawberry festival is home to the world's largest strawberry shortcake.
12. If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times.
13. The flavor of a strawberry is influenced by the variety and stage of ripeness when harvested.



Come join us for a "toad"-ally fun summer!!!

June 8—Picnic by the Lake—10:30 \$2.00 bus RSVP

**June 15—"Rooting for all DADS" w/ Root Beer floats
Symbii 12:15**

June 16 - Health and Safety Fair—9:00-1:00

**June 29—Out to Lunch Bunch—11:30 - \$2.00
bus fare - RSVP by June 23rd (We are going
to the new Copper Mill)**

**Zumba Gold (Chair) - will be every
Tuesday, Thursday and Friday! See calendar for times**



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Medicare

Even if you are happy with your current health and drug coverage, Medicare’s Open Enrollment Period is the time to review your current coverage and compare it with other options in your area to make sure that your current coverage is still best for you in the coming year. The Medicare Open Enrollment Period is from October 15 to December 7. This is the time period each fall when you can make changes to your health insurance coverage, including adding, dropping or changing your Medicare coverage. **Note:** You may hear about the Marketplace (or Exchanges) created by the Affordable Care Act. The Marketplace does not offer Medigap policies, Medicare health plans, or Medicare drug plans (Part D). If you already have Medicare, the Marketplace is not for you. It is illegal for someone who knows you have Medicare to sell you a Marketplace plan.

Differences between Original Medicare and Medicare Advantage Plans

Original Medicare	Medicare Advantage Plan
<p>The traditional program administered through the federal government:</p> <p>Typically includes:</p> <ul style="list-style-type: none"> •Part A (Hospital insurance) •Part B (Medical insurance) <div style="text-align: center;">  </div>	<p>Offered through private plans that contract with Medicare to provide Medicare benefits:</p> <ul style="list-style-type: none"> •Health Maintenance Organizations (HMOs) •Preferred Provider Organization (PPO) •Private Fee-for-Service (PFFS) plans <p>Typically includes:</p> <ul style="list-style-type: none"> •Part A (Hospital insurance) •Part B (Medical insurance) •Part D (Prescription drug coverage) •Limited extra benefits (e.g., routine vision, dental, and hearing)
<p>Part D (Prescription drug coverage):</p> <ul style="list-style-type: none"> •Must be purchased separately from a stand-alone private plan •Covered drugs and costs vary by plan •Preferred network pharmacies offer the lowest costs 	<p>Part D (Prescription drug coverage):</p> <ul style="list-style-type: none"> •Typically bundled in your plan •Covered drugs and costs vary by plan •Preferred network pharmacies offer the lowest costs
<p>Special considerations:</p> <ul style="list-style-type: none"> •You can receive covered services from any provider in the U.S. who accepts Medicare •You can purchase a Medigap policy to help cover Medicare out-of-pocket costs 	<p>Special considerations:</p> <ul style="list-style-type: none"> •You may have to see an in-network provider to receive services at lowest cost •You cannot purchase a Medigap policy •Coverage costs/rules vary by plan •Service area may be limited

You Know You're Getting Old When

- * You and your teeth don't sleep together.
- * You try to straighten out the wrinkles in your socks and discover you aren't wearing any.
- * At the breakfast table you hear snap, crackle, pop and you're not eating cereal.
- * Your back goes out but you stay home.
- * You wake up looking like your driver's license picture.



- * It takes two tries to get up from the couch.
- * Your idea of a night out is sitting on the patio.
- * When happy hour is a nap.

I AM "WONDER WOMAN"
I wonder where i left
my keys, i
wonder
where i
put my
purse, i
wonder where
my money went.

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JUNE 2017

Milk offered daily

Menu subject to change without notice.








Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Our doors open at 9:00 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. and if you need a ride to the Senior Center call by 3:00 p.m. for a seat on the bus the next day.</i></p>			<p>1 Chicken Parmesan Noodles Capri Veggies Mixed Fruit Garlic Bread</p>	<p>2 Ham Rollups Au Gratin Potatoes Mixed Veggies Pineapple Roll</p>
<p>5 Chicken Sandwich Tossed Salad Working Girl Salad Chips</p>	<p>6 Baked Potato with Chili California Mixed Veggies Pears Muffin</p>	<p>7 Pizza  Country Trio Veggies Pineapple Bread Stick</p>	<p>8 Beef Sticks Mac & Cheese Peas Apricots Wheat Bread</p>	<p>9 Rosemary Chicken Rice  Carrots Peaches Cheese Bread</p>
<p>12 Tuna Sandwich Pasta Salad Mixed Fruit Chips </p>	<p>13 Pork Riblets Cheesy Potatoes Cascade Veggies Applesauce Biscuit</p>	<p>14 Salisbury Steak Mashed Potatoes with Gravy Capri Veggies Peaches Roll</p>	<p>15 Chicken & Noodle Casserole Broccoli Mandarin Oranges Cheese Biscuit</p>	<p>16 Hamburgers Coleslaw Watermelon Chips </p>
<p>19 Chicken Fritter Mashed Potatoes with Gravy Mixed Veggies Apple Slices Cookie</p>	<p>20 Meatloaf Baked Potato Cascade Veggies Peaches Wheat Bread</p>	<p>21 Tuna Rice Casserole Sunshine Carrots Mixed Fruit Muffin </p>	<p>22 Beef Enchilada Mexicali Mixed Veggies Pears Corn Chips</p>	<p>23 Spaghetti Italian Veggies Apricots Garlic Biscuit</p>
<p>26 Breakfast for Lunch Mandarin Oranges </p>	<p>27 Ham Sandwich Corn Chowder Fruited Jell-O Brownie</p>	<p>28 Turkey Mashed Potatoes with Gravy Peas Peaches Roll</p>	<p>29 Beef Stroganoff Sunshine Carrots Tropical Fruit Homemade Bread</p>	<p>30 Oriental Chicken Fried Rice Egg Roll  Applesauce Fortune Cookie</p>

Lunch is served from 12:00 noon to 1:00 p.m. For those 60+ and their spouse the suggested donation is \$3.00. Don't forget to call in by 3:00 p.m. the day before you eat.

The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.

JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Our doors open at 9:00 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. and if you need a ride to the Senior Center call by 3:00 for a seat on the bus the next day.</i></p>		<p>NO SPANISH CLASS ALL THIS MONTH</p>	<p>1 9:00 Zumba Gold in a Chair 10:30 Cards with CNS 1:00 Documentary: Blood on the Mountain</p>	<p>2 10-12 Blood Pressure 10:30 Zumba Gold 12:15 Lunch & Learn: Sunshine Terrace—Exercising out of the box 1:00 Movie: Three Musketeers</p>
<p>5 9:15 Breakfast Club </p>	<p>6 9:00 Zumba Gold in a Chair 1:00 Movie: The Wings of Eagles</p>	<p>7 9:00 Commodities 10:30 Bingo hosted by The Gables</p>	<p>8 9:00 Zumba Gold in a Chair 10:30 Picnic by the Lake \$2.00 bus fare 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 1:00 Documentary: Harry Benson: Shoot First</p>	<p>9 10-12 Blood Pressure 10:30 Zumba Gold 12:15 Lunch & Learn: Wells Fargo—Scams 1:00 Movie: Evening</p>
<p>12 9:15 Breakfast Club 10:30 Poker hosted by Comforcare </p>	<p>13 9-12 VA Outreach 9:00 Zumba Gold in a Chair 1:00 Foot Clinic by Rocky Mountain Care 1:00 Movie: Passengers</p>	<p>14 11:15 Cooking Class \$1.00 1:00 Book Club</p>	<p>15 9:00 Zumba Gold in a Chair 12:15 Father's Day Activity hosted by Symbii 1:00 Documentary: The Boys of '36</p>	<p>16 10-12 Blood Pressure 9:30 BINGO 9-1 HEALTH FAIR 10:30—1:00 Health Presentations 1:00 Movie: The Bucket List</p>
<p>19 9:15 Breakfast Club </p>	<p>20 9:00 Zumba Gold in a Chair 1:00 Movie: The Ghost Writer</p>	<p>21 11:15 Craft with Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care</p>	<p>22 9:00 Zumba Gold in a Chair 10:30-12:00 Kristine's Retirement Party 1:00 Red Hat Activity Hosted by Integrity</p>	<p>23 10-12 Blood Pressure 10:30 Zumba Gold 1:00 Movie: How to Fall in Love</p>
<p>26 9:15 Breakfast Club </p>	<p>27 9-12 VA Outreach 9:00 Zumba Gold 1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00 1:00 Movie: The Reading Room</p>	<p>28 </p>	<p>29 9:00 Zumba Gold in a Chair 11:30 Out to Lunch Bunch \$2.00 bus fare 1:00 Documentary: Losing Sight of Shore</p>	<p>30 10-12 Blood Pressure 10:30 Zumba Gold 1:00 Movie: A League of Their Own</p>

Monday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:10 Line Dancing
9:15 Breakfast Club
10:15 Tai Chi
11:15 Sit-n-be-fit/
Pickle Ball
12:30 Jeopardy
1:00 Bridge

Tuesday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:00 Ceramics
9-12 Painting Group
9:30 Wii Bowling
1:00 Movie

Wednesday
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

Thursday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9-12 Painting Group
9:15 Clogging
9:30 Wii Bowling
10:00 Mahjong
2:00 Spanish 101

Friday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:10 Line Dancing
9:30 Adult Coloring
10:30 Bingo
11:00 Pickle Ball
11:15 Sit-n-be-fit
1:00 Bridge/Movie/
Internet Help

FRAUD AND SCAMS

Don't bank on that check

Lisa Lake - Consumer Education Specialist, FTC

Scammers know how to design phony checks to make them look legitimate. In fact, the Council of Better Business Bureaus just released a list of the most “risky” scams, based on how likely people are to be targeted, how likely to lose money, and how much money they lost. Fake checks were number two.



Fake checks drive many types of scams – like those involving phony prize wins, fake jobs, mystery shoppers, online classified ad sales and others. In a fake check scam, someone asks you to deposit a check – sometimes for several thousand dollars – and, when the funds seem to be available, wire the money to a third party. The scammers always have a good story to explain the overpayment – they're stuck out of the country, they need you to cover taxes or fees, you'll need to buy supplies or something else. But when the bank discovers you've deposited a bad check, the scammer already has the money, and you're stuck paying the money back to the bank.

So don't deposit a check and wire money or send money back in any way. Banks must make funds from deposited checks available within days, but uncovering a fake check can take them weeks. If a check you deposit bounces – even after it seemed to clear – you're responsible for repaying the bank. Money orders and cashier's checks can be counterfeited, too.



Picnic by the Lake

June 8th at 10:30

Reserve your seat on the bus

at the front desk - \$2.00

Lunch cost \$3.00 donation

You must RSVP for lunch



Out to Lunch Bunch

June 29th, 2017—Thursday

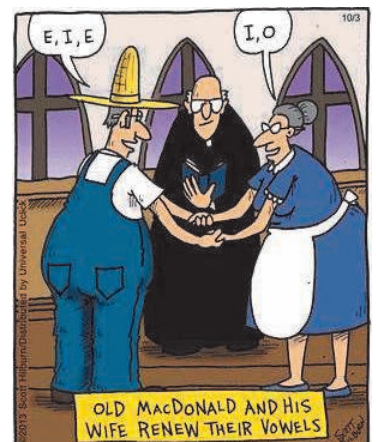
We will be leaving the Senior Center at 11:30

RSVP for a ride on the bus and lunch by June 23rd, 2017

We are going to the new Copper Mill



You will be buying your own lunch.



The first presidential proclamation honoring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day. Father's Day has been celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent. The idea of Father's Day was conceived by Sonora Dodd of Spokane, Washington, while she listened to a Mother's Day sermon in 1910. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm. A day in June was chosen for the first Father's Day celebration, June 19, 1910, proclaimed by Spokane's mayor because it was the month of Smart's birth.

Father's Day is the fifth most popular card-sending holiday, with an estimated \$100 million in card sales. Neck ties, according to the U.S. Census Bureau, are the number one gift for Father's Day.

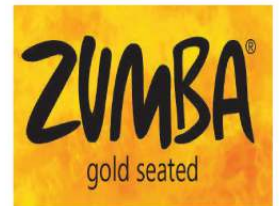


June 15
“Rooting for all DADS”
 w/ Root Beer floats
 Symbii 12:15



Zumba Gold in a Chair
Tuesday and Thursday at 9:00 am
Friday at 10:30 am

Come join us as we start a new exercise class! Zumba Gold in a chair! We will dance and exercise while sitting in chairs or wheelchairs. A typical class will last 30 minutes. Our goal is to get people moving within their abilities and to keep them smiling and grooving to fun music. Zumba Gold, seated classes can help with: Muscle strength, balance, flexibility, mental awareness & functioning, mood and much more.



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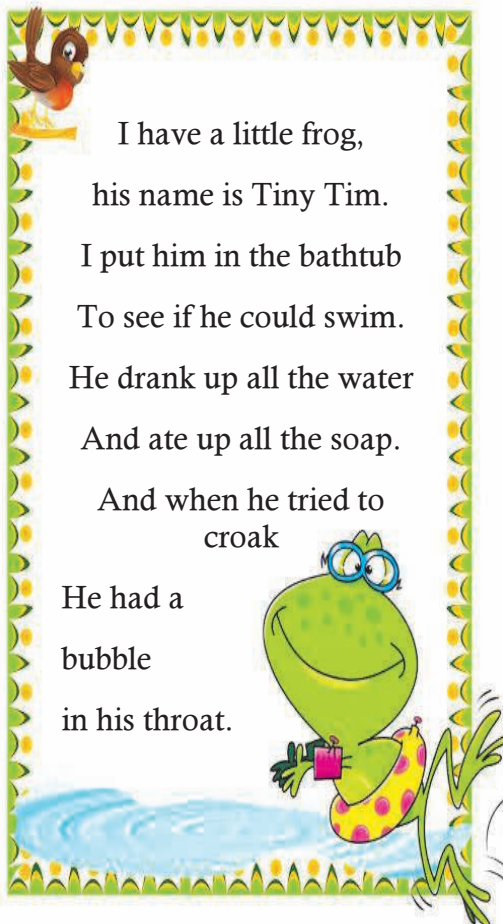
PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
 For a free consultation, call (435) 752-3245

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week.

One day when playing cards, one looked at the other and said “now don’t get mad at me. I know we’ve been friends a long time, but I just can’t think of your name. I’ve thought and thought, but I can’t remember it. Please tell me what your name is.”

Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, “How soon do you need to know?”



Mensaje de Directora

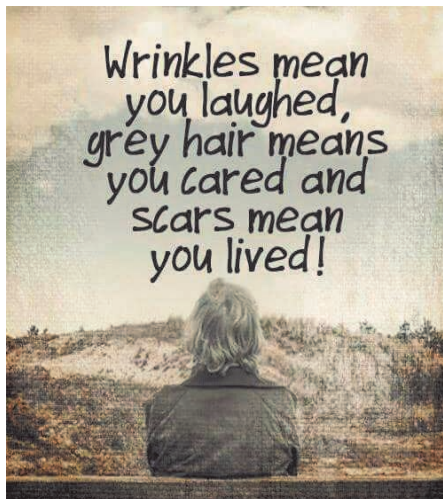
Hay un proverbio irlandés que dice: “Es en el refugio del otro que vive la gente”. Durante los últimos ocho años el Cache County Senior Center ha sido ese refugio para mí, pero ahora he decidido enfrentar un cambio en mi vida y salir de ese refugio. El 30 de Junio, voy a dejar mi escritorio por última vez, he decidido jubilar! He realmente disfrutado trabajar con un gran personal y sinceramente aprecio la asociación que he tenido con cada uno de ustedes en los últimos años.

Al dejar el caché Senior Center no sólo miro al futuro pero estoy bendecida al tener el pasado. Tengo tantos recuerdos que atesoraré el resto de mi vida. No sólo son mis amigos pero son y han sido mi familia. Gracias por mi refugio en los años. Gracias por la bienvenida que recibí cuando entré por primera vez a través de las puertas. Gracias por enseñarme cómo ser una mejor persona a través de su ejemplo y experiencias que he tenido que pasar. Gracias por estar conmigo cuando usamos púrpura y rojo una vez al mes y por compartir las palomitas de maíz mientras veíamos películas juntos. Gracias por estar ahí en mis muchas cirugías. Gracias por dejarme jugar Mahjong y poker con ustedes y a veces dejarme ganar. Gracias por dejarme visitarles mientras pintaban y coloreaban en la clase de colorear para adulto y gracias a las muchas visitas en mi oficina.

Miro hacia atrás en cada lágrima derramada, la muchas veces me reí hasta que mis lados dolían y las muchas lecciones de vida que aprendí de cada uno de ustedes con gratitud, y amor. Hay un refrán que dice que los recuerdos son una forma de retener las cosas que ama, las cosas que son, y las cosas que nunca quieren perder. Gracias por los chistes, la risa, el tiempo compartido, el asesoramiento y, especialmente las amistades. Gracias por los recuerdos mis queridos amigos!

Kristine

El Jueves, 22 de Junio se realizará una fiesta de jubilación de 10:30-12:00. Por favor vengan y visiten y permítame agradecerle y darle un abrazo por todo lo que habéis hecho y lo que significan para mí a lo largo de los años.



No cuentas con ese Cheque

Lisa Lake - Consumer Education Specialist, FTC

Los estafadores saben diseñar cheques falsos para que parezcan legítimos. De hecho, el Consejo del Better Business Bureau acaba de publicar una lista de las estafas más "riesgosos", basado en cómo personas probablemente son a, la probabilidad de que pierda dinero y cómo cuánto dinero perdieron. Cheques falsos fueron número dos.



Los cheques falsos manejan muchos tipos de estafas, como aquellas que implican como aquellos que involucran ganar un Premio falso, falsos puestos de trabajo, los compradores del misterio, ventas de anuncios de clasificados en línea y otros. En una estafa de falsos cheques, alguien le pide a depositar un cheque – a veces de varios miles de dólares – y, cuando parezcan que los fondos estén disponibles, quieren que mandes el dinero a una tercera persona. Los estafadores tienen siempre una buena historia para explicar el sobrepago - están atrapados fuera del país, se necesitan para cubrir los impuestos o tasas, tal vez quieren que usted compra suministros o algo más. Pero cuando el banco descubre que usted ha depositado un cheque falso, sin fondos, el estafador ya tiene el dinero, y estás atrapado pagando el dinero al banco.

Así que no deposite un cheque y no mande dinero o envíe dinero en cualquier manera. Los bancos deben hacer que los fondos de su depósito sea disponible dentro de unos días, pero para descubrir un cheque falso puede tomar semanas. Si rebota un cheque que usted deposita – incluso después de que parecía claro – usted es responsable de pagar el Banco. Giros y cheques puede ser falsificados, también.



What happens when you illegally park a frog?

You get toad a way!



Aun si está contento con su cobertura de la medicina y salud, el Período de Inscripción Abierto de la Asistencia médica es el tiempo para examinar su cobertura corriente y compararlo con otras opciones en su área para asegurarse que su cobertura corriente todavía es la mejor para usted para el próximo año. La Asistencia médica Período de Inscripción Abierto es del 15 de Octubre al 7 de Diciembre. Esto es el período de tiempo cada otoño cuando puede hacer cambios en su cobertura de seguro médico, incluso adición, caída o cambio de su cobertura de la Asistencia médica.

Nota: Usted puede haber escuchado sobre el mercado (o intercambios) creado por el Affordable Care Act. El mercado no ofrece Pólizas Medigap, planes de salud Medicare o los planes de Medicare (parte D). Si usted tiene Medicare, el mercado no es para ti. Es ilegal que alguien que conoce que tiene Medicare para venderle un plan de mercado.

Medicare original
Es el programa tradicional administrado por el gobierno federal:
Normalmente incluye:
Parte A (seguro de Hospital) Parte B (seguro médico) La parte D (cobertura de medicamentos recetados):
*Debe adquirirse por separado desde un plan privado
*Medicamentos cubiertos y los costos varían por el plan
*Usar farmacias preferidas según el plan ayuda en que los costos sean más bajos

Consideraciones especiales:
Usted puede recibir los servicios médicos cubiertos de cualquier proveedor en los Estados Unidos que acepte Medicare
Usted puede comprar una póliza Medigap para cubrir Medicare de los gastos en efectivo.

Advantage Plan
Ofrecidos a través de planes privados que contratan con Medicare para proporcionar beneficios de Medicare:
Organizaciones para el mantenimiento de la salud (HMO)
Preferred Provider Organization (PPO).
Privados de Pago-por-Servicio (PFFS) planes. Normalmente incluye:
Parte A (seguro de Hospital) Parte B (seguro médico)
La parte D (cobertura de medicamentos recetados)
Limitados beneficios adicionales (p.ej., rutina oftalmológico, odontológico y audición)
La parte D (cobertura de medicamentos recetados):
Esto normalmente está incluido en el plan
Medicamentos cubiertos y los costos varían por el plan
Red preferida farmacias ofrecen la costos más bajos
Consideraciones especiales:
Puede tener que ver un proveedor dentro de la red para recibir servicios con un costo mínimo.
No se puede comprar una póliza Medigap
Costes de cobertura/reglas varían por el plan
Área de servicio puede ser limitado

Health and Safety Fair

**Cache County
Senior Center
9:00-1:00**

**Friday,
June 16th**



**Safety Workshops
10:30-11:30**

Workshops by:

Logan City Police

K-9 Dog

Cache County Sheriff Dept.

Cache County

Attorney's office

- * **Health Screenings**
- * **Disaster Planning**
- * **Scam Prevention**
- * **Personal Safety**
- * **Free Hearing Screening**
- * **Blood Pressure Checks**
- * **Aging Services - Brag**

Don't miss out on the Shred Truck. It will be in our parking lot beginning at 9:00. Clean out your files and bring them down to the FREE Shred Truck. Remember any personal documents or anything confidential, this is the perfect time to have them destroyed.



Because of the Health and Safety Fair - Bingo will be played at 9:30, Adult Coloring class at 9:00 and there will be no Line Dancing or Zumba Gold class that day.