

Cache County Senior Center

January 2020



Photo by Mike Bullock

Wednesday, January 8th @ 8:30 am
Commodities Pickup

Lunch and Learn:
12:15

1/8 Mindy with RSVP

1/22 Randy with Cache County: Data Privacy



Our senior center could not provide the great services

that we do without the assistance of our amazing Volunteers! If you want to get involved with this winning team speak with Giselle.

Current Opportunities

- Meals on Wheels Drivers
- Gift Shop Assistant
- Office Assistant
- Technology Instructor

Bingo is moving to Wednesday and Friday at 11:00 am.

Craft Class is moving to the 2nd Tuesday of every month

JOIN THE GROUP!



NEW GROUP EXERCISE CLASSES 2020

Because of the popularity of the Tai Chi class, 2 additional classes have been added to our schedule for the 2020 year!

For the first 20 (60 yrs. +) participants that sign up for either or both Tai Chi classes and commit to 16 classes will receive a \$25.00 gift certificate!! All Ages welcome to this class!

No matter your size, shape, age or experience, REFIT® is the perfect fit for everybody and every BODY. We believe you're worth the workout, and we'll be with you every step of the way. You'll walk out of class feeling weightless, accomplished and ready to take on the world! What better way to start the NEW YEAR than with our mind, soul and physical bodies recharged. All ages welcome to this class!

Thursday: REFIT	11:00 am
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Thursday: Tai Chi	5:30 pm
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Friday: Tai Chi—Seated	10:15 am
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Good Things To Eat

CRANBERRY WHITE CHOCOLATE GRANOLA

- *prep time:* 10 MINUTES
- *cook time:* 25 MINUTES
- *total time:* 35 MINUTES
- *yield:* 18 -24 SERVINGS

INGREDIENTS

- 6 cups old-fashioned oats (use certified gluten-free oats if making this GF)
- 1 1/2 cups raw (whole) almonds
- 1 1/2 cups raw pecan halves
- 1 1/2 cups shredded or shaved coconut
- 3/4 cup maple syrup
- 3/4 cup melted coconut oil
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon vanilla extract, store-bought or homemade
- 1 1/2 teaspoons salt
- 4 1/2 cups dried cranberries
- 3 cups white chocolate chips (use certified gluten-free chocolate chips if making this GF)

INSTRUCTIONS

1. Heat oven to 350°F. Spray a large baking sheet with cooking spray, or line it with parchment paper. Set aside.
2. Combine the oats, almonds, pecans and coconut in a large mixing bowl. In a separate bowl, whisk together the maple syrup, melted coconut oil, cinnamon, vanilla extract and salt together until smooth. Pour the maple syrup mixture over the oats mixture, and toss until everything is evenly mixed.
3. Spread the granola mixture out evenly on a greased baking sheet and bake for 25 minutes, pulling the mixture out at the halfway point and giving it a good stir before the final round of baking. Remove and let cool until the granola reaches room temperature. Stir in the dried cranberries and white chocolate chips and toss to combine. Serve immediately, or store in a sealed container for up to 2 weeks.

<https://www.gimmesomeoven.com/cranberry-white-chocolate-granola/>



2020
HAPPY NEW YEAR
 We will ring in the **NEW YEAR** with a fun version of **BINGO!**
January 3rd at 11:00 am
 Join us as we welcome the New Year filled with fun and laughter!

POOL TOURNAMENT
 In Honor of Law Enforcement Day
10:30 AM
JAN 9TH 2020
 Join us as we compete with local law enforcement to earn title of "The Magician"
 Sign up in the Pool Room

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Monday, December 2,
2019

For Immediate Release



Mark Hinkle, Acting
Press Officer

press.office@ssa.gov

News Release

SOCIAL SECURITY

Social Security Expands Public Hours at Offices Nationwide

Wednesdays to Return to Full Public Service Hours; Agency to Hire 1,100 Direct Service Employees

Starting on January 8, 2020, Social Security offices nationwide will be open to the public on Wednesday afternoons, Andrew Saul, Commissioner of Social Security, announced. This change restores Wednesday public service hours that were last in place in late 2012. “I don’t want someone to come to our office at 2:30 on a Wednesday only to find our doors closed,” Commissioner Saul said.

In another move to improve service to the public, Commissioner Saul announced in his Open Letter to the Public at www.ssa.gov/agency/coss-message.html that the agency is hiring 1,100 front line employees to provide service on the agency’s National 800 Number and in its processing centers. The agency is currently bringing onboard 100 new processing center employees and approximately 500 new teleservice representatives for the 800 Number. An additional 500 hires for the 800 Number will occur later in 2020.

“Improving service is my top priority. Increasing full public service hours at our nationwide network of more than 1,200 field offices is the right thing to do and will provide additional access,” Commissioner Saul said. “The hiring of a thousand new employees to provide service through our National 800 Number and an additional 100 hires to process people’s Social Security benefits at our processing centers around the country are steps in the right direction in our mission to greatly improve the service we provide.”

Currently, a field office is generally open to the public from 9:00 a.m. to Noon on Wednesdays. Beginning on January 8, 2020, offices will remain open until 4:00 p.m. on Wednesdays, with typical field office hours from 9:00 a.m. until 4:00 p.m., Monday through Friday.

While the agency continues to improve both the access to and the experience with its services, it is important to note that most Social Security services do not require the public to take time to visit an office. People may create a my Social Security account, a personalized online service, at www.socialsecurity.gov/myaccount.

Through their personal my Social Security account, people can check personal information and conduct business with Social Security. If they already receive Social Security benefits, they can start or change direct deposit online, and if they need proof of their benefits, they can print or download a current Benefit Verification Letter from their account.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides earnings history information as well as estimates of future benefits. Currently, residents in 40 states and the District of Columbia may request a replacement Social Security card online if they meet certain requirements. The portal also includes a retirement calculator and links to information about other online services, such as applications for retirement, disability and Medicare benefits.

Many Social Security services are also conveniently available by dialing toll-free, 1-800-772-1213. People who are deaf or hard of hearing may call Social Security’s TTY number, 1-800-325-0778.

Resource Information

About HEAT

The Home Energy Assistance Target (HEAT) Program helps families in Cache, Rich and Box Elder Counties manage their utility costs during the winter. HEAT is a federal program administered by the State of Utah and offers assistance to residents from Nov. 1 to March 31 unless funds run out early.

Who Qualifies for HEAT

To qualify for HEAT assistance in Cache, Rich and Box Elder Counties, you must meet the following requirements: Must be the person responsible for the utilities. Must have at least one household member who is a US citizen or qualified resident. Must have an income at or below 150 percent of the federal poverty level Income information sheet. For information on the HEAT Program or need year-round energy crisis assistance, call 435-752-7242.

Extra Help

Do you need help paying for your prescriptions? You

could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,561.00 a month (\$2,113 for married couples), and your assets are below \$14,390 (\$28,720 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an apt. 755-1720.

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-4242.

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462 .

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JANUARY 2020

Monday	Tuesday	Wednesday
<p>Winter's Embrace Shimmering lakes of silvery ice welcomes skaters' scarring slice. Hills adorned in lacy white watch children sleigh into the night. In the brilliant pristine light, snow birds in tall trees take flight. Evergreens draped in capes of snow,</p>	<p>their heavy branches hanging low, blanket earth as north winds blow. Winter's dance is quite a show, an ice-kissed, dazzling, magical place, transformed by winter's cold em- brace!</p> <p>Source: https://www.familyfriendpoems.com/poem/</p>	<p>1 CLOSED FOR NEW YEARS HOLIDAY</p>
<p>6 11:30 Out to Lunch Bunch: Culver's 1:00 Needle Work Group</p> 	<p>7 11:15 Cooking Class—National Staff Cook Off— Staff Cook Off 1:00 Foot Clinic by Integrity Home Health—Charge of \$15.00 1:00 Movie: G.I. Blues 1h43m</p>	<p>8 8:30 Sit and Be Fit w/ Darrell 11:00 Elvis Bingo 12-4 AARP Driver Safety Course 12:15 Lunch and Learn: RSVP 1:00 Book Club 1:30 Cribbage</p>
<p>13 10:30 Poker hosted by ComForCare 1:00 Needle Work Group</p>	<p>14 9:30 Music class w/ CCID 11:15 Craft with Sarah 1:00 Movie: Heartbeat 1h46m</p> 	<p>15 8:30 Sit and Be Fit w/ Darrell 1:00 Foot Clinic by Sunshine Terrace—Charge of \$10.00 1:30 Cribbage</p> 
<p>20 CLOSED FOR DR. MARTIN LUTHER KING DAY HOLIDAY</p>	<p>21 1:00 Movie: Ladies in Black 1h49m</p> 	<p>22 8:30 Sit and Be Fit w/ Darrell 12:15 Lunch and Learn: Data Protection 1:30 Cribbage</p>
<p>27 1:00 Needle Work Group</p> 	<p>28 1:00 Movie: Footloose 1h50m 1:00 Foot Clinic by Integrity Home Health—Charge of \$15.00</p>	<p>29 8:30 Sit and Be Fit w/ Darrell 12:30 Puzzle Contest: National Puzzle Day 1:30 Cribbage</p>

JANUARY 2020

Daily Activities

Thursday

Friday

2
10:30 Writers Group
10:30 Cards with CNS

11:00 REFIT

1:00 Documentary: White Wolves
54m
5:30 Tai Chi

3
8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

11:00 NEW YEARS Bingo

1:00 Movie: Sound of Music 2h55m



9
10:30 Writers Group
10:30 Law Enforcement
Appreciation Day: Pool Tournament

11:00 REFIT
1:00 Non Denominational Bible
Study
1:00 Documentary: Elvis '56 59m

5:30 Tai Chi

10
8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

1:00 Movie: Fun in Acapulco 1h36m

5:30 Community Drumming

16
10:30 Writers Group

11:00 REFIT
1:00 Sewing Class
1:00 Documentary: Prince Among
Slaves 57m and Harriet Tubman:
They Called Her Moses 46m

5:30 Tai Chi

17

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

1:00 Movie: The Long Walk Home
1h38m

23
10:30 Writers Group
11:00 REFIT
1:00 Red Hat Activity
5:30 Tai Chi

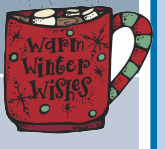
24
8:30 Sit and Be Fit w/ Darrell
11:00: Chinese New Year Bingo
10-12 Blood Pressure
12:30 Nails w/ Symbii
1:00 Movie: The Aeronauts 1h40m

30
10:30 Writers Group
11:00 REFIT
1:00 Documentary: The Great Bee
Adventure 49m
5:30 Tai Chi

31
8:30 Sit and Be Fit w/ Darrell
11:00 Hot Chocolate Bingo

10-12 Blood Pressure

1:00 Movie: Pirates of The Caribbean
2h23m



Monday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9:10 Line Dancing
9:15 Breakfast Club
10:15 Tai Chi
11:15 Sit-n-be-fit/
Pickle Ball
12:30 Jeopardy
12:30 Bridge

Tuesday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
8:30 Ceramics
9-12 Painting Group
9:30 Wii Bowling
1:00 Movie

Wednesday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9:10 Line Dancing
10:15 Tai Chi
10:30 Bingo
11:15 Sit-n-be-fit/
Ping Pong
12:30 Bridge
1:00 Bobbin Lace

Thursday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9-12 Painting Group
9:15 Clogging
9:30 Wii Bowling
10:00 Mahjong
2:00 Spanish 101
4:30 pm Knotty Knitters
5:00 pm TOPS

Friday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9:10 Line Dancing
9:15 Adult Coloring
10:15-10:45 Seated Tai Chi
11:00 Bingo
11:00 Pickle Ball
11:15 Sit-n-be-fit
12:30 Bridge
1:00 Movie

Medicare



Getting Medicare right

Dear Marci,

I have arthritis, and I recently went to my doctor to talk about some new symptoms I've been experiencing. In my opinion, my doctor does not take my concerns seriously, and I'm worried about the quality of care I am receiving. What can I do?

-Enid (Newark, NJ)

Dear Enid,

If you have a concern about the quality of care you receive from a Medicare provider, your concern can be handled by the Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) for your area. The BFCC-QIOs are made up of practicing doctors and other health care experts. Their role is to monitor and improve the care given to Medicare enrollees. BFCC-QIOs review complaints about the quality of care provided by:

Physicians

Inpatient hospitals

Hospital outpatient departments

Hospital emergency rooms

Skilled nursing facilities (SNFs)

Home health agencies (HHAs)

Ambulatory surgery centers

Examples of situations that you might wish to file a quality of care complaint about include:

A medication mistake

Picking up an infection during a stay in a facility

Receiving the wrong care or treatment

Running into barriers to receiving care

Two ways that the BFCC-QIO might review this complaint are:

Immediate advocacy: Immediate advocacy is an informal process used by the BFCC-QIO to quickly resolve a concern or complaint. This process starts when you, a family member, or an advocate gives the BFCC-QIO permission to address the concern or complaint. The BFCC-QIO will then contact your provider. If your provider agrees to participate in the resolution of the issue, the BFCC-QIO will work with

both you and your provider to resolve the issue. If your provider declines to participate, you will be able to file a written complaint. Immediate advocacy can take place when the complaint is unrelated to the clinical quality of health care, or when it is related to the clinical quality of health care, but does not rise to the level of being a significant quality of care concern. For example, immediate advocacy could be used to address complaints about a hospital staff's poor communication. In cases when immediate advocacy is used, the issue should be resolved within no more than two business days. This process is not available if you wish to remain anonymous.

Quality of care complaints: If you have concerns related to the quality of clinical care that you have received, you can file a complaint with the BFCC-QIO so they can review the case. You can do this by calling your QIO or submitting a written complaint. When the BFCC-QIO gets your complaint, they should call you to ask clarifying questions about your complaint and to get the contact information for your provider. A physician of matching specialty will review the medical record to determine whether the care provided met the medical standard of care, or whether the standard of care was not met. The review process can take up to a few months, and when the review is over, you and your doctor will be notified by phone and in writing.

Livanta and KEPRO are currently the two BFCC-QIOs that serve the entire country. To find out which BFCC-QIO serves your state or territory and how to contact them, visit www.qioprogram.org/contact or call 1-800-MEDICARE.

If you have a Medicare Advantage Plan, you can choose to make complaints about the quality of care you receive through your plan's grievance process, through the BFCC-QIO, or both. If you file a grievance with your plan about the quality of care you receive, the plan should inform you of your right to file a complaint with the BFCC-QIO.

-Marci





National Puzzle Day
January 29th

We will celebrate National Puzzle day with a puzzle making contest!
Winner takes home a 1000 piece Puzzle!

Puzzles engage our brains in more ways than one. When we work on puzzles we utilize both sides of our brain. This improves our memory and problem solving skills!

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JOIN US FOR
HOT CHOCOLATE

JAN. 31ST
11AM
Until
12PM

Join us in celebrating National Hot Chocolate Day while we play Bingo!

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HOME SECURITY TEAM



JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Our doors open at 8:30 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. 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>		1 CLOSED FOR NEW YEAR'S DAY HOLIDAY	2 French Dip Sandwich Coleslaw or Salad Citrus Fruit Chips	3 Sliced Ham Cheesy Potatoes Buttered Corn Seasonal Fruit Salad Dinner Roll
6 Minestrone Soup Turkey Sandwich Mixed Berry Shortcake	7 BBQ Chicken Macaroni & Cheese Carrot Raisin Salad Apple Crisp Cheese Biscuit	8 Hound Dog Hot Dog Blue Moon Salad A Big Hunk of Love Potato Salad	9 Philly Beef Sandwich Peppers & Onions Pasta Salad Pineapple Fluff	10 Chicken & Rice Savory Carrots Fruit Salad
13 Loaded Baked Potato Buttered Broccoli Spiced Pears	14 Salisbury Steak Mashed Potatoes Sunshine Carrots Oranges	15 Tortellini Sicilian Veggies Apple Sauce Garlic Bread	16 Butternut Squash Soup Chef Tossed Salad Grapes	17 Orange Chicken Fried Rice Oriental Vegetables Melon Cup Fortune Cookie
20 CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY	21 Chicken Enchilada Casserole Black Bean Salad Tropical Fruit Salad Tres Leches Cake	22 Lasagna Spinach Strawberry Salad Apple Crisp Bread Stick	23 Cheesy Potato Bacon Soup Tossed Salad Ambrosia Fruit Salad	24 Tuna Casserole Buttered Peas Fruit Jell-O Wheat Roll
27 Sweet & Sour Pork Steamed Brown Rice Cut Green Beans Mandarin Oranges	28 Turkey Burger Broccoli Salad Orange Slices Chips	29 White Bean Chicken Chili Normandy Blend Vegetables Peach Cobbler	30 Beef Stroganoff Buttered Noodles Capri Vegetables Mixed Fruit	31 Cheesy Vegetable Soup Turkey Sandwich Glazed Carrots Seasonal Fruit

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 \$7.50 for those under age 60. Please pay at the front desk to receive your meal.

let it snow

SNOWMAN CRAFT WITH SARAH

Tuesday, January 14th @11:15
This is a new day for craft so don't forget about it.

Sign up at the craft sign up station right by the example craft



STAFF SOUP COOKOFF

JANUARY 7TH 11:15AM

COME WATCH THE SENIOR CENTER STAFF COMPETE TO SEE WHO MAKES THE BEST SOUP HERE AT THE CENTER

COME FOR SOUP SAMPLES AND SOME YUMMY RECIPES

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D 4C 05-1038

Scams and Fraud

Enrollment fraud occurs when a plan agent or representative purposefully tricks you into enrolling in their plan, regardless of whether it is the right plan for you. They may do this by telling you misleading or false information to get you to enroll. Some may even enroll you without your knowledge.

Use this list as a reminder of what to watch out for. To report possible enrollment fraud, contact your [#SeniorMedicarePatrol](#) at 1-877-808-2468.



Protect Yourself From Medicare Open Enrollment Fraud

Watch out for people who:

- Ask for your Medicare number
- Ask for your bank information
- Ask for your Social Security number
- Pressure you with time limits
- Say they represent Medicare
- Offer you gifts to enroll in their plan
- Threaten that you will lose your Medicare benefits unless you sign up for their plan

- Make unsolicited calls, visits, or texts
- Approach you in parking lots or malls
- Give you materials that look like they are from official government sources

To report enrollment fraud, contact the Senior Medicare Patrol at 1-877-808-2468 or www.smpresource.org.



The Cache County Senior Center Presents...

**Wednesday
January 8th
@11**

**A Birthday
Bingo Tribute**

Come play Bingo with us as we celebrate The King's birthday

OUT TO 

**LUNCH
BUNCH**

BURGER, FRIES & FUN!




MONDAY, JANUARY 6TH @11:30

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



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Tai Chi and Health Benefits

Harvard Women's Health Watch

The health benefits of tai chi

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

Updated: August 20, 2019

Published: May, 2009

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion."

There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched.

Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

Getting started

The benefits of tai chi are generally greatest if you begin before you develop a

chronic illness or functional limitations. Tai chi is very safe, and no fancy equipment is needed, so it's easy to get started. Here's some advice for doing so:

Don't be intimidated by the language. Names like Yang, Wu, and Cheng are given to various branches of tai chi, in honor of people who devised the sets of movements called forms. Certain programs emphasize the martial arts aspect of tai chi rather than its potential for healing and stress reduction. In some forms, you learn long sequences of movements, while others involve shorter series and more focus on breathing and meditation. The name is less important than finding an approach that matches your interests and needs.

Check with your doctor. If you have a limiting musculoskeletal problem or medical condition — or if you take medications that can make you dizzy or lightheaded — check with your doctor before starting tai chi. Given its excellent safety record, chances are that you'll be encouraged to try it. Consider observing and taking a class. Taking a class may be the best way to learn tai chi. Seeing a teacher in action, getting feedback, and experiencing the camaraderie of a group are all pluses. Most teachers will let you observe the class first to see if you feel comfortable with the approach and atmosphere.

Instruction can be individualized.

Ask about classes at your local senior center, or community education center. If you'd rather learn at home, you can buy or rent videos geared to your interests and

fitness needs (see "Selected resources"). Although there are some excellent tai chi books, it can be difficult to appreciate the flow of movements from still photos or illustrations.

Talk to the instructor. Look for an experienced teacher who will accommodate individual health concerns or levels of coordination and fitness.

Dress comfortably. Choose loose-fitting clothes that don't restrict your range of motion. You can practice barefoot or in lightweight, comfortable, and flexible shoes. Tai chi shoes are available, but ones you find in your closet will probably work fine. You'll need shoes that won't slip and can provide enough support to help you balance, but have soles thin enough to allow you to feel the ground. Running shoes, designed to propel you forward, are usually unsuitable.

Gauge your progress. Most beginning programs and tai chi interventions tested in medical research last at least 12 weeks, with instruction once or twice a week and practice at home. By the end of that time, you should know whether you enjoy tai chi, and you may already notice positive physical and psychological changes. No pain, big gains. Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Here's some of the evidence: Muscle strength. Tai chi can improve both lower-body strength and upper-body strength. When practiced regularly, tai chi can be

comparable to resistance training and brisk walking. Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body. Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen. Flexibility. Tai chi can boost upper- and lower-body flexibility as well as strength. Balance. Tai chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age. Tai chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.

Aerobic conditioning.

Depending on the speed and size of the movements, tai chi can provide some aerobic benefits. If your clinician advises a more intense cardio workout with a higher heart rate than tai chi can offer, you may need something more aerobic as well.

<https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>



January
22nd
11:00am

PHOTOGRAPHY CLASS


FREE! All Ages Welcome!

*With Vern Pitcher.
Bring your camera and
a few photos to share.*

 Cache County Senior Citizen Center
240 North 100 East Logan 435-755-1720

Non Denominational

BIBLE STUDY



January 9, 1PM - 2PM

Meeting will be held in the library

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