

Cache County Senior Center

April 2022

Photo by Mike Bullock

Commodities April 5th 12:45pm-3pm

For the first time, older adults who work could get money from the federal government to boost their income through the Earned Income Tax Credit

Find out if you qualify for more than \$1,500—income that could help you cover housing costs and other bills, including food, health care, education, and more.

Please visit for more information:
<https://www.ncoa.org/article/who-qualifies-for-the-earned-income-tax-credit>



Caregiver Academy

6 classes
Tuesdays &
Thursdays 5:00pm-6:00pm
This class will be discussed
in Spanish.

Programa de Apoya al Cuidador

Una clase programada para
proveer recursos al cuidador
de personas en su tercera
edad.

6 clases en el mes de Abril:
Martes y Jueves
Abril 12- Abril 28
5:00 pm-6 pm
Para reservar llame
755-1720

National Volunteer Week-April 17-23



Delivering
Lunch

This month we thank our Meals on Wheels volunteers one million times over for all of their service in helping us in our mission to enrich the lives of older frail adults in our community. Without our volunteers, we would be unable to provide our services to those in need. Our Meals on Wheels volunteers deliver nutritious meals to those with physical, emotional or social conditions who are unable to cook for themselves. It is because of our volunteers that we were able to serve 41,601 meals to individuals in our Meals on Wheels program throughout all of 2021.

Almost all of our volunteers use their own vehicles to deliver meals and are not reimbursed for their time or mileage. They do this because they love to serve their community and give back. We hope that you love to see their smiling faces as much as we do. The next time you see a Meals on Wheels volunteer, be sure to give them a big "Thank You" for the service they provide.

National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities, and be a force that transforms the world. Each year we love recognizing and thanking volunteers who lend their time, talent, and service to make a difference in our center. It is because of our volunteers that we have been able to achieve so much. There is such a variety of programs offered at the center, and we are doing our best to expand those opportunities. All volunteers combined gave 6,251 hours of service in 2021. We had a total of 133 volunteers throughout the year.

We are better because of YOU!



Tai Chi
& New
Sewing
Class



Good Things To Eat

Mini Lemon Drop Cupcakes

Ingredients

1 box lemon cake mix
1 box instant vanilla pudding
3.4 oz, dry mix
4 large eggs
1 1/4 cups sour cream or yogurt
1/2 cup milk



Easy Lemon Glaze

3 1/2 cups powdered sugar
2 tsp grated lemon zest from 1 lemon
2 TBSP unsalted butter melted
1/4 cup fresh lemon juice from 1 lemon
1/4 cup hot water

Instructions

To make the Mini Lemon Cupcakes:

Preheat the oven to 325 F. Coat mini muffin tin with cooking spray.

Beat the ingredients in a large bowl with an electric mixer for several minutes until blended and smooth. Fill each muffin hole about 1/2 full. I used a small cookie scoop and it worked perfectly! Bake for about 12 minutes or until a toothpick inserted in the center comes out clean.

Cool the pan on a wire rack for about 2 minutes and then turn the muffin pan over on a wire rack so that all the muffins are upside down.

Cool completely and once all the batter is cooked, you can make the glaze.

To make the Lemon Glaze:

Place the wire racks over waxed paper. Beat the glaze ingredients in a medium bowl until smooth.

Dip muffins in glaze to coat the bottoms (which are now the tops!) and the sides and let the excess drip off back into the bowl.

Place each lemon drop back on the wire racks until the glaze is set.

<https://butterwithasideofbread.com/little-lemon-mini-cupcakes/?fbclid=IwAR3SJqUvVBju-9ubo9QO7Mlm6fJre05FOybEb7WuUbbPSdARbe7a3k42pTg>

Message from County Executive

By David Zook, Cache County Executive

A library that is free to any and all Cache County Residents?

Did you know that there is a Cache County Library that is free for any county resident to use? While some cities in the valley have libraries, several do not. And our biggest city's library is being rebuilt and is currently unavailable for in-person services. But never fear, the Cache County Library is here!

Anyone who lives in Cache County can have a card at this library and use its resources for free, even if you have a library card from a city library. To get a card, come to the library, located at 15 North Main St. in Providence, and bring proof of your address such as a bill or your driver's license to verify you live in Cache County.

The library is open Monday through Friday 10:00 to 6:00 and on Saturday from 10:00 to 2:00. We have a wide variety of books and materials for readers of all ages, as well as books on CD and DVDs. Computers are available for public use, and we have free Wi-Fi. There are also weekly story times for preschool-aged children and a summer reading program that starts in June.

If you are interested in reading or listening to books on your phone or tablet we have thousands of e-books and e-audiobooks available for free through Overdrive and the Libby App. The friendly staff is always happy to help you set up accounts and learn how to use them. If you already have access through the Beehive Consortium but have been on hold for a book forever, checkout our selection as we generally have much shorter wait times for items and the app lets you have multiple cards. Whether you are new to Cache County, have never had a library card, or want access to another library, come to the Cache County Library to explore, create, imagine, and READ.

You can find more information at:

<https://www.cachecounty.org/library/> or by calling (435) 752-7881.

Resources



The Bear River Association of Governments will be providing assistance to households who need to have their taxes prepared through the Volunteer Income Tax Assistance program (VITA).

To keep our volunteers and clients safe during the pandemic we will be preparing

taxes remotely. This means you will have a short appointment where we will scan in your documents and send them to a tax preparer. The preparer will complete the return, then we will contact you to discuss the results, answer any questions, and print off your return for you to pick up. The VITA program will still submit your returns to the IRS on your behalf after you have had a chance to review the program and you are satisfied the return is correctly prepared.

You have two options to schedule an appointment to scan your documents.

Option 1: The first is to schedule the appointment through our calendar. Visit the BRAG facebook page at <https://www.facebook.com/BRAGHS> or our VITA facebook page at <https://www.facebook.com/>

UtahFreeTaxHelp and click on the Calendar for scheduling appointments. Choose a day and time, click that time slot and type in your name and phone number and click save. It's that easy! Feel free to have a friend or a family member help you with this as needed.

Option 2: You can also call BRAG at 435-713-1449 to schedule an appointment. Please keep in mind that we have limited staff, so if you don't reach someone, please leave a single message with your name and phone number indicating you would like to schedule an appointment to scan your tax documents. A VITA volunteer or BRAG staff will call you back to help schedule the appointment.

Please let us know how we can help. You can send us an email at cachevita@brag.utah.gov leave us a message on facebook, or call us. Lets make this tax season the best it can be!

Lucas Martin
Director of Human Services

Bear River Association of Governments
170 N Main, Logan, UT 84321
435-713-1448

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Cache County Senior Center, Logan, UT

A 4C 05-1038

Medicare



Dear Marci

Dear Marci,

Does Medicare cover depression screenings? I've read about how depression is more common in older adults, and I want to be sure I am not missing signs and symptoms.

-Sara (Chapman, ME)

Dear Sara,

Yes, Medicare Part B covers an annual depression screening. The annual depression screening includes a questionnaire that you complete yourself or with the help of your doctor. This questionnaire is designed to indicate if you are at risk or have symptoms of depression. If your results show that you may be at risk of depression, your provider will perform a thorough assessment and will refer you for follow-up mental health care if appropriate.

Depression screenings should be conducted by your primary care provider (PCP) or another trusted doctor to ensure that you are correctly diagnosed and treated. In most cases, you should receive your depression screening when you have a scheduled doctor's office visit, often during your annual wellness visit. However, you can also ask your provider to screen you during a separate visit.

You do not need to show signs or symptoms of depression to qualify for screening. However, the screening must take place in a primary care setting, like a doctor's office. This means Medicare will not cover your screening if it takes place in an emergency room, skilled nursing facility (SNF), or hospital.

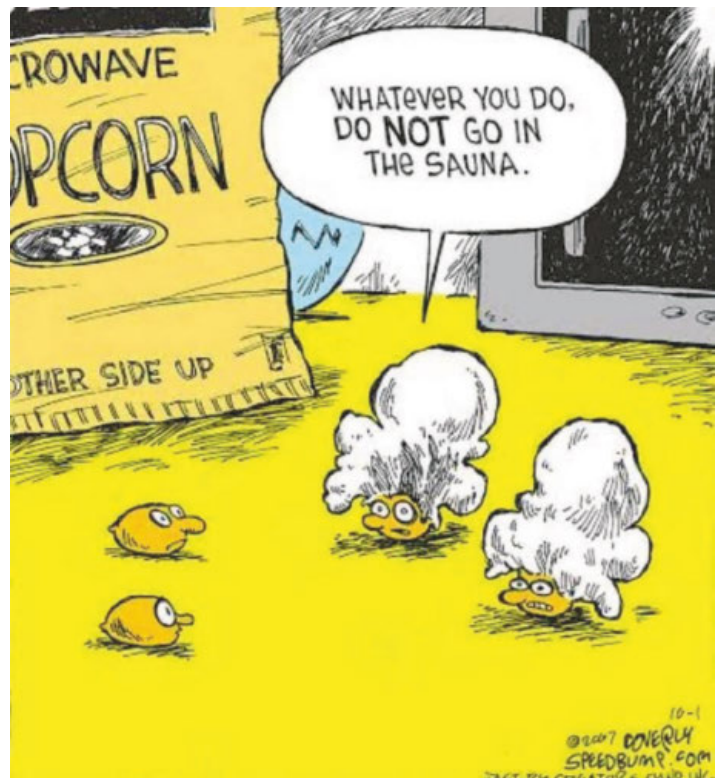
If you qualify, Original Medicare covers depression screenings at 100% of the Medicare-approved amount when you receive the service from

a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover depression screenings without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

Finally, if you are having thoughts of suicide or are concerned that someone you know may be having those thoughts, in the United States you can call the National Suicide Prevention Lifeline at 800-273-8255 (TALK) or go to: SpeakingOfSuicide.com/resources for a list of additional resources.

Remember that depression screenings are a healthy and important part of everyone's preventive care!

-Marci



Lunch Series | Movies

April Lunch & Learn Series

All presentations start at
12:10 in the Cafeteria



- April 5th: Logan Library
- April 13th: Advance Funeral Planning
- April 18th: Nutrition w/ Jenna, USU Extension
- April 22nd: Adult Immunizations, BRHD
- April 27th: Poison Prevention & Medication Disposal, BRHD
- April 29th: No-Cost Closed Captioning for the Hard of Hearing



NOW SHOWING



All movies start at 1pm

April 5th: The Wisdom of Trauma (2021)

April 12th: Citizen Kane (1941)

April 19th: Spider-Man: No Way Home (2021)

April 26th: The Wizard of Oz (1939)



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ADVERTISERS**
*that Support
our Community!*



April 2022

Monday

Tuesday

Wednesday



To the Thawing Wind

Robert Frost - 1874-1963

Come with rain, O loud Southwester!
Bring the singer, bring the nester;
Give the buried flower a dream;
Make the settled snowbank steam;
Find the brown beneath the white;
But whate'er you do tonight,

Melt the glass and leave the sticks
Like a hermit's crucifix;
Burst into my narrow stall;
Swing the picture on the wall;
Run the rattling pages o'er;
Scatter poems on the floor;
Turn the poet out of door.

4
9:15 Walk with Ease
12:30 Jeopardy

5 National Librarian Day
12:10 Lunch & Learn: Logan Library
12:45 Commodities
1:00 Movie: *The Wisdom of Trauma* (2021)

6 National Walking Day
10:45 Poker
1:00 Craft: Origami (paper folding; \$1)

11
9:15 Walk with Ease
11:30 Out to Lunch Bunch: Sydney's (Mantua; \$5)



12
11:00 Spring Card-Making with Colby
1:00 Movie: *Citizen Kane* (1941)

13 National Scrabble Day
12:10 Lunch & Learn: Brent Layton, Advance Funeral Planning
1:00 Scrabble Tournament

18 Tax Day
9:15 Walk with Ease
12:10 Lunch & Learn: Nutrition with Jenna, USU Extension
12:30 Jeopardy
1:00 Cooking Demo w/ Jenna



19
10:30 Field Trip: Bear River Migratory Bird Refuge! (\$10)
1:00 Movie: *Spider-Man: No Way Home* (2021)



20
10:45 Poker
1:00 Craft: Earth Day Flower Magnets

25
9:15 Walk with Ease
10:30 Breakfast Club: Tea Party
1:00 Bingo

26 Audubon Day
11:30 Cooking Class: Spring Treat!
1:00 Movie: *The Wizard of Oz* (1939)

27
12:10 Lunch & Learn: Poison Prevention/ Medication Disposal, BRHD
2:00 Book Club discussing *The Emerald Mile*

April 2022

Thursday	Friday	<u>Daily Activities</u>
	<p>1 April Fools Day</p> <p>11:00 Blood Pressure Clinic 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Every Day</u></p> <p>8:30 Fitness Room 8:30 Pool Room 8:30 Library 11:00 Quilting</p>
<p>7 World Health Day</p> <p>10:00 Bingocize 10:00 Mindfulness Group 11:00 Chair Yoga 1:00 Wii Bowling Tournament</p>	<p>8</p> <p>10:00 Sewing: Quilt Block of the Month (\$2) 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Monday</u></p> <p>9:15 Walk with Ease (NEW!) 11:00 Line Dancing 12:15 Bridge 1:00 Tai Chi</p>
<p>14 National Gardening Day</p> <p>10:00 Bingocize 10:00 Mindfulness Group 11:00 Chair Yoga 1:00 Bingo</p>	<p>15 Passover Begins/Good Friday</p> <p>11:00 Easter Egg Dyeing with Colby 11:00 Blood Pressure Clinic 12:30 Easter Egg Hunt 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Tuesday</u></p> <p>8:30 Ceramics 10:30 Tai Chi 11:00 Writers Group 1:00 Knotty Knitters 1:00 Movie</p>
<p>21</p> <p>10:00 Bingocize 10:00 Mindfulness Group 11:00 Chair Yoga 12:30 Red Hats</p>	<p>22 Earth Day</p> <p>10:00 Sewing Field Trip! (\$15) 12:10 Lunch & Learn: Adult Immunizations, BRHD 2:15 Mindfulness Group</p> 	<p><u>Wednesday</u></p> <p>11:00 Line Dancing 12:15 Bridge 1:00 Tai Chi 1:00 Bobbin Lace Group</p> <p><u>Thursday</u></p> <p>8:30 Ceramics 10:00 Mindfulness Group 11:00 Chair Yoga 12:15 Bridge 1:00 Knotty Knitters 2:30 Clogging</p>
<p>28 National Poetry Day</p> <p>10:00 Bingocize 10:00 Mindfulness Group 11:00 Chair Yoga 12:10 Poetry Reading</p>	<p>29</p> <p>12:10 Lunch & Learn: No-cost Closed Captioning for the hard of hearing 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Friday</u></p> <p>10:00 Painting Group 11:00 Line Dancing 1:00 Tai Chi 1:00 Technology Assistance 2:15 Mindfulness Group</p>

Caregiver Conference

**Saturday
May 14th**

.....
10:30-noon
.....

Topic:

Hosted by: Cache County Caregiver Coalition

.....

- Enjoy a complementary Brunch
- Hear from professionals about ways to stay engaged and avoid burnout
- Relax during a half-hour guided yoga session

**Respite
activity
provided**

RSVP:

Debora M. Crowther
435-713-1462

.....

Location:

Cache County Senior Center
240 N 100 E, Logan UT

Field Trip

Join us for a Field Trip to the Bear River Migratory Bird Refuge

in Brigham City

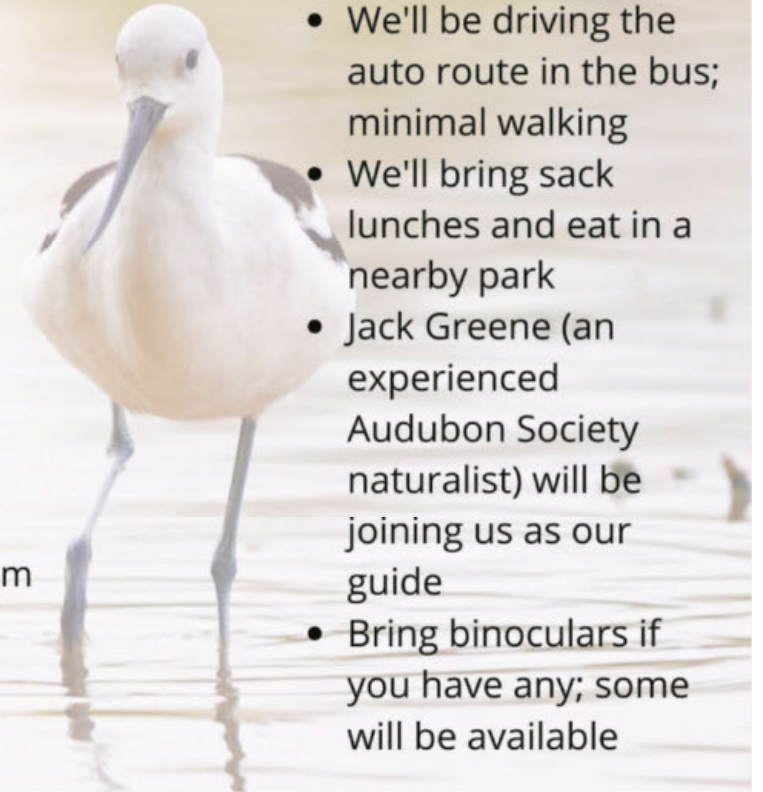
Tuesday, April 19th

Leaving from the senior center at 10:30am

\$10 bus fee (refuge admission is free)

Suggested donation for sack lunches

Call 435-755-1720 to register



- We'll be driving the auto route in the bus; minimal walking
- We'll bring sack lunches and eat in a nearby park
- Jack Greene (an experienced Audubon Society naturalist) will be joining us as our guide
- Bring binoculars if you have any; some will be available

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 755-1720.</p> <p>The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.</p>				<p>1</p> <p>Alfredo Pizza Italian Veggies Fruit Cup Garlic Bread</p>
<p>4</p> <p>Belgian Waffles Sausage Grapes V8</p> 	<p>5</p> <p>Tuna Sandwiches Carrot Sticks Cottage Cheese & Pineapple Chips</p>	<p>6</p> <p>Chefs Choice</p> 	<p>7</p> <p>Veggie Lasagna Italian Veggies Peaches Garlic Toast</p>	<p>8</p> <p>Hot Dog Three Bean Salad Fruit Cup Sun Chips</p>
<p>11</p> <p>Chef's Choice</p>	<p>12</p> <p>Chicken Tetrazzini Peas & Carrots Diced Pineapple Sliced Bread</p>	<p>13</p> <p>Swedish Meatballs Over Noodles Roasted Vegetables Fruit</p> 	<p>14</p> <p>Turkey Chili Mac w/Cheese Green Salad Fruit Crisp</p>	<p>15</p> <p>Tilapia Brown Rice Vegetables Tropical Fruit</p>
<p>18</p> <p>Turkey Burger Coleslaw Orange Slices Chips</p> 	<p>19</p> <p>Baked Ziti Italian Blend Vegetables Peaches</p>	<p>20</p> <p>Chicken Pot Pie Sun Kissed Carrots Spiced Apple Sauce</p>	<p>21</p> <p>Philly Cheesesteak Macaroni Salad Cucumbers & Tomatoes Ambrosia Salad</p> 	<p>22</p> <p>Creamy White Chili Green Beans Spiced Pears Roll</p>
<p>25</p> <p>Sweet & Sour Pork Brown Rice Roasted Broccoli Fresh Fruit</p>	<p>26</p> <p>Chef's Choice</p> 	<p>27</p> <p>Shepherd's Pie Spinach Strawberry Salad Seasonal Fruit</p>	<p>28</p> <p>Chicken Swiss Bake Rice Pilaf Peas Fruit Cup</p>	<p>29</p> <p>Beef Stroganoff Green Beans Mixed Fruit Whole Wheat Roll</p>

Lunch Bunch/Book Club

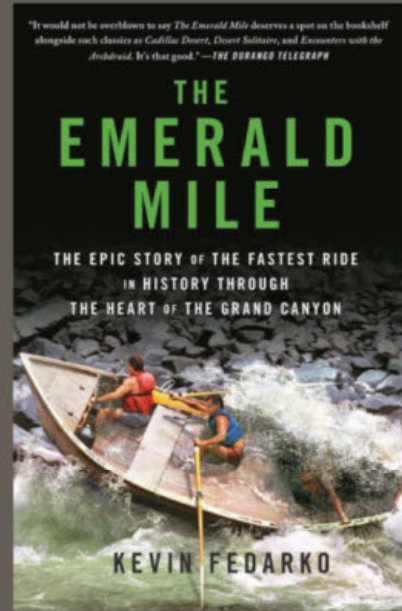
**Out to Lunch Bunch
is visiting...**



Sydney's in Mantua
Monday, 11 April

Leaving the center at 11:30am
\$5 bus fee | RSVP at 435-755-1720

Join our book club as we read:



**Discussion at the senior center
on 27 April at 2pm**

Seeking older adult volunteers to understand lower limb imbalances, mobility, and fall risk.



Research Study

Research Project: IRB #12531

You may be eligible if:

You are age 65 or older

You are able to walk unassisted

Time commitment: 5 visits over a 3-week time period,
for ~5 hours

Contact Sara Harper, PI at sara.harper@usu.edu or scan the QR code for more information.



Sara Harper
sara.harper@usu.edu
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Thrive Locally



Senior Companion



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AmeriCorps
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Provide friendship, independence, & comfort for seniors in your community

Companionship promotes better mental and physical health, and really, just makes life better.

To offset the costs of volunteering:

- Receive a non-taxable stipend
- Mileage and meal reimbursement
- Paid leave & holidays
- Paid training hours

- ✓ Volunteer 5-20 hours per week (flexible schedule)
- ✓ Pass a background check
- ✓ Be 55 or older
- ✓ Meet income requirements (cannot exceed 400% of federal poverty level)

Contact Hannah at 435-760-4472 or Giselle to learn more!

Events

We will be celebrating

National Poetry Day

by reading poetry at lunchtime (12-1) on April 28th at the senior center. Bring your favorite poem (self-authored or written by another) to read.

We will be having a

Scrabble Tournament

at the senior center on Wednesday, April 13th, at 1:00pm

No cost. We have the boards. Just bring your sesquipedalian lexicphanicism!

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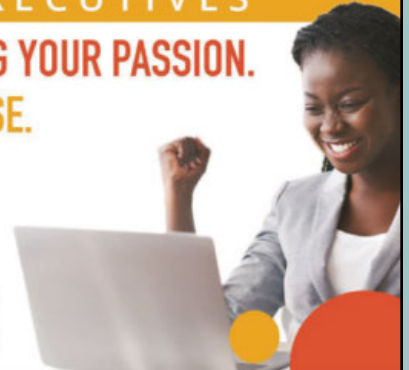


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Fraud

The U.S. Department of Health and Human Services (HHS) Office of Inspector General (OIG) confirmed that official HHS OIG telephone numbers are being used as part of a spoofing scam targeting individuals throughout the country. These scammers represent themselves as HHS OIG employees and can alter the appearance of the caller ID to make it seem as if the call is coming from HHS OIG phone numbers found on its public website. The perpetrator may use various tactics to obtain or verify the victim's personal information, which can then be used to steal money from an individual's bank account or for other fraudulent activity.

We encourage the public to remain vigilant, protect their personal information, and guard against providing personal information during calls that purport to be from HHS OIG telephone numbers. We also remind the public that it is still safe to call into the HHS OIG Hotline to report fraud. We particularly encourage those who believe they may have been a victim of the telephone spoofing scam to report that information to us through the HHS OIG Hotline 1-800-HHS-TIPS (1-800-447-8477) or online. Individuals may also file a complaint with the Federal Trade Commission 1-877-FTC-HELP (1-877-382-4357).

Attention Green Thumbs:

PROTECT YOUR JOINTS

Here are some tips for safer gardening.



Check your body mechanics

Bend at the knees to lift soil bags. Hold the item close to your body to reduce the load. Keep your work close to you to avoid reaching too far. Vary your position to avoid fatigue.



Check your tools

Gardening tools have changed over the years. Larger handles and lighter equipment have been proven to be easier on your joints. Long handled weeders, shovels and rakes with angled handles help you avoid poor posture and reduce stress on your joints. Try equipment in the store before you buy it.



Stretch

It's tempting to just get out there as soon as the sun shines! But, be sure to stretch your joints before you get started. Talk to your health-care provider to learn good stretches for you.



Take a break! Gardening is great for our minds and bodies, but don't overdo it. Vary your tasks to avoid repetition and stop to admire your work to give yourself a rest.

Equipment can help

Thumb splints can protect your joints. Wrist splints can keep your wrist in a good position. Or, there are combination splints. Talk to your health-care provider for more information.



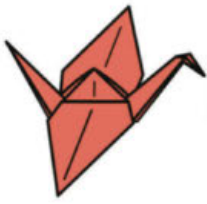
Be sun safe! Wear a hat, sunglasses and sunscreen when in your garden!



Visit health.sunnybrook.ca for more



Events



Origami

Paper folding



Wednesday, April 6th, at 1:00pm

Craft fee: \$1



JOIN US FOR

Easter at the Senior Center

FRIDAY, APRIL 15TH

11am Easter Egg dyeing with Colby

12:30pm Easter Egg Hunt

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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Cache County Senior Center, Logan, UT

F 4C 05-1038

World Tai Chi Day

All are welcome to join.



Improve
your
Balance,
Strength,
Agility &
Coordination

World Tai Chi Day

SATURDAY, APRIL 30TH

GATHER AT 9:45AM

**CACHE COUNTY SENIOR CITIZEN CENTER
240 NORTH 100 EAST LOGAN**

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