

Cache County Senior Center

June 2023

Photo by Mike Bullock



Last month the 60th anniversary of Older Americans Month was celebrated. Older adults are changing the landscape of senior centers and challenging the narrative on aging. The theme this year for Older Americans Month is Aging Unbound. The goal is to reflect and explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits.

Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

There are many fun classes to choose from at the senior center. This month you will see that we have added a dance class, clay hand building class and stretch & strengthening class. Along with the many social clubs and events provided I hope that you are able to find a connection here at the center. You will see just how fun each are in their own unique way, from Tai chi, clogging, line dancing to yoga etc. I hope you find your happiness and growth. The center welcomes you!

Giselle Madrid,
Director



Summer Recipe



SERVES: 9

Twix Bars

These bars have a delicious shortbread crust, a homemade caramel center, and a delicious chocolate top. They taste just like a twix candy bar!

Ingredients

¼ cup sugar

1¼ cups flour

⅔ cup butter softened

Caramel Layer

½ cup butter

½ cup brown sugar

2 Tablespoons corn syrup

½ cup sweetened condensed milk

Chocolate Layer

2 cups milk chocolate chips

1 teaspoon vegetable oil

Instructions

Preheat oven to 350 degrees. Grease a 9 x 9 inch pan with cooking spray.

In a small bowl, mix together sugar and flour, and cut the 2/3 cup butter in with a butter knife. Keep cutting it in the mixture until it has formed evenly-sized crumbs.

Press the mixture into the bottom of the prepared pan, and bake for 20 minutes – until the edges start to turn a golden brown.

Remove from oven and let it cool completely.

In a sauce pan over medium heat, combine the 1/2 cup butter, brown sugar, corn syrup, and sweetened condensed milk. Bring to a boil, stirring constantly (you don't want the mixture to burn, so keep stirring). Continue stirring for 5 more minutes, then remove from heat and stir for an additional 2-3 minutes.

Pour the caramel mixture over the shortbread crust. Let it cool (I sped up this process by placing it in the fridge) until the caramel mixture starts to firm.

In a microwave safe bowl, mix together the chocolate chips and vegetable oil. Microwave for 1 minute, and then remove and stir. Continue to microwave the chocolate mixture in 15 second intervals until it is completely smooth.

Pour chocolate over top the caramel layer and let it cool.

Once the chocolate has hardened, cut into squares with a warm knife (that will make them cut cleaner).

CREATE
FAMILY MEALS
en español

CREACIONES

EN LA COCINA PARA SU FAMILIA

Clases gratis de nutrición con recetas deliciosas y económicas para una vida saludable.

Serie de cuatro Clases
6 de Junio a las 10:00 am .
13 de Junio a las 10:00 am
20 de Junio a las 10:00 am
27 de Junio a las 10:00 am.

Cache County Senior Center -
Logan, Utah- 240N 100 E

CREATE SHARE IT
BETTER HEALTH

Extension
UtahStateUniversity.

Este material se desarrolla con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP) en inglés del Departamento de Agricultura de los EE.UU. (USDA) según un contrato. Esta publicación es un producto que ofrece un nivel de oportunidad. Utah State University es una institución de acción afirmativa y igualdad de oportunidades que está comprometida a mantener un ambiente laboral y de aprendizaje sin discriminación o acoso. Para mayor información sobre la política de igualdad de oportunidades, consulte el sitio <https://www.usu.edu/registrar/discriminacion>.

Resources

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. 752-7242.

Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. please call 755-1720.

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 1,843 a month (\$2,485 for married couples), and your assets are below \$16,000 (\$32,240 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 appt. at 755-1720

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.

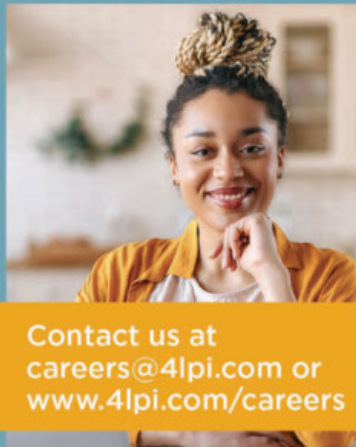
WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Anthony Praskavich

apraskavich@4LPi.com

(800) 477-4574 x6656

SUPPORT OUR ADVERTISERS!



Creative Aging Clay Class



Join us!



CREATIVE AGING

Visual Art Classes

\$15
Registration Fee

Mondays:
June 12, 26
July 17, 31
August 7, 14
10:00 am-noon

Discover your creative talents in art-making classes designed for older adults! Participants learn through a series of seven art classes held once a week at the Cache County Senior Citizen Center. All skill levels and abilities are welcome!

To register, please call:

**CACHE COUNTY SENIOR
CITIZEN CENTER**

435-755-1720



Nora Eccles Harrison Museum of Art
UtahStateUniversity.

In conjunction with:



Funded by:



Lunch Series | Tuesday Movies

June

Lunch & Learn & TED Talk

*Unless otherwise specified, presentations
start at 12:10 in the cafeteria*

- June 01 @ 12:45: TED Talk - What does it take to change a mind?
- June 05: Nutrition w/ Jenna, USU Extension - Cooking Demo at 1:00
- June 07: The Evolutionary History of Animals
- June 16: Fathers Day Musical Entertainment: Carl Sorensen
- June 29 @ 12:45: TED Talk - The best stats you've ever seen



NOW SHOWING



Movies every Tuesday at 1pm

- June 06:** Singin' In The Rain (1952, G, 1h 43m)
- June 13:** The Pursuit of Happyness (2006, PG-13, 1h 57m)
- June 20:** Food, Inc. (2008, PG, 1h 34m)
- June 27:** Dungeons & Dragons: Honor Among Thieves (2022, PG-13, 2h 14m)

SUPPORT THE ADVERTISERS

that Support our Community!



June 2023

Monday


Tuesday

Wednesday



<p>5 9:30 Walking Group 11:00 Bingo 12:10 Lunch & Learn: Nutrition with Jenna, USU Extension 12:30 Jeopardy 1:00 Cooking Demo w/ Jenna</p>	<p>6 10:00 Creaciones en la Cocina (taught in Spanish; see pg. 2) 1:00 Movie: <i>Singin' in the Rain</i> (1952)</p>	<p>7 11:00 Croquet Tournament 12:10 Lunch & Learn: The Evolutionary History of Animals</p>
<p>12 9:30 Walking Group 10:00 Creative Aging Art Class (1 of 7) 11:00 Rhythm in Motion Dance 11:00 Music Bingo 12:00 - 4:00 AARP Safe Driving</p>	<p>13 10:00 Creaciones en la Cocina (taught in Spanish; see pg. 2) 11:00 Cooking Class: Grilling Kabobs (\$2) 1:00 Movie: <i>The Pursuit of Happyness</i> (2006)</p>	<p>14 <i>Flag Day</i> 11:00 Horseshoe Tournament</p>
<p>19 Closed in Observance of Juneteenth</p> 	<p>20 10:00 Creaciones en la Cocina (taught in Spanish; see pg. 2) 11:00 Craft with Jesse (\$2) 12:45 Commodities 1:00 Movie: <i>Food, Inc.</i> (2008)</p>	<p>21 <i>Summer Solstice</i> 12:45 Wii Bowling 10:00 Field Trip: Canoeing! (\$8)</p>
<p>26 9:30 Walking Group 10:00 Creative Aging Art Class (2 of 7) 11:00 Bingo 12:30 Jeopardy 1:00 Medicare 101</p>	<p>27 10:30 Breakfast Club: Emergency Preparedness 10:00 Creaciones en la Cocina (taught in Spanish; see pg. 2) 1:00 Movie: <i>Dungeons & Dragons: Honor Among Thieves</i> (2023)</p>	<p>28 10:00 Rhythm in Motion Dance 11:00 Art with Jump The Moon 2:00 Book Club: <i>Treasure Island</i></p>

June 2023

Thursday	Friday
1 10:30 Sit & Be Fit w/Darrell 11:15 Card-making w/ Brenda 12:45 TED Talk: <i>What does it take to change a mind?</i>	2 11:00 Stretches and Strength Training 11:00 Blood Pressure 1:00 Technology Assistance
8 10:30 Sit & Be Fit w/Darrell 1:00 Technology Class: Safe Web Browsing	9 11:00 Stretches and Strength Training 1:00 Technology Assistance
15 10:00 Field Trip: Poppies and Sydney's in Mantua (\$7) 10:30 Sit & Be Fit w/Darrell	16 <i>Father's Day (celebrated)</i> 10:00 Sewing: Project of the Month (\$3) 11:00 Stretches and Strength Training 11:00 Blood Pressure 12:10 Father's Day Entertainment: Carl Sorensen
22 10:30 Sit & Be Fit w/Darrell 10:45 Poker 12:30 Craft and Chit Chat with Colby (\$1) 	23 10:00 Open Sewing (\$3) 11:00 Stretches and Strength Training 1:00 Technology Assistance
29 10:30 Sit & Be Fit w/Darrell 12:45 TED Talk: <i>The best stats you've ever seen</i>	30 10:00 Open Sewing (\$3) 11:00 Stretches and Strength Training 1:00 Technology Assistance

Daily Activities

8:30-2:30 Computers
 8:30 Fitness Room
 8:30 Library
 12:00-1:00 Lunch
 8:30 Pool Tables
 8:30-2:30 Quilting

Monday

9:30 Walking Group
 11:00 Bingo
 12:30 Jeopardy
 1:00 Tai Chi

Tuesday

8:30 Ceramics
 10:30 Tai Chi
 11:00 Creative Writing
 12:30 Mahjong
 1:00 Movie

Wednesday

11:00 Line Dancing
 1:00 Bobbin Lace Group
 1:00 Bridge
 1:00 Tai Chi

Thursday

8:30 Ceramics
 10:00 Bingocize
 11:00 Chair Yoga
 12:30 Mahjong
 2:30 Clogging

Friday

10:00 Sewing
 10:00 Painting Group
 11:00 Stretches and Strength Training
 1:00 Tai Chi
 1:00 Tech Assistance
 2:15 Mindfulness Group

Debunking the Myths of Older Adult Falls



Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of

falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, installing safety features like grab bars or walk-in bathtubs, finding a fall prevention program in the community, or setting up a vision exam.

Field Trips

Join us for a Field Trip!



& eat
at:

To see the poppies in
Mantua!

Thursday, June 15th

Leaving from the Senior Center at 10:00am
\$7 bus fee.

Call 435-755-1720 to register

Join us for **CANOEING**

around Cutler Marsh with
Common Ground Outdoor Adventures

**Wednesday, June
21st, leaving from
the Senior Center at
10:00am**

\$3 BUS FEE
\$5 ACTIVITY FEE
PLUS YOUR USUAL LUNCH
DONATION FOR A SACK LUNCH
RSVP IN ADVANCE: 435-755-1720

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Menu

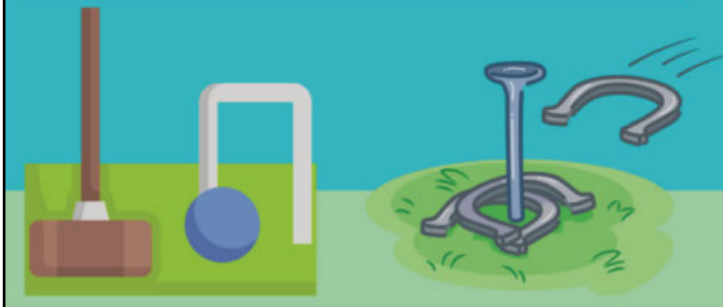
Monday	Tuesday	Wednesday	Thursday	Friday
<p>For those 60+ and their spouse the suggested donation is \$3.75. Don't forget to call in by 3:00 p.m. the day before.</p> <p>The full cost of the meal is \$10.50 for those under age 60. Please pay at the front desk to receive your meal.</p>			1 Chef's Choice	2 Tuna Noodle Casserole Buttered Peas Apricots Wheat Roll
5 Chef's Choice 	6 Tuscan Chicken Couscous Sautéed Zucchini Fresh Fruit	7 Honey Mustard Ham & Cheese Sandwich Cucumber Salad Grapes	8 Hot Dogs Carrot Salad Honeydew Chips Strawberry Delight	9 Caesar Chicken Salad Fruit Cup Cookie
12 BBQ Sandwich 3 Bean Salad Pineapple Tidbits Chips	13 Shells w/ Mushroom Marinara Italian Veggies Pears Garlic Bread	14 Turkey Sandwich on Ciabatta Bread Mixed Fruit Broccoli Salad Cookie 	15 Breaded Fish Rice Pilaf Cucumber Dill Salad Peaches Lemon Pudding	16 Hamburger w/ Fix'ns Potato Salad Watermelon Frozen S'mores Happy Father's Day
19 Closed in observance of Juneteenth 	20 Pork Chop w/ Mushroom Gravy Mashed Potatoes Asparagus Grape Salad	21 Chef's Choice	22 Cheddar Cheese Breakfast Bake V8 Mixed Fruit	25 Broccoli Cheese Casserole w/ Ham Mandarin Oranges & Pineapple Mixed Veggies Wheat Roll
26 Orange Chicken Brown Rice Peas & Carrots Mandarin Oranges	27 Chef's Choice	28 BBQ Riblets Mac & Cheese Cole Slaw Melon Cookie	29 Taco Soup Tropical Fruit Green Beans Chips	30 Chicken Salad Sandwich Grape Salad Pineapple Fluff Chips

Outdoor Events

JOIN US FOR OUTDOOR SPORTS!

CROQUET: JUNE 7TH AT 11AM
HORSESHOES: JUNE 14TH AT 11AM

CACHE COUNTY SENIOR CENTER
FREE! ALL ARE WELCOME TO PLAY



COOKING CLASS

BBQ Kabobs!

JUNE 13 11 AM

— on the patio —

RSVP AT THE FRONT DESK \$2.00 COST

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

SUPPORT OUR
ADVERTISERS!

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Medicare Savings Programs



Dear Marci

Dear Marci,

What mental health care does Medicare cover? I have anxiety and depression, and my primary care provider recommended I see a therapist or psychiatrist.

-Josefina (Cleveland, OH)

Dear Josefina,

Medicare covers both inpatient and outpatient mental health care. And Medicare prescription drug plans cover medications used to treat mental health conditions, but be sure to check the formulary to ensure the brands and dosages you take are included.

Medicare Part B covers outpatient mental health care, including the following services:

Individual and group therapy

Substance use disorder treatment

Tests to make sure you are getting the right care

Occupational therapy

Activity therapies, such as art, dance, or music therapy

Training and education (such as training on how to inject a needed medication or education about your condition)

Family counseling to help with your treatment

Laboratory tests

Prescription drugs that you cannot administer yourself, such as injections that a doctor must give you

An annual depression screening

Be sure to ask any provider you see if they take your Medicare insurance before you begin receiving services. If they don't, you will likely be responsible for the full cost of the care. Psychiatrists are more likely than any other type of physician to opt out of Medicare, meaning Medicare will not cover any of the cost of the care from those doctors. Additionally, not all non-medical providers (like psychologists or clinical social workers) are Medicare-certified. If you need a list of providers

near you who accept Medicare, you can go to www.medicare.gov/care-compare.

Medicare Part A covers inpatient mental health care that you receive in either a psychiatric hospital (a hospital that only treats mental health patients) or a general hospital. Your provider should determine which hospital setting you need.

If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care in your lifetime. If you have used your lifetime days but need additional mental health care, Medicare may cover your care at a general hospital.

Medicare Part D covers most prescription drugs used to treat mental health conditions. You may have Part D coverage through a Medicare Advantage Plan or through a stand-alone Part D plan. All Part D plans must cover at least two drugs from most drug categories and must cover all drugs available in certain categories, including antidepressants and antipsychotic medications.

I hope this helps!



Life is very short,
so break your silly egos, forgive
quickly, believe slowly, love truly,
laugh loudly and never avoid
anything that
makes you smile.



Events


Join us for
☆☆☆☆
MEDICARE 101
All Welcome- Free
June 26th at 1pm
☆☆☆
SHIP counselor Colby will discuss what Medicare is, the choices you have, tips to prevent fraud and answer your questions.

 **SHIP**
State Health Insurance Assistance Program
Navigating Medicare

 **SMP**
Senior Medicare Patrol
Preventing Medicare Fraud

Technology Class:

SAFE WEB BROWSING



Thursday, June 8th at 1:00 pm

Join us as we learn to keep ourselves safe from potential fraud & how to browse safely. We will meet in the cafeteria.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Anthony Praskavich

apraskavich@4LPi.com

(800) 477-4574 x6656

WE'RE HIRING!

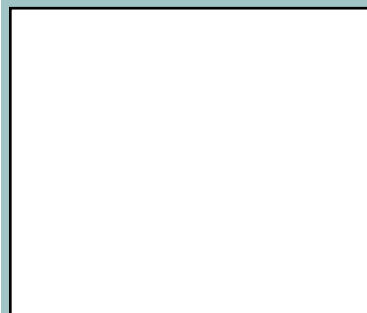
 AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.



- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4lpi.com or www.4lpi.com/careers



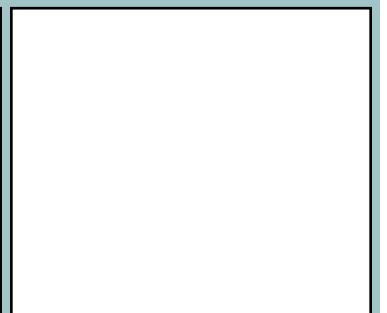
ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



 Authorized Provider **SafeStreets** **833-287-3502**



Fraud

MEDICARE FRAUD PREVENTION WEEK

6/5-6/11



Medicare Fraud Prevention Week focuses on the actions everyone can take to prevent Medicare fraud, errors, and abuse. Medicare Fraud Prevention Week starts on June 5, or 6/5, because most people become eligible for Medicare when they turn 65. Medicare Fraud Prevention Week is hosted by the Senior Medicare Patrol, known as the SMP.

The SMP is a national program to educate Medicare beneficiaries about Medicare fraud, errors, and abuse. Learn how you can protect yourself and your loved ones from Medicare fraud by joining us every day of Medicare Fraud Prevention Week from 6/5 through 6/11 for a different message on the national social media platforms or by connecting with your local SMP in your state.

Why is This Week Important?

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse, though that number is impossible to measure. Every day, issues related to these problems affect people across the country, often costing them time, money, and well-being.

Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, repeated errors by a doctor or provider could be considered a red flag of potential fraud or abuse if not corrected.

When people steal from Medicare, it hurts us all and is big business for criminals. Some common examples of fraud, errors, or abuse could include:

Charging for services or supplies that were not provided
Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment
Prescribing or providing excessive or unnecessary tests and services

Falling prey to consumer scams or health care fraud may mean that your Medicare number has been "compromised" as a result of medical identity theft. Stealing from Medicare leaves less available funds for those needing services now as well as those needing Medicare in the future.

If you are a **Medicare beneficiary**, start the week by learning how to read your Medicare statements! Read your Medicare Summary Notice (MSN) or Explanation

of Benefits (EOB) in the paper form that is mailed to you or go online to Medicare.gov and review claims digitally.

Remember the three steps from the SMP: Prevent, Detect, Report!

Prevent: Learn how to read your MSN. You can also call your SMP or go to their website to learn how to best protect yourself and your loved ones from health care fraud, errors, or abuse.

Detect: When reviewing your MSN or EOB, look for services, products, or equipment you didn't receive, double charges, or items your doctor didn't order.

- Request and use a My Health Care Tracker from your SMP to compare appointment information you recorded with what is printed in your MSNs and/or EOBs.

- If you find items of concern, call the doctor or company in question and ask them about potential mistakes. Call your insurance company if you still have questions.

Report: Call or email your local SMP if you believe that you have experienced health care fraud, errors, or abuse or if you would like to request a My Health Care Tracker.

Caregivers, help by educating yourself and your clients or loved ones on how to prevent and detect health care fraud, errors, and abuse. Be on the lookout for things like boxes of knee braces (known as durable medical equipment, or DME) lying around the house. This is a common scam and may mean your client or loved one has been a victim. Remind your clients or loved ones to never give out their Medicare number or other personal information over the phone.

Families, help by talking to your loved ones about protecting their Medicare number just as they would a credit card number. Encourage them to check their Medicare statements for fraud, errors, or abuse and never give out their Medicare number over the phone for any reason. Help your loved ones create a Medicare.gov account to access their Medicare claims online or remind them to open and review their statements when they come in the mail every three months. You can also register their phone number on "do not call" lists and go to optoutprescreen.com to opt out of marketing mailings.

New Class

Join Us for a New Class **Stretches & Strength Training**

Cache County Senior Center
240 N 100 E
Logan, UT
435-755-1720

Light weight lifting and gentle stretching to improve your strength, mobility, and flexibility!



Fridays
at 11:00 am
30 Minute Class
Weights provided

Free Class

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit

www.mycommunityonline.com

THRIVE
LOCALLY

ALLEN

MORTUARIES

Logan
North Logan

www.allenmortuaries.com



VOTED BEST FUNERAL HOME
OF CACHE VALLEY
& NORTHERN UTAH

- 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**



Adult Coloring



How many four- and five-letter words can you make from the letters in the phrase ICE CREAM CONE?
(Note: We found 56 four-letter and 38 five-letter words.)

I C E C R E A M C O N E

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____