



JOIN US FOR OUR ANNUAL HALLOWEEN PARTY

31 OCT | TUE | 11:00

*COSTUME CONTEST,
SNACKS, GAMES,
AND A LOT MORE*

Pumpkin Sheet Cake

Ingredients

- 15 oz. Pure Pumpkin Puree
- 1/2 Cup Vegetable Oil
- 1/2 Cup Butter, softened
- 1/4 Cup Hot Water
- 1/2 Cup Buttermilk
- 3 Eggs
- 2 Cups Sugar
- 1 1/2 Teaspoons Vanilla
- 2 Cups Flour
- 2 teaspoons Baking Soda
- 1/4 teaspoon Salt
- 2 tea spoon pumpkin pie spice

Frosting

- 8 oz Cream Cheese, softened
- 1/2 cup Butter, softened
- 1 lb. Powdered Sugar
- 1-2 tablespoon milk

Frosting Instructions

1. Mix the cream cheese and butter together with a hand mixer.
2. Then gradually add the powdered sugar and then add the milk according to consistency.

Instructions

1. Preheat oven to 350 degrees F. Then grab a cookie sheet and place parchment paper down or spray baking spray on the bottom and edges of the pan.
2. In a bowl or mixer add the can of pumpkin, oil, butter, then add the hot water. Mix really good all together. Add the eggs, buttermilk and vanilla. Mix all together.
3. Next up mix in the sugar. Then add in the flour, baking soda, salt and pumpkin pie spice. Then pour the batter into the pan.
4. Bake for 20 minutes. Then set aside to completely cool.
5. Finally frost the cake when it is completely cooled. Serve and enjoy!

<https://madeitateitlovedit.com/pumpkin-sheet-cake/>

Federal Nutrition Guideline

Participating in congregate nutrition programs for older adults can be fun, engaging and nutritionally satisfying. In fact, the core goals of the program – a nutritious meal, nutrition education, and an opportunity for socialization – are exactly what participants are looking for! Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

We receive funding for our meals through federal and state grants. They authorize nutrition services for older adults to: reduce hunger, food insecurity, malnutrition, and enhance socialization. The meals must follow the Dietary Guidelines for Americans and provide a minimum of one-third of the Dietary Reference intakes. While there's been a focus on serving lunch time, any meal – breakfast, lunch or dinner – can be served to congregate meal participants. Meals must meet set nutrition requirements. There is flexibility to local service providers like the senior center to design meals that are appealing and culturally appropriate to program participants. Just because it's served doesn't mean it must end up on a participant's plate. As long as what you request is two servings from the meal. In a meal you should expect to see:

- 1 serving of Milk
- 1 serving of Protein (2.5-3 oz)
- 1 serving of Vegetables
- 1 serving of Fruit

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 \$1,843.00 a month (\$2,845 for married couples), and your assets are below \$16,660 (\$33,240) 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

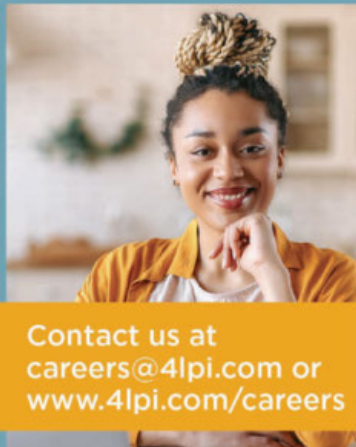
A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 435-713-1460.

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Medicare's Open Enrollment Period

Medicare's Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The last change you make will take effect on January 1. Take action during Open Enrollment to ensure your coverage will meet your needs in 2024.



Know the changes you can make during Medicare's Open Enrollment

The changes you can make include:

Joining a new Medicare Advantage Plan or Part D prescription drug plan

Switching from Original Medicare to a Medicare Advantage Plan

Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Call 1-800-MEDICARE (800-633-4227) to make changes by phone or visit Medicare.gov to compare options and enroll in some plans online.

Note: If you leave a Medicare Advantage Plan to join Original Medicare, you may also be able to purchase a Medigap policy. Medigap policies help with out-of-pocket costs and only work with Original Medicare. Contact your State Health Insurance Assistance Program (SHIP) to learn about your state-specific Medigap rights and options. SHIP Counsels: Colby or Giselle— 755-1720

Review your coverage for 2024

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered and your providers and pharmacies will still be in network.

If you have **Original Medicare**, visit Medicare.gov or read the 2023 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. The handbook is available in different languages.

If you have a **Medicare Advantage Plan or a stand-alone Part D plan**, read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.

Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members, including whether some benefits are offered to all members or just some members. This includes the ability to offer benefits to some members that are not directly considered medical care, like nutrition services. This means that there are many factors to consider when comparing Medicare Advantage Plan options.

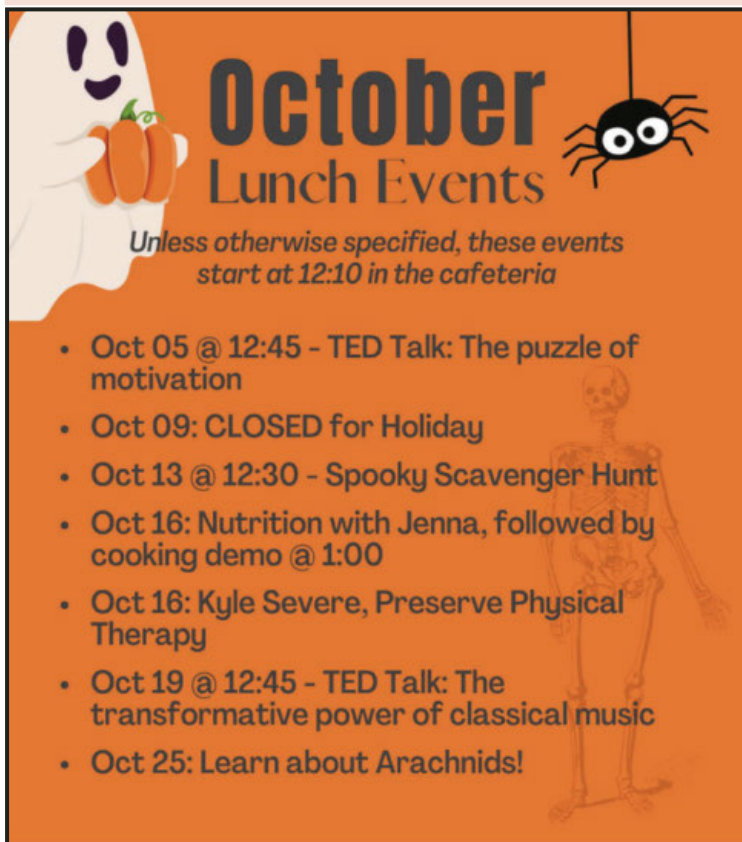
Commodities

October 17th

12:45 PM–
3:00 PM



Lunch Series | Tuesday Movies



October Lunch Events

Unless otherwise specified, these events start at 12:10 in the cafeteria

- Oct 05 @ 12:45 - TED Talk: The puzzle of motivation
- Oct 09: CLOSED for Holiday
- Oct 13 @ 12:30 - Spooky Scavenger Hunt
- Oct 16: Nutrition with Jenna, followed by cooking demo @ 1:00
- Oct 16: Kyle Severe, Preserve Physical Therapy
- Oct 19 @ 12:45 - TED Talk: The transformative power of classical music
- Oct 25: Learn about Arachnids!



NOW SHOWING

Movies every Tuesday at 1pm

- Oct 03:** The Ghost and Mrs. Muir (1947, NR, 1h 44m)
- Oct 10:** Practical Magic (1998, PG-13, 1h 44m)
- Oct 17:** The Birds (1963, PG-13, 1h 59m)
- Oct 24:** Nosferatu (1922, NR, 1h 21m)
- Oct 31:** Hocus Pocus (1993, PG, 1h 36m)



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October 2023

Monday	Tuesday	Wednesday
<p>2 11:00 Bingo 12:30 Jeopardy</p>	<p>3 11:00 Tech Class: Learn about computers & phones 1:00 Movie: <i>The Ghost and Mrs. Muir</i> (1947)</p>	<p>4 10:30 Creaciones en la Cocina (taught in Spanish) 12:00 1950's Diner Experience</p>
<p>9</p>  <p>Senior Center Closed</p>	<p>10 11:00 Cooking Class with Tori (\$2) 1:00 Movie: <i>Practical Magic</i> (1998)</p> 	<p>11 10:30 Creaciones en la Cocina (taught in Spanish) 11:00 Craft with Jaycee (\$2) 12:45 Wii Bowling</p>
<p>16 11:00 Music Bingo 12:10 Lunch & Learn: Nutrition with Jenna, USU Extension 12:30 Jeopardy 1:00 Cooking Demo with Jenna 1:00 Stepping On (1 of 6)</p>	<p>17 10:00 Socialization and Mind Fitness class 12:45-3:00 Commodities 1:00 Movie: <i>The Birds</i> (1963)</p>	<p>18 10:30 Creaciones en la Cocina (taught in Spanish) 12:10 L&L: Kyle Severe w/ Preserve Physical Therapy 12:30 Field Trip with Common Ground: Archery! (\$7)</p>
<p>23 11:00 Bingo 12:00-4:00 AARP Safe Driving 12:30 Jeopardy 1:00 Stepping On (2 of 6)</p> 	<p>24 11:00 Pumpkin Carving (\$3) 1:00 Movie: <i>Nosferatu</i> (1922)</p>	<p>25 10:30 Creaciones en la Cocina (taught in Spanish) 11:00 Art w/ Jump the Moon 12:45 Wii Bowling 2:00 Book Club: <i>The Picture of Dorian Gray</i></p>
<p>30 11:00 Halloween Bingo 12:30 Halloween Jeopardy 1:00 Stepping On (3 of 6)</p> 	<p>31 Halloween 11:00 Halloween Party 1:00 Movie: <i>Hocus Pocus</i> (1993)</p>	

October 2023

Thursday	Friday
<p>5 10:00 Dealing with Dementia 10:00 Field Trip: Hike the Highline Trail (\$2) 11:15 Card-making with Brenda 12:45 TED Talk: <i>The puzzle of motivation</i></p>	<p>6 10:00 Dealing with Dementia 11:00 Scrabble 11:00 Blood Pressure 1:00 Technology Assistance</p>
<p>12 11:30 Out to Lunch Bunch: Café Sabor (\$2)</p> 	<p>13 11:00 Scrabble 12:30 Spooky Scavenger Hunt 1:00 Technology Assistance</p>
<p>19 10:00 Field Trip: Pumpkin Walk (\$2) 12:45 TED Talk: <i>The transformative power of classical music</i></p>	<p>20 11:00 Music-making with Boomwhackers 11:00 Scrabble 11:00 Blood Pressure 1:00 Technology Assistance</p>
<p>26 12:10 Lunch & Learn: Learn about Arachnids! 1:00 Craft & Chit Chat hosting the <i>Witches Convention</i></p> 	<p>27 11:00 Scrabble 1:00 Technology Assistance</p> 

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

11:00 Bingo
 12:30 Jeopardy
 1:00 Tai Chi

Tuesday

8:30 Ceramics
 10:30 Tai Chi
 10:30 Writers Group
 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
 10:30 Sit & Be Fit w/ Darrell
 11:00 Chair Yoga
 12:30 Mahjong

Friday

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

Medicare –Spanish

Cómo elegir entre Medicare original y Medicare Advantage

Es importante que entienda sus opciones de cobertura de Medicare y que elija su cobertura cuidadosamente. Hoy, hablaremos sobre una elección importante: Medicare original versus un Plan Medicare Advantage.

Punto 1: Entienda los aspectos básicos de Medicare original.

Medicare original es el programa tradicional de cuota por servicios que se ofrece directamente a través del gobierno federal. A veces se le llama Medicare tradicional o Medicare de cuota por servicio. Bajo Medicare original, usted puede ir con cualquier médico y a cualquier hospital que acepte Medicare, en cualquier parte del país. Puede ir directamente al médico u hospital cuando necesite atención, lo cual quiere decir que no necesita obtener autorización de Medicare o una remisión de su médico de atención primaria para la mayoría de los servicios. En Medicare original, usted es responsable de pagar una prima mensual por la Parte B y, en algunos casos, una prima por la Parte A. Generalmente, usted paga un coseguro, o un porcentaje del costo total, por cada servicio que recibe, pero las personas con Medicare original tienen la opción de comprar un Medigap para ayudar a cubrir los costos de su propio bolsillo. Si desea tener cobertura de medicamentos recetados con Medicare original, en la mayoría de los casos, necesitará elegir e inscribirse en un plan independiente de medicamentos recetados de Medicare, también llamado plan de la Parte D. A menos que elija lo contrario, usted tendrá Medicare original cuando se inscriba en Medicare por primera vez.

Punto 2: Entienda los aspectos básicos de Medicare Advantage.

Los Planes Medicare Advantage, también conocidos como Parte C o planes MA, son planes que tienen un contrato con el gobierno federal para proporcionar beneficios de Medicare. Recuerde que usted sigue teniendo Medicare si se inscribe en un Plan MA. Esto quiere decir que usted todavía debe pagar una prima por la Parte B y, tal vez, por la Parte A, además de otras primas potenciales por el Plan MA. Los Planes MA deben cubrir todos los mismos servicios que Medicare original y, generalmente, incluyen cobertura de medicamentos recetados. En los Planes MA, usted generalmente tiene que ir con proveedores que sean parte de la red y área de servicio de su plan para pagar el costo más bajo por los servicios. En muchos planes, usted debe obtener autorización previa o una remisión de su proveedor de atención primaria para los servicios especializados, procedimientos y equipo médico

duradero. A menudo, tendrá que pagar copagos fijos por cada servicio o artículo que reciba. Estos costos varían según el plan. Los planes no pueden cobrar copagos o coseguros más altos que los de Medicare original por ciertos servicios, como quimioterapia y diálisis, pero pueden cobrar costos compartidos más altos por otros servicios. Todos los planes MA deben incluir un límite para los gastos de su propio bolsillo por los servicios de la Parte A y B, aunque estos límites suelen ser elevados. Algunos planes MA pueden ofrecer ciertos beneficios que Medicare no cubre, como atención dental y de la vista, o ciertos apoyos domiciliarios. Contacte directamente al plan para obtener información sobre sus costos, cobertura y cualquier beneficio adicional que pueda proporcionar.

Punto 3: Conozca qué debe tomar en cuenta al elegir entre Medicare original y Medicare Advantage.

Algunos de los factores importantes a considerar son:

Costos: ¿Por cuáles primas y costos de mi propio bolsillo seré responsable?

Seguro suplementario: ¿Tendré la opción de comprar una póliza de Medigap? Si tengo otra cobertura, como un plan para jubilados, ¿cómo funcionará con mi opción de cobertura de Medicare?

Acceso a proveedores: ¿Qué tipo de proveedores puedo ver? ¿Necesito ver a proveedores dentro de la red o conseguir remisiones? De ser así, ¿los médicos con quienes voy son parte de la red del plan?

Cobertura de medicamentos: ¿Está incluida la cobertura de medicamentos recetados o tendré que comprar un plan de la Parte D? ¿Cubre la cobertura de medicamentos los medicamentos que tomo?

Beneficios adicionales/suplementarios: ¿Están cubiertos los servicios adicionales, como la atención de la vista, del oído o dental?

Límite para los costos de su propio bolsillo: ¿Hay un límite anual para los costos de mi propio bolsillo?

Punto 4: Tenga cuidado con las infracciones de comercialización mientras compara planes.

Los representantes, agentes e intermediarios de los Planes Medicare Advantage y de la Parte D deben seguir los lineamientos federales al momento de promocionarle estos planes. Estos lineamientos lo protegen en contra de tácticas manipuladoras y engañosas de ventas e inscripción.



Events & Activities



Dealing With Dementia

Are you a FAMILY CAREGIVER?

Sign up today for a FREE workshop
Dealing with Dementia

This workshop will cover:

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time For you

Date: October 5th and 6th

Time: 10:00- 12:00

Location: Cache County Senior Center- Library



HALLOWEEN ACTIVITIES

Spooky Scavenger Hunt

October 13 @ 12:30



Pumpkin Carving (\$3; please RSVP)

October 24 @ 11:00



RSVP at the Front Desk!

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emailed to you.



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October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Broccoli Cheese Soup 1/2 Egg Salad Sandwich Peas & Carrots Diced Watermelon	3 Chefs Choice	4 Bacon Cheese Burger Broccoli Salad Oranges Apple Pie 	5 Chicken Pot Pie Mixed Vegetables Warm Spiced Applesauce 	6 Creamy White Chili Apple Salad Broccoli Cinnamon Roll
9  Senior Center Closed	10 Tuna Noodle Casserole Buttered Peas Melon Medley Pumpkin Snickerdoodle Cookie	11 Pesto Chicken Bake Wild Rice Pilaf Winter Blend Veggies Mixed Fruit	12 Beef Stroganoff Capri Vegetables Grape Salad Roll 	13 Creamy Cauliflower Soup Breadstick Mixed Fruit <i>Vegetarian meal</i>
16 Pumpkin Pie Oatmeal Sausage Patty V8 Juice Warm Peaches <i>Vegetarian meal</i>	17 Fish & Chips Coleslaw Pineapple Chunks 	18 Chefs Choice 	19 Pork Chop w/ Country Gravy Scalloped Potatoes Peas & Carrots Applesauce	20 Creamy Chicken Noodle Soup Green Salad Grapes Crackers Banana Cookie
23 Chicken Salad Croissant Sandwich Broccoli Salad Mixed Fruit Pumpkin Bars w/ Cream Cheese Frosting	24 Tuscan Tortellini Soup Italian Vegetables Peaches Slice of Bread	25 Biscuits & Gravy Crispy Bacon V8 Juice Pineapple w/ Cottage Cheese	26 Salisbury Steak Mashed Potatoes w/ Gravy Buttered Sun Kissed Carrots Applesauce	27 Cheesy Potato Soup Turkey Sandwich Buttered Corn Pears <i>Vegetarian meal</i>
30 Harvest Chicken Casserole Asparagus Orange Slices	31 Ghoulash Spooky Roots Candy Corn Cocktail Broomsticks Grave Yard Treat	<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.</p>		

Events & Activities

1950's
DINER
at the Senior Center

Milk Shakes,
Apple Pie,
and
Rock & Roll

Wed. Oct. 4
during lunch



C O M E
P L A Y
S C R A B B L E


Fridays at 11

at the Cache County Senior Center

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Publishers Clearing House deceived consumers about their sweepstakes contests, FTC says

By Alvaro Puig
Consumer Education Specialist
June 27, 2023



It's illegal for a company to tell someone to pay to enter a sweepstakes contest, or that buying something increases their odds of winning. You might not be surprised if a fly-by-night contest promoter deceived people by saying these things. But would you expect a well-known company that's been running sweepstakes for decades to deceive people?

The FTC says that Publishers Clearing House used language and designs on its website and in its email marketing that tricked consumers, including many older adults, into believing they had to buy things on the PCH website to enter a sweepstakes. Or that doing so would improve their chances of winning a prize.

Customers who did buy something on PCH.com were in for a few surprises. (And they didn't involve someone arriving at their door with a giant check and a TV crew). The FTC says

- PCH hid shipping and handling fees that added an average of 40% to customers' orders.

PCH's claims that orders were risk free were bunk. Customers had to pay the shipping costs to return merchandise.

As part of a settlement, PCH agreed to pay \$18.5 million to provide refunds, among other things. **Not every Publishers Clearing House customer will be eligible for a refund.** Learn more about PCH refunds.

If you're considering participating in a sweepstakes contest, here's what to know:

- Real sweepstakes are free and by chance. It's **illegal** to ask you to pay or buy something to enter.
- If you sign up for a contest, the promoters might sell your information to advertisers. If they do, you're likely to see targeted ads online and get more junk mail, telemarketing calls, and spam email.

Scammers try to trick you into believing you won a prize. Never share your financial information or pay fees, taxes, or customs duties to get a prize.

If you see a prize scam, report it to the FTC at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).

If someone calls you and asks to verify your Medicare number, for any reason, hang up. You will never need to verify your Medicare number. This is someone attempting to get your Medicare number, or your consent, to use your information for fraudulent reasons

Scammer:
"Are you sure you have your new Medicare card?
I need to verify the number matches my system."

SMP
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Preventing Medicare Fraud

SMPRESOURCE.ORG

877.808.2468
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Events & Activities



JOIN OUR SPECIAL GUESTS HOSTS FOR SPOOKY COOKING AND CRAFT CLASS THIS MONTH

10/10 @ 11am Cooking Class w/ Tori: Pumpkin Hand Pies \$2.00

10/11 @ 11am Craft Class with Jaycee Harrison: Halloween Crafts \$2.00

RSVP at the Front Desk

PLEASE JOIN US FOR A

THE WITCHES CONVENTION



A WITCHIN GOOD TIME: CRAFTS, GAMES, TREATS AND WITCH COSTUMES

OCTOBER 26 1:00 PM

RSVP AT FRONT DESK

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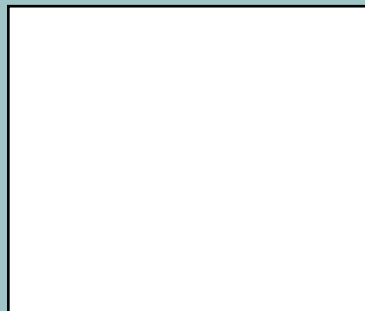
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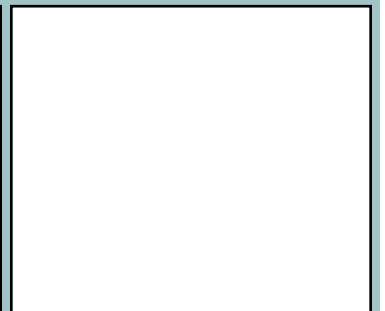
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- Carbon Monoxide



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Seven Tips for Aging Well

You've probably heard a lot about wellness in the past few years—from “wellness initiatives” in the workplace to fitness classes promising that they will “restore your wellness.” Healthcare plans emphasize wellness now too—Medicare covers an annual wellness visit as well as a variety of other preventive health services. But what exactly is wellness, and how can you implement it in your everyday life?

Wellness refers to the pursuit of a healthy, balanced lifestyle focused on both the mind and the body. Pursuing wellness also means following healthy aging strategies, and implementing lifestyle changes that can prevent diseases before they occur. According to the CDC, about half of all American adults have one or more chronic conditions (such as heart disease, stroke and obesity).

By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives. So what are some tried and true strategies for achieving wellness in your life? Check out our 7 tips below.

1. Eat right-For most adults this means at least 400 grams (5 portions) of fruits and vegetables a day, as well as five to eight 8-oz. glasses of water. It is also important to keep your sugar intake low and to avoid highly processed foods that contain lots of sugar, fat, and salt. Try using spices and fresh herbs for flavor in your favorite dishes (rather than extra butter or fried coatings) and consider swapping less healthy ingredients for their vegetarian version, such as zucchini noodles instead of regular pasta. To increase your water intake (and decrease sugar), try subbing homemade flavored water for soda. Just add whatever natural ingredients you like to your next glass of water, such as lemon juice, cucumbers, fresh mint/basil, or strawberries.

2. Stay active—in a way that's fun for you You're more likely to stick with an athletic activity that you actually enjoy, so consider walking with a friend, trying a group dance class, going for a hike, or anything else that appeals to you. You can start with just 10 minutes a day, and eventually try building towards 30 minutes or more of daily exercise. Every little bit helps.

3. Try meditation-Studies show that meditation may prevent mental deterioration, keeping your brain healthy as you age. Meditation is also a proven way to reduce stress and anxiety, leading to better overall health and quality of life.

4. Learn a new skill -Try learning a new skill that requires concentration, creative thinking and

memorization, like chess, crossword puzzles, or writing poetry. It's never too late to master that skill you always wanted to have—piano playing perhaps, or speaking French? Daily mental exercise helps you stay sharp and prevents cognitive decline.

5. Volunteer-Volunteering has been proven to boost happiness, and is also a great way to bond with friends and meet new people in your community (another proven factor in achieving wellness). Find a few hours a month and pick an activity that appeals to you and will keep you coming back.

6. Learn more about falls prevention-Every 15 seconds, an adult 50+ is treated in the emergency room for a fall. Falls are also a leading cause of fractures and traumatic brain injuries. Prevent falls and injury by removing loose carpets or throw rugs around your house. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms.

7. Don't forget the sunscreen!-Many people don't realize that your skin actually gets thinner and more susceptible to sunburn (and therefore skin cancer) as you age. Each year more than 3.5 million cases of skin cancer are diagnosed in the US, over 90 percent of which are caused by the sun's ultraviolet rays (UVR). Make sure to wear a high SPF sunscreen that protects against UVR rays, and always reapply every few hours.

<https://ncoa.org/age-well-planner/resource/seven-tips-for-aging-well>



Events & Activities

Field Trips

WITH THE CACHE COUNTY SENIOR CENTER

Hike the Highline Trail

05 October @ 10:00 | \$2



Archery with Common Ground

18 October @ 12:30 | \$7



The North Logan Pumpkin Walk

19 October @ 10:00 | \$2



RSVP and pay at the front desk

The Cache County Senior Center is partnering with



For **ART CLASSES**

The Fourth Wednesday of each Month at 11:00
This Month: Oct 25th
Spots limited, must sign up at front desk



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