

Photo by Mike Bullock



Wishing you a Merry Christmas!



As the holiday season approaches, I am filled with joy and gratitude for the wonderful community at our Senior Center. It is with great love that I extend warm wishes to you and your loved ones during this festive time.

I want to take a moment to express my sincere appreciation to each and every one of you for being an integral part of our Senior Center family. Your presence, participation, and vibrant spirits have contributed immensely to the warmth and sense of community that define our center. Whether you're a regular visitor or a newcomer, your presence adds a special touch to our gatherings, and we are truly grateful for your continued support.

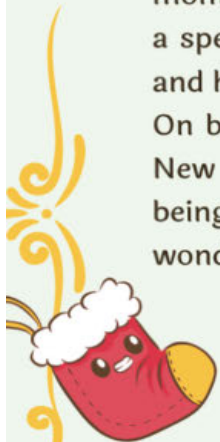


This Christmas, I also want to extend a heartfelt thank you to our dedicated and hardworking staff. Their commitment to creating a happy and welcoming environment for our seniors is truly commendable. From organizing engaging activities to providing compassionate care, the staff's contributions have made the Senior Center a place of joy, laughter, and companionship. Your tireless efforts do not go unnoticed, and we are fortunate to have such a dedicated team. As we come together to celebrate the holiday season, let us reflect on the moments of joy, friendship, and shared experiences that make our Senior Center a special place. May the spirit of Christmas fill your hearts with warmth, peace, and happiness.



On behalf of the entire Senior Center staff, I wish you a Merry Christmas and a New Year filled with love, good health, and cherished moments. Thank you for being a part of our Senior Center family, and we look forward to creating more wonderful memories together in the coming year.

Warmest regards,
Giselle Madrid
Senior Center Director



Message from Executive Zook

The Season of Gratitude and Giving

By David Zook, Cache County Executive

I love the holiday season. I love family traditions, beautiful decorations, moving music, delicious food, and fun festivities. But most of all, I love the spirit of the holiday season. I love how we are reminded to feel and express gratitude. I love how we feel more love, patience and charity toward one another. I love how we find ways to forgive and forget things that might have bothered us throughout the year. And I love how we find ways to serve and give to those in need.

Here in Cache County, there is so much to be grateful for. We are blessed to live in a gorgeous place supplied with bountiful water, farms, wildlife, greenery, mountain views and outdoor recreation. We live in one of the safest communities in the world. We have a vibrant economy with abundant opportunities for employment, education, arts and culture. And we are surrounded by good people who are willing to organize, donate, and volunteer to serve in our community. Something that has always impressed me about our community is the way people are so willing to use their time, talents and everything they have to serve and make our community the best it can be. The same entrepreneurial spirit that drives the creation of so many business

start-ups has also led to a variety of innovative and impressive charitable efforts and organizations here.

A new nonprofit called Paz Wellness was recently formed to help address our mental health crisis. CRIC is serving refugees and immigrants and helping them to achieve New American Dreams. The Food Pantry is feeding the hungry. Loaves and Fishes not only feeds, but also provides opportunities for social connections. Cache County Senior Center volunteers and staff are delivering Meals On Wheels to homebound older adults. The senior center also has programs for socialization and recreational interest. Older adults ages 60 plus are able to stop into the center for a nice lunch. Little Lambs helps new mothers and children and The Family Place provides a shelter for children when they face some of life's hardest challenges. CAPSA helps survivors of sexual and domestic violence to rebuild and restart. Service clubs like the Lions, Rotary and Kiwanis Clubs are helping with myriad projects to help young, aged and disabled residents here and abroad. Countless Relief Societies, youth groups, churches and their members find ways to minister to the cold, hungry, or downtrodden. Scouts and other students are collecting food. The Warming Center is providing shelter from Cache Valley's bitter winter cold. Nonprofits like the United Way and Cache Humanitarian Center are finding ways to support other charitable organizations and the people they serve. The veterans

center is serving those who served us all. And so many others are helping the disabled, the elderly, the poor and the sick. Meanwhile, several groups, like the Cache Community Connections, Cache Interagency Council, Suicide Prevention Coalition, and Unified Support Team are leveraging resources in collaborative ways to serve as teams.

I am so grateful for the good people in Cache Valley. Those who serve, those who give and those who use their talents to make life better for everyone here. In this holiday season, may we all find ways to express gratitude, help those in need, and help Cache County continue to be the best it can be. It's the Cache Valley Way.

Commodities & Food Boxes

Dec. 19th 12:45 PM–3:00PM

Commodities: Bagged Commodities will ONLY be available on Dec. 19th.

Food Boxes: You must pick up food boxes on Dec. 19th, if not you will have to wait until January 3rd.

If you need to speak with Marisol for Lunch & Activity reservations, etc. PLEASE CALL her direct line: 755-1728.

Christmas Dinner

Christmas Lunch at the Senior Center

DECEMBER 19TH, 12:00-1:00 PM

COME IN YOUR UGLIEST CHRISTMAS SWEATER

Santa will be visiting!

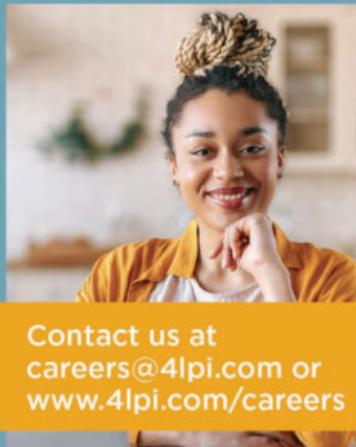


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Medicare

Dear Marci,

I recently enrolled in Original Medicare. I know that with Original Medicare, I can see most any provider. Will my costs be the same regardless of which provider I see? Or is there anything else I should consider to get the best costs for my care?

-Iris (Huntington, NY)
Dear Iris,

If you have Original Medicare, your Part B costs once you have met your deductible can vary depending on the type of provider you see. For cost purposes, there are three types of providers, meaning three different relationships a provider can have with Medicare. A provider's type determines how much you will pay for Part B-covered services.

Participating providers accept Medicare and always take assignment. Taking assignment means that the provider accepts Medicare's approved amount for health care services as full payment. These providers are required to submit a bill (also called filing a claim) to Medicare for care you receive. Medicare will process the bill and pay your provider directly for your care. If your provider does not file a claim for your care, there are troubleshooting steps to help resolve the problem. If you see a participating provider, you are responsible for paying a 20% coinsurance for Medicare-covered services. Certain providers, such as clinical social workers and physician assistants, must always take assignment if they accept Medicare.

Non-participating providers accept Medicare but do not agree to take assignment in all cases (they may on a case-by-case basis). This means that while non-participating providers have signed up to accept

Medicare insurance, they do not accept Medicare's approved amount for health care services as full payment. Non-participating providers can charge up to 15% more than Medicare's approved amount for the cost of services you receive (known as the limiting charge). This means you are responsible for up to 35% (20% coinsurance + 15% limiting charge) of Medicare's approved amount for covered services. Some states may restrict the limiting charge when you see non-participating providers. For example, New York State's limiting charge is set at 5%, instead of 15%, for most services. For more information, contact your State Health Insurance Assistance Program (SHIP).

Opt-out providers do not accept Medicare at all and have signed an agreement to be excluded from the Medicare program. This means they can charge whatever they want for services but must follow certain rules to do so. Medicare will not pay for care you receive from an opt-out provider (except in emergencies). You are responsible for the entire cost of your care. The provider must give you a private contract describing their charges and confirming that you understand you are responsible for the full cost of your care and that Medicare will not reimburse you. Opt-out providers do not bill Medicare for services you receive. Many psychiatrists opt out of Medicare.

Be sure to ask your provider if they are participating, non-participating, or opt-out. You can also check by using Medicare's Physician Compare tool.

-Marci

Health Tip

The first day of winter is this Thursday, December 21. Winter can be a beautiful time to enjoy with loved ones. It is also a time when cold weather, snow, and ice can create dangerous situations. FEMA gives us five tips to stay warm and safe this winter:

- **Keep an emergency kit in your vehicle.** This kit can include jumper cables, flares, an ice scraper, a car cell phone charger, blankets, map, food, water, and warm clothes.
- **Prepare your car for winter**, by having it checked by a mechanic and avoiding your gas from falling below half a tank.
- **Never use a generator inside the house.** It is also a good idea to install and test carbon monoxide alarms.
- **Keep heat in your home** by closing blinds, closing off unused rooms, and stuffing towels in cracks under doors.

Keep your body warm by layering, eating regularly, and drinking warm liquids.



Utah's Yellow Dot Program

Citizens and First Responders Working Together to Save Lives

Join us During Lunch
December 8th at 12:15

Have you thought about what the immediate aftermath of a serious crash might be? Would you be conscious? Able to speak? Able to tell first responders what medications you're taking, any special medical considerations and who to contact?

These considerations and the importance of administering the most effective care as quickly as possible to crash victims led to the creation of the Yellow Dot Program. This grant funded program through the highway safety office titled: Yellow Dot Program & Older Adult Driving Safety will help us prepare.



December Lunch Events

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

- Dec 01: Holiday Music by Mike Bailey
- Dec 05: Evolution of Earth's Climate System, with Loren
- Dec 06: Holiday Music by Marly
- Dec 08: Utah's Yellow Dot Program
- Dec 12: Learn & Learn: Polar (and other) Bears
- Dec 13: Holiday Meal, w/ music by Duane Brown
- Dec 19: Ugly Christmas Sweater Contest (Wear your UGLIEST sweater!)
There will be a visit from Santa!



NOW SHOWING

Movies every Tuesday *and* Thursday at 1pm

- Dec 05:** Elf
(2003, PG, 1h 37m)
- Dec 07:** The Preacher's Wife
(1996, PG, 2h 04m)
- Dec 12:** It's a Wonderful Life
(1946, PG, 2h 10m)
- Dec 14:** National Lampoon's Christmas Vacation
(1989, PG-13, 1h 37m)
- Dec 19:** White Christmas
(1954, NR, 2h 00m)



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December 2023

Monday

Tuesday

Wednesday

"Little Tree" by E.E. Cummings

*little silent Christmas tree
you are so little
you are more like a flower
who found you in the green forest
and were you very sorry to come away?
see i will comfort you
because you smell so sweetly i will kiss
your cool bark and hug you safe and tight
just as your mother would,*

*only don't be afraid look the spangles
that sleep all the year in a dark box
dreaming of being taken out and allowed
to shine, the balls the chains red and
gold the fluffy threads, put up your little
arms and i'll give them all to you to hold
every finger shall have its ring and there
won't be a single place dark or
unhappy...*



4

11:00 Bingo
12:30 Jeopardy
2:00 Knitting/Needlework Group

5

11:00 Sugar Cookie Decorating!
12:10 L&L: Evolution of Earth's Climate System w/ Loren
1:00 Movie: *Elf* (2003)

6

11:00 Craft: Wood Holiday Ornaments (\$2)
12:10 Holiday Music by Marly

11

11:00 Music Bingo: Holiday songs!
12:00-4:00 AARP Safe Driving
12:30 Jeopardy

12

10:00 Hot Cocoa & Storytime
12:10 Lunch & Learn: Learn about Polar (and other) Bears!
1:00 Movie: *It's a Wonderful Life* (1946)

13

10:30 Board Games w/ Jesse
12:10 Holiday Music with Duane Brown

18

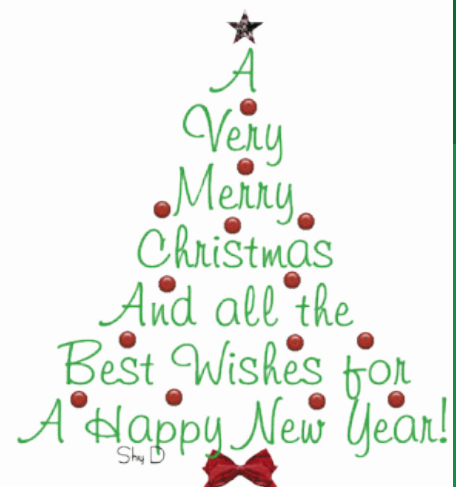
11:00 Bingo
12:30 Jeopardy—Holiday edition

19

11:00 White Elephant Gift Exchange
12:10 Ugly Sweater Contest! (and Santa visit!)
12:45-3:00 Commodities
1:00 Movie: *White Christmas* (1954)



Senior Center Closed for Holidays



December 2023

Thursday	Friday
	1 10:00 Sewing (\$2) 11:00 Cooking Class (\$2) 11:00 Blood Pressure 12:10 Holiday Music with Mike Bailey 1:00 Technology Assistance
7 10:00 Field Trip: Christmas Shopping! (\$3) 11:15 Card-Making with Brenda 1:00 Movie: <i>The Preacher's Wife</i> (1996)	8 10:00 Sewing (\$2) 11:30 Jewelry making class w/ Alyssa (\$5) 12:10 L&L: Utah's Yellow Dot Older Adult Safety Driving 1:00 Technology Assistance
14 9:00-12:00 Gift Wrapping 11:00 Poker 12:30 Craft & Chit Chat (\$2) 1:00 Movie: <i>National Lampoon's Christmas Vacation</i> (1989)	15 10:00 Sewing– Free Sew-No Cost 11:00 Gingerbread Houses! 11:00 Blood Pressure 1:00 Technology Assistance



Senior Center Closed for Holidays

Senior Center Closed for Holidays



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

FRAUD

How to identify elder fraud schemes

Fraudsters are inventive but unethical individuals, so they're willing to use all sorts of methods to exploit others. The first step to avoiding elder fraud abuse is to recognize the common types of financial schemes that target older adults.

Romance scams. These types of scams typically take place online. A con artist will assume a fake identity and reach out to you through a dating app or social media. Then, the trickster begins to build rapport with you, sharing fictional details about their situation and asking questions about your life. They'll pretend to share common interests with you to further build trust. If you suggest meeting in person, the con artist will likely offer an excuse, such as being out of town. At some point during your interactions, they will find a way to ask for financial aid. They might say they're experiencing a health emergency or some other type of crisis.

Tech support fraud. Tech support scammers try to pull in people with deceptive phone calls, emails, text messages, or online pop-up windows. They'll tell you there's a security flaw or some sort of problem with your computer and offer to help you fix it. Then, they'll ask you to send them personal information, payments, or grant them remote access to your computer.

Grandparent scams. Some swindlers take a more personal approach and pose as your grandchildren or other family members. They often call their targets and ask for financial assistance to get out of dire situations such as legal trouble. These scammers research their targets, so they're able to use family names and personal information to earn your trust.

Government impersonation schemes. Some fraudsters pretend to represent government agencies such as Medicare, the IRS, or the Social Security Administration (SSA). They reach out via phone calls, emails, or text messages that claim you owe the government money or need to offer personal information. These

con artists might use threats of fines or jail time to compel you to take immediate action.

Fake prize scams. Scammers may contact you and claim that you've won a prize in a contest or lottery. They'll say you need to provide personal information or send money to cover the cost of "shipping." Sometimes these scammers even send you a fake check and request that you send funds back to them.

Home repair fraud. These swindlers come to your home or call to offer repair services, such as new window installation or a bathroom renovation. In some cases, they ask for upfront payment or try to lure you into signing a loan that's part of the scheme. Once they've secured payment, they leave without actually doing any work.

Investment scams. Some fraudsters offer to help you make money through real estate investment seminars and coaching programs. Their typical pitch is that you can make a fortune by using their "proven" and "risk-free" strategies. They might even use fake testimonials and reviews to earn your trust. Of course, their phony offers will require you to make some kind of investment.

Caregiver financial elder fraud. Not all swindlers are strangers. Sometimes trusted family members or caregivers find ways to financially exploit older individuals. These might involve anything from taking cash directly from your purse to asking you for money to cover fictional expenses.

INTRODUCING OUR NEW SEWING INSTRUCTOR!

Michelle Arnold

For the Month of December, we will be making pillowcases for Christmas presents. The center has material but if you want to provide your own material please bring 2 yards of fabric in two different patterns or coordinating colors.

EVERY FRIDAY FROM 10AM TO 11AM

\$2.00 FILL OUT THE ACTIVITY SIGN-UP SHEET ON THE BACK OF THE NEWSLETTER, RETURN AND PAY THE FRONT DESK TO RESERVE A SPOT.



Holiday Activities

CHRISTMAS SHOPPING TRIP

We'll be visiting local stores together to help you with your holiday shopping.

Stops may include LazyOne (pajamas), All About Socks, and the Gossner cheese store.

THURS, DEC 7TH @10AM

\$3 transportation fee

To RSVP Fill out the Activity Sign-Up Sheet on the back of the newsletter return and pay the front desk.



GIFT
wrapping

Allow us to HELP YOU wrap your gifts for your loved ones!

Santa's helpers will even provide the wrapping paper

Thursday, Dec 14th, 9am-noon

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December 2022

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 to the direct line of the front desk: 755-1720 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> <p>**Menu is subject to change***</p>				<p>1</p> <p>Sweet & Sour Chicken Fried Rice Stir Fry Veggies Pineapple Fortune Cookie</p>
<p>4</p> <p>French Dip Roasted Zucchini Spiced Apricots Cookie</p>	<p>5</p> <p>Butternut Squash Soup Croissant Turkey Sandwich Mixed Fruit</p>	<p>6</p> <p>Chicken Pesto Bake Capri Vegetables Mixed Fruit Sliced Bread</p>	<p>7</p> <p>Sloppy Joes Carrot Salad Fruit Chips</p>	<p>8</p> <p>Polynesian Meat Balls Rice Pilaf California Blend Vegetables Fruit</p>
<p>11</p> <p>Chicken Taco Soup Fire Roasted Corn Spiced Peaches Slice of Bread</p>	<p>12</p> <p>Chefs Choice</p>	<p>13</p> <p>Pot Roast Scalloped Potatoes Roasted Carrots Mixed Fruit Peach Cobbler</p>	<p>14</p> <p>Hot Dog Baked Beans Cole Slaw Mixed Fruit</p>	<p>15</p> <p>Chicken Stuffing Bake Green Beans Mixed Fruit Wheat Roll</p>
<p>18</p> <p>Creamy Ham & Peas Casserole Sun Kissed Carrots Pears</p>	<p>19</p> <p>Honey Pineapple Baked Ham Whipped Yams Winter Vegetables Dinner Roll Spiced Cake</p>	 <p>Senior Center Closed for Holidays</p>		
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>Senior Center Closed for Holidays</p> </div>   </div>				

Holiday Activities

Come decorate with us!

Sugar Cookies & Gingerbread Houses

Sugar Cookies: Tue, Dec 5th @ 11am

Gingerbread Houses: Fri, Dec 15th @ 11am



HOT COCOA & STORYTIME

TUES, DEC 12TH @ 10AM

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Mantente Saludable en el Invierno

por: Jessica Migala, AARP, 28 de octubre de 2022

Si hay algo en lo que podemos estar todos de acuerdo es que los casi tres años de convivencia con la pandemia nos han dejado hartos de las enfermedades. Pero con la misma certeza con que después del otoño llega el invierno, la temporada de los virus pronto estará con nosotros. Las variantes de COVID-19 ahora son más numerosas que las victorias de Tom Brady en el Super Bowl, el último modelo de la gripe acaba de debutar y hay más de 200 virus al acecho capaces de causar el resfrío común.

Pero hay un factor positivo: tú tienes el poder de reducir considerablemente el riesgo de enfermarte.

Lo importante es comenzar a tomar hoy las precauciones que necesitas para reducir el riesgo de contraer un resfrío, una gripe o COVID, y pasar el invierno con salud y a salvo. Por eso es que convocamos a los expertos y les pedimos que respondieran algunas de las preguntas más comunes.

La COVID parece ser mucho más leve ahora.

¿Todavía debo preocuparme? Sí. Aunque la gran mayoría de las personas del país han tenido COVID al menos una vez, el virus causante de la enfermedad —el SARS-CoV-2— continúa evolucionando y mutando, y miles de personas ingresan cada día al hospital por su causa.

Nadie sabe exactamente hacia dónde se dirige este virus, dice el Dr. Panagis Galiatsatos, profesor adjunto de Medicina Pulmonar y de Atención Crítica en la Facultad de Medicina de Johns Hopkins. Él predice que habrá más casos a medida que bajen las temperaturas, con una posible ola de otra subvariante de la variante ómicron.

Ya sabemos que el sistema inmunitario se debilita con la edad, lo que aumenta la vulnerabilidad a las infecciones y prolonga el tiempo de recuperación. Más del 75% de las muertes por COVID correspondieron a personas mayores de 65 años, y el riesgo aumenta si existen trastornos médicos subyacentes. Pero hay otro factor que debemos tener en cuenta: una recuperación prolongada —y el tiempo en cama que puede requerir— aumenta el riesgo de una serie de complicaciones, desde pérdida de masa muscular y fuerza hasta inmovilidad prolongada y caídas, lo que podría ser el comienzo de una espiral descendente. Eso se aplica a la COVID, a la gripe y hasta al resfrío común.

¿Debería aplicarme el nuevo refuerzo contra la COVID? De ser así, ¿cuándo?

Para las personas mayores de 65 años, estar al día con las vacunas reduce en un 94% la probabilidad de acabar en el hospital. Por eso, sí, deberías aplicarte el refuerzo. Y este es el momento perfecto para hacerlo, suponiendo que ya has recibido la dosis inicial. El refuerzo más reciente ataca las subvariantes más contagiosas de ómicron, por lo que agregarlo a tus vacunas anteriores es como colocarte una armadura de inmunidad completa. Y como también esta es la época del año para vacunarte contra la gripe, puedes combinar ambas vacunas en una sola cita.

Estoy saliendo de una infección de COVID. ¿Debo esperar para aplicarme el refuerzo? Sí. Según los Centros para el Control y la Prevención de Enfermedades (CDC), deberías esperar tres meses desde la aparición de los síntomas (o de una prueba positiva) para aplicarte el refuerzo. Eso le da tiempo al sistema inmunitario a reconfigurar sus propias defensas naturales antes de agregarle la protección adicional de la vacuna. (Si experimentas el efecto rebote de COVID, espera tres meses desde el retorno de los síntomas o desde una prueba positiva).

Sin embargo, si tienes alguna enfermedad crónica del hígado o de los pulmones, diabetes, problemas cardíacos u otros trastornos de salud que aumentan tu riesgo, consulta a tu médico sobre el momento de vacunarte, dice el Dr. Cameron Wolfe, especialista en Enfermedades Infecciosas en la Facultad de Medicina de Duke University.

Ya tuve COVID una vez. ¿Eso reduce la probabilidad de volver a contagiarme?

No totalmente. Piensa en la COVID como en un resfrío común muy potente. Contraerlo una vez no significa que no puedes enfermarte de nuevo. “El virus cambia tanto con el tiempo que la respuesta inmunitaria que creaste contra una versión es suficiente para protegerte contra la enfermedad grave, pero no contra una nueva infección”, dice el Dr. Steven Lawrence, especialista en Enfermedades Infecciosas de Washington University en Barnes-Jewish Hospital. Y cada nueva infección trae un nuevo riesgo de complicaciones, incluida la COVID prolongada.

Holiday Activities

YOU ARE INVITED TO
OUR
HOLIDAY
Gift Exchange

11am-12pm | Tue Dec. 19th

Bring a wrapped new or used gift from home to exchange (no buying allowed!)



UGLY SWEATER CONTEST DEC 19TH

With Santa!

Join us in sporting your ugliest sweater, Winners will be announced at lunch!

Holiday fun on our last day open in 2023!



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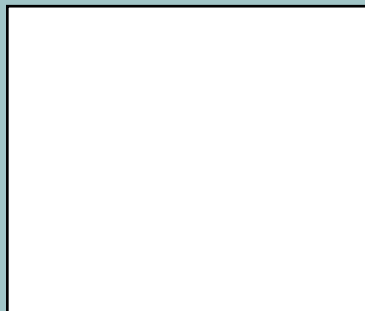


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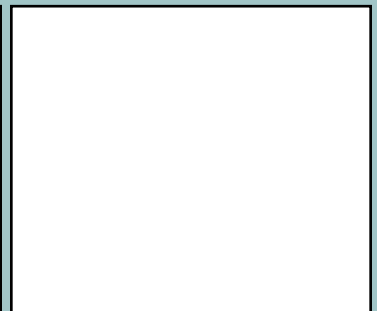
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Health and Wellness

Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.

Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.

Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.

When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.

Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.

Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.



Join us!
CREATIVE AGING
Clay Hand-building Class
2024

\$15
Registration Fee

Discover your creative talents in art-making classes designed for older adults! Participants learn through a series of six 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

Mondays:
January 8, 22,
29, and
February 5, 12,
26,
10 am-noon

Showcase:
March 4th at
NEHMA
10 am

The poster features an illustration of hands rolling a piece of clay on a pottery wheel. A photograph in the bottom right corner shows two people working at a pottery wheel in a workshop setting.

NHM Nora Eccles Harrison Museum of Art
Utah State University

In conjunction with: Cache County

Funded by: LOGAN

New Classes

We Are Excited to Announce the
Return of



Knitting and Needlework Group

The first Monday of each
month,
2pm-4pm

Bring your own projects that you are
working on and come knit and visit



JEWELRY *With Alyssa*

COME AND LEARN HOW TO
MAKE HAND-CRAFTED
JEWELRY JUST IN TIME FOR
CHRISTMAS!

\$5.00 Fill out the Activity Sign-Up
Sheet on the back of the newsletter
return and pay the front desk to
reserve a spot.

NEVER MISS OUR NEWSLETTER!

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Have our
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North Logan*

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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**



Activity Sign up Sheet- December 2023

As we work to make the procedures at the front office more efficient you will now be asked to fill out this activity sheet prior to paying for activities. This will help us tremendously as we process receipts. We appreciate your help in this endeavor.

Please place a "X" in the left column and place the dollar amount or N/C (No Cost) in the right column for each activity that you would like to participate in.

The day that the newsletter is available for all patrons is when you will be able to sign up for activities. Please note: The senior center will no longer be able to offer refunds. You can transfer funds to another activity.

X	Date	Activity	Time	Cost	Total
	Friday, Dec., 1	Sewing Class: Pillow Cases	10:00 am	\$2.00	
	Friday, Dec. 1	Cooking Class	11:00 am	\$2.00	
	Tues., Dec. 5	Sugar Cookie Decorating	11:00 am	N/C	
	Wed., Dec. 6	Craft: Wood Holiday Ornaments	11:00 am	\$2.00	
	Thurs., Dec 7	Field Trip: Christmas Shopping	10:00 am	\$3.00	
	Fri., Dec 8	Sewing Class: Pillow Cases	10:00 am	\$2.00	
	Fri., Dec 8	Jewelry Making Class	11:00	\$5.00	
	Thurs., Dec. 14	Craft & Chit Chat	12:30 pm	\$2.00	
	Thurs., Dec. 14	Gift Wrapping	9:00 am–12:00pm	N/C	
	Friday, Dec. 15	Sewing Class: Free Sewing	10:00 am	N/C	
	Friday, Dec. 15	Decorating Gingerbread Houses	11:00 am	N/C	

Office Use Only

Paid: Cash Check Credit Card

Processed by: _____

Date: _____

Total :

Name: _____

Phone Number: _____