

Cache County Senior Center

April 2024

Photo by Mike Bullock

We bid farewell to the chilly days of winter and embrace the warmth and vitality of spring. Spring is a time of renewal, growth, and rejuvenation, and we are excited to embark on this journey with you.

With the changing season comes a plethora of exciting events and activities planned. Here's a glimpse of what you can look forward to:

Outdoor Excursions: As the weather warms up, we'll be organizing outdoor excursions to explore our surrounding. Whether it's a leisurely nature walk, a trip to the new library, or a day at a park to play pickle ball, you'll have the opportunity to soak in the sights and sounds of springtime.

One of the latest additions to our roster: an upcoming Ukulele Class! Ukulele Class promises to be a delightful journey into the world of music and creativity. Whether you're a seasoned musician or have never picked up an instrument before, this class is designed to cater to individuals of all skill levels and backgrounds.

Are you ready to unleash your inner fashion designer or master the art of crafting beautiful textiles? Our Sewing Class series, beginning April 5th through May 10th, offers the perfect opportunity to explore the timeless art of sewing in a fun and supportive environment. Under the guidance of our talented instructors, Michelle and Beverly, the Sewing series will cover a range of techniques and projects suitable for all skill levels.

This series will cover quilt blocks and the different patterns. To reserve your spot in the this sewing series, simply register by visiting the front desk. Space is limited to 7 participants, so be sure to sign up early to secure your spot.

Save the date for our upcoming class in May. We are excited to announce that we will have a Karate Class on May 7th and May 21st at 9am. Also if you have been wanting to learn to paint, an acrylic paint class will be

taught in May. The class will cost \$35 with all materials provided. Be sure to look for more information in the May calendar.

These are just a few highlights of what's in store for you at the Senior Center this spring. Be sure to check our calendar of events regularly for updates and additional activities.

As always, your feedback and suggestions are invaluable to us, so please don't hesitate to reach out to our friendly staff if you have any ideas or requests for future activities.

Best,
Giselle Madrid, Senior Center, Director

Are you new to the center and wonder what goes on behind the doors of our bustling Senior Center? Are you curious to learn more about the diverse range of activities and services we offer to our cherished community members? If so, we invite you to join us for a guided tour.

Led by our staff members, the tours provide a fantastic opportunity for newcomers to learn about our facility, learn about our programs, and discover the many ways in which you can get involved and enrich your life.

Tour times are M-F: 2:00 pm—3:00 pm

Good Things To Eat

Easy Skillet Chicken Primavera

Great served over noodles, spaetzle, mashed potatoes, or rice!

Ingredients

- 1/2 cup all-purpose flour
- 1 tablespoon dried parsley
- 1 teaspoon dried basil
- 1 1/2 pounds skinless, boneless chicken breasts, cut into strips
- 1/4 cup extra-virgin olive oil
- 1 tablespoon minced garlic
- 2 1/4 cups low-sodium chicken stock
- 1 cup frozen mixed vegetables
- 1 pint grape tomatoes, halved
- 1 bunch green onions, diagonally sliced
- 1 medium zucchini, quartered and sliced
- 2 tablespoons sun-dried tomato pesto
- Salt and ground black pepper to taste



Instructions

Whisk together flour, parsley, and basil in a medium bowl. Add chicken strips and toss until well coated.

Heat olive oil in a large skillet over medium heat. Add chicken and cook, turning occasionally, until lightly browned on the outside and no longer pink, about 10 minutes. Add garlic and cook for 1 minute.

Add chicken stock, mixed vegetables, grape tomatoes, green onions, zucchini, and pesto. Cook stirring occasionally, until heated through, about 10 minutes.

Commodities

April 16th 12:45pm-3pm

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

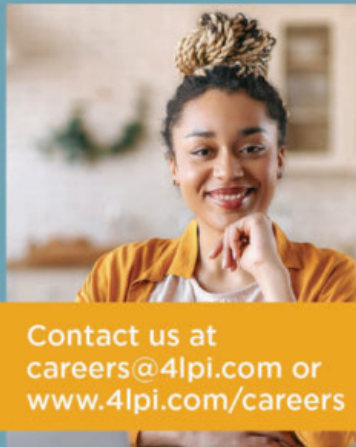
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Medicare Why do my drug costs change throughout the year?



Dear Marci

Dear Marci,

Dear Marci,

The cost of my medications at the pharmacy has suddenly changed even though I have the same drug plan. What could have caused this?

Juan (Los Angeles, CA)

Dear Juan,

Good question! Drug costs can change throughout the year depending on which phase of Part D drug coverage you're in. You should know that there are four different phases of Part D coverage:

Deductible Period

You're in this period until you meet your deductible for the year. Until then, your drugs will cost the full negotiated price. Keep in mind that deductible amounts will vary by plan.

Initial Coverage Period

Once you meet your deductible, your plan will help pay for your drug costs. You'll have a co-payment and co-insurance determined by your specific plan.

Coverage Gap (aka the Donut Hole)

When you and your plan's payments towards drug costs have reached a predetermined limit (\$5,030 for 2024), you become responsible for paying 25% of the cost of your medications.

Catastrophic Coverage

You enter this period after you reach \$8,000

in out-of-pocket costs for your covered drugs. Good news for 2024: in the catastrophic coverage phase, you'll have no cost-sharing for the remainder of the year.

Out of pocket costs that count towards this limit include your deductible; payments during the initial coverage period; almost the full cost of brand-name drugs during the coverage gap; payments made by others on your behalf (family, charities, etc.); and payments made by State Pharmaceutical Assistance Programs (SPAPs), AIDS Drug Assistance Programs, and the Indian Health Service.

Costs that don't help you reach catastrophic coverage include your premiums, plan contributions towards drug costs, the cost of non-covered drugs, the cost of covered drugs from out-of-network pharmacies, and the 75% generic discount.

A few things to keep in mind:

Your plan should track your out-of-pocket spending and include this amount in your monthly statements.

As of 2025, the out-of-pocket maximum for covered drugs will be \$2,000 and there will be no coverage gap.

Your local State Health Insurance Assistance Program can help you determine if you're eligible for programs to help lower your drug costs.

I hope that clarifies things!

-Maci

Lunch Series | Movies

April 2024

Lunch & Learn Series & Entertainment

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

- Apr 03: Lunch music - Todd Milovich
- Apr 08: Nutrition w/ Jenna/USU Extension- Cooking Demo at 1:00 pm
- Apr 10: Garden Tips - Anderson's Seed & Garden
- Apr 11: The Falling Solution with Tim
- Apr 22: Celebrating the Earth
- Apr 23: Basic Gardening Q&A with USU Extension



Movies every Tuesday at 1pm

Apr 02: *The Lucky One*

(2012, PG-13, 1h 41m)

Apr 09: *Show Boat*

(1951, NR, 1h 48m)

Apr 16: *Hachi: A Dog's Tale*

(2009, G, 1h 33m)

Apr 23: *What the Health*

(2017, NR, 1h 37m)


Apr 30: *The Marvels*

(2023, PG-13, 1h 45m)

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April 2024

Monday	Tuesday	Wednesday
<p>1</p> <p>10:00 Beginner Ukulele Class 11:00 Bingo 2:00 Knitting Group</p> <p>April Fools Day!</p>	<p>2</p> <p>11:00 Socialization & Mind Fitness 1:00 Movie: <i>The Lucky One</i> (2012)</p> 	<p>3</p> <p>12:10 Lunch Music: Todd Milovich 1:00 Field Trip: Tour the new Logan Library (\$2)</p>
<p>8</p> <p>10:00 Beginner Ukulele Class 11:00 Music Bingo 12:00 AARP Safe Driving 12:10 L&L: Nutrition with Jenna 1:00 Cooking Demo with Jenna</p>	<p>9</p> <p>11:00 Socialization & Mind Fitness 1:00 Movie: <i>Show Boat</i> (1951)</p>	<p>10</p> <p>10:30 Thriving with Hearing Loss (1 of 6)</p> <p>11:00 Technology Class: Cell Phone 101 12:10 L&L: Anderson's Seed & Garden</p>
<p>15 Tax Day</p> <p>10:00 Beginner Ukulele Class 11:00 Bingo</p>	<p>16</p> <p>11:00 Socialization & Mind Fitness 12:45-3:00 Commodities 1:00 Movie: <i>Hachi: A Dog's Tale</i> (2009)</p>	<p>17</p> <p>9:30 Field Trip: Pickleball (\$2) 10:30 Thriving with Hearing Loss (2 of 6) 1:00 Craft (\$2)</p>
<p>22 Earth Day</p> <p>10:00 Beginner Ukulele Class 11:00 Bingo 12:10 L&L: Celebrating the Earth</p>	<p>23</p> <p>11:00 Socialization & Mind Fitness 12:10 L&L: Basic Gardening Q&A, USU Extension 1:00 Movie: <i>What the Health</i> (2017)</p>	<p>24</p> <p>10:00 Field Trip: Hike—Logan River Trail (\$2) 10:30 Thriving with Hearing Loss (3 of 6) 2:15 Book Club: Flowers of the Killer Moon</p>
<p>29</p> <p>10:00 Beginner Ukulele Class 11:00 Bingo</p> 	<p>30</p> <p>11:00 Socialization & Mind Fitness 1:00 Movie: <i>The Marvels</i> (2023)</p>	

April 2024

Thursday	Friday
4 11:15 Card-making w/ Brenda 1:00 Game: Dungeons & Dragons	5 10:30 Sewing (1 of 6, \$10) 11:00 Card/Board Games 11:00 Blood Pressure 1:00 Technology Assistance
11 11:30 Out to Lunch Bunch: The Crêpery 12:10 L&L: The Falling Solution with Tim 1:00 TED Talk: <i>How great leaders inspire action</i>	12 10:30 Sewing (2 of 6) 11:00 Card/Board Games 11:00 Wii Bowling 1:00 Technology Assistance
18 11:00 Poker 1:00 Game: Dungeons & Dragons	19 10:30 Sewing (3 of 6) 11:00 Music-making with Boomwhackers 11:00 Blood Pressure 1:00 Technology Assistance
25 11:00 Cooking Class w/ Tori (\$3) 12:30 Craft & Chit Chat (\$3) 	26 10:30 Sewing (4 of 6) 11:00 Card/Board Games 11:00 Wii Bowling 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
2:00-3:00 Tours

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
10:30 Sewing
11:00 Scrabble
1:00 Tai Chi
1:00 Tech Assistance
2:15 Mindfulness Group

Scams That Senior Medicare Patrols Are Seeing Now



A new round of COVID fraud

During the height of COVID-19, criminals offered free coronavirus tests as a way to gather people's Medicare numbers and other personal information and file fake claims in their name.

"Somebody calls unsolicited, offering to send a COVID test," says Tiffany Erhard, New York state Senior Medicare Patrol director. "They aren't sending real tests, but they're billing as if they are, and they're taking the person's information to use it unscrupulously or sell it."

After a major investigation, the Department of Health and Human Services Office of Inspector General charged 18 defendants in nine federal districts across the U.S. for making more than \$490 million in COVID-related false billings.

The scam died down but resurfaced near the end of the public health emergency, which officially expired May 11, 2023. Senior Medicare Patrols reported seven COVID complaints in January 2023, then suddenly had 72 in April.

"They're using the end of the public health emergency to try to get personal information and Medicare numbers," says Director Rebecca Kinney of the Administration for Community Living's office of health care information and counseling. Her division of the U.S. Department of Health and Human Services (HHS) finances the Senior Medicare Patrol program.

Bills for diabetes supplies

Volunteers in the Lone Star State report an increase in diabetes supply scams, says Diane Nguyen, program director for the Texas Senior Medicare Patrol. Claims for continuous glucose monitoring devices are showing up on Medicare summary notices for people who don't have diabetes and didn't receive the device, she says. The scammers charge Medicare. "The only reason we are seeing these cases is that people are checking their Medicare summary notices," Nguyen says.

Flimsy medical equipment

This is a long-standing Medicare problem. Con artists offer you a knee brace or other medical equipment if you give them your Medicare number. You'll get a cheap brace in the mail that you could have purchased at a drugstore, or you might receive no brace at all.

The criminals charge Medicare for an expensive brace and make other unauthorized charges with your number. In 2019, Senior Medicare Patrol volunteers helped uncover an international fraud ring that had charged Medicare \$1.2 billion in false durable medical equipment claims.

Bogus genetic testing

Even though the Senior Medicare Patrol helped uncover a \$2.1 billion genetic testing scam, phony pitches are still an issue.

Someone at a health fair might offer to swab your cheek and test the sample to determine whether you have a genetic propensity for cancer. You need to give your Medicare number to cover the test, the con artist says.

Continued on pg. 14

Field Trips

Pickleball

Field Trip

Wed, Apr 17th

Leaving the Center
at 9:30 AM

\$2
Bus Fee

Spots limited,
RSVP with
payment and
the activity
sign-up sheet
in the back of
the newsletter.

Let's Go Walking!

Join us for a guided nature walk along the Logan River Trail with Jesse, our staff ecologist

Wednesday, April 24th, leaving from the senior center at 10am. \$2 bus fee

RSVP with payment and
the activity sign-up
sheet in the back of the
newsletter



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April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Chicken Salad Mandarin Oranges Cookie	2 Beef Stroganoff Green Beans Mixed Fruit Whole Wheat Roll	3 Tuna Sandwiches Carrot Sticks Cottage Cheese & Pineapple Chips	4 Veggie Pizza Roasted Parmesan Italian Vegetables Fresh Fruit	5 Salisbury Steak Mashed Potatoes & Gravy Sun-Shine Carrots Mixed Fruit
8 Omelet Sausage Grapes Pumpkin Muffin V8	9 Chef's Choice 	10 Shepherd's Pie Shredded Brussel Sprouts Fruit	11 Ribs Mac & Cheese Broccoli Salad Fruit 	12 Crispy Chicken Tenders Mashed Potatoes and Gravy Corn Fresh Fruit Apricot Crisp
15 Beef & Barley Soup Buttered Corn Melon Cup Wheat Roll	16 Chicken Tetrazzini Peas & Carrots Diced Pineapple Sliced Bread 	17 Sweet & Sour Meatballs Brown Rice Roasted Vegetables Fresh Fruit Egg Roll	18 Veggie Lasagna Italian Veggies Peaches Garlic Toast	19 Cod Brown Rice Vegetables Tropical Fruit
22 Turkey Burger Coleslaw Orange Slices Chips 	23 Chicken Swiss Bake Rice Pilaf Peas Fruit	24 Philly Cheesesteak Macaroni Salad Cucumbers & Tomatoes Ambrosia Salad	25 Chicken Pot Pie Sun Kissed Carrots Spiced Applesauce 	26 Creamy White Chili Green Beans Spiced Pears Roll
29 Salmon Brown Rice Roasted Broccoli Fruit	30 Chef's Choice 	<p>For those 60+ and their spouse the suggested donation is \$4.00. Don't forget to call in by 3:00 p.m. the day before 755-1720. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.</p>		

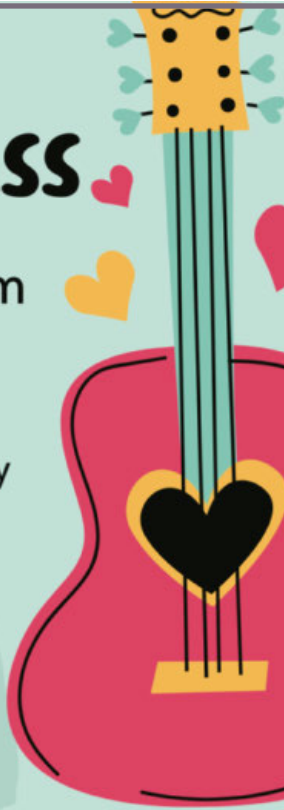
New Classes

BEGINNER UKULELE CLASS

Mondays at 10am

If you have a ukulele, please bring it. If you don't have one we will try to provide one.

PLEASE RSVP at the front desk to reserve your spot!



NEW

SEWING CLASS SERIES:

DURATION: 6 WEEKS

PROJECT: QUILT BLOCKS

PRICE: \$10.00

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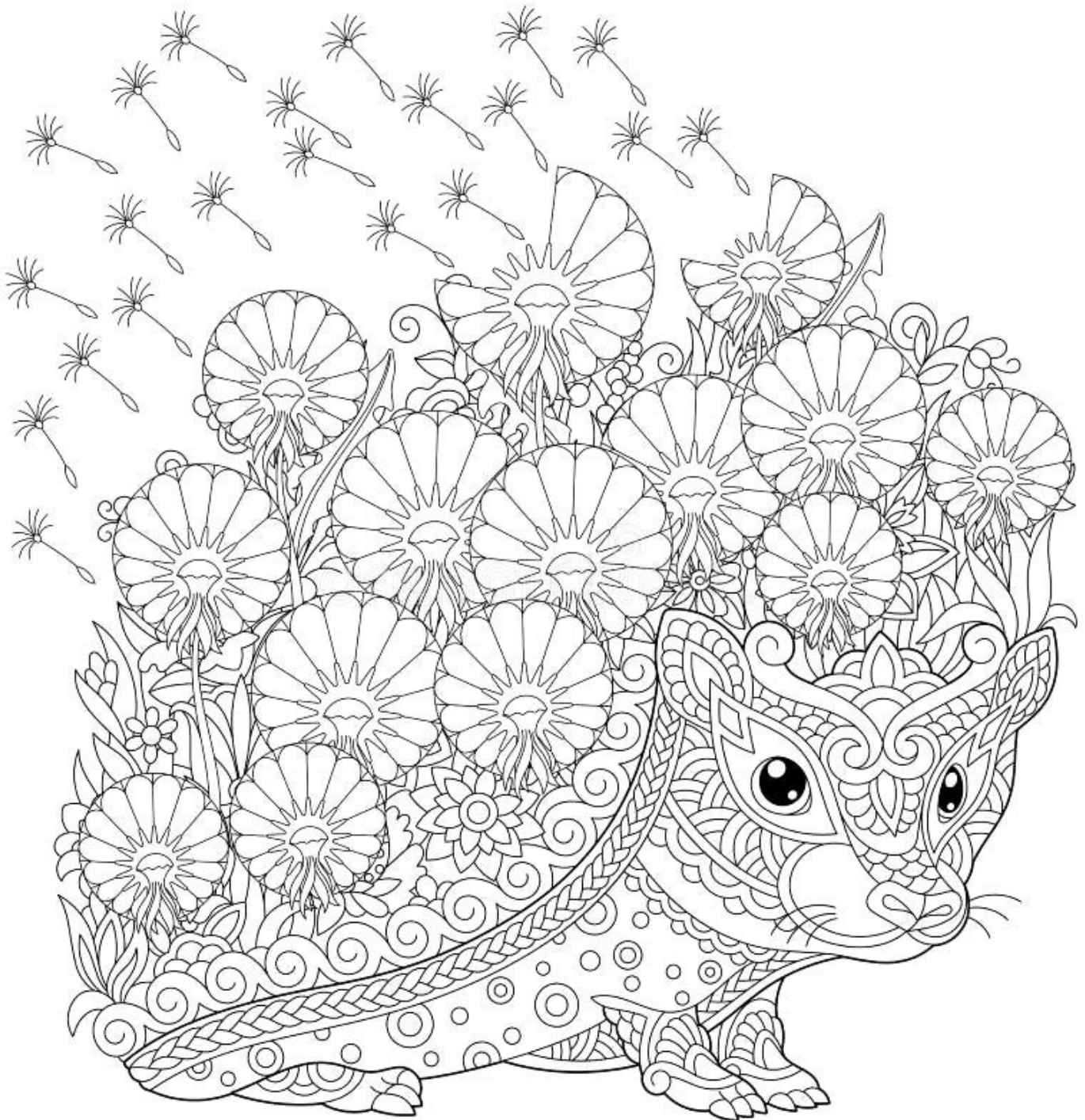
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Events

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

The Crêperie

Thursday, April 11th

Leaving the center at 11:30am

\$2 bus fee | To RSVP Fill out the Activity
Sign-Up Sheet on the back of the newsletter,
return and pay at the front desk.



Field Trip!

Come tour the new Logan Library!

Wednesday, April 3rd

Leaving from the center at 1pm

\$2. RSVP with payment and the
activity sign-up sheet in the back of
the newsletter



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Fraud

Scams That Senior Medicare Patrols Are Seeing Now

Continued from pg. 8

In reality, Medicare rarely covers genetic testing. Scammers use the ploy to get your Medicare number and make all sorts of fraudulent charges in your name.

“Many times, they would not get the test [results] at all,” Maria Alvarez, executive director of New York Statewide Senior Action Council, says of Medicare beneficiaries. The nonprofit runs New York’s Senior Medicare Patrol program. “They [the scammers] would just discard the swabs and use the Medicare number.”

Hospice Fraud

Much like a 2021 California case, scammers enroll people who aren’t terminally ill in hospice without their knowledge. The Medicare beneficiaries instead may believe they are signing up for extra benefits programs, such as home cleaning, in-home nurse visits or a shower chair.

“They have a doctor that works with them and is ‘diagnosing people’ and sending paperwork to Medicare and claiming thousands of dollars that Medicare pays for in hospice,” says Carolina Oehler, the Senior Medicare Patrol liaison for the Kern County Aging & Adult Services Department in California.

The criminals receive payment from Medicare for hospice services never delivered. The Medicare beneficiary has legitimate nonhospice claims denied.

Telemedicine Sessions

“You may get a call from somebody who is trying to sell you something, and then you’ll get billed for a telehealth consult,” says Jean Stone, a 40-year Centers for Medicare & Medicaid Services employee who in retirement is a New York Senior Medicare Patrol volunteer.

Sometimes the fraud is tied to fake genetic testing or flimsy medical equipment, and the criminals will add a telemedicine appointment to the Medicare bill.

Caregiver Information

Maintain Familiar Routines

Change can be difficult for a person with Alzheimer’s disease. Maintaining familiar routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person’s preferences.

Try these tips:

View mealtimes as opportunities for social interaction. A warm and happy tone of voice can set the mood.

Be patient and give the person enough time to finish the meal.

Respect personal, cultural, and religious food preferences, such as eating tortillas instead of bread or avoiding pork.

If the person has always eaten meals at specific times, continue to serve meals at those times.

Serve meals in a consistent, familiar place and way whenever possible.

Avoid new routines, such as serving breakfast to a person who has never routinely eaten breakfast.

As Alzheimer’s progresses, familiar routines and food choices may need to be adapted to meet the person’s changing needs. For example, a family custom of serving appetizers before dinner can be preserved, but higher-calorie items might be offered to help maintain the person’s weight.

Buying and Preparing Food

When the person with Alzheimer’s disease lives with you:

Buy healthy foods such as vegetables, fruits, and whole-grain products. Be sure to buy foods that the person likes and can eat.

Give the person choices about what to eat—for example, “Would you like green beans or salad?”

Buy food that is easy to prepare, such as premade salads and single food portions.

Hearing Loss Class

Thriving With Hearing Loss

6 week course starting on Wednesday April 10th
10:30-11:30

Adjusting to life with hearing loss can be easier when you are equipped
with strategies and knowledge

During this course, we will cover the following:

- Statistics, myths and goals
- Common barriers for those with hearing loss
- Changing communication habits for those hard of hearing
- Guidelines for the speaker and the listener

Please RSVP at the front desk



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Cache County Senior Center, Logan, UT

F 4C 05-1038

Activity Sign-up

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.

March 29th is the 1st day that all patrons 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
	4/1	Ukulele Class– Must Register	10:00	FREE	
	4/3	Field Trip: New Library	1:00	\$2	
	4/5	Sewing– Must Register by April 4th	10:30	\$10	
	4/10	Thriving w/Hearing Loss– Must Register	10:30	FREE	
	4/11	Out to Lunch Bunch: Crêpery	11:30	\$2	
	4/17	Field Trip: Pickle Ball	9:30	\$2	
	4/24	Field Trip: Hike the Logan River Trail	10:00	\$2	
	4/25	Cooking Class w/Tori	11:00	\$3	
	4/25	Craft and Chit Chat/ Colby	12:30	\$3	
				Total:	_____

Name: _____

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