

Cache County Senior Center July 2024

Photo by Mike Bullock



SENIOR SUMMER OLYMPICS

CELEBRATE THE OPENING GAMES OF THE SUMMER OLYMPICS WITH US BY PLAYING PING PONG OR WII BOWLING
FRIDAY, JULY 26
11:00- 12:00



SIGN UP AT FRONT DESK

The Annual Cache County Senior Center

TALENT SHOW

Show off your skills during the lunch hour on **Friday, July 19th**



Sign Up at Front Desk

Recipe

Strawberry Spinach Pasta Salad

This strawberry spinach salad with goat cheese and pasta in a sweet and tangy vinaigrette is perfect for summer potlucks and barbecues, or a casual weeknight dinner.

Ingredients

- 1/2 cup pasta, cooked and cooled
- 2 cups sliced fresh strawberries, blackberries, and blueberries
- 1/2 cup packed fresh spinach, about 3 large handfuls
- 1/2 cup small red onion, very thinly sliced
- 1/4 cup plain or honey goat cheese, crumbled

Dressing Ingredients

- 1/4 cup light flavored olive oil
- 2 tablespoons white balsamic vinegar
- 2 tablespoons white sugar
- 1/2 teaspoon kosher salt

- 1/2 teaspoon freshly ground black pepper

Instructions

Combine the cooked pasta, berries, spinach, and red onion in a large bowl. Combine the oil, vinegar, sugar, salt, and pepper in a small jar and shake to combine.



Pour the dressing over the pasta salad ingredients. Toss with tongs to coat well. Top with crumbled goat cheese. Stir to mix throughout. Serve immediately or refrigerate until ready to serve.

THE CACHE COUNTY SENIOR CENTER NEEDS YOUR HELP

We are looking for an ongoing volunteer instructor for a dance fitness class, like Zumba Gold.

Call 435-755-1720 if interested



We're reaching out with a small favor: could you please lend a hand in making sure our kitchen runs smoothly? Our fantastic kitchen staff diligently prepares delicious meals and keeps our dishes sparkling clean. To help them wrap up their tasks and head home on time, we kindly request that all dishes find their way back to the dish room by 1:00 PM.

Your thoughtfulness and cooperation in this matter would mean the world to us! By returning your dishes promptly, you're not only making their job a tad easier but also ensuring they can enjoy some well-deserved relaxation after a busy day.

We understand how easy it is to lose track of time, so we would greatly appreciate your careful attention to this request. Together, we can keep our senior center running smoothly and make sure everyone, including our amazing kitchen team, feels valued and supported.

Thank you so much for your understanding and cooperation!

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts., to social service programs, like the Senior Center, and or other medical care. If you are 60 you automatically qualify. 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 \$1,903.00 a month (\$2,575 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

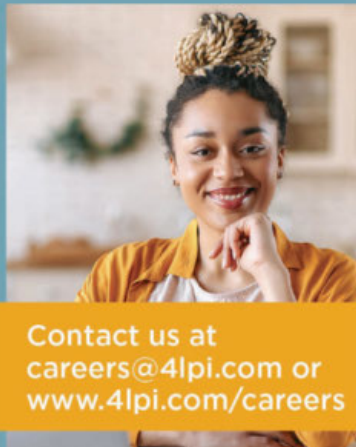
A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 713-1460.

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!



2023 CACHE COUNTY TAX RELIEF INFORMATION

The Cache County Clerk/Auditor's office would like to inform the community of the tax relief options available through our office. We would like all eligible applicants to be able to seek and receive the tax relief they qualify for. In 2022 Cache County awarded over \$1,271,505 in property tax relief to approximately 914 qualifying residents.

Cache County has a variety of property tax relief programs:

- Veteran with a Service Related Disability
- Active Duty Armed Forces
- Blind, Homeowner's Tax Credit (Circuit Breaker)
- Indigent (Hardship)

All applications must be submitted on an annual basis with the exception of the disabled veteran's exemption that only has to be renewed when there is a change in circumstance like percentage of disability, ownership, or residency. Only the primary residence and up to one acre of primary residential land is eligible for tax relief.

Applications are due by September 1st according to Utah State law; All applicants must complete an application by the deadline and **provide all requested documentation to verify eligibility**. Application forms are available online at <https://www.cachecounty.org/auditor/abatement/> or can be picked up in the Cache County Tax Administration office at 179 North Main Suite 112.

The circuit breaker and hardship programs require income verification as they are designed to provide assistance to home owners that have income below statutorily mandated levels. We strongly encourage low income applicants to apply early each year starting in May as proving income eligibility through financial documentation can be a time consuming process.

The **circuit breaker** program is aimed at helping low-income, full year residents older than 66 with

a gross annual income of less than \$38,369. Applicants must complete an application and provide prior year income verification documentation as determined by the auditor's office.

Hardship assistance is handled on a "case-by-case" basis and requires the applicant to complete an application and the Low Income Supplemental Packet. In addition to prior year income verification they must provide proof of extreme hardship or medical disability. Each hardship case will be reviewed and decided by the Cache County Council.

The military and blind programs are not income based, but do require eligibility documents. The **blind** program exempts the first \$11,500 of property from taxation, and requires the application and a statement from a licensed ophthalmologist verifying legal blindness. The **active duty** program is for those currently serving who can provide satisfactory evidence of "qualifying active duty military service" which means 200 or more days in any continuous 365 day period. Required documents include an application and travel vouchers detailing actual dates served outside of Utah. The **disabled** veteran program requires the certificate of discharge, and a military statement listing the percentage of service related disability to be submitted with the initial application.

We realize there are times when tax relief is needed and our office is honored to help members of our community who have questions about these tax relief programs. Citizens may inquire with the Tax Administration office at 179 North Main Suite 112 in person or may call my office (435)755-1706 during office hours Monday thru Friday 8:00 a.m. to 5:00 p.m.

Dianna Schaeffer
Tax Administration Supervisor

Lunch Series | Tuesday Movies

July 2024

Lunch & Learn Series & Entertainment

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

- Jul 03: Patriotic Lunch Music: Anne Slagowski
- Jul 05: Lunch Music: Steven Kehler
- Jul 08: Nutrition with Jenna
- Jul 09: Happiness & Nature, Doyle Geddes
- Jul 10: Inuit Artifacts & Culture, Ella Williamson
- Jul 11: Lunch Music: Piano, Marilyn Jacobson
- Jul 16: Relay Utah (telephones for those with hearing loss)
- Jul 19: Talent Show
- Jul 23: Summer Party, w/ Patriotic Lunch Music by Mike Bailey



Movies every Tuesday at 1 pm

Jul 02: 1776

(1972, G, 2h 20m)

Jul 09: Blue Angels

(2024, G, 1h 34m)

Jul 10 @ 6pm: Ghostbusters: Frozen

Empire (2024, PG-13, 1h 56m)

Jul 16: You've Got Mail

(1998, PG-13, 1h 59m)

Jul 23: The Fall Guy

(2024, PG-13, 2h 05m)

Jul 30: With Six You Get Eggroll

(1968, G, 1h 35m)

**SUPPORT THE
ADVERTISERS**
that Support our
Community!



July

Monday	Tuesday	Wednesday
<p>1</p> <p>10:00 Ukulele Class 11:00 Bingo 1:00 Knitting Group 1:00 Summer Citizen Ukulele Class</p>	<p>2</p> <p>10:00 Walk with Ease (5 of 6) 1:00 Movie: <i>1776</i> (1972)</p> 	<p>3</p> <p>9:30 Field Trip: Nature Hike—Green Canyon (\$3) 11:00 Beginning Spanish 12:10 Patriotic Lunch Music: Anne Slagowski</p>
<p>8</p> <p>10:00 Ukulele Class 11:00 Music Bingo: Americana 12:10 L&L: Nutrition with Jenna 1:00 Cooking Demo with Jenna 1:00 Summer Citizen Ukulele Class</p>	<p>9</p> <p>10:00 Walk with Ease (6 of 6) 11:00 Cooking Class (\$2) 12:10 L&L: Happiness & Nature, Doyle Geddes 1:00 Movie: <i>Blue Angels</i> (2024)</p>	<p>10</p> <p>11:00 Class: American Sign Language (1 of 5) 11:00 Horseshoes 11:00 Beginning Spanish 12:10 L&L: Inuit Culture, Ella Williamson 6:00 Movie: <i>Ghostbusters: Frozen Empire</i> (2024)</p>
<p>15</p> <p>8:30 Fishing Trip (Bus Fee \$2) 10:00 Ukulele Class 11:00 Bingo 1:00 Summer Citizen Ukulele Class</p>	<p>16</p> <p>8:30 Field Trip: Tracy Aviary & Red Iguana (\$20 bus fee) 12:10 L&L: Relay Utah 12:45-3:00 Commodities 1:00 Summers' Book Club 1:00 Movie: <i>You've Got Mail</i> (1998)</p>	<p>17</p> <p>9:30 Field Trip: Pickleball (\$2) 11:00 Class: American Sign Language (2 of 5) 11:00 Beginning Spanish</p>
<p>22</p> <p>10:00 Ukulele Class 11:00 Bingo 1:00 Technology Class: Cell Phone 101 1:00 Summer Citizen Ukulele Class</p>	<p>23</p> <p>11:00 Summer Pool Party 12:10 Patriotic Lunch Music: Mike Bailey 1:00 Movie: <i>The Fall Guy</i> (2024)</p>	<p>24</p> <p>CLOSED for Pioneer Day</p> 
<p>29</p> <p>10:00 Ukulele Class 11:00 Bingo 1:00 Summer Citizen Ukulele Class</p>	<p>30</p> <p>8:30 Field Trip: Butterflies & Native Plants of Tony Grove, w/ Jack Greene/Audubon (\$7) 1:00 Movie: <i>With Six You Get Eggroll</i> (1968)</p>	<p>31</p> <p>11:00 Croquet Tournament 11:00 Class: American Sign Language (3 of 5) 11:00 Beginning Spanish 2:15 Book Club: <i>The Princess Bride</i></p>

July

Thursday	Friday
<p>4</p> 	<p>5</p> <p>10:30 Sewing (1 of 6; \$10) 11:00 Stretches and Strength Training 12:10 Music: Steven Kehler 1:00 Technology Assistance (No Blood Pressure)</p>
<p>11</p> <p>11:30 Out to Lunch Bunch: Apizza (\$2 bus fee) 12:10 Lunch Music: Piano, Marilyn Jacobson 1:00 Game: Dungeons & Dragons 1:00 Acrylic Painting Workshop (\$20)</p>	<p>12</p> <p>10:30 Sewing (2 of 6) 11:00 Blood Pressure 11:00 Stretches and Strength Training 11:00 Music-making with Boomwhackers 1:00 Technology Assistance</p>
<p>18</p> <p>1:00 Game: Dungeons & Dragons 1:00 Acrylic Painting Workshop (\$20)</p>	<p>19</p> <p>10:30 Sewing (3 of 6) 11:00 Craft (\$2) 11:00 Spanish Dementia Discussion Group 11:00 Stretches and Strength Training 11:00 Blood Pressure 12:00 Talent Show 1:00 Technology Assistance</p>
<p>25</p> <p>9:30 Field Trip: Pickleball (\$2) 11:00 Poker 12:30 Craft & Chit Chat (\$3)</p> 	<p>26 Summer Olympics Begin</p> <p>10:30 Sewing (4 of 6) 11:00 Stretches and Strength Training 11:00 Olympic Games 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
 2:00-3:00 Tours

Monday

9:00 Game: Hand & Foot
 11:00 Bingo
 12:30 Jeopardy
 1:00 Coloring Group
 1:00 Tai Chi

Tuesday

8:30 Ceramics
 10:30 Tai Chi
 10:30 Writers Group
 11:00 Socialization & Mind Fitness
 12:30 Mahjong
 1:00 Movie

Wednesday

11:00 Line Dancing
 1:00 Bridge
 1:00 Tai Chi

Thursday

8:30 Ceramics
 10:00 Bingocize
 10:30 Sit N Be Fit
 11:00 Chair Yoga
 12:30 Mahjong

Friday

10:00 Painting
 10:30 Sewing
 11:00 Board/Card Games
 1:00 Tai Chi
 1:00 Tech Assistance
 2:15 Mindfulness Group

Worksheet: Questions To Consider Before Moving an Older Adult Into Your Home



In some cases, it makes sense for an older parent, relative, or friend to move into your home so you can take care of them. If you're considering whether that's the right arrangement for you, here are some questions to think about:

Is there space in your home? Is the home safe and accessible for an older person?

How does the older person feel about moving into your home? How do you and others in the household feel about it? Do you get along well?

Is someone around to help the older person during the day? Is transportation available?

What is the older adult able to do for themselves? What do they need help with?

What personal care are you willing and able to provide — for example, moving the person from a chair to a bed or toilet, giving medications, changing incontinence pads, or bathing?

Are there other family members, friends, or neighbors nearby who can help care for the older person?

What services for older adults are available in your community? Can you afford to hire professional services to assist with caregiving?

What kind of specialized medical care is available nearby? Will the person have to switch doctors or other health care providers?

What other living options are available? Have you considered all the alternatives?



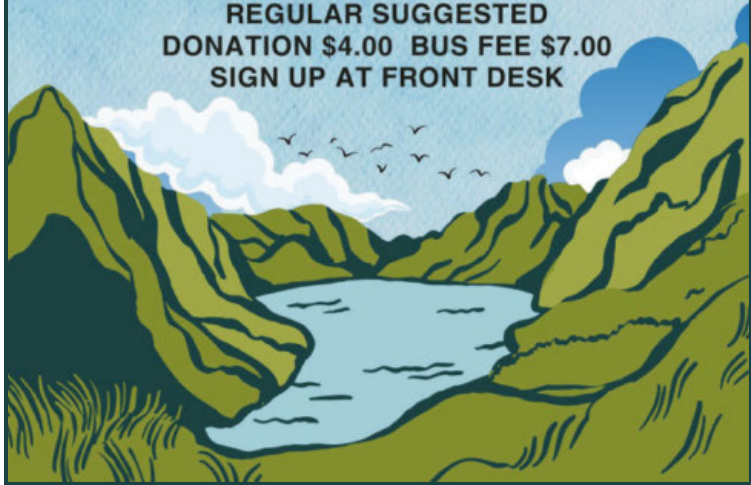
Field Trips

Join us and Jack Greene,
Audubon Society, for a field
trip to see the butterflies and
native plants of

TONY GROVE

TUESDAY, JULY 30 AT 8:30

PICNIC LUNCH PROVIDED AT
REGULAR SUGGESTED
DONATION \$4.00 BUS FEE \$7.00
SIGN UP AT FRONT DESK



FIELD TRIP TO THE:

TRACY AVIARY

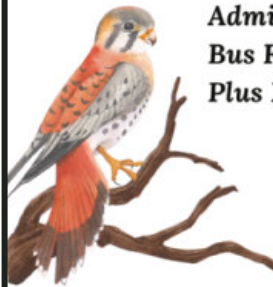
With Lunch at the Red Iguana

Join us for a trip at the
Tracy Avery at Liberty
Park in Salt Lake City

Admission \$ 11.95

Bus Fee \$20.00

Plus Lunch Cost



**TUESDAY
JULY 16 @
8:30**



NEVER MISS OUR NEWSLETTER!



SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

July

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chef's Choice	2 Citrus Chicken Salad Fresh Fruit Raspberry Coconut Magic Bars	3 Chicken Cordon Bleu Casserole Peas & Carrots Sliced Oranges	4 Happy of July 	5 Turkey Sandwich Cucumber Salad Mandarin Oranges Lays Potato Chips
8 Beef Stroganoff Buttered Noodles Capri Veggies Pears Twix Bar	9 Salisbury Steak Mashed Potatoes & Gravy Sun-Shine Carrots Pears	10 Sweet Pork Salad Watermelon Cookie	11 Chicken Alfredo Pasta Italian Veggies Mixed Fruit Garlic Bread	12 Ham Sandwich Cucumber Salad Watermelon Sun Chips
15 Veggie Pizza Roasted Parmesan Italian Vegetables Fresh Fruit	16 Garden Cheese Omelet Veggie Hash Sliced Oranges Orange Dreamsicle Salad	17 Cheesy Ranch Potatoes and Baked Sausage House Salad Sliced Apples	18 Tuna Croissant Sandwich Honey Dew Beet Salad Chips	19 Breaded Fish Taco Coleslaw Peaches
22 Chicken & Broccoli Casserole Glazed Brussel Sprouts Melon	23 BBQ Chicken Broccoli Salad Melon Salad Frog Eye Salad	24 Pioneer Day Closed 	25 Chef's Choice	26 Sloppy Joe Sautéed Zucchini Tropical Fruit Lays Potato Chips
29 Loaded Beef Burrito Roasted Corn Grape Salad Churro	30 Chicken Salad Croissant Sandwich Broccoli Salad Berry Cup Strawberry Delight	31 Ground Beef Gravy over Mashed Potatoes Peas and Carrots Fresh Fruit Whole Wheat Roll	<div style="border: 2px solid black; padding: 10px;"> <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. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal. **The menu is subject to change**</p> </div>	

Volunteers Needed

Looking for a reason to volunteer with Meals on Wheels?

"It gives me a sense of purpose to fill a need for older people in our community, a meal & a friendly face to check on them every day."

I love this part of my week!

It's really fun and I enjoy it!

"I love talking with the recipients. It's wonderful getting to know them and hearing their stories."

There are so many reasons to become a volunteer!

What will yours be?

Volunteer opportunities with our Meals on Wheels program provides individuals of all ages the chance to make a difference in their community!

Regular meal delivery and substitute routes available.

Call Sarah at 435-755-1722 or stop by the Senior Center to become a volunteer today!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit

www.mycommunityonline.com



AUTOBAHN
Performance & Repair

"HONEST REPAIRS FOR A FAIR PRICE"

Family owned and operated since 2002

435-752-6868

212 N. 1375 W. Logan

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



picommunities.com/adcreator



New Class: Sign Language



Intro to Sign Language

Learning basic American Sign Language (ASL) signs

Wednesday mornings
July 10,17,31 & Aug 7,14, 2024
11:00 AM - 12:00 Noon

At
Cache County Senior Center
240 N 100 E
Logan, UT 84321

An all new sign class designed for the hard of hearing, late-deafened, their family and friends. Learn new signs every week and review sign learned the previous weeks. Use signs learned in conversation in an easy, supportive atmosphere. Build a working vocabulary.

Come and learn some signs to help communicate better when it becomes difficult at times

For more info contact Janice Roberts, Hard of Hearing Specialist
jaroberts@utah.gov



Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.



EVENTS

SUMMER POOL PARTY & BBQ

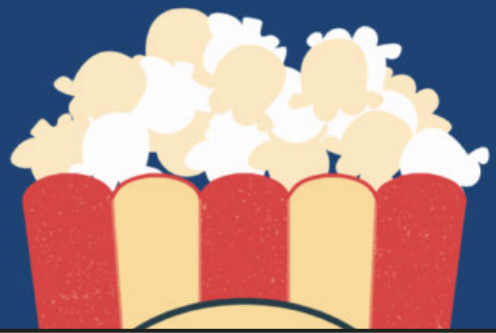
JOIN US FOR SOME SQUIRT GUNS, GAMES, POOL TO SOAK YOUR FEET IN, AND LIVE MUSIC AT LUNCH UNDER THE PAVILLION

TUESDAY, JULY 23 AT 11:00 AM

MOVIE NIGHT

Ghostbusters: Frozen Empire (2024)

WEDNESDAY, JULY 10TH @ 6:00 PM
WE WILL PROVIDE THE POPCORN
YOU'RE WELCOME TO BRING TREATS TO SHARE!



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



THE FACTS ON SODIUM AND HIGH BLOOD PRESSURE

Alison Jensen, RDN, MPH

Everybody has sodium in their diet; it's a fact of life. Sodium is an essential nutrient. Some of us, however, may be getting too much, and often we aren't even aware of where it's hiding in the foods we're eating. Learn why lowering your sodium intake may benefit your health.

Sodium Intake Adds Up

The good news first: Salt has many uses. It raises the boiling point of water, tenderizes meats and enhances the flavor of many foods. The bad news is that table salt contains 2,300 milligrams of sodium per teaspoon. For most people and children 14 years and older, the recommendation is to limit sodium to less than 2,300 milligrams per day. For those with existing blood pressure or other health concerns, the recommendation may be even lower.

It would be difficult to consume that much sodium in one concentrated bite. Instead, sodium intake adds up throughout the day. And based on estimates by the Centers for Disease Control and Prevention, only a small amount of the average Americans' daily intake comes from adding salt to food at the table. Salt in processed and ready-to-eat foods delivers most of the sodium in our diets.

Sodium is prevalent in many of the foods we eat and in excess can be harmful to our health. However, several studies show that decreasing sodium intake can lower blood pressure. Consuming less than 2,300 milligrams of sodium per day for adults can have an additional impact of lowering blood pressure, especially when combined with the Dietary Approaches to Stop Hypertension, or DASH, eating plan, a fruit and vegetable-centered diet that is lower in sodium and fat. Good sources of potassium — an important mineral of the DASH diet which has been shown to help decrease blood pressure — include potatoes, sweet potatoes, squash, beans and orange juice.

Sodium's Hidden Sources

Beware: Sodium isn't only in salty snacks or the table shaker. Many of the already prepared foods and meals you consume at restaurants, cafes and grab-and-go items at grocery stores have sodium, because it's an inexpensive way to add flavor and is an effective way to preserve foods. Even foods with low to moderate sodium content can lead to a high sodium diet if you consume too much of them.

Topping the list for highest percentage of our daily sodium consumption are items such as bread, cold cuts and cured meats, pizza, fresh and processed poultry, soups, sandwiches (including burgers), cheese and pasta.

How to Reduce Sodium Intake

The best way to combat high sodium in your daily diet is to watch your intake of highly processed foods. Read the Nutrition Facts label and look for the Daily Value of sodium in the foods you eat. And consider these satisfying options to keep sodium under control: fruits and vegetables, unsalted nuts, legumes and whole grains (including brown rice, oats and barley).

Additional ways to lower sodium intake:

- Get more natural sources of potassium in your diet by including additional servings of fruits and vegetables.
 - Watch portion sizes, especially when it comes to already prepared foods.
 - Limit cured foods, including cold cuts and sausages.
 - Rinse canned foods or look for no-salt added varieties.
 - Choose lower sodium packaged foods.
 - Remove the salt shaker from the table.
 - Increase your intake of whole grains such as brown rice, quinoa, oats, bulgur, whole-wheat pasta and bread, wild rice and popcorn.
 - Include beans, peas and more plant-based sources of protein.
- Substitute crackers and chips with a small amount of unsalted nuts.



FISHING FIELD TRIP

We are going on a fishing field trip!
You **MUST** get your own license and have your own gear.

Monday, July 15th
8:30am -- 10:00am
\$2.00 Bus fee- Must RSVP

The bus will take us to Second Dam

The poster features an illustration of a fishing rod on the left, a wooden boat at the bottom, and several fish, a fishing basket, and a pair of green boots.

EVENTS

Acrylic Painting Workshops

THURSDAYS: JULY 11 AND/OR
JULY 18 @ 1:00

YOU CAN COME TO ONE OR BOTH.

\$20 CASH EACH SESSION

TO BE PAID TO INSTRUCTOR

INCLUDES ALL SUPPLIES

MUST RSVP AT FRONT DESK



FIELD TRIPS



Hike: Green Canyon

July 3 @ 9:30am | \$3



Out to Lunch: Apizza

July 11 @ 11:30am | \$2



Pickleball (two trips!)

July 17 @ 9:30am | \$2

July 25 @ 9:30am | \$2

Sign up at the front desk

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**



Activities

Please 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.

July 1st 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	Cost	Total
	7/3	Field Trip: Nature Hike– Green Canyon	\$3	
	7/5	Sewing (6 week class)	\$10	
	7/9	Cooking Class	\$2	
	7/11	Out to Lunch Bunch: Apizza	\$2	
	7/15	Fishing Trip: Second Dam	\$2	
	7/16	Field Trip: Tracy Avery & Red Iguana	\$20	
	7/17	Field Trip: Pickle Ball	\$2	
	7/19	Craft Class	\$2	
	7/25	Field Trip: Pickle Ball	\$2	
	7/30	Field Trip: Butterflies & Native Plants of Tony Grove	\$7	
			Total:	_____

Office Use Only

Cash
 Credit Card
 Check

Name: _____