

Cache County Senior Center August 2024

I hope you are well and enjoying the summer months so far. As we look ahead to the month of August, I am pleased to share with you some exciting upcoming activities and events planned for our community.

Firstly, we are thrilled to announce our Horseshoe, Croquet & Pool Tournaments. Whether you're a seasoned player or new to the game, these events promise fun and friendly competition for all. Prizes will be awarded, and refreshments will be provided, so mark your calendars and join us for a fantastic time!

Additionally, we are organizing a Produce Swap on August 23rd. This event is perfect for those who enjoy gardening or cooking, as it's an opportunity to exchange homemade or homegrown goods with fellow community members. From preserves to fresh produce, this swap encourages sharing and celebrating the bounty of the season.

For those interested in exploring the outdoors, we have planned several exciting field trips throughout the month. Destinations include a field trip to a park for Pickle Ball, Nature Hike to Blacksmith Fork Canyon, and Brigham City Museum. Whether you join us for a guided tour or prefer to wander at your own pace, these trips promise to be both educational and enjoyable.

In addition to these main events, we will continue to host our regular activities such as card games, exercise classes, and social gatherings. These activities are a wonderful way to stay active, engaged, and connected with friends old and new.

Please refer to the enclosed schedule for detailed information on dates, times, and any registration requirements for the upcoming activities. If you have any questions or need assistance with transportation, please do not hesitate to contact us at 755-1720.

Lastly, we will have Utah Legal Services here on August 19th. Utah Legal Services (ULS) is a nonprofit law office incorporated in 1976 committed to making equal justice a reality by providing free legal help in non-criminal cases to low-income Utahns. We level the playing field, ensuring everyone has a voice in the legal system. Space is limited, be sure to sign up at the front desk for a time. All appointments will be in 30 minute increments.

We look forward to seeing you at our August events and creating lasting memories together. Thank you for being a valued member of our community, and we hope you have a fantastic month ahead.

Giselle Madrid
Senior Center Director



Recipe—Twix Cookies

These **Twix Cookies** are made with soft cookies topped with sweet chocolate and rich, gooey caramel. These cookies are just like eating a Twix, but better!

Ingredients

- 1 cup unsalted butter, softened
- 1 cup powdered sugar
- 2 tsp vanilla extract
- 1 3/4 cup all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 11 oz chewy caramels
- 1 Tbsp heavy cream
- 2 cups milk chocolate chips
- Flakey salt for topping optional

Instructions

1. In a large bowl, add the softened butter, powdered sugar, and vanilla.
2. Start off by mixing everything with an electric hand mixer on low speed, then pick it up to the highest speed once you don't see any more dry patches of powdered sugar. Beat for a total of about 4 minutes.
3. Use a fine-mesh sieve to sift in the flour, baking soda, and salt.
4. Mix on low until everything is well combined.
5. Now place the cookie dough onto a piece of plastic wrap. Then flatten it to a disk, wrap it, and refrigerate for about 1-2 hours.
6. Dust your work surface with a little bit of flour. Then use a rolling pin to roll the chilled dough to 1/2 inch thick.
7. Cut the cookies out using a 2-inch round cookie cutter. Then bake the cut-out cookies on a parchment-lined baking sheet at 350 degrees Fahrenheit for about 6-8 minutes. You don't want the cookies to over-bake. These are meant to be soft.
8. Add the caramels and heavy cream to a bowl or saucepan and melt slowly until it's smooth and runny. You can do this over the

stove on low heat or if you're using a bowl, just microwave it in 20-second intervals with mixing in between.

9. Then melt the chocolate chips in a microwave-safe bowl, also in 20-second intervals with stirring in between.
10. Spoon a dollop of the melted caramel over each cookies.
11. Then smother the tops of each cookie after the caramel has cooled. Add a sprinkle of flakey sea salt while the chocolate is still warm and enjoy!



Notes:

- Start by mixing on low- When creaming the butter and sugar together, start on low and go up to high once you don't see any more dry patches of powdered sugar or it will make a mess. Same when you add the flour.
- Only bake the cookies for 6-8 minutes- You don't want the cookies to over-bake. These are meant to be soft so this is the perfect amount of time.
- Let the caramel be runny- This will solidify when it cools so don't worry that it is on the runny side. This will make it easier to apply to the cookies.
- Add the salt while the chocolate is melted- The flaky salt won't stick unless the chocolate is still melted, so make sure to add this before it solidifies.

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.

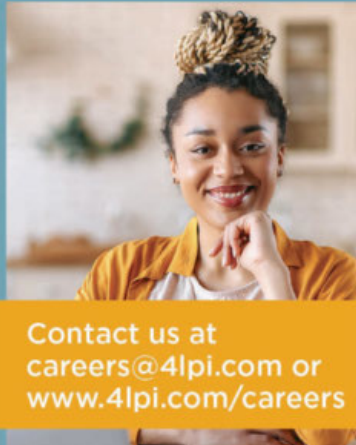
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FROM DEPENDENT TO INDEPENDENT

Treatment Options for Essential Tremor & Parkinson's Disease



Monday, September 9, 2024



3 p.m. PST



Virtual from anywhere

Presenting:

Shervin Rahimpour, MD

Assistant Professor, Neurosurgery

University of Utah Health

We invite you to join Dr. Shervin Rahimpour of University of Utah Health for a patient-centered virtual educational event. During this event, Dr. Rahimpour will address treatment options tailored specifically to individuals diagnosed with Essential Tremor and Parkinson's Disease.

If you or someone you care about is coping with Essential Tremor (ET) and/or Parkinson's Disease (PD), we encourage you to register for our informative sessions. By participating, you'll gain valuable insights into the available choices that can significantly enhance the quality of life for patients dealing with ET and PD. Your journey to a better quality of life begins here.

INSIGHTEC

Register now by scanning the QR code or visit:
Resources.Insightec.com/UtahHealth2024

Lunch Series | Tuesday Movies

August 2024

Lunch & Learn Series & Entertainment

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

- Aug 01: Watermelon Eating Contest
- Aug 05: Nutrition with Jenna
- Aug 13: Music by Marly
- Aug 14: Living with Beavers, USU Beaver Ecology & Relocation Center
- Aug 15: Mindful Movement/Pilates with Emerald Green (class to follow at 1:00 pm)
- Aug 27: Balance training with Jennifer Smith



Movies every Tuesday at 1pm

Aug 06: *The Beautiful Game*
(2024, PG-13, 2h 04m)



Aug 13: *Pillow Talk*
(1959, NR, 1h 42m)

Aug 20: *The Boy Who Harnessed the Wind*
(2019, PG, 1h 53m)

Aug 27: *Somewhere in Time*
(1980, PG, 1h 43m)

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August

Monday	Tuesday	Wednesday
 <p style="font-size: small; margin-top: 5px;">shutterstock.com • 1921670390</p>		
<p>5</p> <p>9:00 Walking Group 10:00 Ukulele Class 11:00 Bingo 12:10 L&L: Nutrition with Jenna, USU Extension 1:00 Cooking Demo with Jenna 1:00 Knitting Group</p>	<p>6</p> <p>1:00 Movie: The Beautiful Game (2024)</p>	<p>7</p> <p>11:00 Horseshoe Tournament 11:00 Class: American Sign Language (4 of 8) 11:00 Beginning Spanish</p>
<p>12</p> <p>9:00 Walking Group 10:00 Ukulele Class 11:00 Music Bingo: 1950's Hits</p>	<p>13</p> <p>11:00 Cooking Class (\$2) 12:10 Lunch Music by Marly 1:00 Movie: Pillow Talk (1959)</p>	<p>14</p> <p>10:00 Pool Tournament 11:00 Class: American Sign Language (5 of 8) 11:00 Beginning Spanish 12:10 L&L: Beavers, USU 1:00 Technology Class: How to use Venmo</p>
<p>19</p> <p>9:00 Utah Legal Services (Must Have Appointment) 9:00 Walking Group 10:00 Ukulele Class 11:00 Bingo</p> 	<p>20</p> <p>12:45-3:00 Commodities 1:00 Movie: The Boy Who Harnessed the Wind (2019)</p>	<p>21</p> <p>9:30 Field Trip: Pickleball (\$2) 11:00 Class: American Sign Language (6 of 8) 11:00 Beginning Spanish</p>
<p>26</p> <p>9:00 Walking Group 10:00 Ukulele Class 11:00 Bingo</p>	<p>27</p> <p>12:10 L&L: Balance training with Jennifer Smith 1:00 Movie: Somewhere in Time (1980)</p>	<p>28</p> <p>11:00 Croquet Tournament 11:00 Class: American Sign Language (7 of 8) 11:00 Beginning Spanish 2:00 Book Club: And Then There Were None</p>

August

Thursday	Friday
<p>1</p> <p>11:15 Card-making with Brenda</p> <p>12:10 Watermelon Eating Contest</p> <p>1:00 Game: Dungeons & Dragons</p>	<p>2</p> <p>10:30 Sewing (5 of 6)</p> <p>11:00 Blood Pressure</p> <p>11:00 Stretches and Strength Training</p> <p>1:00 Technology Assistance</p>
<p>8</p> <p>11:00 Poker</p> <p>1:00 Craft (\$2)</p> 	<p>9</p> <p>10:30 Sewing (6 of 6)</p> <p>10:00 Field Trip: Cache County Fair (\$2)</p> <p>11:00 Stretches and Strength Training</p> <p>1:00 Technology Assistance</p>
<p>15</p> <p>12:10 L&L: Mindful Movement, Emerald Green</p> <p>1:00 Pilates/Movement Class with Emerald Green</p> <p>1:00 Game: Dungeons & Dragons</p>	<p>16</p> <p>10:30 Sewing (1 of 6; \$10)</p> <p>11:00 Stretches and Strength Training</p> <p>11:00 Blood Pressure</p> <p>11:00 Music Making w/ Boomwhackers</p> <p>1:00 Technology Assistance</p>
<p>22</p> <p>9:00 Field Trip: Brigham City Museum and Idle Isle (\$10)</p> <p>11:00 Poker</p> <p>12:30 Craft and Chit Chat (\$3)</p>	<p>23</p> <p>9:00-1:00 Produce Swap</p> <p>10:30 Sewing (2 of 6)</p> <p>11:00 Stretches and Strength Training</p> <p>1:00 Technology Assistance</p> 
<p>29</p> <p>10:00 Field Trip: Nature Hike to Blacksmith Fork Canyon (\$2)</p> <p>1:00 Game: Dungeons & Dragons</p>	<p>30</p> <p>10:30 Sewing (3 of 6)</p> <p>11:00 Stretches and Strength Training</p> <p>11:00 Wii Bowling</p> <p>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 & 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

Medicare -What is the Extra Help program?

Dear Marci,

My pharmacist mentioned that I might be able to get onto a program called Extra Help. Can you explain the benefits of enrolling in this program?

-Malcolm (Houston, Tx)

Dear Malcolm,

Extra Help is a cost-assistance program that helps you pay for prescription drugs while on Medicare. It works by paying for your Part D premium (up to a state-specific benchmark amount) while lowering the cost of your prescription drugs.

Note: You pay no premium if you have a basic Part D drug plan with a premium at or below the Extra Help premium limit for your area. You will likely still owe a premium, though, if you have an enhanced Part D plan, even if the premium is below the benchmark.

Some extra perks are that if you qualify for Extra Help and happen to have a Part D late enrollment penalty, it will eliminate that fee. It also gives you Special Enrollment Periods throughout the year to enroll in a Part D or switch between plans.

You should automatically be enrolled in Extra Help if you have Medicaid, Supplemental Security Income, or a Medicare Savings Program. If that's not the case for you, you might still be eligible if you have limited assets and your income is below \$1,903 per month as an individual, or \$2,575 as part of a couple.

Most importantly this is a Federal Program. Apply online through the Social Security Administration or contact the Medicare Rights Center for assistance applying.

I hope that helps!
—Marci

EXTRA HELP

Is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage.

What you'll pay under Extra Help in 2024:

Prescriptions:

- Up to \$4.50 for each generic drug
- Up to \$11.20 for each brand-name drug

Plan premium: as low as \$0
Plan deductible: \$0

Once your total drug costs (what you pay and what is paid on your behalf) reach \$8,000, you'll pay \$0 for each covered drug.

Income & resource limits in 2024:

Individual income limit: \$22,590
Married couple income limit: \$30,660

Individual resource limit: \$17,220
Married couple resource limit: \$34,360

For assistance applying, you can call your SHIP.



Find your local SHIP
shiphelp.org
1.877.839.2675

This document was supported, in part, by grant numbers 905ATC0002 and 90MPPC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.

Caregiver Tips

Caregiver tips to prevent burnout and promote self care

Being a caregiver is a selfless act of love, but remember to prioritize your well being too!

1. Delegate and accept help—Don't be afraid to ask for assistance from family, friends, or support services. Sharing caregiving responsibilities can lighten your load.
2. Take breaks—Schedule regular breaks for yourself, even if it's just a short walk or a moment of quiet reflection. Your well being matters too!
3. Engage in self care activities—Find activities that bring you joy and relaxation, such as reading painting, listening to music or enjoying a hot bath. Remember, self-care is necessary!
4. Prioritize your health—Don't neglect your physical and mental health. Eat nutritious meals, exercise regularly, and ensure regular check-ups with your healthcare provider.

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August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pulled Pork Sandwich Coleslaw Mixed Fruit Lays Chips Pickle	2 Ham Soup 1/2 egg salad sandwich Crudités Pears
5 Ribs Three-Bean Salad Watermelon Cookie 	6 Shredded Chicken Tacos Southwest Corn Fresh Fruit Churro	7 Pork Chops Mashed Potatoes w/ Mushroom Gravy Green Beans Peaches	8 Turkey Pita Sandwich Carrot Salad Mixed Fresh Fruit	9 Sheppard's Pie Peas and Carrots Grape Salad
12 Pot Roast Mashed Potatoes Sautéed Vegetables Mixed Fruit Cherry Crisp	13 Loaded Baked Potato Green Beans Fruit Salad 	14 Chef's Choice	15 Meat Loaf Scalloped Potato Steamed Broccoli Mixed Fruit	16 Cod Brown Rice Roasted Vegetables Oranges
19 Chicken Pesto Cavatappi Buttered Peas Mandarin Oranges Wheat Roll	20 Hamburgers w/ all the Fix'ins Broccoli Salad Watermelon	21 Baked Ziti Buttered Corn Apple Salad Slice of Bread	22 Pot Roast Casserole Roasted Brussel Sprouts Watermelon Roll	23 Teriyaki Chicken Jasmine Rice Stir Fry Veggies Mandarin Oranges Fortune Cookie
26 French Toast Sausage V8 Berry Fruit Mix	27 Sweet & Sour Meatball Jasmine Rice Stir Fry Veggies Tropical Fruit	28 Sausage Lentil Soup 1/2 Ham Sandwich Crudités Mixed Fruit	29 Chef's Choice 	30 Hawaiian Haystacks Buttered Peas Mandarin Oranges

For those 60+ and their spouse the suggested donation is \$4.00 per person. Please call in by 3:00pm 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.

****Menu is subject to change****

Field Trips

WE ARE GOING TO THE
CACHE COUNTY FAIR

FRIDAY, AUGUST 09
10:00 – 12:30

We will leave from the senior center at 10am and have time to look at the exhibits and eat lunch from the vendors at the fair
The bus will bring us back to the Center afterwards

\$2.00
MUST RSVP AT FRONT DESK



Brigham City Art Museum
22 AUGUST 9AM-1PM

Theme:
"I know there is no straight road
No straight road in this world
Only a giant labyrinth
Of intersecting crossroads"
— Federico García Lorca



WITH LUNCH AT IDLE ISLE
\$10 BUS FEE RSVP AT FRONT DESK

Embark on an artistic exploration like no other at the Brigham City Museum of Art and History's annual quilt exhibit! This year, we're diving into the theme of "Intersections," inviting you to discover the myriad ways in which intersections shape our lives and art. Whether you're drawn to physical landscapes, emotional intersections, or the convergence of different paths, this exhibit promises to ignite your imagination and inspire creativity. Join us as we celebrate the diverse interpretations of this theme, from realistic to abstract quilting styles.

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How to Become a Successful Caregiver

How to Become a Successful Caregiver

Susan Stiles Healthy Aging Expert, Former Senior Director, Healthy Aging Innovations at NCOA

Becoming a caregiver marks a significant transition in your life and often comes with a mix of emotions, challenges, and unexpected occurrences. How you cope with this new role will vary widely based on your personality, circumstances, support systems, and past experiences.

You may have grown up in a multi-generational household and experienced caregiving firsthand. Your job may be in the caregiving field and you may already know some basics of how to seek services and provide comfort to an individual. Or, you may be brand new to caregiving.

How do I become a successful caregiver, and what is a caregiving strategy?

With so many things to juggle and such a complex, winding road ahead of you, it makes sense to create a roadmap, or what we call a caregiving strategy. Creating a successful caregiving strategy is essentially building a roadmap that helps you identify both your challenges and various solutions to your challenges.

Your caregiving strategy should have three essential components that will be familiar to you if you have done a goal-setting exercise before:

- Know where you are now
- Describe where you want to go
- Identify direct and alternate routes to get there

Knowing where you are now involves honest self-reflection of your current caregiving situation, your loved one's condition, and your own health. In addition, you'll want to think about your own caregiving experience and assess your skill levels in various domains. Take your time in this assessment period. Identifying a full list of current joys and

burdens is often helpful, too. And critical to any caregiving success is creating your own, personal Caregiver Bill of Rights. This Bill of Rights establishes your needs as paramount to being the best caregiver you can be.

Describing where you want to go means setting goals for yourself both as a caregiver and as a person. You'll also want to set up goals for your loved one. In this piece of your caregiving strategy, you will likely want to get help from health care and other professionals as to what type of reasonable goals you can set.

Identifying direct and alternate routes is the last step. You'll want to list what you currently know as viable solutions. For example, if your health care team has already set you up with a care assistant for part of each day, you can note that. You'll also want to list alternate routes for various what-if scenarios. If the care assistant has to cancel at the last minute, what is the back-up plan? Another thing to consider is planning what to do to prepare for emergencies and likely scenarios that could occur with you or your loved one. Do you have all contact information and medical records—including medication lists—at your fingertips?

GUARD YOUR MEDICARE CARD like a credit card.



If someone calls asking for your Medicare number, hang up!



Report suspected fraud to
SMP
Senior Medicare Patrol

For local Medicare help contact
SHIP
State Health Insurance Assistance Program

Events/Activities

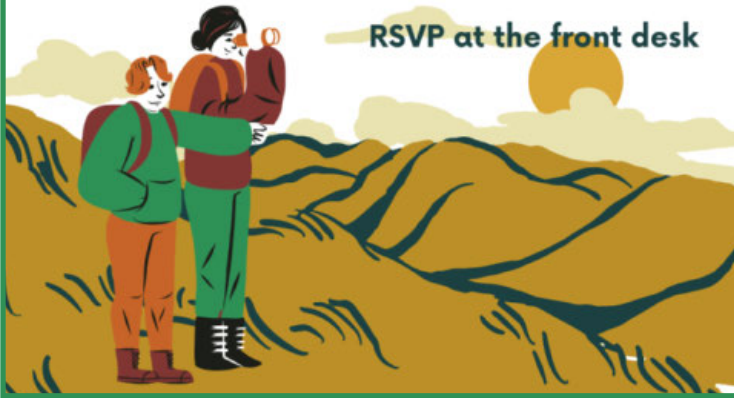
Let's Go Walking!

Join us for a guided nature walk along the Blacksmith Fork River Trail with Jesse

Thursday, August 29th, leaving from the senior center at 10am. \$2 bus fee

Bring water and dress for the weather

RSVP at the front desk



Pickleball Field Trip

Wed, Aug 21st

Leaving the Center at 9:30 AM

\$2 Bus Fee

RSVP at the front desk



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2024 Tax Circuit Breaker

2024 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 2023 Cache County awarded over \$1,571,652 in property tax relief to approximately 945 qualifying residents. Cache County has a variety of property tax relief programs:

- MILITARY- Veteran with a Service Related Disability\Active Duty Armed Forces
- LOW INCOM - Indigent (Hardship) Homeowner's Tax Credit (Circuit Breaker)
- OTHER -Blind Deferrals-Defer tax, but become a lien on the property

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.gov/tax-administration/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 \$40,840. 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 completed in the prior year. 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 veteran's administration 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 pleased 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 (435)755-1494 during office hours Monday thru Friday 8:00 a.m. to 5:00 p.m.

Dianna Schaeffer
Tax Administration Supervisor

Events/Activities

Pilates: a free mindful movement class for older adults

with

EMERALD GREEN



Thursday,
Aug 15th
at 1pm

CACHE COUNTY
SENIOR CENTER
240 N 100 E, Logan
435-755-1720

PRODUCE SWAP DAY

Bring your extra bounty and share it with your friends on a table in the front of the building on Friday, August 23rd from 9am - 1pm
Bring your own bags
All leftovers will be thrown away



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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 an “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.

August 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
	8/8	Craft Class	\$2	
	8/9	Cache County Fair	\$2	
	8/13	Cooking Class	\$2	
	8/15	Pilates Movement class RSVP	Free	
	8/16	Sewing class	\$10	
	8/19	Utah Legal Service RSVP	Free	
	8/21	Field Trip: Pickle Ball	\$2	
	8/22	Field Trip: Brigham City Museum & Idle Isle	\$10	
	8/22	Craft & Chit Chat	\$3	
	8/29	Field Trip: Nature Hike: Blacksmith Fork Canyon	\$2	
			Total:	_____

Office Use Only

Name: _____

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