

# Cache County Senior Center

January 2025

Photo by Mike Bullock



## Welcome to the New Year at the Senior Center!

Dear Senior Center Patrons,  
Happy New Year! As we welcome in another year, we want to encourage you to stay engaged, connected, and active — especially during the colder winter months. It's easy to feel isolated when the days are short and the weather is chilly, but staying social is one of the best ways to maintain mental well-being. Our Senior Center is here for you with plenty of opportunities to gather, learn, and have fun. From hobby groups to fitness classes, we have something for everyone. We encourage you to make time for social activities that bring you joy and keep your spirits lifted.

With winter weather comes icy sidewalks and slippery conditions, so we also want to remind you to prioritize safety when walking outdoors. Please wear appropriate footwear with good traction, use handrails whenever possible, and avoid unnecessary trips during icy weather. If you need support, don't hesitate to reach out — your safety and well-being are our top priorities. Inside the Senior Center, you'll find a warm, safe, and welcoming space where you can stay active without worrying about icy conditions. This month we will have a class taught by Darrell Johnson on winterizing our vehicles and the items that we should have on hand in them to keep them safe. We look forward to the lunch and learn presentations this month. In the calendar we have USU Adaptive Technology coming to present.

We are very thankful to Aegis Home Health and Hospice for helping us establish "Good Grief, an educational grief support group." The first meeting was well received and we will continue to host that class every month on the first Thursday at 11:00. Grief can come in many forms: an unexpected diagnosis, the loss

of a loved one, or loss of independence. People can be affected by different situations in different ways, and it's important to allow yourself to grieve in order to heal.

This year our sewing class will be doing a block of the month project. If you have always wanted to learn this skill, make sure to join them. It's \$10 for a whole month of sessions, every Friday at 10:30!

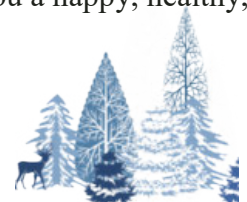
We're excited to highlight a couple new classes! **Silver Sneakers fitness class**, which is a great way to stay physically active in a safe, supportive environment. **Dance workout with Lora**, a new class designed to get you up and moving to music with strength training! This class will be every Friday at 11 am. **Water Color Class w/ Lora**, Lora will teach a water color class on January 27 at 1:00pm. If you have ever wanted to learn be sure to sign up as this class will fill up quick. Space is limited to 12.

We also continue to offer popular classes like knitting, sewing, and other hobby groups that keep your mind engaged and your creativity flowing. These classes are more than just an opportunity to learn — they're a chance to connect with friends, reduce stress, and boost your overall mental health.

Please note that the Senior Center will be **closed on Martin Luther King Jr. Day** as we observe this important holiday. We encourage you to plan ahead and join us on the surrounding days for all the exciting activities we have to offer. We look forward to seeing you around the Center and wish you a happy, healthy, and fulfilling New Year!

Warm regards,

Giselle Madrid,  
Senior Center Director



### Hearty Lentil Soup

This lentil soup is thick and hearty, loaded with lentils, vegetables and fresh herbs. A tasty vegan soup recipe that works great for meal prep!



#### Ingredients:

- 3 tablespoons olive oil
- 1 onion (diced)
- 4 cloves garlic (minced)
- 2 tablespoons tomato paste
- 2 carrots (finely chopped)
- 2 ribs celery (finely chopped)
- 5 cups stock
- 1 cups brown lentils (dry; uncooked)
- 6 sprigs fresh thyme (or 1 teaspoon dried thyme leaves)
- 2 sprigs fresh rosemary
- 1 bay leaf
- 1 teaspoon salt
- juice of 1 small lemon

#### Instructions:

Heat oil in a medium pot over medium heat. Add the onion and stir, cooking until translucent, around 7 minutes. Add the garlic and cook for one minute. Add the tomato paste; stir to coat onions and garlic, then cook for 2-3 minutes. Add the carrots, celery, stock, lentils, thyme, rosemary, bay leaf and salt. Cover, bring to a simmer, reduce heat, and cook for 35-40 minutes, or until lentils are softened to your liking. Remove the herbs and bay leaves, and puree to your liking. Stir in lemon juice.

Caring for an older person often requires teamwork with family, friends, or formal caregivers. While a person who lives nearby might take on most of the everyday responsibilities, people who live farther away can also play an important role in coordinating care.

No one can be expected to do everything. Be gentle with yourself and realistic about how much you can do and what you are willing to do. For example, you might ask yourself:

How will my decision to take on caregiving responsibilities affect my work and home life?

If I don't live nearby, how often, both mentally and financially, can I afford to travel?

Am I emotionally prepared to take on what may feel like a reversal of roles between me and the older person — such as taking care of my parent instead of my parent taking care of me? Can I continue to respect their independence?

Can I be calm and assertive when communicating with the older person and any other caregivers? Could I seek advice or training to

get better at this?

In many cases, one person takes on most of the everyday responsibilities of caring for an older person. It tends to be a spouse or the child or sibling who lives closest. If you are not the primary caregiver, you can still play an important role in supporting that person.

A primary caregiver — especially a spouse or partner — may be hesitant to ask for help or a break. Maybe you can plan to visit on a regular basis so the primary caregiver can have some personal time. Or perhaps you can arrange for regular respite care in the form of a volunteer, an in-home aide, or an adult day care program. Read more about ways to support a primary caregiver.

Many people live far away from family or friends who may need help. Long-distance caregivers can help by providing emotional support to the primary caregiver and coordinating certain aspects of care from afar.

# 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 the Senior Center 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.



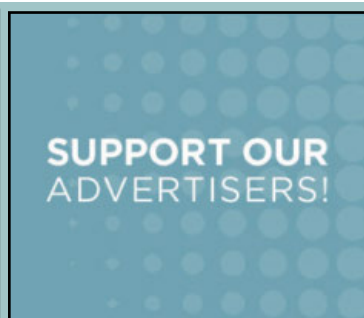
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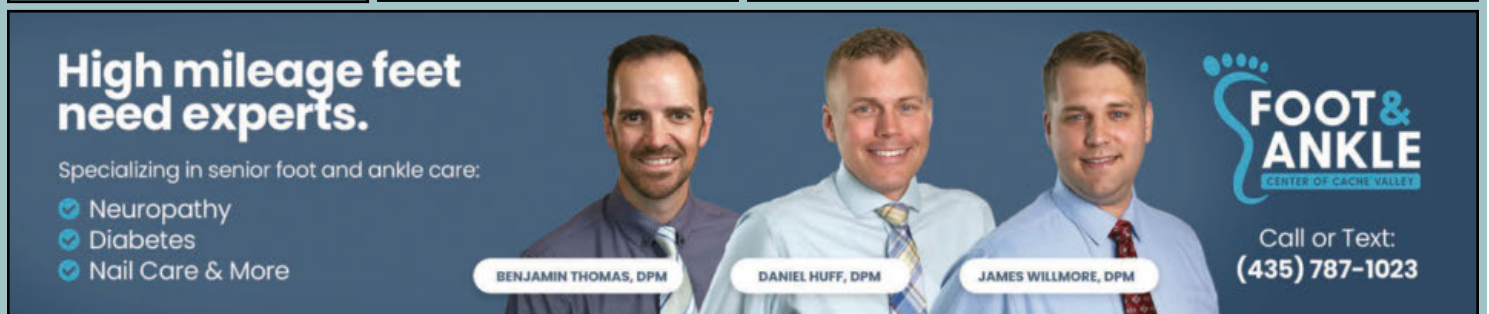
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# Medicare

Dear Marci,

My doctor and I have been discussing some of the new GLP-1 weight loss medications. Will my Part D plan cover weight loss drugs?

-Elaine (Salem, OR)

**Dear Elaine,**

By law, Medicare cannot cover medications prescribed for weight loss.

However, medications that are FDA approved for weight loss may be covered if they're prescribed for a different FDA approved indication. For context, some of the GLP-1 weight loss drugs can be prescribed for reasons other than weight loss. Certain weight loss drugs, for example, also treat diabetes. If a drug is medically necessary for you for one of these other FDA approved reasons, it can be covered by Medicare.

If your doctor prescribes a GLP-1 medication for you for a non-weight loss indication, you should also check to ensure that the specific drug is on your Part D plan's formulary. If it isn't, you and your doctor can consider other drugs on the plan's formulary that treat your condition. Or, if these other drugs on the formulary won't work for your specific circumstances, your doctor can help you request a formulary exception from your Part D plan. Remember, though, that formulary exception requests and appeals can be time consuming. Plus, plans can place drugs added to the formulary through the exception process on a high tier, meaning high costs for you.

Like any new medication you anticipate taking in the new year, you may wish to keep it in mind when choosing plans during Fall Open Enrollment.

I hope that helps!

-Marci

Querida Marci,

Mi médico y yo hemos estado hablando sobre algunos de los nuevos medicamentos GLP-1 para bajar de peso. ¿Mi plan de la Parte D cubrirá los medicamentos para bajar de peso?

-Elaine (Salem, Oregón)

**Querida Elaine,**

Por ley, Medicare no puede cubrir medicamentos recetados para bajar de peso.

Sin embargo, los medicamentos aprobados por la FDA para bajar de peso pueden estar cubiertos si se recetan para una indicación diferente aprobada por la FDA. A modo de contexto, algunos de los medicamentos para bajar de peso GLP-1 se pueden recetar por motivos distintos a la pérdida de peso. Ciertos medicamentos para bajar de peso, por ejemplo, también tratan la diabetes. Si un medicamento es médicamente necesario para usted por uno de estos otros motivos aprobados por la FDA, Medicare puede cubrirlo.

Si su médico le receta un medicamento GLP-1 para una indicación que no es para perder peso, también debe verificar que el medicamento específico esté en el formulario de su plan Part D. Si no es así, usted y su médico pueden considerar otros medicamentos del formulario del plan para tratar su afección. O, si estos otros medicamentos del formulario no funcionan para sus circunstancias específicas, su médico puede ayudarlo a solicitar una excepción al formulario de su plan de la Parte D. Sin embargo, recuerde que las solicitudes y apelaciones de excepciones al formulario pueden llevar mucho tiempo. Además, los planes pueden colocar los medicamentos agregados al formulario mediante el proceso de excepción en un nivel alto, lo que significa altos costos para usted.

Al igual que cualquier medicamento nuevo que anticipe tomar en el nuevo año, es posible que desee tenerlo en cuenta al elegir planes durante la inscripción abierta de otoño.

¡Espero que eso ayude!

-Marci

## Lunch Series

## Tuesday Movies

### JANUARY LUNCH SERIES

ALL EVENTS START AT 12:10 UNLESS  
OTHERWISE SPECIFIED

JAN 13: NUTRITION  
W/JENNA

JAN 13: COOKING  
DEMO W/JENNA 1:00

JAN 21: USU ADAPTIVE  
TECHNOLOGY

### NOW SHOWING

Jan. 7th- Grumpier Old Men- 1995,  
PG-13, 1H41M

Jan. 14th- Jim Henson Idea Man- 2024,  
PG, 1H51M

Jan. 21st.- Grease- 1978, PG, 1H45M

Jan. 28th- Raiders of the Lost Ark- 1981  
PG, 2H

Every Tuesday at 1:00 pm






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# January 2025

Monday	Tuesday	Wednesday
<p><b>"Darkness cannot drive out darkness; Only light can do that. Hate cannot drive out hate; Only love can do that."</b></p> <p><i>-Dr. Martin Luther King</i></p>		<p><b>1</b></p>  <p><b>Center Closed in Observance</b></p>
<p><b>6</b></p> <p>11:00 Music Bingo: Elvis Songs 12:30 Jeopardy</p> 	<p><b>7</b></p> <p>11:00 Class: Personal Values and Goal Setting! 1:00 Movie: Grumpier Old Men</p>	<p><b>8</b> <i>Elvis' Birthday</i></p> <p>11:00 Elvis Birthday Party 1:00 Knitting Group 1:00 Tech Assistance</p>
<p><b>13</b></p> <p>11:00 Bingo 12:10 L&amp;L: Nutrition w/Jenna 12:30 Jeopardy 1:00 Cooking Demo w/Jenna</p>	<p><b>14</b></p> <p>11:00 Socialization and Mind Fitness 1:00 Movie: Jim Henson Idea Man</p>	<p><b>15</b></p> <p>11:00 Out to Lunch Bunch: Olive Garden (\$2) 1:00 Tech Assistance</p> 
<p><b>20</b></p> 	<p><b>21</b></p> <p>11:00 Socialization and Mind Fitness 12:10 L&amp;L: USU Adaptive Technology <b>12:45-3:00 Commodities</b> 1:00 Movie: Grease</p>	<p><b>22</b></p> <p>11:00 Winterizing your Car w/ Darrell 1:00 Tech Assistance</p>
<p><b>27</b></p> <p>11:00 Bingo 12:30 Jeopardy 1:00 Water Color Class w/ Lora (\$5)</p> 	<p><b>28</b></p> <p>11:00 Socialization and Mind Fitness 1:00 Movie: Raiders of the Lost Ark</p>	<p><b>29</b></p> <p>11:00 Lunar New Year Party 1:00 Tech Assistance 2:15 Book Club: Below Stairs</p>

# January 2025

Thursday	Friday	<u>Daily Activities</u>
<p><b>2</b> 11:00 Good Grief: Bereavement Group 11:15 Card-making w/ Brenda 1:00 Tech Class: Managing Notifications on your Phone</p>	<p><b>3</b> 10:30 Sewing (\$10) 11:00 Blood Pressure 11:00 Craft: Pine Cone Bird Feeders (\$1) 11:00 Dance Workout w/ Lora 11:00 Wii Bowling</p>	<p>8:30-2:30 Computers 8:30 Fitness Room 8:30 Library 8:30 Pool Tables 8:30-2:30 Quilting 12:00-1:00 Lunch</p>
<p><b>9</b> 11:00 Poker 11:00 Cooking Class: Chicken Crescent Rollups (\$2)</p> 	<p><b>10</b> 10:30 Sewing 11:00 Music-making with Boomwhackers 11:00 Dance Workout w/ Lora 1:00 Tech Assistance 2:15 Mindfulness Group</p>	<p><u>Monday</u> Beginner Ukulele 10:00 Bread and Jam Band 11:00 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 Game: Hand &amp; Foot 1:00 Tai Chi</p>
<p><b>16</b> 11:00 Poker 11:00 Craft: Snowman (\$2)</p> 	<p><b>17</b> 10:30 Sewing 11:00 Blood Pressure 11:00 Wii Bowling 11:00 Dance Workout w/ Lora 1:00 Tech Assistance</p>	<p><u>Tuesday</u> 8:30 Ceramics 10:15 Tai Chi 10:30 Writers Group 11:30 Silver Sneakers 12:30 Mahjong 1:00 Movie</p>
<p><b>23</b> 11:00 Poker 12:30 Craft &amp; Chit Chat: Snow Globe (\$3)</p>	<p><b>24</b> 10:30 Sewing 11:00 Music-making with Boomwhackers 11:00 Dance Workout w/ Lora 1:00 Tech Assistance</p>	<p><u>Wednesday</u> 9:45 Chair Yoga 11:00 Line Dancing 1:00 Bobbin Lace Group 1:00 Bridge 1:00 Tai Chi 1:00 Tech Assistance</p>
<p><b>30</b> 11:00 Poker</p> 	<p><b>31</b> 10:30 Sewing 11:00 Dance Workout w/ Lora 1:00 Tech Assistance</p>	<p><u>Thursday</u> 8:30 Ceramics 10:00 Bingocize 10:30 Sit &amp; Be Fit 11:00 Poker 1:00 Mahjong</p> <p><u>Friday</u> 10:00 Painting Group 10:30 Sewing 11:00 Board Games 11:00 Dance Workout! 1:00 Tai Chi 1:00 Tech Assistance 2:15 Mindfulness Group</p>



# Fraud Prevention

## Common Scams Targeting Older Adults

There are many types of fraud that specifically target older adults. Some of the most common scams include:

- 1. Telemarketing Scams:** Fraudsters often call older adults pretending to be from trusted organizations, such as charities, government agencies, or even family members in distress. These scammers may ask for donations, personal information, or payment for "urgent" services.
- 2. Phishing Emails:** Scammers may send emails that appear to be from legitimate companies, like banks or credit card providers, asking you to click on a link or open an attachment. The goal is to steal your personal information, such as login credentials or account numbers.
- 3. Romance Scams:** Fraudsters often prey on individuals seeking companionship, building an emotional connection before requesting money for supposed emergencies or travel expenses. These scams can be very convincing and emotionally distressing.
- 4. Home Repair and Contractor Scams:** Fraudsters may offer unsolicited services, like home repairs or maintenance, and then either overcharge for subpar work or take the money without completing the service.

## How to Protect Yourself

While it can be difficult to spot fraud when it happens, there are several key steps you can take to protect yourself:

- 1. Be Cautious with Personal Information:** Never share personal details, such as your Social Security number, bank account numbers, or credit card information, over the phone or online unless you are absolutely sure of the person's identity and the legitimacy of the request.
- 2. Don't Be Pressured:** Scammers often try to rush you into making decisions. If you feel uncomfortable or pressured, take a step back and think about the situation. It's always okay to say no, especially if you're unsure about the offer or the person asking for your information.
- 3. Verify Information:** Before making any financial transactions or sharing personal details, take the time to verify the person's identity. Call the company or organization directly using a phone number from their official website, not one provided by the caller.
- 4. Use Strong Passwords:** Keep your accounts safe by using strong, unique passwords for your bank accounts, email, and other important services.

If possible, enable two-factor authentication for added security.

**5. Watch for Red Flags:** Be wary of offers that seem too good to be true, especially if you did not initiate the contact. If someone asks for payment upfront or refuses to provide a written contract, it's a major red flag.

## What to Do if You're a Victim of Fraud

If you believe you've been scammed, take action immediately:

- Contact your bank or credit card company to report any unauthorized transactions.
- File a complaint with the Federal Trade Commission (FTC) at [www.reportfraud.ftc.gov](http://www.reportfraud.ftc.gov).
- Contact your local police or the relevant authorities in your area.

A new scam is being reported by citizens in Cache Valley. The Cache County Sheriff's Office calls it a "brushing scam" — when someone receives an unexpected gift or item not ordered from the mail.

Examples of gifts often include rings, bracelets, necklaces, and Bluetooth speakers.

When the recipient opens the package to see what it is and who sent it, the sheriff's office said there is a QR code to scan to get more information on the item or to find out who sent the gift.

Once the code is scanned, all information from that phone -- personal and financial -- can be sent to the scammers. Deputies said the gifts can be kept or thrown away, but **the QR code should NOT be scanned for any reason.**

Another scam-The scammer, claiming to be a Lieutenant or Sergeant with the sheriff's office, tells the victim that they have a warrant for their arrest and that they will be arrested unless they make a payment. They also state that a gag order is in place and that they are not to talk to anyone other than the caller. These calls are NOT legitimate, and you should not provide the caller with any personal information, credit card numbers, pre-paid card numbers, or money. Law enforcement will never demand payment over the phone for a warrant or ask for payment through VENMO, Zelle, or similar banking apps.



## Events & Activities

### Chicken Crescent Roll-ups

THURS, JAN 9TH @ 11AM  
RSVP (\$2)



### Craft n' Chit-Chat: Winter Scene Snowglobes

NO WATER NEEDED!  
THURSDAY, JANUARY 23RD  
12:30  
RSVP (\$3)



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# January

Monday	Tuesday	Wednesday	Thursday	Friday
<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.</p> <p><b>**Menu is subject to change**</b></p>		<p>1</p>  <p><b>Senior Center Closed</b></p>	<p>2</p> <p><b>Baked Blue Berry Lemon French Toast Bake</b> Garden Cheese Omelet Sliced Oranges V8</p> <p>*Can Be Vegetarian</p>	<p>3</p> <p><b>Salisbury Steak</b> Mashed Potatoes &amp; Gravy Sun-Shine Carrots Mixed Fruit</p>
<p>6</p> <p><b>Beef Pot Pie</b> Green Beans 5-Cup Fruit Salad Wheat Roll</p> 	<p>7</p> <p><b>Pizza</b> Italian Vegetables Mixed Fruit Bread Stick</p> <p>*Can Be Vegetarian</p>	<p>8</p> <p><b>Chicken &amp; Broccoli Casserole</b> Glazed Carrots Melon</p>	<p>9</p> <p><b>Tomato Beefy Mac Soup</b> Grilled Cheese Roasted Zucchini Grapes</p> <p>*Can Be Vegetarian</p>	<p>10</p> <p><b>Orange Chicken</b> Fried Rice Oriental Veggies Egg Roll Melon Cup</p> 
<p>13</p> <p><b>Tuna Croissant Sandwich</b> Broccoli Salad Grapes</p> <p>*Can Be Vegetarian</p>	<p>14</p> <p><b>Chefs Choice</b></p> 	<p>15</p> <p><b>Meatball Sandwich</b> Peas &amp; Carrots Fresh Fruit Chips</p>	<p>16</p> <p><b>Salmon</b> Wild Rice Roasted Fresh Vegetable Mix Fresh Fruit</p>	<p>17</p> <p><b>Loaded Baked Potato</b> Buttered Peas Grape Salad</p> <p>*Can Be Vegetarian</p>
<p>20</p> 	<p>21</p> <p><b>Chicken Cordon Bleu</b> Capri Veggies Melon Salad</p>	<p>22</p> <p><b>Turkey Burger</b> Fresh Vegetables Mixed Fruit Chips</p>	<p>23</p> <p><b>Lasagna</b> Sautéed Italian Vegetables Spiced Pears Garlic Bread</p> 	<p>24</p> <p><b>BBQ Ribs</b> Macaroni &amp; Cheese Carrot &amp; Raisin Salad Sliced Apples</p>
<p>27</p> <p><b>Chefs Choice</b></p> 	<p>28</p> <p><b>Creamy Parmesan Italian Soup</b> Tropical Fruit Side Salad</p>	<p>29</p> <p><b>Roast Beef</b> Mashed Potatoes &amp; Gravy Carrots Sliced Oranges Apple Crisp</p>	<p>30</p> <p><b>Chicken Pot Pie Soup</b> Side Salad Spiced Applesauce</p>	<p>31</p> <p><b>Hawaiian Hay Stacks</b> Peas Pineapple Brownie</p> <p>*Can Be Vegetarian</p>



# Events & Activities

## SNOWMAN DECORATION



Thursday,  
January 16th at  
11am  
RSVP (\$2)

Out to

## Lunch Bunch

# Olive Garden

ITALIAN KITCHEN

Wed, Jan. 15th @ 11am  
RSVP @ front desk (\$2)



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# Health and Wellness

## January is National Glaucoma Awareness Month: Protect Your Vision

Did you know that glaucoma is one of the leading causes of blindness in the United States? It's often called the "silent thief of sight" because it can develop gradually without any noticeable symptoms. By the time vision changes are detected, significant and irreversible damage may have already occurred. That's why early detection is so important. This January, in honor of National Glaucoma Awareness Month, we're encouraging everyone — especially older adults — to prioritize their eye health and schedule a comprehensive eye exam.

### What is Glaucoma?

Glaucoma is a group of eye conditions that damage the optic nerve, which is essential for vision. It's most often caused by an increase in pressure within the eye (intraocular pressure). Over time, this pressure can cause nerve damage, leading to vision loss. There are two main types of glaucoma:

**Open-Angle Glaucoma:** The most common form, which progresses slowly and may not have early symptoms.

**Angle-Closure Glaucoma:** A less common but more sudden and severe form that requires immediate medical attention.

People over the age of 60 are at higher risk for glaucoma, especially if there is a family history of the condition. African Americans, Hispanics/Latinos, and individuals with certain medical conditions like diabetes or high blood pressure are also at increased risk.

### Why Early Detection Matters

Because vision loss from glaucoma is permanent, early detection is critical. Comprehensive eye exams can detect glaucoma before symptoms appear. During an exam, an eye doctor will measure your eye pressure, check for signs of optic nerve damage, and assess your peripheral (side) vision. Regular check-ups are crucial, especially for older adults, as vision changes can occur slowly over time. Catching glaucoma early allows for treatment options, such as medications, eye drops, or surgery, that can slow its progression and preserve your eyesight.

### How to Protect Your Vision

**Get Regular Eye Exams:** If you're over 60 or have a higher risk of glaucoma, schedule a comprehensive eye exam at least once a year.

**Know Your Family History:** If close relatives have glaucoma, you may be at higher risk. Inform your eye doctor about your family history.

**Maintain a Healthy Lifestyle:** Managing conditions like diabetes and high blood pressure, eating a nutrient-rich diet, and exercising regularly all support eye health.

**Protect Your Eyes:** Wear eye protection during sports or activities that could result in eye injury, as trauma to the eye can increase the risk of glaucoma.

### Take Action This January

National Glaucoma Awareness Month is a reminder to prioritize your eye health. Vision is something many of us take for granted until it's gone. Protecting your eyesight starts with one simple step: scheduling an eye exam. If it's been more than a year since your last check-up, now is the perfect time to make an appointment. Encourage friends and family to do the same. By raising awareness and taking preventive action, we can all reduce the impact of glaucoma in our communities.

Your vision is priceless — don't wait until it's too late to protect it. If you'd like more information on glaucoma or need help finding an eye care provider, feel free to reach out to our Senior Center for resources and support. Let's make eye health a priority this January and beyond!



# Parties

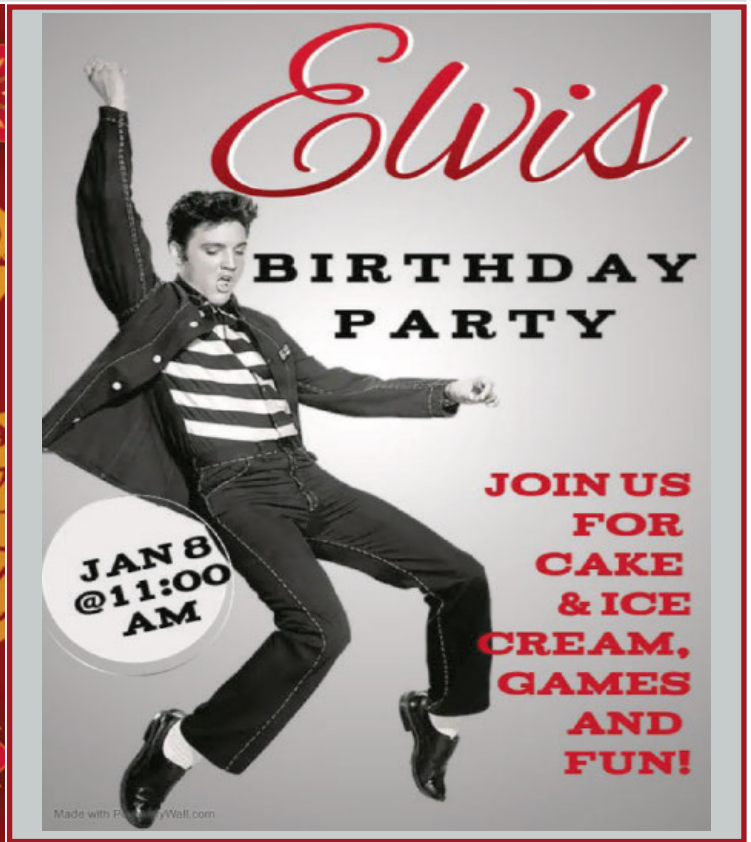


**Happy Lunar New Year!**

COME CELEBRATE WITH US AT A LUNAR NEW YEAR PARTY!

WED  
1/29  
11:00 AM

FOOD, GAMES AND FUN!



*Elvis*

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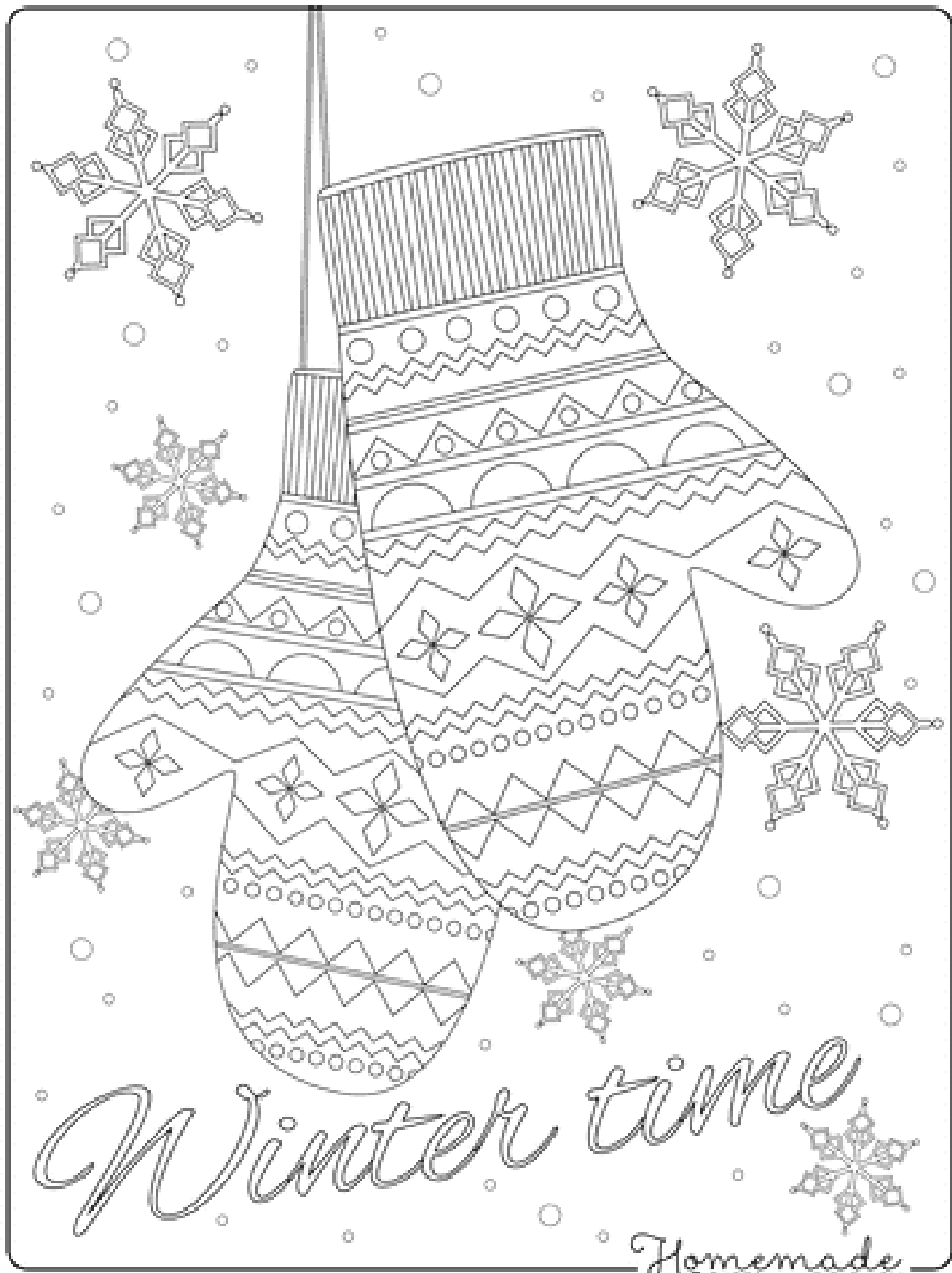


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# Activities



## THANK YOU TRAVIS!

A big thank you to Travis for providing excellent transportation to our patrons. He welcomes all with a warm smile. Donations are always welcome for this service.

Did you know that if you need a ride to the doctor Travis may be able to help? Be sure to reach out and see if it fits with his schedule. Another great resource is Transportation Vouchers through BRAG.

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.

As of January 6th, the beginner ukulele class will start over again with lesson 1. Class time: 10am- 11am.

Anyone who has already taken the beginner ukulele class and is not interested in retaking the beginner class again is welcome to join the Bread and Jam band. Band practice is from 11am to noon!



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# Activity Sign Up Sheet– January

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 first day of the month 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
	1/3	Sewing	10:30	\$10	
	1/3	Craft: Pine Cone Bird Feeders	11:00	\$1	
	1/9	Cooking Class	11:00	\$2	
	1/15	Out to Lunch Bunch: Olive Garden	11:00	\$2	
	1/16	Craft: Snowman	11:00	\$2	
	1/23	Craft & Chit Chat: Snow Globe	12:30	\$3	
	1/27	Water Color Class w/ Lora	1:00	\$5	
		Tech Assistance (by appointment only)	Varies	FREE	

**Total :** \_\_\_\_\_

*Office Use Only*

Cash  Credit Card  Check

Processed by: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

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