



Our mission to create a supportive and engaging environment where active adults can thrive socially, mentally, and physically, leading to a more fulfilling and independent life.

## Newsletter

April 2025

As the world awakens from winter's slumber, the arrival of spring brings a sense of renewal and warmth. The days grow longer, flowers begin to bloom, and a fresh energy fills the air. Birds sing their cheerful melodies, and the gentle breeze carries the scent of blossoming trees, reminding us that a new season of growth and possibility is upon us.

I wanted to take a moment to share the joy of this beautiful time of year and share the news of our new upcoming classes. Senior Swans is a ballet class taught by a professional ballerina from the Cache Valley Civic Ballet. This class is a class designed for women 60+. Additionally, we invite you to join our new group: Café Conversations— this is a fun group that will have opportunities to have time to socialize and visit with friends here at the center. We will provide light treats. Lastly, be sure to sign up for the foot clinic hosted by Center of Cache Valley Foot & Ankle.

On behalf of the Senior Center, I extend our deepest gratitude for the time, energy, and compassion volunteers bring to our community. National Volunteer Week is celebrated from April 20th to 26th. We recognize and celebrate the contributions of the many volunteers who have served the center. Your dedication to our programs, classes, and the Meals on Wheels delivery service is truly invaluable, and we are

so fortunate to have such caring individuals making a difference in the lives of our older adults.

To our volunteers who lead classes and activities, thank you for sharing your knowledge, skills, and creativity. Whether you are teaching an exercise class, leading an arts and crafts session, or offering educational workshops, your contributions bring enrichment and joy to so many. In 2024, your service to our organization brought in 1,928 people to the center for a total of 12,461 points of service. Your willingness to give your time makes a lasting impact on those eager to learn and engage.

To our Meals on Wheels volunteers, your commitment to delivering not only nutritious meals but also kindness and companionship is a lifeline for many. Your service brings comfort and connection to those who may otherwise feel isolated, reminding them they are valued and cared for. With your help we served 43,747 meals to our homebound clients.

Your generosity and dedication inspire us all, and we are grateful for the impact you make each and every day. The Senior Center would not be the same without you, and we truly appreciate all that you do.

With heartfelt appreciation,

Giselle Madrid, Sr. Center Director

# Coping With Caregiving

## Take Care of Yourself While Caring for Others

It can be a labor of love, and sometimes a job of necessity. A total of about 43 million U.S. adults provide unpaid care for someone with a serious health condition each year. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health. NIH-funded researchers are working to understand the risks these caregivers face. And scientists are seeking better ways to protect caregivers' health.

Many of us will end up becoming a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves. Such caregiving can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also include managing medicines, doctor visits, health insurance, and money. Caregivers often give emotional support as well.

People who provide unpaid care for an elderly, ill, or disabled family member or friend in the home are called informal caregivers. Most are middle-aged. Roughly two-thirds are women. Nearly half of informal caregivers assist someone who is age 75 or older. As the elderly population continues to grow nationwide, so will the need for informal caregivers.

Studies have shown that some people can thrive when caring for others. Caregiving may help to strengthen connections to a loved one. Some find joy or fulfillment in looking

after others. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role without any training. They're expected to meet many complex demands without much help. Most care-givers hold down a full-time job in addition to the hours of unpaid help they give to someone else.

"With all of its rewards, there is a substantial cost to caregiving—financially, physically, and emotionally," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "One important insight from our research is that because of the stress and time demands placed on caregivers, they are less likely to find time to address their own health problems."

Informal caregivers, for example, may be less likely to fill a needed prescription for themselves or get a screening test for breast cancer. "Caregivers also tend to report lower levels of physical activity, poorer nutrition, and poorer sleep or sleep disturbance," says Dr. Erin Kent, an NIH expert on cancer caregiving.

Studies have linked informal caregiving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety. And they're more likely to have problems with memory and paying attention.

"Caregivers may even suffer from physical health problems related to caregiving tasks, such as back or muscle injuries from lifting patients," Kent adds.

Caregivers may face different challenges and risks depending on the health of the person they're caring for. Taking care of loved ones with cancer or dementia can be especially demanding. Research suggests that these caregivers bear greater levels of physical and mental burdens than caregivers of the frail elderly or people with diabetes.

"Cancer caregivers often spend more hours per day providing more intensive care over a shorter period of time," Kent says. "The health of cancer patients can deteriorate quickly, which can cause heightened stress for caregivers. And aggressive cancer treatments can leave patients greatly weakened. They may need extra care, and their medications may need to be monitored more often."

Cancer survivorship, too, can bring intense levels of uncertainty and anxiety. "A hallmark of cancer is that it may return months or even years later," Kent says. "Both cancer survivors and their caregivers may struggle to live with ongoing fear and stress of a cancer recurrence."

Dementia can also create unique challenges to caregivers. The health care costs alone can take an enormous toll. One recent study found that out-of-pocket spending for families of dementia patients during the last 5 years of life averaged \$61,522, which was 81% higher than for older people who died from other causes.

Research has found that caregivers for people with dementia have particularly high levels of potentially harmful stress hormones.—Cont. Pg. 14

## HONOR HOPE HEALTH

Veteran & Caregiver Conference  
April 10, 2025 8:30AM-4:00 PM

Riverwoods Conference Center  
615 Riverwood Parkway, Logan UT



FREE ALL DAY EVENT.  
REGISTER AT  
BEARRIVERAGING.ORG  
OR CALL 435-713-1467



# Events


Join Kylie at the Logan Library for  
the showing of

# WICKED

Saturday, April 5th at 3pm  
You must have your own means  
of transport.  
This is a free event!  
*See You There!*

# Art History: Michelangelo

THURSDAY,  
APRIL 24TH  
AT 1:00PM  
LOCATED IN THE  
SEWING ROOM



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# Medicare



Dear Marci

Dear Marci,

I have Medicare Part D, and my doctor recently prescribed me a few new medications that I'm struggling to afford. I heard that the Extra Help program can help pay for Part D costs. What is Extra help and how do I know if I'm eligible for it?

-Deepa (Warba, MN) -

Dear Deepa,

You are correct! Extra Help, also called the Low-Income Subsidy (LIS), is a program that lowers Part D costs—both premiums and out-of-pocket expenses. Your income and assets (meaning your savings and other resources) determine if you're eligible for Extra Help. Keep reading for a more detailed explanation of the benefits of Extra Help and its eligibility criteria.

## What is Extra Help?

Extra Help is a federal program that lowers premiums and helps pay for out-of-pocket costs associated with Medicare prescription drug coverage. The Extra Help program:

- Pays your Part D premium for a basic Part D plan up to a state-specific benchmark amount.
- Lower your costs for prescription drugs by eliminating the deductible period and capping coinsurance and

copays.

- Allows you more flexibility to change your Part D plan during the year through a Special Enrollment Period.
- Eliminates the Part D late enrollment period (LEP), if you have one.

## Extra Help Eligibility

- In 2025, you may be eligible for Extra Help if your monthly income is up to \$1,976 (\$2,664 for couples) and your assets are below \$17,600 (\$35,130 for couples). See the Extra Help income and asset limit chart for details.
- Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of income and some assets are not counted.
- If you have Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's income and asset eligibility requirements.

Keep in mind that Extra Help is not a replacement for Part D or a plan on its own. Extra Help works with your plan by reducing your costs. You must still have a Part D plan to have Medicare prescription drug coverage.

Hope this helps!

-Marci

## Lunch Series | Movies

### APRIL Lunch Series

April 4 @ 12:10: Music by Mike Bailey

April 11 @ 12:10: Utah Department of  
Commerce, Fraud & Scams

April 14 @ 12:10: L&L Nutrition w/ Jenna

April 14 @ 1:00: Cooking Demo w/ Jenna

April 16 @ 12:10: Music by Marley

April 23 @ 12:10: Native Plants in Your  
Garden w/ Taylor @ USU Landscape  
Architecture



## NOW SHOWING

**Apr. 1st: The Beach Boys**

(2024, PG-13, 1H 53M)

**Apr. 8th: The Pink Panther**

(1964, NR, 1H 53M)

**Apr. 15th: Baby Boom**

(1987, PG, 1H 50M)

**Apr. 22nd: Top Gun: Maverick**

(2022, PG-13, 2HRS 11M)

**Apr. 29th: The Call of the Wild**

(2020, PG, 1H 40M)

**Movies every Tuesday at 1pm**




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# April 2025

Monday	Tuesday	Wednesday
	<p><b>1 April Fools Day!</b>            11:00 Socialization &amp; Mind Fitness            11:30 Cranium Crunchers            1:00 Movie: The Beach Boys (2024)</p>	<p><b>2</b>  <b>10:00 Field Trip: Baby Animal Days (\$2)</b>            1:00 Knitting Group</p>
<p><b>7</b>            9:00 Creative Aging            11:00 Bingo            12:30 Jeopardy</p>	<p><b>8</b>            11:00 Socialization &amp; Mind Fitness            11:30 Cranium Crunchers            1:00 Movie: The Pink Panther (1964)</p>	<p><b>9</b>            10:00 Sourdough Class w/ Margene            11:00 Jewelry Class: Bead Rings (\$2)            1:00 TED: An honest look at the personal finance crisis</p>
<p><b>14</b>            9:00 Creative Aging            11:00 Bingo            12-4 AARP Safe Driving            12:10 L&amp;L: Nutrition with Jenna            12:30 Jeopardy            1:00 Cooking Demo with Jenna</p>	<p><b>15 Tax Day</b>            11:00 Socialization &amp; Mind Fitness            11:30 Cranium Crunchers  <b>12:45-3:00 Commodities</b>            1:00 Movie: Baby Boom (1987)</p>	<p><b>16</b>            10:00 Pickle Ball Field Trip (\$2)            12:10 Lunchtime Music by Marley</p>
<p><b>21</b>            11:00 Bingo            12:30 Jeopardy</p>	<p><b>22</b>            9:00 Earth Day Walk around Nibley Pond            11:00 Socialization &amp; Mind Fitness            11:30 Cranium Crunchers            1:00 Movie: Top Gun: Maverick (2022)</p>	<p><b>23</b>            11:00 Ancestry Charting            12:10 L&amp;L: Native Plants in Your Garden w/ Taylor @ USU Landscape Architecture</p>
<p><b>28</b>            11:00 Bingo            12:30 Jeopardy</p> 	<p><b>29</b>            11:00 Socialization &amp; Mind Fitness            11:30 Cranium Crunchers            1:00 Movie: The Call of the Wild (2020)</p>	<p><b>30</b>  <b>10:00 Field Trip: Hike—Rendezvous Park Trail (\$2)</b>  <b>1:00 Basil Window Plant</b>            2:15 Book Club: The Hundred Foot Journey</p>

# April 2025

Thursday	Friday
<b>3</b> 11:00 Easter Egg Craft (\$2) 11:15 Card-making w/ Brenda 1:00 TED: Parkinson's, depression, and the switch that might turn them off	<b>4</b> 11:00 Dance Workout w/Lora 11:00 Wii Games 12:10 Lunchtime Music by Mike Bailey
<b>10</b> 11:00 Cooking Class: Italian Chicken Panini (\$3) 1:00 Horseshoes	<b>11</b> 9:00 Ogden Field Trip and Lunch Bunch (\$15) 11:00 Stretches & Strength Training w/Julie 11:00 Blood Pressure 12:10 L&L: Utah Department of Commerce, Fraud and Scams 12-2 Foot Clinic (RSVP ONLY)
<b>17</b> 11:00 Tech Class: How To Take Better Photos 1:00 TED: The unique love between humans and dogs	<b>18</b> 9:00 CCB: Senior Swans (Ballet) 10:00 Café Conversations 11:00 Stretches and Strength Training w/Julie 11:00 Blood Pressure 11:00 Easter Egg Hunt
<b>24</b> 11:00 Craft & Chit Chat Easter Bunny(\$3) 1:00 Artist History Class: Michelangelo	<b>25</b> 9:00 CCB: Senior Swans (Ballet) 10:00 Café Conversations 11:00 Stretches and Strength Training w/Julie 11:00 Wii Games 1:00 Paint n Sip (\$5)
	

## Daily Activities

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

### Monday

10:00 Beginner Ukulele  
 10:00 Poker  
 11:00 Bread and Jam Band  
 11:00 Bingo  
 12:30 Jeopardy  
 1:00 Game: Hand and Foot  
 1:00 Tai Chi

### Tuesday

8:30 Ceramics  
 10:15 Tai Chi  
 10:30 Writers Group  
 12:30 Mahjong  
 1:00 Movie

### Wednesday

9:45 Chair Yoga  
 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 Silver Sneakers  
 11:00 Poker  
 12:30 Mahjong

### Friday

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

# SENIOR SWANS



DANCE LIKE NEVER BEFORE



## Join the Fun

Come experience the joy of ballet in our **Senior Swans** class! As a founding Arts leader in Northern Utah, the Cache Valley Civic Ballet strives to nourish and strengthen an appreciation for the Arts, especially ballet, in community members of all ages.

Perfect for all skill levels, this class encourages movement, flexibility, and social interaction. Each session is designed to be fun and uplifting, allowing you to express yourself through dance while meeting new friends. Wear comfortable clothing and bring your favorite water bottle to stay hydrated! Let's twirl together and make beautiful memories!

**Join us starting Friday, April 18th, at 9:00 am.**





## Field Trips

# Pickleball season

April is National Pickleball  
Month! Join Kylie at Millville  
South Park to play on Wednesday,  
April 16th @ 10:00am  
RSVP | \$2 ride fee



# Hiking Club

WED., APR. 30TH @ 10AM  
JOIN KYLIE ON A TRIP  
TO THE RENDEZVOUS  
PARK TRAIL  
\$2 RIDE FEE | RSVP



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emailed to you.



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# April

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>April Fools Day!</b>  <b>Silly Noodles Surprise</b> Leaning Tower of Green Rainbow Bites Spoonful of Sweetness	2 <b>Tuna Sandwiches</b> Carrot Sticks Cottage Cheese & Pineapple Chips  *Gluten Sensitive	3 <b>Veggie Pizza</b> Roasted Parmesan Italian Vegetables Grapes *Vegetarian Option *Gluten Sensitive	4 <b>Salisbury Steak</b> Mashed Potatoes & Gravy Sun-Shine Carrots Mixed Fruit  *Gluten Sensitive
	7  <b>Cheesy Ranch Potatoes and Baked Sausage</b> House Salad Sliced Apples	8  <b>Chef's Choice</b>  	9  <b>Shepherd's Pie</b> Sautéed Zucchini Melon Cup  *Gluten Sensitive	10  <b>Ribs Mac &amp; Cheese</b> Broccoli Salad Apple & Carrot Salad w/ citrus Dressing
14  <b>Beef &amp; Barley Soup</b> Buttered Corn Peaches Wheat Roll	15  <b>Chicken Tetrazzini</b> Peas & Carrots Diced Pineapple Breadstick  	16  <b>Sweet &amp; Sour Meatballs</b> Brown Rice Roasted Vegetables Fresh Fruit Egg Roll  *Gluten Sensitive	17  <b>Veggie Lasagna</b> Italian Veggies Peaches Garlic Toast  *Vegetarian Option  	18  <b>Salmon</b> Avocado Salsa Rice Pilaf Orange Slices  *Gluten Sensitive
21  <b>Pork Chops</b> Mashed Potatoes & Gravy Sunshine Carrots Ambrosia Salad Roll Carrot Cake Cookie	22  <b>Chicken Swiss Bake</b> Rice Pilaf Peas Fruit	23  <b>Philly Cheesesteak</b> Loaded Cauliflower Bake Mixed Fruit  *Gluten Sensitive	24  <b>Chicken Pot Pie</b> Sautéed Green Beans Berry fruit Salad	25  <b>Creamy White Chili</b> Steamed Broccoli Pears Roll *Vegetarian Option *Gluten Sensitive
28  <b>Teriyaki Chicken Salad</b> Mandarin Oranges *Vegetarian Option *Gluten Sensitive	29  <b>Shrimp Scampi</b> with Pasta Buttered Peas Fruit Salad	30  <b>Chef's Choice</b>  	<p><b>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.</b></p>	

# Classes

## Cafe Conversations

Every Friday at 10AM  
Starting April 18th

Join Kylie in having a cup of coffee, tea, or cocoa and a chat. We will choose a different topic every week!

## April Crafts and Cooking

Thurs., 3rd 11am: Mod Podge

Easter Eggs

Wed., 9th 11am: Bead Rings

Thurs., 10th 11am: Italian

Chicken Panini Cooking Class

Thurs., 24th 11am: Craft 'n' Chit

Chat Easter Bunny

Fri., 25th 1pm: Paint 'n' Sip

Spring Painting

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# Five Quick and Easy Home Modifications

Make Your Home Safer Today!

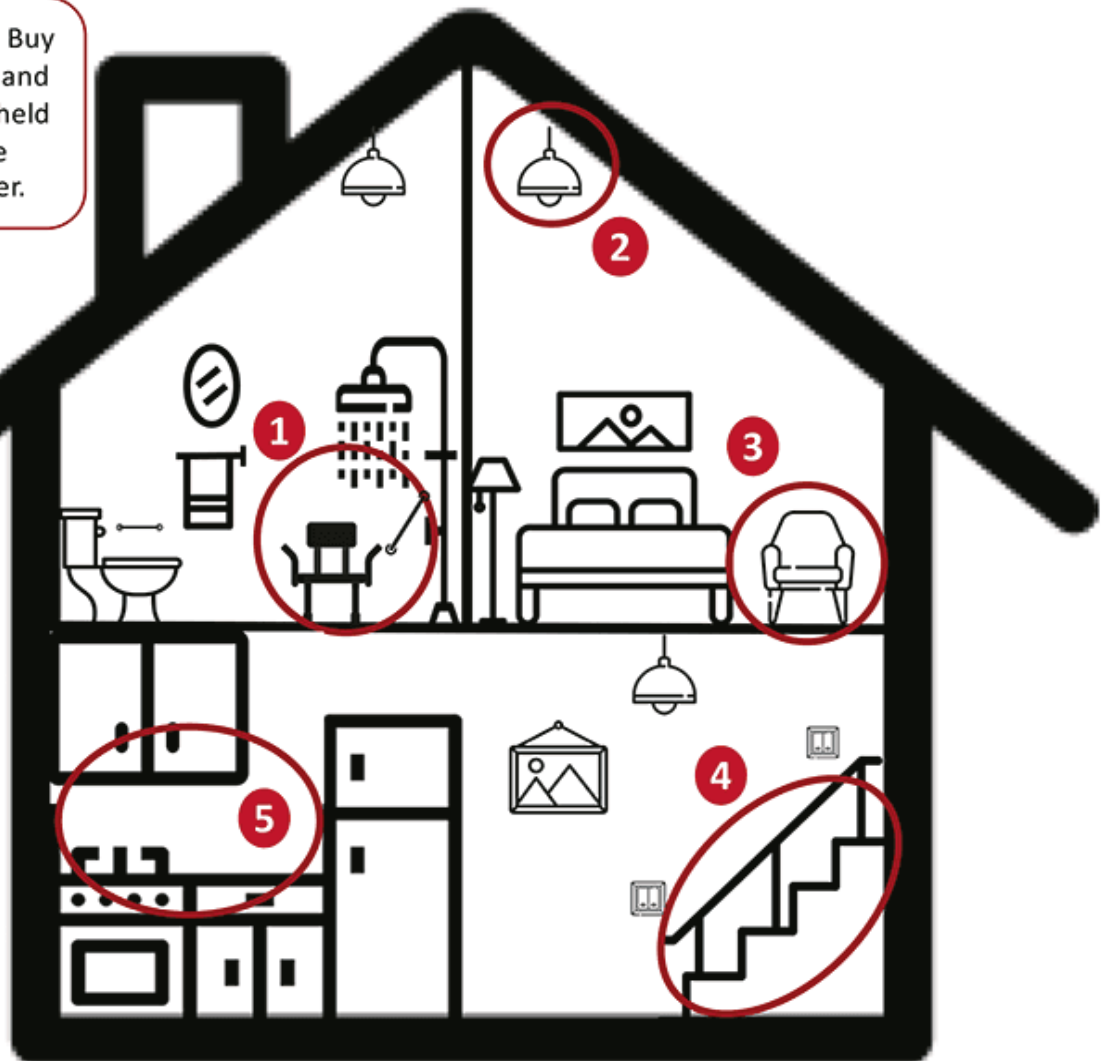
**1. Secure some support:** Buy a shower seat, grab bar, and adjustable-height hand-held shower head to make bathing easier and safer.

**2. Light it up:** Replace burnt-out bulbs with bright, non-glare lightbulbs.

**3. Have a seat:** Place a sturdy chair in your bedroom so you can sit while getting dressed.

**4. Clear the way:** Keep items off stairs and remove clutter and throw rugs from floors.

**5. Store for success:** Keep frequently used items between waist and shoulder height.



*This material was developed by the National Home Safety and Home Modification Work Group. The Work Group is a collaboration of the National Falls Prevention Resource Center at the National Council on Aging and the Fall Prevention Center of Excellence at the University of Southern California Leonard Davis School of Gerontology. For more information, visit [bit.ly/NHSHMworkgroup](http://bit.ly/NHSHMworkgroup) and [www.homemods.org/hmin](http://www.homemods.org/hmin) to find home modification funding sources.*

*This project was supported, in part by grant number 90FP0023 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.*

**nco**  
national council on aging

**USC** Leonard Davis  
School of Gerontology

# Events

## BABY ANIMAL DAYS

Wednesday, April 2nd at  
10:00am  
We will be picked up and  
dropped off, so RSVP to  
save a seat! There is a \$2  
ride fee and a \$12 entry fee



## Lunch Bunch & The Ogden Rock/Gem Show

LUNCH WILL  
BE AT  
THE RUSTED  
SPOON



FRIDAY, APRIL  
11TH 9:00AM  
RSVP W/ ANA  
\$15 BUS FEE  
\$5 ENTRY FEE

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Caregivers and care recipients often struggle with the problems related to dementia, such as agitation, aggression, trouble sleeping, wandering, and confusion. These caregivers spend more days sick with an infectious disease, have a weaker immune response to the flu vaccine, and have slower wound healing.

One major successful and expanding effort to help ease caregiver stress is known as REACH (Resources for Enhancing Alzheimer's Caregiver Health). Nearly a decade ago, NIH-funded researchers showed that a supportive, educational program for dementia caregivers could greatly improve their quality of life and reduce rates of clinical depression. As part of the program, trained staff connected with caregivers over 6 months by making several home visits, telephone calls, and structured telephone support sessions.

“REACH showed that what caregivers need is support. They need to know that there are people out there and resources available to help them,” says Dr. John Haaga, who oversees NIH's behavioral and social research related to aging.

The REACH program is now being more widely employed. It's been adapted for use in free community-based programs, such as in local Area Agencies on Aging. It's also being used by the U.S. Department of Veterans Affairs and by the Indian Health Service, in collaboration with the Administration for Community Living.

“We know how to support families caring for an older adult. But that knowledge is not easily accessible to the families who need it,” says Dr. Laura Gitlin, a coauthor of the REACH study and an expert on caregiving and aging at Johns Hopkins University. “Caregivers need to know it's not only acceptable, but recommended, that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests.”

To learn more about aging-related caregiver resources, contact NIH's National Institute on Aging at 1-800-222-2225 or [niaic@nia.nih.gov](mailto:niaic@nia.nih.gov). To learn about cancer-related caregiver resources, contact NIH's National Cancer Institute at 1-800-422-6237. See the Web Links box to find a variety of online caregiving resources.

## Resources

### Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. 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 which also 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

### AARP Driving Safe Driving Course

If you are interested in registering for the AARP safe driving course, please call Kent Haddock to register: 435.890.5901

### VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 435-713-1460.



# Toenail Clinic

at the Senior Center

**Friday April 11**  
**12:00 - 2:00 pm**

Call (435) 787-1023 to schedule  
an appointment slot.  
\*Space is limited.

Nails will be trimmed  
and filed, feet will be  
examined, and  
calluses will be  
trimmed.

Bring your insurance  
card. (Your insurance  
will be billed.)



**Ben Boyer, FNP**

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# 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.

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

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

X	Date	Activity	Time	Cost	Total
	4/2	Field Trip: Baby Animal Days—Entry Fee Extra	10:00	\$2	
	4/3	Easter Egg Craft	11:00	\$2	
	4/9	Sourdough Class w/ Margene	10:00	N/C	
	4/9	Jewelry Class: Bead Rings	11:00	\$2	
	4/10	Cooking Class: Italian Chicken Panini	11:00	\$3	
	4/11	Ogden Field Trip & Lunch Bunch—Entry Fee Extra	9:00	\$15	
	4/16	Pickle Ball Field Trip	10:00	\$2	
	4/22	Earth Day Walk around Nibley Pond	9:00	N/C	
	4/24	Craft and Chit Chat: Easter Bunny	11:00	\$3	
	4/25	Paint and Sip	1:00	\$5	
	4/30	Field Trip: Hike to Rendezvous Park Trail	10:00	\$2	
	4/30	Basil Window Plant	1:00	N/C	

*Office Use Only*

Cash   
  Credit Card   
  Check

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

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

**Processed By:** \_\_\_\_\_