

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.



OCTOBER 2025

CACHE COUNTY SENIOR CENTER

NEWSLETTER



Fall is here! This season always brings happiness to our center. We enjoy the cooler air, the beautiful fall colors and here at the center we love Halloween!

This month is full of chances to meet new friends and try something different, all with a Halloween twist! Our annual Halloween carnival at the end of the month is sure to be Spooktacular! Don't forget to dress up, we can't wait to see your costumes! Ladies you are invited to our annual witches convention, come in your witchiest attire, broom and all! There are so many fun activities planned this month be sure to look at the calendar to sign up.

Thanks to UDOT, we've been awarded a brand-new van! We can't wait to go on field trips with the van! If you need a ride for a doctor appointment and if it is within the window of 9:45–11:30 a.m. Travis may be able to help with this. Be sure to call the front desk for more information. As always we encourage a donation if you are using our transportation.

You may have also noticed our fresh vehicles now being used for assessments and meal deliveries. A huge thank you to the Broadbent Foundation for their generous support. We're also excited to share that we received funding from the CDBG Logan City grant to help support our meals program. We truly appreciate all donations, every bit makes a difference. If you're able to give, that's wonderful! If not, please know your nutrition and well-being always come first, and we're here for you no matter what.

Our flu shot/COVID-19 vaccine clinic is scheduled to be here on the 6th. Reeds pharmacy requests that you bring your insurance card. They will be here from 11:00 am to 1:00 pm.

Please be aware of the constant scams that continue to target you. Remember Medicare is not going to call you, neither is Social Security, FBI, nor the IRS. If you are in a romantic relationship with someone online and they ask you for money for whatever sob story they have the chances of this being a scam are very high. Do not buy gift cards to pay any bill ever! No bill can ever be paid with a gift card and anyone asking you is a fraudster. Remember they can sound very convincing so

always reach out to family, friends or the senior center for a second opinion.

Medicare Open Enrollment runs from **October 15 – December 7**, and it's the perfect time to review your coverage, especially your Part D plans, to see if you can save money. While Colby and I are no longer taking new clients, our wonderful Meals on Wheels team will be reaching out to homebound clients to make sure they're comfortable and happy with their plans and to see if they can find savings with the prescriptions. The BRAG office now has several days available to meet with clients. If you have never met with Colby or myself you will need to sign up with BRAG. We have loved helping, but are so thankful to BRAG for the added support.

This month we wrapped up the feasibility report and this will be presented to the county council. We have seen substantial growth in participation at the senior center. This building was built in 1975. This year our building turned 50 years old! It has served our community well. We know that it is a place that brings joy and happiness to many. There are days that we are overwhelmed by the growth that we have seen. We have 3005 individuals registered to the senior center. When we began tracking this information in 2021 we had close to 2000 registered users. We are seeing the growth and the need for resources. It is unknown what will be decided but what is certain is that there is growth in this population. Adults are aging healthier, staying active and this can be attributed to social connections, nutrition, and physical activity provided by senior centers.

No matter what, we are here to help. At the senior center we strive to provide the very best for you! We hope you always feel of our warmth and our love for you! Our mission and goal is: to enrich your life, strengthen and empower you to maintain independence by providing human connection, social support and nutritious food.

All the best,
Giselle Madrid, Director

Recipe

Vegan Zucchini Brownies

Make ultra-goosey, fudgy zucchini brownies with no eggs, flour, oil, or refined sugar (and you can't tell!). They're super chocolatey, easy to make, and loved by kids & adults!



- Bake for about 35–40 minutes. For fudgy brownies, stick to 35 minutes or less; for cakier brownies, go for 40 minutes or more. Baking time varies with pan size. Test after 30 minutes with a toothpick – if it comes out clean or slightly crumbly, they're done; if sticky, bake longer.
- Let the brownies cool completely. They will firm up once they cool and taste even better on day two! Enjoy!

Notes

- Granulated sweetener: You can use coconut sugar, organic sugar, or a sugar-free sweetener like Erythritol.
- Oats: I used rolled oats for this recipe which I processed in an electric coffee/spice grinder to make oat flour. You can use regular rolled oats or gluten-free oats and process them in a blender (or grinder). Of course, you can also use 135 grams of store-bought oat flour.
- Nut butter: You can use almond butter, cashew butter, peanut butter or sunflower seed butter for a nut-free version. If you don't have nut butter, you could use 1/4 cup of oil instead.
- Store: Keep leftover brownies covered in the fridge for up to a week. You can also freeze them!

Dry ingredients:

- ☐ 1 ½ cups (135 g) rolled oats, ground into flour (see notes)
- ☐ ¾ cup (150 g) granulated sweetener (see notes)
- ☐ ½ cup (90 g) dairy-free chocolate chips + more for the top
- ☐ ½ cup + 1 tbsp (50 g) cocoa powder unsweetened
- ☐ 1 tsp baking powder
- ☐ ¼ tsp baking soda
- ☐ ⅓ tsp salt
- ☐ 1 tsp instant coffee powder (optional)

Wet ingredients:

- ☐ 1 ¼ cups (200 g) shredded zucchini tightly packed
- ☐ ½ cup (120 g) nut butter of choice (see notes)
- ☐ ¼ cup (60 ml) plant-based milk
- ☐ 1 tsp vanilla extract

Instructions

- Line a 6x9 (15x23 cm) or a slightly bigger pan with parchment paper or grease it with vegan butter or oil and preheat the oven to 360 °F (182 °C).
- Process all dry ingredients (except the chocolate chips) in a food processor.
- Add all wet ingredients and blend again until the batter is smooth.
- Finally, add the chocolate chips and stir with a spoon.
- Pour the batter into the pan and add more chocolate chips on top.



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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Medicare's Open Enrollment Period

Dear Marci,

I just enrolled in Medicare a few months ago, and now I am hearing about Fall Open Enrollment coming up. What is Fall Open Enrollment, and what should I do during this time?

-Doreen (Austin, TX)

Dear Doreen,

What an important question! Fall Open Enrollment begins October 15 and ends December 7 each year. (You also might hear it called Medicare's Open Enrollment Period or Annual Election Period.) During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage for next year. Even if you're happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage will meet your needs for the coming year.

If you have Original Medicare, visit www.medicare.gov or read the 2025 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, and coinsurance charges.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). If you don't

receive these notices by the end of September, contact your plan to request them. Review these notices for any changes in:

- The plan's costs
- The plan's benefits and coverage rules
- The plan's formulary (list of drugs your plan covers)



Additionally, make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you're unhappy with any of your plan's changes, you can enroll in a new plan. If you want assistance reviewing your options, contact your State Health Insurance Assistance Program (SHIP) for unbiased counseling.

Even if you are happy with your current Medicare coverage, it's still a good idea to see if there's another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year; there could be another Part D plan in your area that covers the drugs you take with fewer restrictions or lower prices. You can use Medicare's Plan Finder tool to compare your options and call your SHIP for assistance.

Best of luck to you this Fall Open Enrollment Period! Following the advice above, you can make sure your health coverage will meet your needs in 2026.

-Marci



Fraud

Scammer:
"Are you sure you have your new Medicare card? I need to verify the number matches my system."



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Senior Medicare Patrol
Preventing Medicare Fraud

 SMPRESOURCE.ORG

 **877.808.2468**
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If "Medicare" calls to verify your number, hang up immediately, as this is a scam. The Centers for Medicare & Medicaid Services (CMS) will never call you to verify your information or issue a new card. To report fraud or request a new Medicare number if it's compromised, call 1-800-MEDICARE. Scammers use spoofed caller IDs and may have some of your personal information to appear legitimate. How to protect yourself: **Guard your information:** Treat your Medicare card and number like a credit card; keep them safe and do not share them with unexpected callers. **Be suspicious of unsolicited contact:** If you receive a call, text, or email, asking for your Medicare information, do not respond. **Use official channels:** Only provide your Medicare number to your doctor, pharmacy, through the official 1-800-MEDICARE number when you initiate the contact.



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Community!

October 2025

Monday	Tuesday	Wednesday
		1 11:00 Golden Age of Hollywood Trivia 1:00 Knitting Group
6 10:00 Journaling 11:00-1:00 Flu Shot Clinic w/ Reed's Pharmacy 11:00 Bingo 12:30 Jeopardy	7 11:00 Mind Fitness 11:30 Cranium Crunchers 12:30 L&L: Active Aging with Humana 1:00 Movie: Ghostbusters	8 11:00 Craft 'n' Chit Chat: ghost pictures 12:30 L&L: Connection between aging, muscle loss & function, Brennan J. Thompson, PhD , USU Kinesiology
13 	14 10:30 Cooking on a Budget w/ Janet Huff 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Clue	15 11:00 Craft: DIY witch potion jars 
20 10:00 Journaling 11:00 Bingo 12:30 Jeopardy	21 Back to the Future Day 11:00 Mind Fitness 11:30 Cranium Crunchers 12:30 L&L: Memory Difficulties & Chronic Pain, Maria Kleinstäuber, PhD 12:45-3:00 Commodities 1:00 Movie: Back to the Future	22 11:00 Pumpkin Carving (\$3) 
27 10:00 Journaling 11:00 Halloween Bingo 12:30 Halloween Jeopardy	28 11:00 Mind Fitness 11:00 Chocolate Making w/ Estee \$2 11:30 Cranium Crunchers 1:00 Movie: Hocus Pocus	29 11:00 Cooking Class: Apple Cider Donuts (\$2) 11:00 American Sign Language 2:00 Book Club: Kidnapped

October 2025

Thursday	Friday
2 11:15 Card-making with Brenda 1:30 Ping Pong	3 9:00 Senior Swans Ballet Class 10:30 Spooky Word Games w/ Colby 11:00 Wii Games
9 11:00 Jewelry class: Skull Safety Pin Earrings 1:00 TED: Everything I Know About Breast Cancer I Learned from My Garden 1:30 Ping Pong	10 9:00 Senior Swans Ballet Class NO BLOOD PRESSURE 12:10 Medicare Minute: Open Enrollment
16 10:00 Field Trip: Pumpkin Walk & Out to Lunch Bunch (\$2) 1:30 Ping Pong 	17 9:00 Senior Swans Ballet Class 11:00 Wii Games 1:00 Paint 'n' Sip Spooky Painting 
23 1:00 Witches Convention 1:30 Ping Pong 	24 9:00 Senior Swans Ballet Class 11:00 Blood Pressure 1:00 Spooky Scavenger Hunt
30 11:00 Art History: Pablo Picasso 1:00 TED: How to Spot Fake AI Photos 1:30 Ping Pong	31 9:00 Senior Swans Ballet Class 11:00 Halloween Carnival HAPPY HALLOWEEN 

Daily Activities

8:15-2:30 Computers
 8:15 Fitness Room
 8:15 Library
 12:00-1:00 Lunch
 8:15 Pool Tables
 8:15-2:30 Quilting

Monday

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

Tuesday

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

Wednesday

9:45 Chair Yoga
 11:00 Line Dancing
 1:00 Bobbin Lace Group
 1:00 Bridge
 1:00 Chinese Mahjong
 1:00 Tai Chi

Thursday

8:15 Ceramics
 10:00 Bingocize
 10:30 Sit & Be Fit w/ Darrell
 11:00 Poker
 1:00 Mahjong

Friday

10:00 Painting
10:00 Sewing (New Time)
 11:00 Board/Card Games
 1:00 Tai Chi
 2:15 Mindfulness Group

Medicare –Spanish

Cómo elegir entre Medicare original y Medicare Advantage

Es importante que entienda sus opciones de cobertura de Medicare y que elija su cobertura cuidadosamente. Hoy, hablaremos sobre una elección importante: Medicare original versus un Plan Medicare Advantage.

Punto 1: Entienda los aspectos básicos de Medicare original.

Medicare original es el programa tradicional de cuota por servicios que se ofrece directamente a través del gobierno federal. A veces se le llama Medicare tradicional o Medicare de cuota por servicio. Bajo Medicare original, usted puede ir con cualquier médico y a cualquier hospital que acepte Medicare, en cualquier parte del país. Puede ir directamente al médico u hospital cuando necesite atención, lo cual quiere decir que no necesita obtener autorización de Medicare o una remisión de su médico de atención primaria para la mayoría de los servicios. En Medicare original, usted es responsable de pagar una prima mensual por la Parte B y, en algunos casos, una prima por la Parte A. Generalmente, usted paga un coseguro, o un porcentaje del costo total, por cada servicio que recibe, pero las personas con Medicare original tienen la opción de comprar un Medigap para ayudar a cubrir los costos de su propio bolsillo. Si desea tener cobertura de medicamentos recetados con Medicare original, en la mayoría de los casos, necesitará elegir e inscribirse en un plan independiente de medicamentos recetados de Medicare, también llamado plan de la Parte D. A menos que elija lo contrario, usted tendrá Medicare original cuando se inscriba en Medicare por primera vez.

Punto 2: Entienda los aspectos básicos de Medicare Advantage.

Los Planes Medicare Advantage, también conocidos como Parte C o planes MA, son planes que tienen un contrato con el gobierno federal para proporcionar beneficios de Medicare. Recuerde que usted sigue teniendo Medicare si se inscribe en un Plan MA. Esto quiere decir que usted todavía debe pagar una prima por la Parte B y, tal vez, por la Parte A, además de otras primas potenciales por el Plan MA. Los Planes MA deben cubrir todos los mismos servicios que Medicare original y, generalmente, incluyen cobertura de medicamentos recetados. En los Planes MA, usted generalmente tiene que ir con proveedores que sean parte de la red y área de servicio de su plan para pagar el costo más bajo por los servicios. En muchos planes, usted debe obtener autorización previa o una remisión de su proveedor de atención primaria para los servicios especializados, procedimientos y equipo médico

duradero. A menudo, tendrá que pagar copagos fijos por cada servicio o artículo que reciba. Estos costos varían según el plan. Los planes no pueden cobrar copagos o coseguros más altos que los de Medicare original por ciertos servicios, como quimioterapia y diálisis, pero pueden cobrar costos compartidos más altos por otros servicios. Todos los planes MA deben incluir un límite para los gastos de su propio bolsillo por los servicios de la Parte A y B, aunque estos límites suelen ser elevados. Algunos planes MA pueden ofrecer ciertos beneficios que Medicare no cubre, como atención dental y de la vista, o ciertos apoyos domiciliarios. Contacte directamente al plan para obtener información sobre sus costos, cobertura y cualquier beneficio adicional que pueda proporcionar.

Punto 3: Conozca qué debe tomar en cuenta al elegir entre Medicare original y Medicare Advantage.

Algunos de los factores importantes a considerar son:

Costos: ¿Por cuáles primas y costos de mi propio bolsillo seré responsable?

Seguro suplementario: ¿Tendré la opción de comprar una póliza de Medigap? Si tengo otra cobertura, como un plan para jubilados, ¿cómo funcionará con mi opción de cobertura de Medicare?

Acceso a proveedores: ¿Qué tipo de proveedores puedo ver? ¿Necesito ver a proveedores dentro de la red o conseguir remisiones? De ser así, ¿los médicos con quienes voy son parte de la red del plan?

Cobertura de medicamentos: ¿Está incluida la cobertura de medicamentos recetados o tendré que comprar un plan de la Parte D? ¿Cubre la cobertura de medicamentos los medicamentos que tomo?

Beneficios adicionales/suplementarios: ¿Están cubiertos los servicios adicionales, como la atención de la vista, del oído o dental?

Límite para los costos de su propio bolsillo: ¿Hay un límite anual para los costos de mi propio bolsillo?

Punto 4: Tenga cuidado con las infracciones de comercialización mientras compara planes.

Los representantes, agentes e intermediarios de los Planes Medicare Advantage y de la Parte D deben seguir los lineamientos federales al momento de promocionarle estos planes. Estos lineamientos lo protegen en contra de tácticas manipuladoras y engañosas de ventas e inscripción.



Events & Activities

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FOOD, GAMES, PRIZES,
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Fri., Oct. 31st

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Vaccination Clinic with Reed's Pharmacy

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1pm in the cafeteria to
get your flu and/or
covid vaccines! Reed's
Pharmacy will be
administering the
vaccines. They will also
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October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Broccoli Cheese Soup 1/2 Egg Salad Sandwich Peas & Carrots Watermelon <i>*vegetarian option</i>	2 Chicken Pot Pie Mixed Vegetables 5 Cup Fruit Salad  <i>*vegetarian option</i>	3 Bacon Cheese Burger Broccoli Salad Oranges <i>*vegetarian option</i> <i>*gluten sensitive</i>
6 Beef Stroganoff Capri Vegetables Melon Medley Roll <i>*vegetarian option</i>	7 Coconut Curry Pumpkin Soup Side Salad Apple Salad	8 Salisbury Steak Mashed Potatoes w/ Gravy Sun Kissed Carrots Ambrosia Fruit Salad <i>*vegetarian option</i>	9 Chef's Choice 	10 Tuna Noodle Casserole Buttered Peas Grape Salad <i>*vegetarian option</i>
13 Senior Center Closed 	14 Ham Sandwich Creamy Cauliflower Soup Mixed Fruit <i>*vegetarian option</i> <i>*gluten sensitive</i>	15 Chili Roasted Corn Crunchy Apple & Carrot Salad Corn Bread <i>*vegetarian option</i> <i>*gluten sensitive</i>	16 Loaded Potato Soup Honey Glazed Roasted Brussels Sprouts w/ Bacon Pears <i>*vegetarian option</i> <i>*gluten sensitive</i>	17 Lasagna Winter Blend Veggies Mixed Fruit Breadstick <i>*vegetarian option</i>
20 Tuscan Tortellini Soup Side Salad Tropical Fruit <i>*vegetarian option</i>	21 Salmon w/ Rice Pilaf Creamed Spinach Grapes Lemon Pretzel Salad	22 BBQ Ribs Scalloped Potatoes Roasted Corn Applesauce <i>*vegetarian option</i>	23 Chef's Choice 	24 Chicken Salad Croissant Sandwich Broccoli Salad Mixed Fruit <i>*vegetarian option</i>
27 Harvest Chicken Casserole Asparagus Oranges <i>*vegetarian option</i>	28 Chicken Cordon Bleu Casserole Green Beans Mixed Fruit Pumpkin Snickerdoodle Cookie	29 Garden Omelet Sausage V8 Apples 	30 Ghoulash Roasted Root Vegetables Peaches	31 Haunted Haunch (Roast Beef) Monster Mash Potatoes Screamed Peas Candy Corn Cocktail Heads will roll
10 Cache County Senior Center - 240 North 100 East Logan Utah - 435-755-1720				

Events & Activities

Pumpkin Walk & Out to Lunch Bunch

Thursday, Oct. 16th
at 10am, then lunch
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D 4C 05-1038

What is Circuit Breaker – Renter Refund?

Utah code provides general relief to qualifying senior citizens, or a surviving spouse, who have income below statutorily mandated levels. The renter refund applies to both renters and manufactured homeowners who rent lots.

Note: Homeowners may apply for relief through the county where the property is located. For more information, see Circuit Breaker – Low Income Abatement and Homeowner's Tax Credit.

Who qualifies for Circuit Breaker?

To qualify for property tax relief under this program, the following guidelines apply:

- The applicant must be 66 years of age as of December 31st of the year for which they are applying.
- A widow or widower of any age may qualify.
- The applicant must furnish their own financial support for the year and cannot be claimed as a dependent on someone else's tax return.
- The applicant must have resided in the state of Utah for the entire calendar year for which they are applying.
- An application must be completed and signed each year, using one of the following two methods:
- Complete the online application using [Taxpayer Access Point \(TAP\)](#). **Note:** using this electronic method may significantly speed your refund.
- Complete, sign, and submit a current [Form TC-90CB, Renter Refund Application](#).
- The annual household income cannot exceed the amount specified by the legislature. Note: this amount changes each year.
- The applicant must include all rent that has been paid.

The applicant must apply in person at [one of our offices](#) if they are a resident alien, qualify under

8.U.S.C 1641, and are in the U.S. lawfully. The applicant must provide proof of I-94 and/or Alien Registration Number.

When and how can I apply for Circuit Breaker?

The quickest way to apply and receive your refund is to use our online [Taxpayer Access Point \(TAP\) system](#). This method provides much faster processing and will speed up your refund. This system is available mid-April through December 31 each year.

If you applied and received a Circuit Breaker Refund last year, you will be sent a new application for the current year on the fourth Monday of April. Applications must be submitted before December 31 and can be submitted by mail, by fax, or in person. Be sure ALL fields and Schedule W are complete.

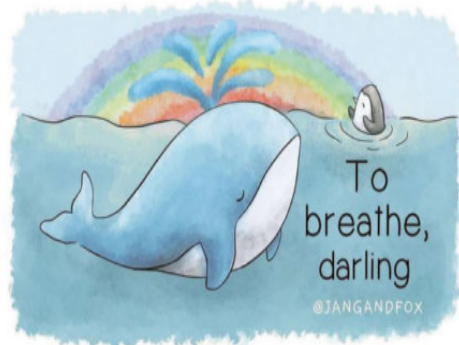
If you did not receive a refund last year, [Form TC-90CB, Renter Refund Application](#) will be available on our website on May 1. Applications must be submitted before December 31 and can be submitted by mail, by fax, or in person. Be sure ALL fields and Schedule W are complete.

Where do I submit a Circuit Breaker application?

For faster processing, use our online [Taxpayer Access Point \(TAP\) system](#) to complete and submit your application.

Submit by Mail or Fax

Utah State Tax Commission
210 N 1950 W
Salt Lake City UT 84134
Fax number 801-297-7574



As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety. Symptoms to look out for:

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain

- Misuse of alcohol or drugs
- Sadness or hopelessness
- Thoughts of death or suicide or suicide attempts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Call or text 988 to connect with a trained crisis counselor. Support is also available via live chat. Para ayuda en español, llame al 988.

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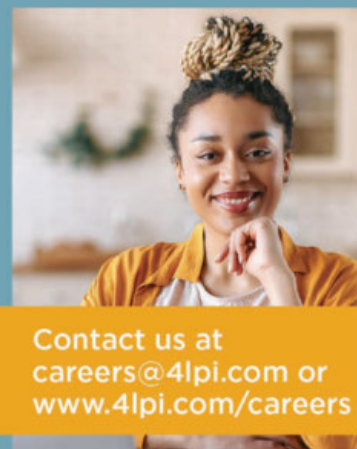


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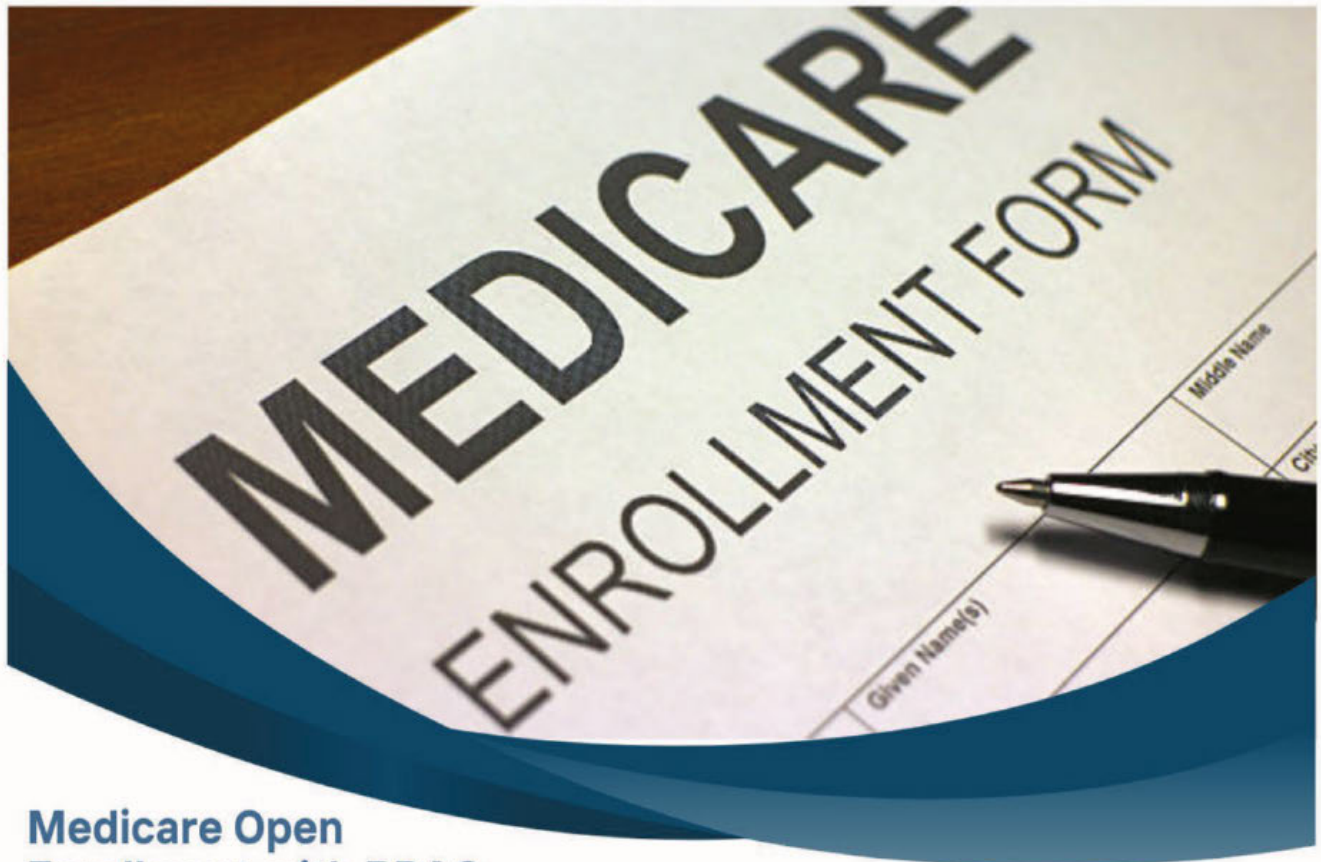
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E 4C 05-1038



Medicare Open Enrollment with BRAG

Bear River Area Agency on Aging

Discuss Medicare options at no cost. Our "Open Office" hours are available to anyone looking for more information. Registration is not required. Please note, there may be waiting times to meet with agent. Stop by our office and visit with an enrollment counselor today!

Si necesita ayuda en español para inscribirse en Medicare/Medicaid, hay un hablante de español disponible en el Centro para personas mayores del condado de Cache, solo con cita previa los jueves

📍 **Centro para Personas Mayores del Condado de Cache**
240 N 100 E

MONDAY @ LOGAN BRAG

9 AM - 2 PM

TUESDAY BY APPOINTMENT ONLY

WEDNESDAY @ LOGAN BRAG

9 AM - 2 PM

THURSDAY @ TREMONTON SNR CTR

9 AM - 2 PM

ESPAÑOL DISPONIBLE EN EL CENTRO PARA PERSONAS MAYORES DEL CONDADO DE CACHE, SOLO CON CITA PREVIA LOS JUEVES

FRIDAY @ BRIGHAM CITY BRAG

9 AM - 2 PM

📞 435-713-1467

📍 **BRAG (Logan)**
170 N Main

📍 **BRAG (Brigham)**
35 E 100 S

📍 **Tremonton Senior Center**
510 W 1000 N

Events & Activities

Jam Band and Ukulele are switching times!

Bread & Jam Band is now @ 10am Mondays

Beginner Ukulele is now @ 11am Mondays



Join Knitting Group!

Once every month, knitting group gets together to knit, crochet, and embroider!

Join in on the fun on Wednesday, October 1st at 1pm!



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Halloween Crossword Puzzle

B O N E S N P O T I O N S R R C W
 Q S C R E A M B Q Y F A N G S O I
 U S S Y C O S T U M E E N N V F T
 X K L O A K M X T R I P S M S F C
 D U B G N G H O S T Y R E X W I H
 Q L M A D I S K E L E T O N E N O
 N L A C Y B T P U M P K I N R C U
 P B G R X N L G Z Q X T C K E A D
 M O I C E M E T E R Y Q O C W U B
 J A C K O L A N T E R N B V O L A
 W R Z O M B I E G T B C W I L D Z
 J E X O W L T R R G L K E O F R Z
 C S I L H C O O A M Y F B X E O A
 Y T C P M Z D W V U A N S L Y N E
 B A E C A N D L E M V E K S B A T
 D L V R Q B R O O M S T I C K J P
 G O B L I N D G S Y Q B L O O D Y

Jack-O-Lantern	Broomstick	Cauldron	Cemetery
Skeleton	Werewolf	Costume	Pumpkin
Candle	Cobweb	Coffin	Goblin
Potion	Scream	Zombie	Blood
Bones	Candy	Fangs	Ghost
Grave	Magic	Mummy	Skull
Witch	Bat	Owl	RIP

	7		9			4		
	6	5				9		8
			1	8				
2			4		6	1	5	
	4				8	3		6
					3			
4			5				7	2
7				4				1
3		6				5		9