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NOVEMBER 2025

○ ○ ○ ○

CACHE COUNTY SENIOR CENTER

NEWSLETTER



Let's Celebrate & **Give Thanks Together**

Join us for a

THANKSGIVING LUNCH

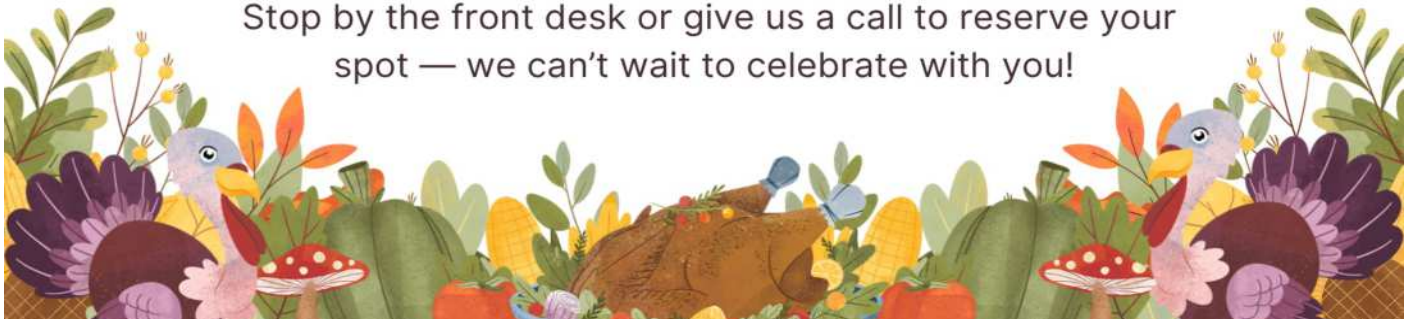
November 25th

12:00-1:00 PM

**Come enjoy a Thanksgiving meal with
friends, laughter, and good company!**

Please RSVP by November 12th

Stop by the front desk or give us a call to reserve your
spot — we can't wait to celebrate with you!



Recipe

Pumpkin Dump Cake

Pumpkin Dump Cake is a delicious twist on pumpkin pie that's perfect for fall! It's a cake on top of a pumpkin pie without the hassle of a pie crust!

Ingredients

- 1 15 oz can pumpkin puree (not pie filling)
- 1 12 oz can evaporated milk
- 3 eggs
- 1 cup brown sugar
- 3 tsp pumpkin pie spice
- 1 15.25 oz box yellow cake mix (just the dry mix)
- 1 cup butter melted (2 sticks)

Optional Frosting glaze

- 1 1/2-2 cups powdered sugar
- 2 tbsp milk more as needed for thinning
- 1 tsp vanilla extract

Instructions

Preheat the oven to 350°

Mix the pumpkin, milk, eggs, sugar and pumpkin pie spice in a bowl with a whisk

Pour the pumpkin pie filling into a greased 9x13 baking pan.

Sprinkle yellow cake mix evenly over the top.

Pour melted butter over the cake mix.

Bake at 350° for 45-50 minutes, until center is set and a toothpick comes out clean

<https://simpleandseasonal.com/day-88-pumpkin-dump-cake/>



Optional Frosting Glaze

Mix the powdered sugar, milk and vanilla in a bowl with a whisk until smooth. Pour over the top of the cake while it's still warm. Let it cool and harden to a sweet crackled glaze on the top.

Notes

Add chopped nuts or toffee bits to the top of the cake for a nice crunch. Skip the glaze and serve with vanilla ice cream or whipped cream instead! NOTE: As of 2025, Duncan Hines brand yellow cake mix is still 15.25oz, but Betty Crocker and most generic brands are down to 13 oz. It won't make a huge difference, but if you want the full amount of topping, be sure to check your box sizes. I now keep an extra box of white or yellow cake mix in the pantry to add to smaller box mixes so my recipes will still turn out properly.

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

Medicare Open Enrollment is happening now! It's your chance to review or change your prescription drugs and health coverage for next year. Get a head start by getting a rundown of your 2025 options to see if there's an option that best fits your needs and budget.

You have 2 main ways to get your Medicare coverage — Original Medicare or Medicare Advantage (Medicare-approved plans from private companies). It's important to understand the differences between these 2 options, so keep these things in mind when choosing coverage.

Start at [Medicare.gov](https://www.Medicare.gov), your official source for finding the type of coverage that best fits your needs. If you need more help comparing options: Call 1-800-MEDICARE during the Open Enrollment Period or contact your local State Health Insurance Assistance Program (SHIP) at the BRAG office— 435-713-1467

NOTE: If you make less than \$22,591 a year (\$30,661 for married couples), it may be worth applying for "Extra Help." Extra Help can pay for your prescription drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Visit ssa.gov/extrahelp or call Social Security at 1-800-772-1213 to apply for Extra Help.

Medicare en Español

¡La Inscripción Abierta de Medicare comienza la próxima semana! Es su oportunidad de revisar o cambiar sus medicamentos recetados y su cobertura de salud para el próximo año. Adelántese al obtener un resumen de sus opciones para 2025 para ver si hay una opción que se adapta mejor a sus necesidades y presupuesto.

Tiene 2 formas principales de obtener su cobertura de Medicare — Medicare Original o Medicare Advantage (planes aprobados por Medicare de compañías privadas). Es importante entender las diferencias entre estas 2 opciones, así que tenga en cuenta estas cosas a la hora de elegir la cobertura.

Comience en [Medicare.gov](https://www.Medicare.gov), su fuente oficial para encontrar el tipo de cobertura que mejor se adapte a sus necesidades. Si necesita más ayuda para comparar opciones:

Llámenos al 1-800-MEDICARE durante el Período de Inscripción Abierta.

Comuníquese con su Programa Estatal de Asistencia con el Seguro Médico (SHIP) local. Visite shiphelp.org para obtener el número de teléfono de su estado.

NOTA: Si gana menos de \$22,591 al año (\$30,661 para parejas casadas), vale la pena solicitar la "Ayuda Adicional". La Ayuda Adicional puede pagar las primas, los deducibles, el coseguro y otros costos de su cobertura de medicamentos recetados (Parte D). Visite ssa.gov/extrahelp o llame al Seguro Social al 1-800-772-1213 para solicitar Ayuda Adicional.



The graphic is a blue-bordered box with a white background. At the top, it says "Medicare Annual Enrollment Period" in large, bold, dark blue letters. Below this, there are three blue boxes with white text: "OCT 15th", "DEC 7th", and "JAN 1st". Below the "OCT 15th" and "DEC 7th" boxes, there is a blue clock icon and the text "Annual Enrollment Period October 15th – December 7th". Below the "JAN 1st" box, there is a blue icon of a person with a magnifying glass and the text "Coverage Begins January 1st". At the bottom, there is a dark blue banner with white text that says "CONSIDER YOUR OPTIONS! Every year, Medicare beneficiaries can make changes to their coverage during AEP."

Movies | Activities

NOW SHOWING

Nov. 4th: Squanto: A Warrior's Tale

(1994, PG, 1H 42M)

Nov. 18th: Dead Poets Society

(1989, PG, 2H 8M)

Nov. 25th: Miracle on 34th Street

(1947, NR, 1H 41M)

Movies every Tuesday at 1pm



Paint 'n' Sip



HARVEST PAINTING

Friday, November 21st at 1pm
We will be painting a harvest scene in the ceramics room while we enjoy refreshments!



RSVP at the front desk to join
\$5 fee to paint

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that Support our
Community!



November 2025

Monday	Tuesday	Wednesday
3 10:00 Journaling 11:00 Bingo 12:10 L&L: Nutrition w/Jenna 12:30 Jeopardy 1:00 Food Demo w/Jenna 1:00 Coloring Group	4 11:00 Help decorate our Thanksgiving Gratitude Tree 11:00 Good Grief Support Group 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Squanto: A Warrior's Tale	5 1:00 Knitting Group 
10 10:00 Journaling 11:00 Bingo 12:10 Patriotic Lunch Time Music by Marley 1:00 Coloring Group	11 Veterans Day Senior Center Closed 	12 11:00 Craft: Sock Pumpkins (\$2)
17 10:00 Journaling 11:00 Music Bingo: American Musicians 12:30 Jeopardy 1:00 Coloring Group	18 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3:00 Commodities 1:00 Movie: Dead Poets Society	19 11:00 Cooking Class: Wheat Bread (\$3) 
24 10:00 Journaling 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group	25 12:00 Thanksgiving Lunch Lunch Time Music by Sarah Gee 1:00 Movie: Miracle on 34th Street	26 2:15 Book Club: Greenlights, Mathew McConaughey
	AARP SMART DRIVER COURSE To refresh driving skills and to get a DISCOUNT ON INSURANCE Thursday Nov 13 12-4pm \$20 with membership of AARP \$25 otherwise To Register call Kent Haddock (435) 890-5901	

November 2025

Thursday

6

11:15 Card-making with Brenda
1:30 Ping Pong

13

11:30 Out to Lunch Bunch: Chili's (\$2)

12-4 AARP Safe Driving

1:00 TED: Sean Sherman: Why aren't there more Native American restaurants?

20

10:00 Field Trip: Holiday Shopping (\$2)

1:00 TED: Giving in without giving up-a story of finding gratitude everywhere

1:30 Ping Pong

27 Senior Center Closed



HAPPY THANKSGIVING!

Friday

7

9:00 Senior Swan Ballet Class



14

9:00 Senior Swan Ballet Class

11:00 Blood Pressure

1:00 Craft and Chit Chat Harvest Corn (\$3)

21

9:00 Senior Swan Ballet Class

11:00 Fun w/ Fondue (\$3)

1:00 Paint 'n' sip harvest painting (\$5)

28 Senior Center Closed



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 Ukulele Class

11:00 Bingo

12:30 Jeopardy

1:00 Coloring Group

1:00 Game: Hand & Foot

1:00 Tai Chi

Tuesday

8:30 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 Tai Chi

1:00 Chinese Mahjong

Thursday

8:30 Ceramics

10:00 Bingocize

10:30 Sit & Be Fit w/ Darrell

11:00 Poker

1:00 Mahjong

Friday

10:00 Painting

10:00 Sewing

11:00 Board/Card Games

1:00 Tai Chi

2:15 Mindfulness Group

Thankful

By Mandy Cidlick

*No ghosts or goblins and trick-or-treats,
No candy or flowers for your sweets.
No gifts to buy or presents to give,
Just be THANKFUL for the life that you live.*

Health and Wellness

Eating Healthy During the Holidays with Diabetes

The holiday season is a time of celebration, family gatherings, and plenty of tempting treats, but for older adults living with diabetes, managing food choices can be a challenge. However, enjoying the festivities while maintaining a healthy diet is possible with a little planning and mindfulness. Start by focusing on balanced meals that incorporate lean proteins, whole grains, and plenty of vegetables. Filling up on these nutritious options will help stabilize blood sugar levels and keep you feeling satisfied, making it easier to resist overindulging in sweets or heavy holiday dishes.

Portion control is another key strategy. When surrounded by a variety of delicious foods, it's easy to overeat, which can lead to blood sugar spikes. Try using a smaller plate to manage portion sizes and opt for smaller servings of

high-carb or sugary dishes. Be mindful of hidden sugars in sauces, dressings, and drinks, and consider alternatives like sparkling water with a splash of citrus or herbal teas to keep hydrated without added sugars. Allow yourself to enjoy your favorite holiday foods in moderation, and be sure to check your blood sugar regularly.

Finally, staying active is crucial during the holidays, especially when routines may shift and there are more opportunities to indulge. Simple activities like taking a walk after meals or participating in light exercise can help manage blood sugar levels and improve overall well-being. With thoughtful choices and balance, older adults living with diabetes can enjoy the holiday season while keeping their health on track. Remember, the focus is on savoring both the food and the time spent with loved ones—without compromising your health.

Holiday-proof your plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. Eat a small snack at your usual mealtime if needed, and have a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- Plan your carb choices in advance. For example, if you're going to have a sweet treat, cut back on other carbs like potatoes, bread, or pasta dishes.
- Don't skip meals to save up for a feast. When you're really hungry you might be more likely to overeat.
- Avoid or limit alcohol. If you do have an alcoholic drink, avoid sugary mixers like juice or soda and eat food.

Don't forget to check your blood sugar, even in the middle of holiday festivities.

Cooking and Craft Classes

COOKING CLASS: WHEAT BREAD



Wed., Nov. 19th at 11am
in the sewing room.
Join Kylie in learning
how to make delicious
homemade wheat bread!

RSVP AT THE FRONT DESK | \$3 FEE



Craft 'n' Chit Chat HARVEST CORN

Join Kylie on Fri.,
Nov. 14th @ 1pm in
the sewing room to
make beadwork
harvest corn!

RSVP @ the front
desk
\$3 to craft



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November

Monday	Tuesday	Wednesday	Thursday	Friday
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. ***Menu is subject to change***				
3 Turkey Pumpkin Chili Corn Bread Buttered Peas Grapes <i>*vegetarian option</i>	4 Orange Chicken Jasmine Rice Mixed Vegetables Mandarin Oranges <i>*vegetarian option</i> <i>*gluten sensitive</i>	5 Chef's Choice 	6 Ecuadorian Chicken & Rice Soup Roasted Vegetables Warm Peaches <i>*vegetarian option</i> <i>*gluten sensitive</i>	7 Pulled Pork Sandwich Coleslaw Melon Chips <i>*vegetarian option</i> <i>*gluten sensitive</i>
10 Chicken Alfredo Pasta Italian Veggies Peaches Garlic Breadsticks <i>*vegetarian option</i>	11 Center Closed 	12 Hawaiian Haystacks Buttered Peas Pineapple <i>*vegetarian option</i>	13 Loaded Baked Potatoes w/ Ground Beef Gravy Buttered Broccoli Mixed Berries <i>*vegetarian option</i>	14 Meatloaf Mashed Potatoes & Gravy Honey Glazed Carrots Applesauce Peach Crisp
17 German Potato Soup Mixed Veggies Grape Salad Wheat Roll <i>*vegetarian option</i>	18 Chef's Choice	19 Swiss Chicken Casserole Rice Pilaf Malibu Veggies Spiced Pears <i>*vegetarian option</i>	20 Sloppy Joes Coleslaw Apple Salad Chips <i>*vegetarian option</i> <i>*gluten sensitive</i>	21 Pig in a Blanket Mac & Cheese Steamed Broccoli w/Cheese Ambrosia Fruit <i>*vegetarian option</i>
24 Chicken Salad Croissant Broccoli Salad Mixed Fruit <i>*vegetarian option</i> <i>*gluten sensitive</i>	25 Roast Turkey w/ Stuffing Mashed Potatoes & Gravy Green Bean Casserole Harvest Fruit Salad Dinner Roll Pumpkin Cake	26 Beef & Barley Soup Sautéed Vegetables Mixed Fruit Roll <i>*vegetarian option</i>	27 Closed	28 Closed 

Field Trips



Thurs., November 13th @
11:30pm join Kylie out for
lunch at Chili's!

RSVP @ THE FRONT DESK

\$2 RIDE FEE

HOLIDAY SHOPPING

Field Trip

THURS., NOV. 20TH @ 10AM

PEPPERRIDGE FARM

ALL ABOUT SOCKS

LAZY ONE PAJAMA OUTLET

\$2 FEE TO RIDE

RSVP @ THE FRONT DESK

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Cache County Senior Center, Logan, UT

D 4C 05-1038

Grief Support Group



“Good Grief”

An Educational Grief Group

**The 1st Tuesday of
every Month @
11:00 am**

Where Is It Located?

Cache County Senior Center

Who Can Attend?

Families, residents, and the public are welcome to join the Grief & Loss Support Group

Why Should You Attend?

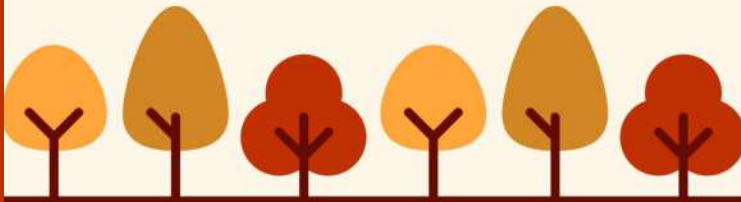
Grief can come in many forms: an unexpected diagnosis, the loss of a loved one, or even the death of a pet. People can be affected by different situations in different ways, and it's important to allow yourself to grieve in order to heal.



Events/Activities

YOU ARE INVITED TO DECORATE OUR ANNUAL **GRATITUDE TREE**

Join us as we express what we
are thankful for and fill our tree
with gratitude.



**TUESDAY, NOVEMBER 4TH
@ 11AM IN THE CAFETERIA**
This is a free activity!

FALL HARVEST *Sock Pumpkins*

Wednesday, November
12th @ 11am in the
sewing room

RSVP @ the front desk
\$2 fee to craft



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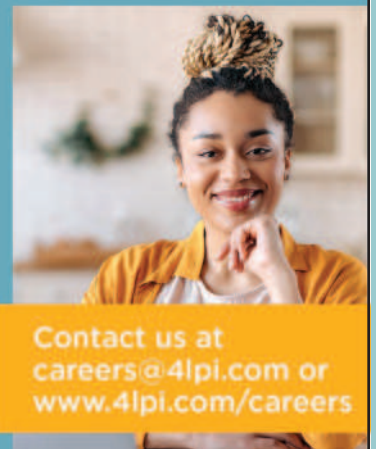


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Got a New Online Friend? Be Wary

Romance scams have been a reliable source of income for digital criminals for years. But a new, more subtle variation of that fraud is seeing an uptick. Instead of seducing vulnerable people online with promises of romance, some scammers are creating a (false) bond with victims by convincing them they share a common interest, according to Amy Nofziger, AARP director of fraud victim support. Fraud experts often refer to this as affinity fraud, where the criminal will take advantage of a shared affiliation with the victim — they might both belong to the same religious group, for example — and the trust that comes with it.

A recent caller to the AARP Fraud Watch Network Helpline (who asked not to be named) met someone on a friendship app who seemed to share many interests with her. When the new “friend” claimed to be locked out of his bank account, he asked for a loan via the Cash App. He promised to repay the money but never did and ended up stealing \$10,000 from her. “These are online romance scams with a twist,” Nofziger says. “Instead of pretending to fall in love, the criminals act like they share your hobbies or struggles. Whether it’s a sober support group or a Facebook group for classic car lovers, scammers are slipping into these spaces just to gain your trust and take advantage of it.”

How friendship scams work

The scams follow a predictable script, says Jason Zirkle, a certified fraud examiner and training director at the Association of Certified Fraud Examiners: Criminals lurking on sites like Facebook, Instagram or Reddit initiate contact by sending direct messages or commenting on posts. Or they might try to initiate a relationship using a wrong number text (“Hi, is this Jane?”). If you reply, they’ll quickly try to engage you in conversation and forge a connection. Then they often use empathy and “mirroring” — appearing to be in the same



circumstances as you — to establish deep emotional connections quickly. Since people might not question platonic relationships as much as romantic ones, scammers can be harder to spot. “The relationship building is a little bit more subtle,” Zirkle says. “For that reason, I think friendship scams are more insidious than romance scams.”

AI’s role

Friendship scams (like many forms of fraud) are becoming even more insidious with the help of artificial intelligence, according to Roy Zur, cofounder and CEO of Charm Security, whose fraud protection platform uses AI to prevent scams. For example, a male criminal living overseas can use AI to pose as an older American woman who lives in the South and is a master gardener. If he meets you in a Facebook gardening group, he can use ChatGPT to translate his native tongue into perfect English, infuse his writing with Southern dialect, generate insights and observations about growing flowers and vegetables suited to Southern climates, and even fabricate real-looking images of his female alter ego working on rosebushes.

“It makes it feel much, much more real,” Zur says. “And it makes it much easier to do this type of crime in the first place.” <https://www.aarp.org/money/scams-fraud/affinity-fraud/>

Got a New Online Friend? Be Wary

How to avoid friendship scams

Keep these tips in mind to build online connections safely, says Iskander Sanchez-Rola, director of AI and innovation at Gen, which owns cybersecurity brands Norton, Avast and LifeLock.

- **Be skeptical of sudden closeness.** Scammers want to build rapport fast. So proceed cautiously when a new connection gets intimate soon after you meet them.
- **Beware of secrecy and evasion.** If online friends want you to keep your relationship secret, or if they avoid speaking on the phone, having a video chat or meeting you in person, they may be hiding something.
- **Avoid messaging platforms.** If your new friend wants to move your conversation to a messaging service like WhatsApp, Telegram, or Signal, that's a red flag.
- **Don't send money.** Eventually, inevitably, scammers always ask for money. If someone you've never met in person solicits you for cash, that's a red flag — and a red light. Requests that are urgent or involve nontraditional payment methods like gift cards or crypto are especially suspicious.
- **Seek a second opinion.** If something about a new friendship feels off, consider confiding in a trusted friend or family member to get a fresh perspective. There are also tools you can use to sniff out scammers. Norton Genie,* AI Scam Detective and ScamSniper all use AI to detect likely scams by analyzing text messages, social media posts, emails and websites.
- **Cut off contact.** Immediately stop communicating if you suspect the individual may be a scammer, and do not re-engage with them.

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Cache County Senior Center, Logan, UT

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FALL

WORD SEARCH

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

WORD LIST

Level 3: Word Wrangler Directions: → ← ↖ ↗

S'MORE	HIKING	GOLDEN	GATHER	PICNIC
WINDY	CANDLE	HUES	TURKEY	GINGER
SOCKS	CHILLY	BREAD ROLL	JACKET	GRAINS
BAKING	SQUASH	GLOVES	FOREST	MAYFLOWER

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