

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.



# CACHE COUNTY SENIOR CENTER NEWSLETTER



## UPCOMING EVENTS

We will be having a Mother's Day tea party on Friday, May 8<sup>th</sup> @ 11am. This is a ladies only party!



### Events you must RSVP

- 5/1 May Day Craft (\$2)
- 5/1 Sewing (\$10 for the month)
- 5/6 Craft n Chit Chat (\$7)
- 5/13 Cooking Class (\$3)
- 5/14 Hike (\$2)
- 5/20 Paint 'n' Sip (\$5)
- 05/21 Field Trip: Hill Aerospace (\$20 plus lunch)

Join us for a  
**SUMMER** Social  
29 MAY  
5:00PM

Join us as we welcome the sunshine and the newest Summer Citizens' faces at our Summer Social!

Whether you're a longtime local or just arrived for the summer, come share good company and great vibes—we can't wait to see you there!

Featuring Music By Marly  
Refreshments  
and fun!

# CELEBRATING OLDER AMERICANS MONTH: CHAMPION YOUR HEALTH

**May 27<sup>th</sup> from 9:45 am– 1:00pm**

May honors both Older Americans Month—with its 2026 theme, “Champion Your Health,” focusing on prevention and wellness—and Senior Fitness Month, celebrating the power of physical activity in later life. Together, these observances remind us that staying active and engaged is key to independence and vitality. To mark both occasions, we are excited to announce the free “Champion Your Health & Senior Fitness Celebration” on Wednesday, May 27th, starting at 9:45 a.m. at the senior center, featuring classes for you to try and observe.



**9:45 –  
ChairYoga–  
Cami**



**11:15–Bingosize  
Colby**



**10:15–Ballet  
Class: Senior  
Swans –Becky**



**12:10–  
StrongerMemory –  
Colby**



**10:45–Tai Chi for  
Arthritis and Fall  
Prevention–  
Glennette**

**12:20– Music  
Entertainment:  
Ukulele  
presentation and  
Jam Band**

# Resources

## Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appointments, 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 are eligible for this program that can reimburse friends and family for taking you to your doctor's appointments. 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. The BRAG office now has several days available to meet with clients. 435-713-1467

## 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. The BRAG office now has several days available to meet with clients. 435-713-1467

## VA Benefit Program

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

## New Classes offered by BRAG Aging Services

### Stress Busting 101

This class is a 90 minute, once a week, 9 week series to discover simple techniques to manage everyday stress and feel more in control. Participants will learn quick relaxation tools and habits that can be used anytime.

Must RSVP: 435-713-1462

### Caregiver Talking Points

This class features discussion that assists family and other non-professional caregivers in developing individual care management skills! It is held one time per month on the third Wednesday. Next class is May 20<sup>th</sup> at 10:00 am.

Call 435-713-1462 to join!

 <p><b>YOUR LIFE YOUR WAY</b></p> <p><b>MAPLE Springs</b> OF NORTH LOGAN SENIOR LIVING COMMUNITY</p> <p><b>GIVE US A CALL TODAY!</b> 435-753-9400 NORTH LOGAN   UT www.MapleSpringsLiving.com</p> <p>Assisted Living, Memory Care Skilled Nursing &amp; Rehabilitation</p>	<p><b>Cache Valley PHARMACY</b></p> <p><b>435-787-1212</b></p> <p>FREE DELIVERY Special Medication Packaging Available</p> <p>2380 N. 400 E #E North Logan</p>	<p><i>Excellence in care, from our family to yours.</i></p>  <p><b>The Gables Senior Living</b></p> <p>The Gables of North Logan Memory Care 455 East 2500 North North Logan, UT 84341 (435) 258 - 8828</p> <p><i>Our Services:</i> Long Term Residency - Respite Stays - Hourly Care www.thegablesfamily.com</p>
 <p><b>No act of kindness is ever wasted</b></p>		<p>Our community wouldn't be the same <b>without you!</b></p>

<p><b>High mileage feet need experts.</b></p> <p>Specializing in senior foot and ankle care:</p> <ul style="list-style-type: none"> <li>✓ Neuropathy</li> <li>✓ Diabetes</li> <li>✓ Nail Care &amp; More</li> </ul>	 <p>BENJAMIN THOMAS, DPM</p>	 <p>DANIEL HUFF, DPM</p>	 <p>JAMES WILLMORE, DPM</p>	 <p><b>FOOT &amp; ANKLE</b> CENTER OF CACHE VALLEY</p> <p>Call or Text: <b>(435) 787-1023</b></p>
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# Medicare

Dear Marci,

*I recently moved to a new apartment and no longer have easy access to transportation. My doctor mentioned that my hospital offers telehealth services and he can offer appointments through video or phone calls. What is telehealth and does Medicare provide coverage for telehealth services?*

- Noel (Galena, IL)

Dear Noel,

Telehealth includes certain services that you receive from a health care provider outside of an in-person office visit. A telehealth service is a full visit with a provider using telephone or video technology that allows for both audio and video communication. It's different from a virtual check-in or health portal messages.

Some examples of Medicare-covered telehealth benefits include:

- Lab test result consultations
- Prescription management
- Health screenings
- Visits to evaluate urgent care issues like colds or coughs

During the public health emergency, telehealth coverage was temporarily expanded to include more flexibilities and allow more people to receive care from their homes.

Through December 31, 2027, telehealth services are:

- Covered for all beneficiaries in any geographic area, at home in addition to health care settings.
- Sometimes delivered using audio only
- Provided by any health care professional that was eligible to bill Medicare.

However, after December 31, 2027, most telehealth services will again be more limited unless Congress acts. For now, only some of the broader telehealth coverage has been made permanent.

After December 31, 2027, telehealth services will likely be:

- Still available regardless of geographic area for certain types of care
  - For example: Behavioral/mental health care, monthly End-Stage Renal Disease (ESRD) visits for home dialysis, diabetes self-management training, and Medicare nutrition therapy
- Still able to be delivered using audio-only communication platforms for behavioral/mental health care
- Subject to pre-public health emergency restrictions for other types of care

Hope this helps!

- Marci

# Events

JOIN US FOR A  
**MOTHER'S DAY  
TEA PARTY**

WHEN: FRI., MAY 8<sup>TH</sup> @ 11AM

WHERE: THE CENTER  
LIBRARY

No need to RSVP, just show  
up ready for tea time!

## GRINDER SALAD

*Cooking  
Class*

Wednesday, May 13<sup>th</sup> @  
11:30am in the back of  
the cafeteria

Learn how to make a  
sub sandwich favorite  
as a salad!

\$3 fee to join  
Please RSVP @ the  
front desk!



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# May 2026

Monday	Tuesday	Wednesday
<p><b>AARP Smart Driver Course</b> Refresh your driving skills and get a discount on insurance! Cost \$20-25 Call to registrar: Kent Haddock 435-890-5901</p>		
<p><b>4</b> 11:00 Loteria: Mexican Bingo 12:30 Jeopardy 1:00 Coloring</p>	<p><b>5 Cinco De Mayo</b> 11:00 Cinco De Mayo Party! 11:00 Good Grief Support Group 1:00 Movie: In the Heights</p>	<p><b>6</b> 10:00 Walking Champions 11:00 StrongerMemory 11:30 Craft 'n' Chit Chat: Sunflower Clothespin Wreaths (\$7) 1:00 Kitting Group</p>
<p><b>11</b> 11:00 Music Bingo 12:30 Jeopardy 1:00 Coloring</p>	<p><b>12</b> 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Anaconda</p>	<p><b>13</b> 10:00 Walking Champions 11:00 StrongerMemory 11:30 Cooking Class: Grinder Salad (\$3)</p>
<p><b>18</b> 11:00 No Bingo Today 12:10 Nutrition w/ Jenna 1:00 Coloring 1:00 Diabetes Support Group</p>	<p><b>19</b> 11:00 Mind Fitness 11:30 Cranium Crunchers <b>12:45-3:00 Commodities</b> 1:00 Movie: Wake up Dead Man: A Knives out Mystery</p>	<p><b>20</b> <b>10:00 Caregiver Talking Points</b> 10:00 Walking Champions 11:00 Origami 11:00 StrongerMemory 12:30 Medicare Minute w/Brag <b>1:00 Paint 'n' Sip (\$5)</b></p>
<p><b>25 Closed in Observance</b></p> 	<p><b>26</b> 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Hacksaw Ridge</p>	<p><b>27 Senior Health &amp; Fitness Day</b> <b>9:45-1:00: Celebrating Older Americans Month: Champion Your Health!</b> <b>NO Other Exercise Classes</b> 2:15 Book Club: Crocodile on the Sandbank</p>

# May 2026

Thursday	Friday	<p><b><u>Daily Activities</u></b>  <b>8:00-2:30 Computers</b>  <b>8:00 Fitness Room</b>  <b>8:00 Library</b>  <b>12:00-1:00 Lunch</b>  <b>8:00 Pool Tables</b>  <b>8:00-2:30 Quilting</b></p> <p><b><u>Monday</u></b>  <b>10:00 Bread &amp; Jam Band</b>  <b>10:00 Poker</b>  <b>11:00 Ukulele Class</b>  <b>11:00 Bingo</b>  <b>12:30 Jeopardy</b>  <b>1:00 Coloring Group</b>  <b>1:00 Game: Hand &amp; Foot</b>  <b>1:00 Tai Chi</b></p> <p><b><u>Tuesday</u></b>  <b>8:30 Ceramics</b>  <b>10:15 Tai Chi</b>  <b>10:30 Writers Group</b>  <b>1:00 Mahjong</b>  <b>1:00 Movie</b></p> <p><b><u>Wednesday</u></b>  <b>9:45 Chair Yoga</b>  <b>11:00 Line Dancing</b>  <b>1:00 Bobbin Lace Group</b>  <b>1:00 Bridge</b>  <b>1:00 Tai Chi</b>  <b>1:00 Chinese Mahjong</b></p> <p><b><u>Thursday</u></b>  <b>8:30 Ceramics</b>  <b>10:00 Bingocize</b>  <b>10:30 Sit &amp; Be Fit w/ Darrell</b>  <b>11:00 Poker</b>  <b>1:00 Mahjong</b></p> <p><b><u>Friday</u></b>  <b>10:00 Painting</b>  <b>10:00 Sewing</b>  <b>11:00 Board/Card Games</b>  <b>1:00 Tai Chi</b>  <b>2:15 Mindfulness Group</b></p>
	<p><b>1 May Day</b>            9:00 Senior Swans Ballet            10:00 Journaling            10:00 Sewing Class (\$10)  <b>11:00 Flower Crowns for May Day (\$2)</b></p>	
<p><b>7</b>  <b>11:15 Cardmaking w/Brenda</b>  <b>11:00 Art History: Vincent Van Gogh</b>            1:00 TED: Reframing weeds as wildflowers            1:30 Ping Pong</p>	<p><b>8</b>            9:00 Senior Swans Ballet            10:00 Sewing Class            11:00 Blood Pressure Clinic            11:00 Mother's Day Tea Party!</p>	
<p><b>14</b>  <b>10:00 Hike: Logan River Trail (\$2)</b>  <b>12-4 pm AARP- Safe Driving</b>            1:30 Ping Pong</p>	<p><b>15</b>            9:00 Senior Swans Ballet            10:00 Journaling            10:00 Sewing Class            11:00 Wii Bowling  <b>2:15 Mindfulness is observing Mental Health Awareness Month</b></p>	
<p><b>21</b>  <b>9:00 Field Trip: Hill Aerospace Museum &amp; Lunch (\$20 plus lunch \$14-\$20)</b>            1:30 Ping Pong</p>	<p><b>22</b>            9:00 Senior Swans Ballet            10:00 Journaling            10:00 Sewing Class            11:00 Blood Pressure Clinic            11:00 Wii Bowling</p>	
<p><b>28</b>  <b>11:00 Poker Tournament</b>            1:00 TED: Rethinking our Wildfire Options            1:30 Ping Pong</p>	<p><b>29</b>            9:00 Senior Swans Ballet            10:00 Sewing Class            10:00 Journaling            11:00 Wii Bowling  <b>5-6:30 PM- Summer Social on the Patio</b></p>	

# Taking Care of Yourself: Tips for Caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. Caregiving is not easy — not for the caregiver and not for the person receiving care. It requires sacrifices and adjustments for everyone. Often, family caregivers must juggle work and family life to make time for these new responsibilities.

Caring for an older adult can also be rewarding. Many people find that caregiving provides a sense of fulfillment and that they like feeling useful and needed. But the ongoing demands of taking care of someone else can strain even the most resilient person. That's why it's so important for you to take care of yourself. This article can help you find ways to look out for your own well-being so you can be there for others.

## How do you know if you need help?

Caregivers do a lot for others. Because there is so much on their plate, many caregivers don't spend time taking care of themselves. For example, they are less likely than others to get preventive health services, like annual checkups, and to practice regular self-care. As a result, they tend to have a higher risk of physical and mental health issues, sleep problems, and chronic conditions such as high blood pressure. They are even at an increased risk of premature death.

It's not always obvious when a person needs help. Watch out for these signs of caregiver stress:

- Feeling exhausted, overwhelmed, or anxious
- Becoming easily angered or impatient
- Feeling lonely or disconnected from others
- Having trouble sleeping or not getting enough sleep
- Feeling sad or hopeless, or losing interest in activities you used to enjoy
- Having frequent headaches, pain, or other physical problems
- Not having enough time to exercise or prepare healthy food for yourself
- Skipping showers or other personal care tasks, such as brushing your teeth
- Misusing alcohol or drugs, including prescription medications

## How can you ask others to help?

When people have asked you if they can lend a hand, have you told them, "Thanks, but I'm fine"?

Accepting help from others isn't always easy. You may worry about being a burden, or you may feel uncomfortable admitting that you can't do it all yourself. But many caregivers later say they did too much on their own, and they wished they had asked for more support from family and friends.

Understand that many people want to help, and it makes them feel good to contribute. If asking for help is hard for you, here are some tips that may help:

- Ask for small things at first, if that makes it easier for you. Many large jobs can be broken down into simpler tasks.
- If you aren't comfortable asking face-to-face, send a text or email with your request.
- Consider a person's skills and interests when thinking about how they could help.
- Be prepared with a list of things that need to be done, and let the other person choose what they'd like to do.
- If someone offers to help, practice saying, "Thanks for asking. Here's what you can do."
- Be honest about what you need and what you don't need. Not every offer is going to be helpful.
- Be prepared for some people to say "no," and don't take it personally.

# Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at [www.nia.nih.gov/caregiving](http://www.nia.nih.gov/caregiving).



## Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952

# May 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We're happy to accommodate vegetarian or gluten-free meals! Just let the front desk know at least one day in advance so our kitchen can prepare it for you.</p>				<p>1 <b>Sloppy Joe</b> Mixed Green Salad Oranges</p>
<p>4 <b>Chef's Choice</b></p>	<p>5 <b>Chicken Fajita</b> Cilantro Lime Rice Sautéed Vegetables Tropical Fruit</p>	<p>6 <b>Chicken Swiss Bake</b> Brown Rice Green Beans Blueberry Peach Salad</p>	<p>7 <b>Baked Potato with Chili</b> Broccoli with Cheese Fruit Salad</p>	<p>8 <b>Coconut Shrimp</b> Wild Rice Creamed Spinach Mixed Berries Summer Fruit Cake</p>
<p>11 <b>Italian Sub Sandwich</b> Coleslaw Melon</p>	<p>12 <b>Broccoli Chicken Casserole</b> Mixed Vegetables Mixed Fruit</p>	<p>13 <b>Beef Lasagna</b> Sautéed Zucchini Apple Salad Garlic Bread</p>	<p>14 <b>Sweet &amp; Sour Meatballs</b> Brown Rice Peas &amp; Carrots Pineapple</p>	<p>15 <b>Pork Chops</b> Mashed Potatoes &amp; Mushroom Gravy Green Beans Grape Salad</p>
<p>18 <b>Orange Chicken</b> Fried Rice Stir Fry Vegetables Oranges</p>	<p>19 <b>French Dip Sandwich</b> Carrot Salad Fruit Salad</p>	<p>20 <b>Chef's Choice</b></p>	<p>21 <b>Irish Beef Stew</b> Mashed Potatoes Buttered Peas Tropical Fruit</p>	<p>22 <b>Hot Dog</b> Baked Beans Broccoli Salad Watermelon</p>
<p>25 <b>CLOSED</b> </p>	<p>26 <b>Chicken Parmesan with Pasta</b> Italian Veggies Ambrosia Fruit Salad</p>	<p>27 <b>Salisbury Steak</b> Mashed Potatoes and Beef Gravy Sunshine Carrots Grapes</p>	<p>28 <b>Chef's Choice</b></p>	<p>29 <b>Grilled Ham and Cheese Sandwich</b> Tomato Basil Soup Berry Salad</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.  
\*\*\*Menu is subject to change\*\*\*

# Activities

## Hill Aerospace Museum Day ↙

**21 MAY**

Join us on a trip to the Hill Aerospace Museum! We are leaving at 9am and will be stopping for lunch at R & K Brunch House on our way back home. Lunch cost \$14-20. The museum is free, but donations are appreciated. Bus fee is \$20 RSVP at front desk



## Paint 'n' Sip ↙

Wed, May 20<sup>th</sup> @ 1pm in the ceramics room  
Paint a mountain iris scene!

**RSVP @ FRONT DESK  
\$5 FEE TO PAINT**



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## What else can a caregiver do if they're feeling overwhelmed?

If you're feeling overwhelmed by caregiving, tending to your own needs may be the last thing on your mind. But taking time for yourself can actually make you a better caregiver. If you can find small ways to lower your stress and boost your mood, you'll have more strength and stamina to take care of someone else.

Below are some suggestions that may help when you're feeling overwhelmed. Remember that you don't have to do everything all at once, especially if the thought of self-care just makes you feel more exhausted.

- Be active. Find something active that you enjoy. That might be walking, dancing, gardening, or playing with a pet. Even short periods of exercise can be beneficial.
- Eat well. Work on having a well-balanced diet that includes a variety of healthy foods. Drink plenty of water every day.
- Prioritize sleep. Aim to get seven to nine hours of sleep each night. Develop a relaxing bedtime routine to make it easier to fall asleep. Try to go to sleep and get up at the same time each day.
- Reduce stress. Experiment with relaxation techniques like meditation, tai chi, or yoga. Download a smartphone app with guided meditations or relaxing music. Many of these apps are free.
- Make time to relax. Carve out time each week to do something you enjoy that has nothing to do with caregiving. It can be as simple as watching a favorite TV show, reading a magazine, or working on a hobby.
- Keep up with your own health. Make that doctor's appointment you've been putting off. Tell your doctor that you're a caregiver: They may be able to suggest resources online or in your community.
- Reach out for support. Talk to a trusted family member or friend or seek counseling from a mental health professional. Join an online or in-person support group for caregivers. These are people who will know what you're going through and may have suggestions or advice.
- Take a break if you need it. Ask another family member or friend to step in, hire an aide to come for a few hours a week, or sign up the older person for an adult day care program.
- Be kind to yourself. You don't have to pretend to be cheerful all the time. Feelings of sadness, frustration, and guilt are normal and understandable. Express your feelings by writing in a journal or talking with a friend.

Remember that you are doing the best you can and that you are not alone. Many caregivers have trouble tending to their own health and well-being. But give yourself credit for everything you're doing. Your caregiving makes a big difference in someone else's life.

## If you're not the primary caregiver, how can you support that person?

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.

Be sure to acknowledge how important the primary caregiver is in the older person's life. Also, discuss the physical and emotional effects caregiving can have on people. Although caregiving can be satisfying, it also can be very hard work.

You can lighten the primary caregiver's load by providing emotional support, taking on specific tasks, and even providing full-time care for a short period of time to give the primary caregiver a break. Ask them what you can do that would be most helpful. Staying in contact by phone or email might also take some pressure off the primary caregiver. Just listening may not sound like much, but it can mean a lot.

A primary caregiver — especially a spouse or partner — may be hesitant to ask for a break. Here are some ways you could help them get the rest they need:

- Offer to stay with the older person for one afternoon a week, for example, so the primary caregiver can have some personal time.
- Arrange for regular respite care in the form of a volunteer, an in-home aide, or an adult day care program.
- If you live far away, travel to stay with the older person for a few days so the primary caregiver can take a vacation or just have some time off.

In time, the older person may have to move to a residential (live-in) facility, such as assisted living or a nursing home. If that happens, the primary caregiver will need your support. You can work together to select a facility and coordinate the move. The primary caregiver may need extra support while adjusting to the

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# Easy Summer Cake with Fruit & Cream

Summer – the season of impromptu picnics, backyard get-togethers, and lazy dinners – demands hospitable and casual **desserts** that come together easily and feed everyone from large to small.

## Ingredients

### **For the cake:**

- 1/2 cup unsalted butter, softened at room temperature for 1 hour
- 1 1/2 cups sugar
- 3 large eggs
- 2 1/4 cups all-purpose flour
- 1 teaspoon salt
- 3 1/2 teaspoons baking powder
- 1 1/4 cups whole milk
- 2 teaspoons pure vanilla extract

### **For the cream:**

- 2 cups heavy cream
- 1/2 cup sour cream
- 1/4 cup powdered sugar
- Pinch salt

### **For the fruit:**

- 2 nectarines or peaches, sliced
- 1 apricot, sliced
- 1/2 cup chopped strawberries
- 1/2 cup blackberries



## **Instructions**

1. Preheat the oven to 350°F. Prepare a 9x13-inch pan by greasing it thoroughly with baking spray.
2. Use a hand mixer or stand mixer to beat the softened butter and sugar together until fluffy and light, then add the eggs and beat until fully incorporated and creamy. Beat in the flour, salt, baking powder, and finally the milk and vanilla. Beat the cake batter on low for 30 seconds, then medium-high for 3 minutes.
3. Immediately pour into the prepared pan and bake for 40 to 45 minutes, or until the tops spring back slightly when pressed and a toothpick inserted near the center comes out clean.
4. Cool the cake completely for at least an hour.
5. Beat the cream, sour cream, powdered sugar, and salt together until soft peaks form. Spread over the cooled cake, then top with the sliced or chopped fruit.
6. Refrigerate until serving, and refrigerate any leftovers for up to 5 days.

<https://www.thekitchn.com/recipe-fruit-cream-summer-cake-recipes-from-the-kitchn-204581>

**Strong Bodies is an evidence-based, low-impact, strength training program for older adults. The goal is to improve core components of physical fitness so participants can engage in activities of daily life.**



**Join Jenna from  
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in May  
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information**

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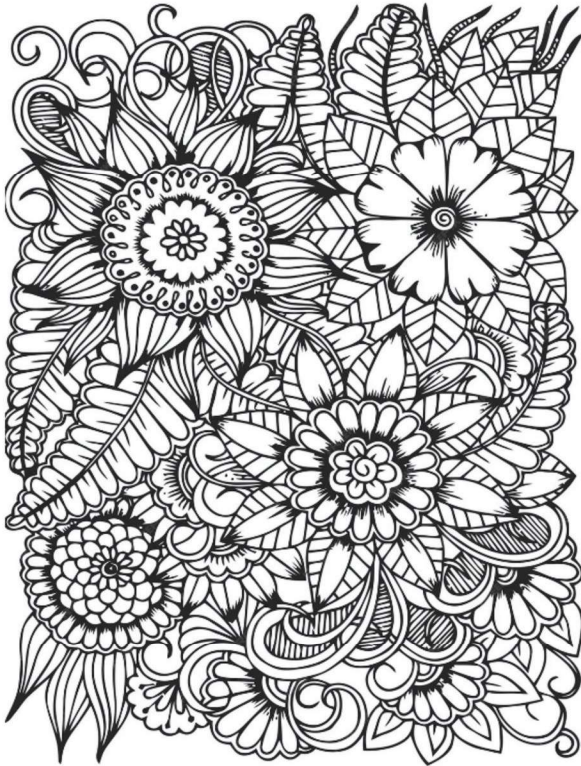
**Call 800.950.9952**



# Activity Page

## Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.



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

- |                     |              |                |                 |
|---------------------|--------------|----------------|-----------------|
| ALICE               | FLYING NUN   | L.A. LAW       | ODD COUPLE      |
| BEN CASEY           | FUGITIVE     | LASSIE         | PEYTON PLACE    |
| BEVERLY HILLBILLIES | GOMER PYLE   | LOVE BOAT      | RAWHIDE         |
| CHIPS               | GOOD TIMES   | MAD ABOUT YOU  | RIFLEMAN        |
| CANNON              | GREEN ACRES  | MAUDE          | RIN TIN TIN     |
| CAPTAIN KANGAROO    | GREEN HORNET | MEDICAL CENTER | SOAP            |
| DOBIE GILLIS        | HOWDY DOODY  | MIAMI VICE     | ST. ELSEWHERE   |
| DONNA REED          | I SPY        | MOD SQUAD      | TAXI            |
| DR. KILDARE         | IRONSIDE     | MOONLIGHTING   | THREE'S COMPANY |
| EMERGENCY           | JETSONS      | MURPHY BROWN   | WALTONS         |
| FLIPPER             | KOJAK        |                |                 |

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

## Hello May

- M**aybe life isn't going upward
- A**s you wish, but if you can learn from
- Y**esterday, you can win tomorrow



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