

AUGUST 2024



CARBON COUNTY UTAH

SENIOR CENTERS

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards	8a-4p Billiards	8a-4p Billiards	8a-4p Billiards
8a-4p Library	8a-4p Library	8a-4p Library	8a-4p Library
8a-4p Exercise Room	8a-4p Exercise Room	8a-4p Exercise Room	8a-4p Exercise Room
8a-4p Game Room	8a-4p Game Room	8a-4p Game Room	8a-4p Game Room
9:45a Aerobics	8:30a Line Dancing	9:45a Aerobics	8:30a Line Dancing
10a Ceramics	10a Ceramics	10a Ceramics	10a Ceramics
10a Quilting	10a Ukulele/ Silver Strings	10a Quilting	10a Ukulele/ Silver Strings
10a Crochet	10a Toning	12:00p Lunch	10a Toning
12:00p Lunch	11a <u>Blood Pressure Clinic (every other Tuesday, 8th & 22nd)</u>	1p Bingo	10a Quilting
1pm Beginner Line Dancing	12:00p Lunch		10:30a Nail Clinic <u>(FIRST THURSDAY OF EACH MONTH)</u>
	1p Movie		12:00p Lunch
	1p Quilting		1p Shopping
			1p Organ Class
			1:30p Sewing & Quilting

SHOPPING DAYS

August 1st Lin's ~ August 8th Walmart ~ August 15th Smith's
August 22nd Lin's ~ August 29th Walmart

BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING AUGUST 28th

418 South Fairgrounds Way, Price | 435-636-3202

AUGUST Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
Carbon Center 636-3202 East Carbon Center 636-3703 Milk served with each meal			Tacos (lettuce, onions, tom. & cheese Tortilla, Jell-O
5 Pizza Supreme, (sausage, onions, cheese, olives, gr peppers.) winter blend Veggie, Fruit	6 Chicken Alfredo over Noodles, Spinach, Roll, Vanilla Pudding Cookie	7 Hamburger Steak W/ onions, Yummy Potatoes, Green Beans, Chocolate Chip Bars	8 Pigs in a Blanket, Baked Beans, Peas & Pearl Onions, Pudding
12 Philly Steak w/ peppers & onions on a Hoagie Bun, Fries, Fruit	13 Enchilada Casserole, Southwest Corn, Bread Stix, Cookie	14 Salsa Chicken, Baked Potato, Veggies, Roll, Cherry Torte	15 Zuppa Toscana Soup, Green salad, Bread Stix, Jell-O
19 Ham & Beans Soup, Carrot Raisin Salad, bread Stix, Peaches & Bananas in Orange Juice	20 Stuffed Bell Peppers, Baked Potato, Mixed Veggies, Corn Muffin, Banana Pie	21 Roast Beef, Potatoes & Gravy, Veggies, Roll, Chocolate Pie	22 Rueban Sandwich w/ Sauerkraut, Tator Tots, Capri Blend Veggies, Fruited Jell-O
26 Orange Chicken over Rice, Asian Blend Veggies, Spring Egg Roll, Fortune Cookie	27 Pizza Casserole , Steamed Carrots, Roll, Fruit Cup	28 Chicken Parmesan over ice Gr. Beans, Wheat Roll, Rootbeer Float Cake, Ice Cream Birthday Lunch	29 Ham & Turkey, Cheese, Tom., onions & lettuce Sandwich, Chips, Strawberry Short Cake

Hi Seniors,

Can you believe this is our last month of summer??? Wow that went by so quick. I guess we better enjoy the warm weather while we can. I hope you are all enjoying your summer and getting out a little bit. Remember to stay hydrated. That can help so much as you are out and about in this heat.

I want to thank all of those who came out to our annual picnic. We had a great time in the park just visiting and enjoying the beautiful day. The shade was perfect and it wasn't too hot. It was a great day.

Remember there is always something to get involved in here at the center. Whether you want to exercise with a group or on your own in the exercise room, play pool, play games, do puzzles, or join a ceramics class we have so much going on for you. Let me know if there is an activity you would be interested in bringing to the center. We always like new ideas and ways for everyone to get involved.

Thanks so much for all you do to make the center great!

Love,
Rebecca



Movie Line Up

August 6th ~ The Goonies ~ 1985/PG/ 1hr 54 mins

**August 13th ~ Julie & Julia ~ 2009/ PG-13/ 2 hr 3min
starts at 12:45 ~**

August 20th ~ The Dragon Pearl ~ 2011/ PG/ 1hr 22 mins

August 27th ~ 1998/ PG-13/ 1HR 54 mins ~

SPOTLIGHTING OUR SENIORS



A dedicated and familiar person describes Kenneth (Ken) Nelson, born in Provo, Utah, July 1943. Presently he is a young 81 years old. He was brought up in Orem until the age of 10 years old. He has one deceased sister (Cathy) and a brother (Sarge) born in 1947 who served in the military. Ken served our country in the Navy in Japan and Hawaii.

He married Shirley in 1988 and they were together for 33 years. Shirley passed away on September 12, 2021. They have 2 sons and 1 step daughter and 1 step son. Ken has many interests; riding his Harley motorcycle, flying RC planes and drones, car shows and he owns a classic blue mustang 69 coupe. He liked doing mechanics and body building when he was younger. He attends Bible study at Mike Niederausers home, involved in the Poker Run, and started a new chapter of Christian Motorcycle Association in Price. Ken has been also involved in ABATE (American Bikers Aiming Toward Education), and he likes socializing at the Senior Center which he has enjoyed for 17 years. He enjoys all kinds of food and his favorite color is blue. Ken is also a member of the Council on Aging Board at the Senior Center. Ken was employed as a mechanic for Provo City for 22 years.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★☆☆☆

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

Answer to Sudoku



CERAMIC CLASS ON AUGUST 13TH

PLEASE PREPAY \$15.00

PLEASE PAY YVONNE IN

CERAMIC CLASS

No one is perfect that's why pencils have erasers



**It's not the
years in your
life that count.
It's the life
in your years!**

(Abe Lincoln)

Today is
the perfect
day to be
happy

Dear East Carbon Seniors,

Well July is behind us and was a very busy month. Hope everyone enjoyed the holidays with family and friends.

I can't believe we are in the 8th month of the year. They claim August is the hottest month of the year. We have had terrific hot weather so far. Hope everyone is keeping cool and drinking plenty of water.

Remember our blood pressure clinic has started up every third (3rd) Wednesday of each month at 11am .

Come in and visit with some old friends and have a cool beverage.

Enjoy August and please drink plenty of fluids and keep cool.

See you next month!

Brenda

East Carbon Center Activities <u>Mon- Weds 8am-4pm & Thurs 8am- 1pm</u>			
Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards 8a-4p Puzzle <u>1st Monday of each month at 10:30a Book Club</u>	8a-4p Billiards 8a-4p Puzzle	8a-4p Billiards 8a-4p Puzzle 11a Crochet <u>11a Blood Pressure 3rd Wednesday of month</u> <u>1p Nail Clinic 1st Wednesday of month</u> 1p Cards	8a- 4p Billiards 8-4p Puzzle 11a Exercise 1p Shopping

ARAB	EUSKERA	LADINO	RUSSIAN
ARAMAIC	FINNISH	LATIN	SPANISH
BENGALI	FRENCH	MANDARIN	TURKISH
CATALAN	GREEK	MAYAN	WELSH
CZECH	HEBREW	NAHUATL	XHOSA
DANISH	HINDI	PORTUGUESE	YIDDISH
ENGLISH	HUNGARIAN	QUECHUAN	
ESPERANTO	JAPANESE	ROMANY	

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



Medicare Cost Assistance Programs

Below is information on programs that can help you save on your Medicare costs. To learn more about these programs and receive help with applications, contact your State Health Insurance Assistance Program (SHIP) at 877-2675 or www.shiphelp.org.

What is the Medicare Savings Programs?

Medicare Savings Programs (MSPs) are state programs that help cover your Medicare costs. To qualify for a MSP, you must meet your state's income and asset limits. Below are the baseline federal income and asset limits for each MSP. Most states use these limits, but some states have different guidelines, such as different income limits or not imposing asset limits. You should consider applying for the MSP even if you are over the limits, because some income and assets are not counted toward the limits. There are three main programs, each with different benefits and eligibility requirements:

MSP	Benefits	Monthly income limit	Asset limit
Qualified Medicare Beneficiary (QMB)	- Pays Part A and B premiums - Eliminates cost-sharing for Medicare-covered services	Individual: \$1,275 Couple: \$1,724	Individual: \$9,430 Couple: \$14,130
Specified Low-income Medicare Beneficiary (SLMB)	- Pays Part B premium	Individual: \$1,526 Couple: \$2,064	Individual: \$9,430 Couple: \$14,130
Qualifying Individual (QI)	- Pays Part B premium	Individual: \$1,715 Couple: \$2,320	Individual: \$9,430 Couple: \$14,130

What is Extra Help?

Extra Help is a federal program that helps pay for most of the out-of-pocket costs of Medicare prescription drug coverage. If you have Medicaid, and MSP or receive Supplemental Security Income, you will be automatically enrolled in Extra Help. If you are not enrolled in these programs, you must apply directly and meet the eligibility requirements below:

Income limit	Asset limit	Benefits
Individual: \$1,903 /month Couples: \$2,575 /month	Individual: \$17,220 Couples: \$34,360	\$4.50 generic copay \$11.20 brand-name copay \$0 deductible and premium (for a basic Part D plan with a premium at or below your state benchmark)