



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
10a Aerobics	8:30a Line Dancing	10a Aerobics	8:30a Line Dancing
10a Ceramics	10a Toning	10a Ceramics	10am Toe Nail Clinic (first Thursday of the month)
10a Quilting	10a Ceramics	10a Quilting	10a Ceramics
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	11:30a Music	10a Ukulele/ Silver Strings
10a Crochet	11a Blood Pressure Clinic (every other Tues 10th) (the 24th center will be closed)	12:00p Lunch	10a Toning
11:30a Music		1p Bingo	10a Quilting
12:00p Lunch			12:00p Lunch
1pm Beginning Line Dance Class	11:30a Music		1p Shopping
	12:00p Lunch		1p Organ Class
	1p Movie		1:30p Sewing & Quilting
	1p Quilting		

Madrid & Prettyman performing December 4th & 11th

Silver Strings Performing for Birthday Lunch, December 18th

Dec 3rd Line Dancers Perform at 11:30a

SHOPPING DAYS

Dec 5th Smith's ~ Dec 12th Lin's ~ Dec 19th Wal-mart ~ Dec 26th Smith's ~
January 2025 2nd Lins

DECEMBER

MENU FOR BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
2 BBQ Chicken, Baked Potato, Brussel Sprouts, Donut	3 Lasagna, Italian Blend Veggies, Brd Stick, Lemon Bar	4 Breaded Veal, Potatoes & Gravy, Spinach Roll, Peanut Butter Choc. Cream Pie	5 Tomato Bisque Soup, BLT Sandwich, Raisin Oatmeal Cookie
9 Stuffed Peppers, Winter Blend Veggies, Roll, Fruit	10 Chicken & Rice Casserole, Green Salad, Garlic Brd. Stick, Chocolate Lasagna	11 <u>CHRISTMAS LUNCH</u> Christmas Ham, Potatoes & Gravy, wheat Roll, Prince Edward Veggies, Cherry Cheesecake	12 Clam Chowder, Caesar Salad, Roll, Rocky Road Brownie
16 Pigs in a Blanket, English chips, Steamed Carrots, Fruit Salad	17 Chicken Dumpling Soup, Green Salad, Biscuit, Peach Coffee Cake	18 Parmesan Herb Chicken, Potatoes & Gravy, Corn, Wheat Roll, Red Velvet Cake & Ice Cream <u>BIRTHDAY LUNCH</u>	19 Beef Stew, Baked Cheese Sandwich, Peaches & Bananas in Orange Juice
23 Baked Potato Bar w/ chili, cheese, onion, bacon, broccoli, Roll, Pears	24 CLOSED FOR CHRISTMAS	25 CLOSED FOR CHRISTMAS	26 Sloppy Joes' Sandwich, Chips, Banana
30 French Dip Sandwich w/ cheese & Aujus, Sweet Potato Fries, Fruit Cup	31 Tamales, Spanish Rice, Corn & Black beans, Fruit Upset	CALL BEFORE 9AM MENU SUBJECT TO CHANGE CARBON CENTER 636-3202 EAST CARBON CENTER 636-3703 MILK SERVED WITH EACH MEAL	

Merry Christmas Seniors!!!

I can't believe the Christmas season has already arrived. This year has gone by so quickly. I hope you are all staying warm and enjoying the holiday season. I hope as this year comes to an end that we can all reflect on our lives and make some goals going into the new year to help us grow. And of course I hope one of the things on your list for the new year is to keep participating here with us at the senior center. We especially hope that you can all join us December 11th for our Christmas lunch. A special little Santa visitor will be here that day from Symbii home health to visit and spread some Christmas cheer.

Again, I wish you all a very merry Christmas and a happy new year! Please let me know if there is anything we can do to make your time at the senior center better.

Love,
Rebecca



Movie Line Up

Dec. 3rd ~ The Polar Express ~ 2004/ G /1hr 39 mins

**Dec. 10th ~ White Christmas ~ 1954/NR/ 2hrs/
Starts at 12:45p**

**Dec 17th ~ How The Grinch Stole Christmas ~
2000/PG/1hr 45mins**

Dec 24th ~ Centers will be Closed

Dec 31st NO MOVIE

Remember the Reindeer

Hang up the stockings.
Decorate the tree.
Presents placed perfectly.
What a sight to see!
Milk and cookies are out,
Kids are tucked in tight.
There's so much to do
On Christmas Eve night!
Before you take a snooze
And dream of the next day,
Don't forget some food
For the friends who pull the sleigh!
You see, reindeer need snacks, too
A little love and fun
To help Santa through the night,
And get the important job done!
-Anonymous

CountryLiving

#3 - Medium

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

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#3 - Medium - Solution

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

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CENTERS WILL BE CLOSED
DECEMBER 24th & 25TH, 2024
JANUARY 1ST 2025

Dear East Carbon Seniors,

Well! Winter is here even though some of us are too happy about it. I love to watch it snow when I am indoors. It is so pretty. And knowing we have 5 cold months ahead. So if you have any ideas that you would like to do this winter to pass the time by please let me know.

The ladies of the Book club have chosen "The God of the Woods" by Liz Moore. This book is about aspiring of a 13 year old girl at a Summer Camp. The daughter of Van Laar's family. This isn't the first time Van Laar child has disappeared from this camp. The mystery of these children: why? It had happened to them. This book was published June 2024. you may find it online or at the local Library. So when it is snowing outside grab a blanket and enjoy this mystery book.

Come in and enjoy a hot meal with amazing people.

The Centers will be Closed December 24th and 25th for the Christmas Holiday.

Thank You for all the work you have done this year. I have enjoyed all of you. Hope you have a Merry Christmas and an exciting New Year.

See you next year,
Brenda

<p style="text-align: center;">East Carbon Center Activities Mon- Weds 8am-4pm & Thurs 8am- 1pm CENTERS WILL BE CLOSED DECEMBER 24th & 25th</p>			
Monday	Tuesday	Wednesday	Thursday
<p>8a-4p Billiards</p> <p>8a-4p Puzzle</p> <p><u>1st Monday of each month at 10:30a Book Club</u></p>	<p>8a-4p Billiards</p> <p>8a-4p Puzzle</p>	<p>8a-4p Billiards</p> <p>8a-4p Puzzle</p> <p>11a Crochet</p> <p><u>11a Blood Pressure 3rd Wednesday of month</u></p> <p><u>1p Nail Clinic 1st Wednesday of month</u></p> <p>1p Cards</p>	<p>8a- 4p Billiards</p> <p>8-4p Puzzle</p> <p>11a Exercise</p> <p>1p Shopping</p>

Medicare Preventive Care



Preventive care is the care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services with no cost-sharing, as long as you meet the eligibility requirements and follow the guidelines below.



Is the preventive care covered by Medicare?

Preventive services recommended by the U.S. Preventive Services Task Force are covered with zero cost-sharing, so you will not owe any deductible or coinsurance when you receive them. You can find a list of those services on Medicare.gov's page on [Preventive & Screening Services](#). You can also call 1-800-MEDICARE or read your *Medicare & You* handbook for a full list.



Do you meet the coverage criteria?

For many of the covered preventive services, you have to meet certain criteria based on your age, sex, or certain risk factors. Your health care provider should be able to tell if you qualify.



Are you seeing the right kind of provider?

- Original Medicare:** To get preventive services with no cost-sharing, you should see a provider that accepts assignment, also known as a Medicare-participating provider. Many providers accept assignment, but you should ask your provider in advance if they accept assignment. If you see a non-participating or opt-out provider, you may be responsible for part or all of the cost of your service.
- Medicare Advantage:** It is usually best to receive services from an in-network provider. Contact your provider to learn if they are in-network for your plan, or contact the plan to learn which providers are in-network. If you go out-of-network, you might be responsible for part or all of the cost of your preventive service.

Even if a preventive service is covered with no cost-sharing, you might be responsible for other costs. For example, you may have to pay a facility fee depending on where you get the service, and you may be charged for a doctor's visit if you meet with a physician before or after the service.

2025 HOLIDAYS

January 1st, New Year's Day

January 20st, Martin Luther King, Jr.

February 17th, Presidents Day

May 26th Memorial Day

June 16th Juneteeth

July 3rd, Independence Day

July 24th, Pioneer Day

September 1st, Labor Day

October 143h, Columbus Day

November 11 , Veterans Day

November 26th & 27th, Thanksgiving

December 25th, Christmas

