



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 14th & 28th)	12:00p Lunch	10a Toning
12:00p Lunch	11:30a Music	1p Bingo	10a Quilting
1pm Beginning Line Dance Class	12:00p Lunch		12:00p Lunch
	1p Movie		1p Shopping
	1p Quilting		1p Organ Class
			1:30p Sewing & Quilting
ALL ACTIVITIES ARE SUBJECT TO CHANGE			
MENU SUBJECT TO CHANGE			

SHOPPING DAYS

Jan. 2nd Lins ~ Jan. 9th Walmart

Jan 16th Smith's ~ Jan 23rd Lin's ~ Jan. 30th Walmart



[Madrid & Prettyman performing January 8th](#)

[Silver Strings Performing for Birthday Lunch, January 22nd](#)

CENTERS WILL BE CLOSED JANUARY 1ST & 20th

January Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p>MILK SERVED WITH EACH MEAL</p> <p>MENU SUBJECT TO CHANGE</p> <p>CALL BEFORE 9A</p> <p>Price Center 636-3202</p> <p>East Carbon 636-3703</p>		<p>1</p> 	<p>2 Chicken & Wild Rice Soup, Green Salad, Roll, Mandarin Orange Dessert</p>
<p>6 Chicken Enchiladas, Mixed Veggies, Muffin, Fruit Cup</p>	<p>7 Cheeseburger w/ lettuce, tom., onion, English Chips, Banana Cream Pie</p>	<p>8 Chicken Fried Steak, Potatoes & Gravy, Winter Blend Veggies, roll, Peanut Butter Squares</p>	<p>9 Zuppa Toscana Soup, Caesar Salad, Breadstix, Chocolate Chip Cookie</p>
<p>13 Spaghetti w/ Meat balls, Corn, Garlic Breadstix, Fruit Cup</p>	<p>14 Parmesan Cod, Wild Rice, Steamed Cabbage, Roll, Strawberry Cream Pie</p>	<p>15 Honey Mustard Chicken, Baked Potato, Broccoli, Roll, Rootbeer Float Cake</p>	<p>16 Vegetable Beef Barley Soup, Biscuit, Donut</p>
<p>20</p> 	<p>21 Chicken Pot Pie, Sliced Beets, Roll, Pear</p>	<p>22 Pork Roast, Potatoes & Gravy, Peas & Carrots, Roll, Peach Coffee Cake</p>	<p>23 Cheesy Broccoli Soup, Turkey Sandwich w/ lettuce, tom., onion, Chocomallow Cream Pie</p>
<p>27 Salsa Chicken, Baked Potato, Chuckwagon Corn, Roll, Fruit Cup</p>	<p>28 Pizza Casserole, Green Salad, Breadstix, Lemon Cookie</p>	<p>29 Hamburger Steak, Potatoes & Gravy, Green Beans. Roll, Apple Pie Delight</p>	<p>30 Tomato Florentine Soup Baked Ham & Cheese Sandwich, Fruited Jell-O</p>

2025 HOLIDAYS

January 1st, New Year's Day

January 20th, 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 13th, Columbus Day

November 11th , Veterans Day

November 26th & 27th, Thanksgiving

December 25th, Christmas

Movie Line-up

Jan 7th ~ RV ~ PG ~ 2006 ~ 1 H 39M

Jan. 14th ~ Jet Pilot ~ G / 1957 / 2hrs ~ starts at 12:45

Jan. 21st ~ Man of the Year ~PG-13 ~ 2006 ~ 1h 55 m starts at 12:45

Jan. 28th ~ 10 Things I Hate About You ~PG-13 ~ 1999 ~ 1h 37 m

ALL MOVIES ARE SUBJECT TO CHANGE

Happy New Year Seniors!!

I hope your holidays have been filled with joy and happiness. I am looking forward to a new year filled with lots of new things, and that you have had some time to reflect on all of the great things and even not so great things from 2024 that have helped you learn and grow. I hope you have all made your New Years Resolutions and that you are planning some fun things for the upcoming year. We hope that the first thing on your list is to spend more time here with us at the Senior Center. We love seeing you and want you to know we are here to serve you however we can. Don't hesitate to come talk to me if you have any ideas, questions or concerns. Here's to a great 2025!!

Love,
Rebecca

FRIENDLY REMINDER

COST OF MEALS

Individuals 59 yrs of age & under \$10.00 per person

Individuals 60+ yrs of age, suggested donation of \$4.00 per person

EAST CARBON CENTER SENIORS

Dear East Carbon Seniors,

WOW! Where did 2024 go? It went by so fast. now that we are starting a New Year let's have fun with new activities and crafts. Let me know if you have ideas. Let's make this a fun year. The ladies of the Book Club have chosen "The Berry Pickers" by Amanda Peters. A family from Nova Scotia arrives in Maine to pick blueberries for the summer. Family's youngest child vanishes without a trace. Her brother Joe will remain distraught for years wondering about his little sister Norma/ Norma is a young lady who is often troubled by dreams and memories rather than imagination. Will Norman find out who she is? Find out when you pick this book at the Library or online. Another mystery to enjoy under a blanket with a warm beverage to read on cold winter evenings.

The Senior Center's will be closed January 1st to celebrate the New Year. January 20th we will be closed also for Martin Luther King Jr. day.

Enjoy your New Year with your family and friends.

Have a Wonderful January

Brenda

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

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

AMPLIFIER

ELECTRONIC

MELODY

SCALE

BAND

FOLK

MICROPHONE

SPEAKERS

BEAT

HARMONY

OPERA

STEREO

BLUES

HEADPHONES

POP

TECHNO

CONCERT

HIP HOP

RAP

TUNE

COUNTRY

INSTRUMENT

RECORD

DANCE

JAZZ

RHYTHM

DUET

LYRICS

ROCK

**CENTERS WILL BE CLOSED
JANUARY 1ST & 20TH**



Adding on to Medicare

Medicare Advantage Plans: Supplemental benefits

Medicare Advantage Plans may cover things that Medicare can't cover. These are called supplemental benefits. Examples of common supplemental benefits are:



Dental care



Vision care



Hearing aids



Gym memberships.

Medicare Advantage Plans can also offer benefits that are not primarily health-related for beneficiaries who have chronic illnesses, like meal delivery, transportation for non-medical needs, and home air cleaners.



It's very important to read a plan's coverage rules around its supplemental benefits. These benefits may not be as comprehensive as you assume.

Medicaid: For limited income and assets

- ❑ Medicaid in your state may cover dental, vision, hearing, long-term care, or transportation services. You may qualify for Medicaid if you have a low income and minimal assets. Contact your local Medicaid office to learn if you qualify.

Stand-alone plans: Covering what Medicare doesn't

- ❑ You can purchase stand-alone dental, vision, or hearing plans through private insurance companies.

Strategies for low-cost care outside of Medicare

- ❑ You can find low-cost care for services not covered by Medicare, in places like Federally Qualified Health Centers or Community Health Centers. Schools and facilities that train dentists, optometrists, and audiologists may also offer low-cost care. Students work with patients under the supervision of experienced, licensed providers.

Adding on to Medicare

Look out for over-the-counter (OTC) hearing aid scams



Medicare does not cover most hearing care, including hearing aids. Because OTC hearing aids are a new product, older adults may not realize that they can buy one without a prescription from a doctor. Fraudsters may take advantage of this, stealing a person's Medicare number when selling the devices. Also, some companies selling OTC hearing aids may make false claims, have unclear or misleading labels, and fail to offer the guarantees and customer support they promise.

Below are red flags that may point to hearing aid scams, identified by the National Council on Aging (NCOA):

- ❑ **Unknown brand names:** Instead, look for well-known and reputable brands with reviews on hearing and retail websites. You can learn about a company's reputation online at the Better Business Bureau or TrustPilot.
- ❑ **Misleading labels:** Make sure your device is clearly labeled as a hearing aid (rather than, for example, a "hearing enhancement") to avoid buying a different kind of product.
- ❑ **Fake FDA registration certificates:** The FDA does not issue registration certificates, so this could be a scam or misleading marketing.
- ❑ **Extremely low prices:** Companies selling hearing aids far below the price of other companies may be trying to sell you a hearing product other than a hearing aid, or trying to sell you a very poor-quality device. Consider your budget but remember that a deal that seems too good to be true, may be just that.
- ❑ **No trial period or warranty:** Most companies offer at least a 30-day trial period to test new devices, and some offer even more. Be cautious of companies that don't offer these trial periods or warranties.
- ❑ **Lack of customer support:** Avoid companies that don't clearly have contact information on their website. Reputable companies should be easy to contact with issues you're experiencing.
- ❑ **Unsupported claims:** There is currently no cure for hearing loss, so be wary of companies that claim their products can cure hearing loss or offer immediate relief from symptoms.

Hearing aid scams can range from dishonest companies misleading you to someone calling to tell you Medicare will cover a hearing aid in an attempt to get your Medicare number or promise you other unneeded medical supplies.



Adding on to Medicare

Who to contact for more information:

- ❑ **State Health Insurance Assistance Program (SHIP):** Your local SHIP can help you learn about your coverage options and local resources.
- ❑ **Senior Medicare Patrol (SMP):** Call your local SMP if you believe you have experienced a hearing aid scam or other potential Medicare fraud, errors, or abuse.
- ❑ **Medicare.gov:** You can compare Medigaps and Medicare Advantage Plans online at www.medicare.gov/plan-compare.
- ❑ **Your doctor:** If you aren't sure whether you need additional coverage for these various types of care, consider having a conversation with your doctor to evaluate your health needs.

Local SHIP contact information	Local SMP contact information
SHIP toll-free:	SMP toll-free:
SHIP email:	SMP email:
SHIP website:	SMP website:
To find a SHIP in another state: Call 877-839-2675 (and say "Medicare" when prompted) or visit www.shiphelp.org	To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org
SHIP Technical Assistance Center: 877-839-2675 www.shiphelp.org info@shiphelp.org SMP Resource Center: 877-808-2468 www.smpresource.org info@smpresource.org © 2024 Medicare Rights Center www.medicareinteractive.org <i>The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center. This document is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,534,081 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.</i>	