

JULY 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 Ukulele/ Silver Strings	10a Toning	12:00p Lunch	10a Toning
10a Crochet	11a <u>Blood Pressure Clinic (every other Tuesday, 11th &amp; 25th)</u>	1p Bingo	10a Quilting
12:00p Lunch	12:00p Lunch		<u>10:30a Nail Clinic (First Thursday of Each Month)</u>
1pm Beginner Line Dancing	1p Movie		12:00p Lunch
	1p Quilting		1p Shopping
			1p Organ Class
			1:30p Sewing & Quilting
<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b>			
<b>MENU SUBJECT TO CHANGE</b>			

## SHOPPING DAYS



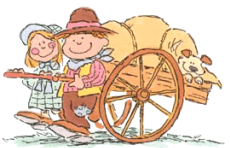
TO BE ANNOUNCED

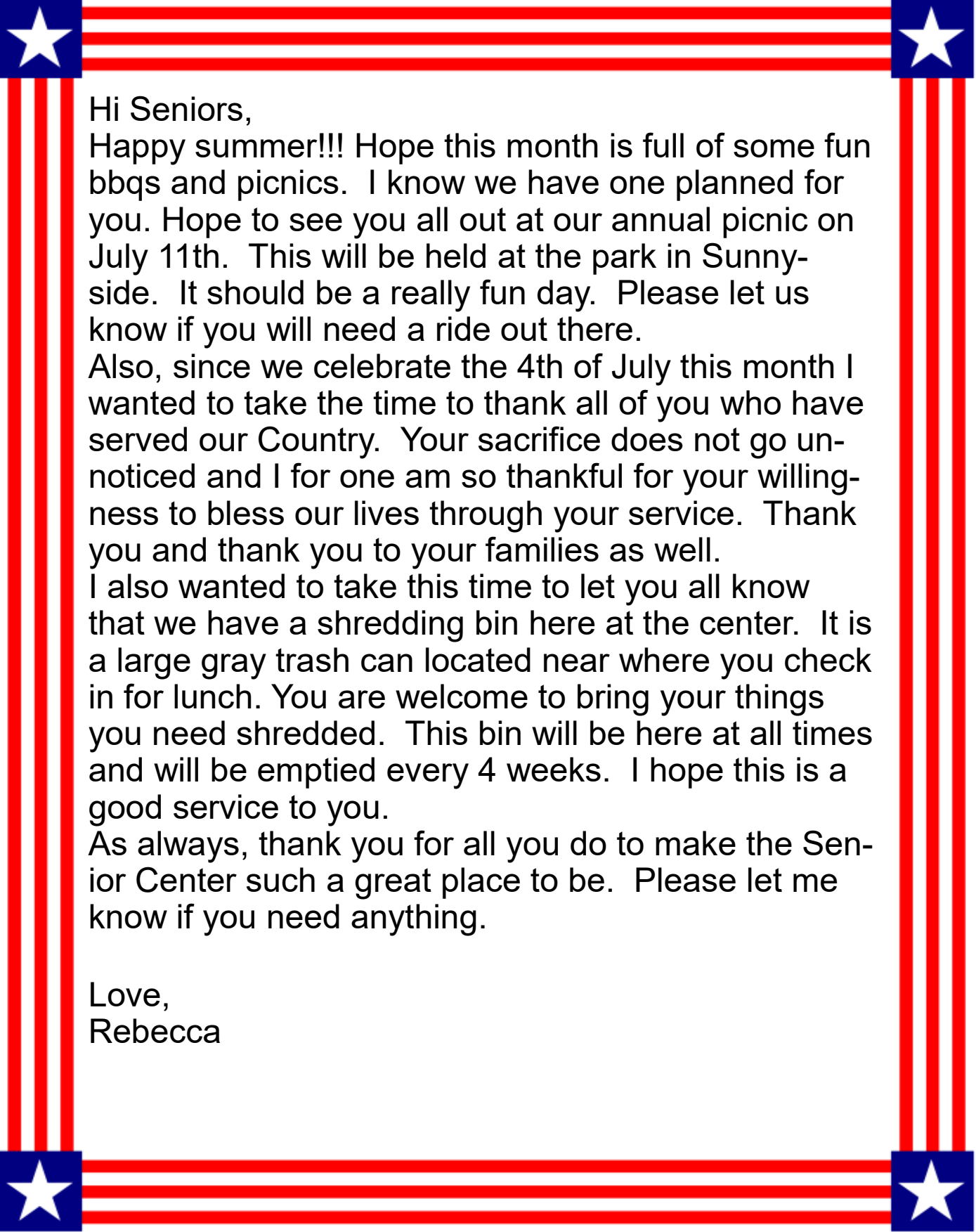
BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING JULY 17TH

**Centers will be CLOSED July 4th and July 24th**

July 18th Line Dancers at 11:30 am

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

Monday	Tuesday	Wednesday	Thursday
<b>Carbon Center 636-3202      East Carbon Center 636-3703</b> <b>MILK SERVED WITH EACH MEAL</b> <b>Menu Subject to Change</b>			
<b>1</b> Taco Hash Browns Casserole, Carrots, Roll, Fruit Cup	<b>2</b> Queso Smothered Chicken, Spanish Rice, Cabbage, Roll, Jell-O	<b>3</b> Hamburgers w/ lettuce, tom & onion, Potato Salad, Chips Patriotic Cake	<b>4</b>  <b>CLOSED FOR THE 4TH</b>
<b>8</b> Philly Cheese Steak Sandwich w/ onions & bell peppers, Tator - Tots, Fruit	<b>9</b> Baked Ham, Yummy potatoes, Mixed Veggies, Roll, Cookie	<b>10</b> BBQ Chicken, Baked Potato, Baked Beans, Brussel Sprouts, Roll, Cake	<b>11 PICNIC</b> Turkey & ham Sandwich, Pasta Salad,
<b>15</b> Fish Sandwich with the fixin's, 3 Bean Salad, Fruit	<b>16</b> Cabbage Rolls, Baked Potato, Veggies, Roll, Pudding	<b>17</b> Salisbury Steak, Potatoes & Gravy, Broccoli, roll, Cake & Ice Cream 	<b>18</b> Cream of Potato Soup, Carrot Raisin Salad, Bread Stix, Jell-o
<b>22</b> Lasagna, Garden Salad, Bread Stix, Fruit	<b>23</b> Cheesy Chicken & Bacon Tator Tot Casserole, Salad, Bread Stix, Jell-O	<b>24</b> 	<b>25</b> Creamy Parmesan Italian Sausage Soup, 3 Bean Salad, Bread Stix, Fresh Fruit
<b>29</b> Pork Lo Mein, Spring Roll, Roll, Fruit	<b>30</b> Italian Grinder Salad, Bread Stix, Pudding	<b>31</b> Ceasar Chicken, Sweet Potatoes, Mixed Veggies, Roll, Cherry Pie	<b>August 1st</b> Tacos ( lettuce, toms, onion, cheese, & onion), Tortilla, Jell-O



Hi Seniors,  
Happy summer!!! Hope this month is full of some fun bbqs and picnics. I know we have one planned for you. Hope to see you all out at our annual picnic on July 11th. This will be held at the park in Sunnyside. It should be a really fun day. Please let us know if you will need a ride out there.

Also, since we celebrate the 4th of July this month I wanted to take the time to thank all of you who have served our Country. Your sacrifice does not go unnoticed and I for one am so thankful for your willingness to bless our lives through your service. Thank you and thank you to your families as well.

I also wanted to take this time to let you all know that we have a shredding bin here at the center. It is a large gray trash can located near where you check in for lunch. You are welcome to bring your things you need shredded. This bin will be here at all times and will be emptied every 4 weeks. I hope this is a good service to you.

As always, thank you for all you do to make the Senior Center such a great place to be. Please let me know if you need anything.

Love,  
Rebecca

## MOVIE LINE-UP

**July 2nd~ Old Dogs ~ 2009/ PG/ 1h 28mins** : Two friends and business partners find their lives turned upside-down when strange circumstances lead them to be the temporary guardians of 7-year-old twins.

**July 9th ~The Lucky One~ 2012/PG-13/ 1hr 41mins ~**A Marine travels to Louisiana after serving three tours in Iraq and searches for the unknown woman he believes was his good luck charm during the war.

**July 16Th~ Freedom Writers ~ 2007/PG-13/2hr 3min/ starts at 12:45 ~** A young teacher her class of at-risk students to learn tolerance, apply themselves and pursue education beyond high school.

**July 23rd~ The Age Of Adaline~ 2015/PG-13/1h 52mins~** Young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

**July 30th~P.S. I Love You ~2007/ PG-13/ 2h 6min/Starts at 12:45~** A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life.

## SPOTLIGHTING OUR SENIORS

This month of July is beautiful Helen Medina Zavala, her motto is “I am too old to hold a grudge.” She was born in Santa Fe Mexico in 1942. Her family moved to Price when Helen was 4 yrs old (1946). She has twin sisters Dora & Nora born in 1946. Helen’s father worked in the coal mine. Spanish was spoken in their home. Helen married Victor Zavala upon high school graduation at age 18. They have 3 children (Carrie, Tony & Lawrence. Victor was employed at Deer Creek Mine. They were married for 44yrs until his passing in October 2002. Helen’s employment was at the mission Motel, McDonalds and hostess at Robintinos. Favorite color is purple, food is Mexican. Her family enjoyed spending time together vacationing to Disneyland, sightseeing Ohio, Indiana, Washington, Montana, HAWAII, Cancun, Puerto Vallarta and Kanas City for family reunions. At present time she has 8 Grandchildren, 13 great grandchildren & 5 great greats, then Helen met Juan Medina in 2003, she was with him for 17 yrs, he worked at Deer Creek Mine. Juan passed at 88 yrs, on September 5, 2021. She loves coming to the Senior Center and the love of friends she meets everyday. Helen has volunteered many hours at the Senior Center, including bingo, movies, bowling, entertaining with singing with Spanish choir at Norte Dame Church and many Wendover bus trips. Thanks Helen for showing love and support at our center.



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

AMUSED

CHIPPER

GLAD

MERRY

BEAMING

CONTENT

GLEEFUL

MIRTHFUL

BLISSFUL

DELIGHTED

GRATIFIED

PLEASED

BLITHE

ECSTATIC

HAPPY

RADIANT

BUOYANT

ELATED

JOLLY

SUNNY

CAREFREE

ENRAPTURED

JOVIAL

UPBEAT

CHEERFUL

EUPHORIC

JOYFUL

CHEERY

EXULTANT

JOYOUS

Dear East Carbon Seniors,

Hope everyone is enjoying this warm weather? Lot of things are happening this month. To start out with July 4th, July 11th is our annual picnic at the Sunnyside Park, Community Days is around the corner. July 24th is pioneer Day. So grab a patio chair and some friends and enjoy this month. The book club has taken the summer off due to vacations, and family coming into town, but they will be back in the Fall with some interesting books to read. Our blood pressure clinic starts back up every third Wednesday of each month.

Remember the center will closed July 4th and the 24th of this month.

Come in and have a cool beverage and visit with new and old friends

You all have a safe and fun 4th and 24th

See you next month

Brenda

<b>East Carbon Center Activities</b> <b><u>Mon– Weds 8am-4pm &amp; Thurs 8am– 1pm</u></b>			
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

# GIFT SHOP

There are scarves, lap and regular blankets, of course, warm baby blankets, some with matching hats. Bless your kitchen and yourself with some new hot pads, dish towels and more!

## HOURS

Monday—Thursday

8:00am –4:00pm

Ask a staff member for help!



## PUZZLE

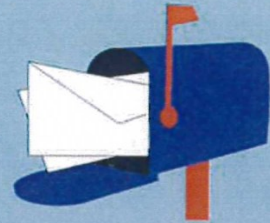
I	A	U	P	D	E	P	O	S	I	T	L	I	Q	O	K
H	D	I	K	A	H	P	H	Y	E	N	P	X	F	P	R
W	I	F	V	F	D	U	A	L	W	A	G	O	N	P	N
D	A	K	C	P	T	G	E	L	M	T	M	E	C	M	X
U	M	A	I	R	O	N	A	M	I	N	E	R	E	E	D
C	O	G	W	X	N	B	M	S	O	Q	J	L	X	T	E
K	N	O	A	U	C	Z	S	I	E	M	B	Q	P	H	N
F	D	L	T	T	D	E	T	Y	N	S	H	U	L	A	T
D	U	D	S	H	C	A	O	G	N	E	R	A	O	N	R
V	H	X	L	C	L	U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

ACCESS	ELEVATOR	METHANE	STONES
COAL	ENTRY	MINE	TUNNEL
COPPER	EXPLOITATION	MINER	VAIN
DANGER	EXTRACT	OPEN	VENTILATION
DEEP	GASES	QUARRY	WAGON
DEPOSIT	GOLD	SEAM	WELL
DIAMOND	IRON	SILVER	
DIGGING	MEANS	SLATE	

## Ways to protect yourself against the genetic testing scam



If a genetic testing kit is mailed to you, don't accept it, unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items.



Be suspicious of anyone who offers you "free" genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.



A physician who you know and trust should assess your condition and approve any requests for genetic testing.



Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it.



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# BEAT THE HEAT

STAY HEALTHY & SAFE THIS SUMMER



## Drink water

Stay hydrated & don't wait until you're thirsty.



## Wear sunscreen

Apply sunscreen before going outdoors. Reapply every 2 hours.



## Avoid peak times

Stay indoors during the hottest time of the day from 10AM - 4PM if possible.



## Protect your eyes

Wear sunglasses to protect your eyes from UV rays.



## Keep cool

Protect your skin from direct sunlight to prevent sunburn.



## Look before you lock

Never leave children or pets inside the car. Protect them from heatstroke.



## Seek shade

Use a tree, umbrella or tent to protect you from the sun.