

June 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, 6th &amp; 20th)</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
<p><b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b></p> <p><b>MENU SUBJECT TO CHANGE</b></p>			

BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING JUNE 26TH  
CENTERS WILL BE CLOSED FOR JUNE 17TH


### SHOPPING DAYS

June 6th t Walmart ~ June 13th Smith's  
June 20th Lin's ~ June 27th Walmart

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

# June Menu

# BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p><b>CALL BEFORE 9AM</b></p> <p><b>MILK SERVED WITH EACH MEAL</b></p> <p><b>Mobile Meals Call before 9a</b></p> <p><b>Menu Subject to Change</b></p> <p style="text-align: right;"><b>CARBON CENTER 636-3202</b></p> <p style="text-align: right;"><b>EAST CARBON 636-3703</b></p>			
<p><b>3</b> Chili Relleno Casserole, Corn, Roll, Fruit Cup</p>	<p><b>4</b> Ham &amp; Cheese Sandwich w/ lettuce, tom, onion, Peas &amp; Onions Salad, Cookie</p>	<p><b>5</b> Chicken Tetrazzina Pasta Bake, Green Salad, Bread Stix, Jell-O</p>	<p><b>6</b> <b>Big Mac Wraps w/ lettuce, onion, cheese, tom. Chips, Lemon Cookie Cups</b></p>
<p><b>10</b> Orange Chicken, Rice, Carrots, Roll, Fruit Cup</p>	<p><b>11</b> Cheesy Beef Roll Ups w/tortilla, Spanish Rice, Fiesta Corn, Cookies</p>	<p><b>12</b> Manhattan Hot Shot (bread, Mashed potatoes, Roast beef, Gravy), Veggies, Cake</p>	<p>13 Pork Chops, Potatoes &amp; Gravy, Veggies, Peanut Butter Bars w/ Chocolate</p> <p style="text-align: center;"><b>Father's Day Lunch</b></p>
<p><b>17</b></p> 	<p><b>18</b> Fish Tacos w/ lettuce, tom &amp; onions, Tortilla, Fritos, Fruit Cup</p>	<p><b>19</b> Dump &amp; Bake Aloha Chicken &amp; Rice, Broccoli &amp; Cauliflower salad, Roll, Cookies</p>	<p><b>20</b> Kielbasa on a hoagie Bun w/ Sauerkraut, Potato Salad, Pudding</p>
<p><b>24</b> Chili Dogs w/ Onions &amp; Cheese, Fries, Fruit Cup</p>	<p><b>25</b> <b>Shepherds pie, Soup, Cucumber Salad, bread Stix, Jell-O</b></p>	<p><b>26</b> Crispy Cheesy Chicken, potatoes &amp; Gravy, Mixed Veggies, Roll, Cake &amp; Ice Cream</p> <p style="text-align: center;"><b>Birthday Lunch</b></p>	<p>27 Mongolian Ground Beef over Noodles, Oriental Veggies, Roll, Fortune Cookies</p>

**JULY 11th, 2024**

**Picnic at Sunnyside Park**

**Dress like a Tourist Day**

(Pull out the fanny packs &  
cameras for  
a day of cheesy sightsee-  
ing)

**Potluck**

**Reserve your spot today**

**MOVIE LINE UP ALL MOVIES ARE SUBJECT TO CHANGE**

**June 4th ~ Clue –The Movie ~ PG/ 1hr 34mins/ 1985** ~Six guests are anonymously invited to a strange mansion for dinner, but after their host is killed, they must cooperate with the staff to identify the murderer as the bodies pile up.

**June 11th ~ Charlie's Angels ~ 2000/ PG-13/1h 38mins** ~ Three women, detectives with a mysterious boss, retrieve stolen voice-ID software, using martial arts, tech skills.

**June 18th ~ The Temptations ~ Nr/ 1hr 28 min/ 1998** ~ Biography of the singers who formed the hit Motown musical act.

**June 25th ~ Urban Cowboy ~ PG/ 2hrs 12 mins/ 1980** ~ Bud is a young man from the country who learns about life in a Houston bar. (Starts at 12:45

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

ALBUM	CONCERTS	MUSIC	SONATA
ANTHEM	DRUM	ORGAN	SONG
ARTIST	FUNK	PIANO	STEREO
AUDIO	GIUITAR	PLAYBACK	SYMPHONY
BAND	HARMONIZE	QUARLET	THEME
CHOIR	KEYBOARD	RECORDING	VIOLIN
CHORD	LYRIC	SCALE	
COMPOSER	MELODY	SINGER	

## BRENDA'S DECK EAST CARBON

Dear East Carbon Seniors,

Well finally, summer is finally here. Hope everyone enjoyed Mother's Day.

Our Bake/Sale went very well. Thank You to all who donated their time and brought goodies. The East carbon Seniors made stepping stones for an activity. They all had a wonderful time. The men got into it with the women. It was fun and they made awesome stepping stones. They are looking forward to making more when the weather gets warmer. Thank you Helen and Jill for getting this idea started. We never know what the Senior's come up with.

This month the Ladies have chosen a novel "The Women" by Kristen Hannah. This novel is dedicated to the courageous women who served in the VIETNAM War. They came home to a country that didn't care about their service, a world that didn't want to hear about female experiences; their post-war struggles and their stories forgotten.

You may pick this novel online or at the library and even at Walmart.

Come out and sit a spell and enjoy a cool beverage and enjoy the company of old and new friends. Happy Father's day to all the Father's out there.

Brenda

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



June we celebrate a joyous couple, Tim and Linda Turner. Tim born December 3rd and Linda April 4th at the old Carbon Hospital. Tim's favorite color is blue, he doesn't have a favorite food, he likes everything. Linda's favorite color is red, she loves French fries. They've been married for 42 years and together have 2 girls and 2 grandchildren. Their hobbies are troll fishing on their boat, gardening, ceramics, puzzles & diamond dots. They attend the LDS Church and enjoying the Temple. Tim worked at UDOT for 33 years. Linda worked and drove the Carbon County Bookmobile for 25 years. Since they are both retired they serve as volunteers at our Senior Center and spend time with their two fur babies- chocolate lab named Sawyer Brown, also Daphne a long haired Dotson. We are so grateful to have Tim and Linda as a joyous and loving couple on our community and the Senior Center.

# **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



Hi Seniors,

Wow, I can't believe it's already June. Summer is just around the corner and I can't wait for the warmer weather. Hope you are all enjoying it as well. Remember to keep yourself hydrated if you are spending any time out in the heat, and do your work outside during the cooler times of the day. We want you safe!! I want to thank you for your patience as we hosted a county event here in the building last month. I know this meant some cancellations of your activities and that was an inconvenience. I spoke with Casey Hopes about your concerns and he made a special trip to the center to go over with me and my staff the reason for the event. It helped clarify for me the reason for it and please be assured that the county does have your best interest at heart. They are doing these kinds of events to make sure the county continues to bring in revenue to continue to fund all of its programs, including what we do here at the center and our meals on wheels program. So this conference did directly benefit us here. In the future they promised to have better communication with me so that I have better information to pass on to you when you have questions. Casey said he is more than happy to speak with any of you if you have concerns or questions. Please don't hesitate to reach out.

This month brings a new grand baby for me, my first!! So you may not see me towards the end of the month as I will be gone to my daughters to snuggle that baby.

As always, I appreciate all you do to make the Senior Center such a great place. My door is always open if you have any suggestions or questions.

Love,  
Rebecca

# UTAH LEGAL SERVICES

## WHAT IS UTAH LEGAL SERVICES?

Utah Legal Services is a statewide, non-profit agency that helps low-income people with civil legal problems. Utah legal Services provides FREE legal help to low-income Utahns with civil (non-criminal) legal problems Utah Legal Services annually assists about 16,000 Utahns with a variety of legal problems.

## OUR MISSION

Utah Legal Services seeks to protect the right of the disadvantaged and persons of limited means by legal representation, advocacy, and education throughout Utah.

## WHO CAN USE UTAH LEGAL SERVICES?

In general, you must be low-income and have assets to qualify for our help. For example, in most cases income must be at or below 200% of federal poverty levels. These guidelines often don't apply to Senior Citizens and victims of domestic violence seeking protective orders.

## WHAT WILL HAPPEN WHEN I CALL?

We receive numerous calls every day, so please be patient-all people qualifying for help will get it, but it can take some time. You will need to wait for an available staff person to talk to you. The length of your wait depends on how many callers there are ahead of you. we hope the wait will not be too long; we will get to you. You can apply online. The online application will let you know if you financially qualify for our services and, if so, gives you priority status so you will not have to hold as long. It can be found at [www.utahlegalservices.org](http://www.utahlegalservices.org)

**To get help, call 1-800-662-4245**

**UTAH LEGAL SERVICES INTAKE HOURS ARE**

**ONLINE: 24/7 AT [WWW.UTAHLEGALSERVICES.ORG](http://WWW.UTAHLEGALSERVICES.ORG)**

**PHONE: 9:00AM—2:00PM—WEEKDAYS**

# 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.