



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	10a Ceramics
10a Quilting	10a Ceramics	10a Quilting	10a Ukulele/ Silver Strings
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	11:30a Music	10a Toning
10a Crochet	<u>11a Blood Pressure Clinic (every other Tues 12th & 26th)</u>	12:00p Lunch	10a Quilting
11:30a Music	11:30a Music	1p Bingo	12:00p Lunch
12:00p Lunch	12:00p Lunch		1p Shopping
1pm Beginning Line Dance Class	1p Movie		1p Organ Class
	1p Quilting		1:30p Sewing & Quilting
ALL ACTIVITIES ARE SUBJECT TO CHANGE			
MENU SUBJECT TO CHANGE			

November 5th Election Day

Madrid & Prettyman performing November 13th

Silver Strings Performing for Birthday Lunch, November 20th

SHOPPING DAYS

NOV. 7th @ WAL-MART ~ NOV. 14th @ Smith's~ NOV. 21st @ Lin'S

Monday Nov. 25th @ Walmart

CENTERS WILL BE CLOSED NOVEMBER 11TH FOR VETERANS DAY

CENTERS WILL BE CLOSED NOVEMBER 27th & 28th THANKSGIVING

NOVEMBER

MENU BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p>Menu Subject to Change Carbon Center 636-3202 East Carbon Center 636-3703 MILK SERVED WITH EACH MEAL</p>			
<p>4 Chicken Broccoli Penne, Cabbage, Roll, Fruit</p>	<p>5 Fish & Chips, Cole-slaw, Roll, Pistachio Dessert</p>	<p>6 Meat Loaf, Potatoes & Gravy, Mixed Veggies, Roll, Apple Pie Delight</p>	<p>7 French Onion Soup, Malibu Chicken Sandwich w/ lettuce & Tomato, Chocolate Chip Cookie</p>
<p>11 </p>	<p>12 Cabbage Rolls, Baked Potato, Brussel Sprouts, Roll, Fruit Salad</p>	<p>13 Thanksgiving Lunch Turkey Roast, Potatoes & Gravy, Stuffing, Gr. Beans, Cranberry Sauce, Wheat Roll, Pumpkin Pie</p>	<p>14 Chicken Tortilla Soup, Tortilla Chips, Green Salad, Cherry Crisp</p>
<p>18 Orange Chicken over Rice, Asian Blend Veggies, Spring Eggroll, Roll, Fortune Cookie</p>	<p>19 Taco Bake Casserole, Chuckwagon Corn, Roll, Brownies</p>	<p>20 Birthday Lunch Roast Beef, Potatoes & Gravy, Corn, Roll, Pineapple Upside Down Cake, Ice Cream</p>	<p>21 Wisconsin Cheese Soup, Ham Sandwich w/ lettuce, tomato, onion, Fruited Jell-O</p>
<p>25 Salsa Chicken over Rice, Corn & Black Beans, Roll, Fruit</p>	<p>26 Cheese Omelets, Sausage Patty, French Toast Stix, Yogurt, Juice</p>	<p>27  28</p>	

Happy November Seniors,

This is the month of gratitude so I would like to start out saying how grateful I am for all of you and what you do to make the Senior Center a wonderful place to be. Also, this month we celebrate Veterans Day. I would like to express my gratitude to all of the veterans out there and express how much I appreciate your service to our Country. I come from a long line of servicemen and I know the sacrifice that you all have given. Thank you so much for giving of yourselves to make our lives better.

Please remember that this month we will have a visit from Wendy Fauver. She is with Medicare and she will be in East Carbon November 14th from 10am to 2pm and in the Price Center November 20th from 10am to 3pm. She will be here to help you with any Medicare open enrollment questions you might have. She does not enroll you in any plans, but she can help give you advice to make sure you sign up for the best plan for you. If you have questions about Medicare and open enrollment I highly recommend you come out and visit with her.

I hope that you all enjoy your Thanksgiving this year with friends and family and that you are able to count the blessings in your life. I count you all as one of mine.

Love,
Rebecca



Movie Line Up

Nov. 5th ~ Dirty Dancing ~ PG-13/ 1987/1hr 40 mins

Nov. 12th ~ The Lake House ~ PG/ 2006/1hr 39 mins

Nov. 19th ~ Herbie Fully Loaded ~ G /2005/ 1hr 41 mins

Nov. 26th ~ It's A Wonderful Life ~ PG/ 1946/2 hrs 10mins (starts at 12:45pm sharp)

Turn the clocks back

Remember to move
your clocks
back one
hour.



AP

November 3rd

NOVEMBER 5TH ELECTION



Protect Yourself from Marketing Violations and Misleading Marketing



During Open Enrollment, health insurance companies try to reach people in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The Centers for Medicare & Medicaid Services (CMS) has rules for marketing Medicare Advantage Plans and Part D plans, though. These rules protect Medicare beneficiaries from aggressive or misleading marketing. Knowing the rules and red flags can help you make the best choices for yourself during Open Enrollment.

Watch out for people who:



Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll. Someone can use this information to enroll you in a plan without your permission.



Say they represent Medicare. Plans are never allowed to suggest they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials.



Send you unsolicited text messages or phone calls. Plans must provide you with the option to opt out of communications about Medicare products. It must be done annually and in writing.



Pressure you with time limits to enroll in their plan. You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early for a plan, and you will not lose your Medicare coverage if you don't pick a plan.



Offer you gifts to enroll in their plan. Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15.

You should report potential marketing violations to your local Senior Medicare Patrol (SMP) or State Health Insurance Assistance Program (SHIP). Your local SMP or SHIP can help you review the incident, report it to the correct authorities, and continue spotting marketing violations.

Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

The Puzzle Solution is at the front desk

GIFT SHOP

Come stay warm for the holidays and winter season.

There are caps and scarves for only \$2.00 -\$5.00; warm lap and regular blankets, \$18.00-\$50.00; of course, warm baby blankets, some with matching hats, \$20.00-\$25.00.

Don't forget "Turkey Day"!

Bless your kitchen and yourself with some new hot pads, some in sets, \$1.00 -\$3.50.

Dear East Carbon Seniors.

Hope everyone had a nice October. I enjoy the little trick or treaters in their scary costumes. We had fun making ghosts and carving pumpkins to sit outside. I'm sure the deer enjoy them too.

The ladies of the Book Club have chosen "through the Keyhole" by Shawnee Barnes. This book is a harrowing true story that delves into a brutal rape, murder a child's haunting memory, and a life long odyssey to bring her mother's killer to justice. This story has happened in our County. If you like to read this story you may pick it up at the library or online. So grab a warm blanket and warm beverage and enjoy this murder mystery.

This November is a busy month and a lot of events are happening.

November 3rd turn your clocks back one hour and enjoy an extra hour of rest. November 5th is election day. November 11th is Veterans Day to honor servicemen and women who gave up their lives for freedom. This day the Centers will be closed. On November 14th is Medical Enrollment, Wendy Fauver will be here 10am to 2pm to answer your questions you may have concerning Medicare for 2025. November 27th and 28th is Thanksgiving and the Centers will be closed for this yummy Holiday. Enjoy your time with your loved ones. Come in and sit awhile and enjoy a hot meal and visit with some wonderful people.

Have a wonderful Thanksgiving!

Brenda

East Carbon Center Activities
Mon- Weds 8am-4pm & Thurs 8am- 1pm

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

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

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

AMERICA

FIFTY

RED

ANTHEM

FLAG

SALUTE

BANNER

FLUTTER

SPANHLED

BETSY ROSS

HISTORY

STARS

BLUE

HOIST

STRIPES

COUNTRY

JUNE

SYMBOL

DAY

MAST

UNFURL

EAGLE

OLD GLORY

UNITED

EMBLEM

PATRIOTIC

VEXILLOLOGY

ENSIGN

RAISE

WHITE