

JULY 2023



CARBON
COUNTY
UTAH

SENIOR CENTERS

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 9:45a Aerobics 10a Ceramics 10a Quilting 10a Ukulele/ Silver Strings 10a Crochet 12:00p Lunch 1pm Beginner Line Dancing	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 8:30a Line Dancing 10a Ceramics 10a Ukulele/ Silver Strings 10a Toning 11a <u>Blood Pressure Clinic (every other Tuesday, 11th & 25th)</u> 12:00p Lunch 1p Movie1p Quilting	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 9:45a Aerobics 10a Ceramics 10a Quilting 12:00p Lunch 1p Bingo	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 8:30a Line Dancing 10a Ceramics 10a Ukulele/ Silver Strings 10a Toning 10a Quilting <u>10:30a Nail Clinic (First Thursday of Each Month)</u> 12:00p Lunch 1p Shopping 1p Organ Class 1:30p Sewing & Quilting
ALL ACTIVITIES ARE SUBJECT TO CHANGE MENU SUBJECT TO CHANGE			

SHOPPING DAYS

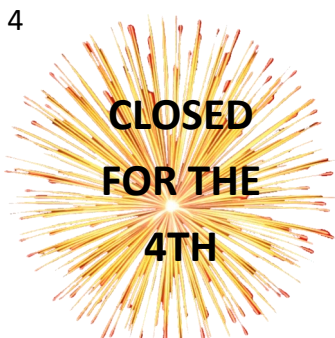
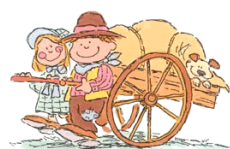

July 6th Smith's ~ July 13th Lin's ~ July 20th Walmart ~ July 27th Smith's
BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING JULY 26TH

Centers will be CLOSED July 4th and July 24th

OUR NEWSLETTER IS BACK ON THE WEB

<https://www.carbonutah.com/departments/senior-services/>

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

Monday	Tuesday	Wednesday	Thursday
Carbon Center 636-3202 East Carbon Center 636-3703 MILK SERVED WITH EACH MEAL Menu Subject to Change			
3 (M.O.W. Hamburger/ with the fixins, Onion Rings, Watermelon) IN-HOUSE LUNCH: Hamburger with the fixins, POTLUCK	4 	5 Baked Ham, Mac & Cheese w/ green Chili's, Corn, Roll, Brownie	6 Tater Tot Casserole w/ Peas & Carrots, Green Beans, Roll, Applesauce Spice Bars
10 Green Chili Chicken Enchilada Casserole, Rancho Fiesta Veggies, Bread Stix, Diced Pears	11 Pigs in a Blanket, Steamed Cabbage, Cottage Cheese w/ Pineapple	12 Spaghetti w/ Meat Sauce, Tomato & Cucumber Salad, Bread Stix, Lemon Pie w/ Whip Topping	13 Turkey and Cheese Sandwich w/ Tom, Onion & Lettuce, Pasta Salad, Peach Coffee Cake
17 Hamburger Pie w/ Hashbrowns & Carrots, Country Gravy, Roll, Fruit Cup	18 Polish Sausage over Alfredo Noodles, Green Salad, Roll, Fruited Jell-O	19 Crispy Baked Parmesan Chicken, Potato & Country Gravy, Prince Edward Veggie, Frog Eye Salad	20 BLT Sandwich with the fixins, Chips, Pasta Salad, Fresh Watermelon
24 CLOSED FOR PIONEER DAY 	25 Pizza Loaf w/ Pepperoni, Olives, Green Peppers, Pepper Rings, Cheese, Green Salad, Jell-O, Juice	26 Pork Roast, Potatoes & Gravy, Green Beans, Roll, Mandarin Orange Cake, Ice Cream 	27 Caesar Chicken Wraps, Potato Chips, Oranges, Pumpkin Chocolate Chip Bars
31 Beef Enchilada Casserole, Corn, Bread Stix, Fruit Cup			

Hi Seniors,
I hope that your summer is going good. This month please be aware that the Center will be closed on July 4th as well as July 24th. I hope you all have a good time celebrating those days with your family and friends. We will have a potluck bbq here at the center on July 3rd for lunch. Bring something to share and we will bbq some hamburgers.

We now have laptop computers available for use in the library. Just let us know and we can make those available for you to use while you are in the library. They are also connected to the printer there if you need to print something off. We are happy to help you if you have any questions on how to use them.

The food bank sent out information to me about senior food boxes. If you are in need or know of someone who is please come see me for information on how to apply for that program. Also, please be aware of the current medicare scam calls that are going around. Medicare will not call you. Please don't give them information if someone calls and says they are from Medicare. If you have questions or are concerned that you might have been scammed please contact Wendy at the SMP. Her number is 435-613-0028.

Thanks seniors for all you do,
Rebecca

MOVIE LINE-UP

July 11th ~ Miracle ~ 2004/PG/2 hr 15 min / STARTS AT 12:45pm SHARP :

The true story of Herb Brooks, the player-turned-coach who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Soviet squad.

July 18th ~ The Proposal ~ 2009 /PG-13/ 1hr 48 mins ~ A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada

July 25th ~ When in Rome ~ 2010/PG-13/1hr 31min ~ Beth is a young, ambitious New Yorker who is completely unlucky in love. However, on a whirlwind trip to Rome, she impulsively steals some coins from a reputed fountain of love, and is then aggressively pursued by a band of suitors.



Ceramic Class August 17th

**at 10:00am in ceramic room pick the sitting or
laying down Sloth**

**Cost will be \$20.00 (covers ceramic piece,
paints) PLEASE BRING YOUR OWN BRUSHES
ANYTHING QUESTIONS please talk to Yvonne.**

PLEASE SIGN UP AS SOON AS POSSIBLE

Yvonne needs to know how many to order!!

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,

July is here with all the exciting activities going on. July 4th is Independence Day & July 8th is East Carbon Community Daze with parade and rodeo in the evening. July 24th is Pioneer Day. Lots of fun thigs to do this month. Our Ladies have chosen "Mary Poppins, she wrote by Val-wrie Lawson. The story of Mary Poppins creator, as the definitive biography reveals, is remarkable. The fabulous English nanny was actually conceived by Pamela Lyndon Travers, an Australian who came to London in 1924 as a journalist. It was a love of mysticism and magic that shaped Traver's life as well as the characters of Mary Poppins. The clipped, strict and ultimately mysterious nanny who emerged from her pen was the creation of someone who remained inscrutable and enigmatic to the end of her 96 years. Pick up this book at the Library or online enjoy it with a nice cold drink.

Remember we are open Monday thru Wednesday from 8am to 4pm and Thursday 8am to 1pm come in and play pool or just visit with wonderful people.

Have a very wonderful July and be safe.

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

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	



The month of July begins with a big bang, as we celebrate Independence Day, the birth of our Nation. Also called the Fourth of July, it is celebrated with parades, picnics, and fireworks at night. Meanwhile, our neighbors to the north celebrate their birthday this month. This holiday is appropriately called Canada Day, previously called “Dominion Day”. There are many July National days and International days, too. July holidays are sizzling hot.... like the weather. The month is filled with blazingly hot and humid days, along with warm, sultry nights.

- Dog Days of Summer – July 3 – August 11
- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for weddings
- National Cell Phone Courtesy Month
- National Grilling Month
- National Hot Dog Month
- National Ice Cream Month
- National Park and Recreation Month
- National Picnic Month
- National Watermelon Month
- Week 3 – Capture the Sunset Week Third full week in July

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.