

June 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, 6th & 20th)</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			

SILVER STEPPERS JUNE 1ST

BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING JUNE 28TH

Prettyman & Madrid Performing JUNE 15TH

CENTERS WILL BE CLOSED FOR JUNE 19TH

SHOPPING DAYS

June 1st Lin's ~ June 8th Wal-mart

June 14th Smith's ~ June 22nd Lin's ~ June 29th Wal-mart

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

June Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p>CARBON CENTER 636-3202</p> <p>CALL BEFORE 9AM</p> <p>MILK SERVED WITH EACH MEAL</p> <p>Mobile Meals Call before 9a</p> <p>Menu Subject to Change</p> <p>EAST CARBON 636-3703</p>			<p>1 Caesar Chicken Wraps, Chips, orange Jell-o w/ Mandarin oranges w/ whip topping</p>
<p>5 Teriyaki Chicken over Rice, Broccoli, Roll, Fortune Cookie, Juice</p>	<p>6 Creamy Sausage Baked Ziti, Steamed Cabbage, Roll, Pumpkin Chocolate Chip Cookie</p>	<p>7 Salisbury Steak W/ Potatoes & Gravy, Gr. Beans, Roll, Red Velvet White Chocolate Chip Cake</p>	<p>8 The Best Tuna Fish Salad Sandwich on a Croissant, Potato Chips, Orange Creamsicle Fluff</p>
<p>12 Biscuits & Gravy, Sausage, Egg w/ Cheese Omelet, Muffin, Yogurt, Banana</p>	<p>13 Creamy Parmesan Chicken Spaghetti w/ Roasted Tomato & Basil, Green Beans, Roll, Fruit Salad</p>	<p>14 Roast Beef, Potatoes & Gravy, Green Salad, Roll, Cherry Cheese Cake <u>Father's Day</u></p>	<p>15 PICNIC at LITTLE BEAR CAMPGROUND Italian Sub Sandwich (salami, Pepperoni, Ham, Lettuce, Tomato, banana peppers, olives)</p>
<p>19</p> 	<p>20 Lemon Pepper Fish, W/ Wild Rice, Japanese Veggies, Biscuit, Lemon Bars</p>	<p>21 Salsa Chicken, Baked Potato, Corn, Roll, Cake</p>	<p>22 Beef Pepper Steak over Rice, Asian Blend Veggies, Roll, Snickers Caramel Apple Salad</p>
<p>26 Loaded Baked Potato w/ Chili, Broccoli, Bacon, Cheese & Onions, Roll, Sour Cream, Fruit Cup</p>	<p>27 Beef Stroganoff over Noodles, Cauliflower with Cheese Sauce, Roll, Cookie</p>	<p>28 Pork Chops, Potato & Gravy, Peas & Carrots, Roll, Cake & Ice Cream Birthday Lunch</p>	<p>29 Chef Salad with ham, turkey, cheese, onion, tomatoes, Bread Stix, Pumpkin Chocolate Cookie</p>

June 15th at Noon

**Picnic at Bear Creek Campground
(Huntington Canyon)**

Dress like a Tourist Day

(Pull out the fanny packs & cameras for
a day of cheesy sightseeing)

Italian Sub sandwich with all the fixin's

Pasta Salad/ Potluck

Reserve your spot today

PLEASE sign up for the bus if you need a ride

636-3202

David Prettyman & Raymond Madrid

Will be performing

MOVIE LINE UP ALL MOVIES ARE SUBJECT TO CHANGE

June 6th ~ Night in Rodanthe ~ PG/ 1hr 52 mins/ 2011 ~ Teenage surfer Bethany Hamilton overcomes the odds and her own fears of returning to the water after losing her left arm in a shark attack. **Starts at 12:45 SHARP**

June 8th ~ SOUL ~ PG/ 1hr 40 min/ 2020/ Animation ~ After landing the gig of a lifetime, a New York jazz pianist suddenly finds himself trapped in a strange land between Earth and the afterlife.

June 15th ~ War on Grandpa ~ PG/ 1hr 34 min/ 2020 ~ Upset that he has to share the room he loves with grandfather, Peter decides to declare war in an attempt to get it back

June 22nd ~ Pure Country: Pure Heart ~ PG/ 1 hr 24 min/ 2017 ~ Teenage sisters go to Nashville when they discover their late father was a country music singer.

June 29th ~ The Secret : Dare to Dream ~ PG/ 1hr 47min/ 2020 ~ A feature film adaptation to the self-help book, 'The Secret', which focuses on the power of positive thinking. **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	GUITAR	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,

My goodness! It's Summer half of the year has already gone by. Lots of exciting things to do this summer. We have started walking the track on Monday and Wednesday 7am to 8am. Come out and enjoy the birds chirping and crisp air and most of all the company.

This month the ladies have chosen "Claiming Ground", a memoir by Laura Bell. Laura at loose ends after graduating from college, leaves her family home in Kentucky for a wild adventure in Wyoming's Big Horn Basin herding sheep. Her adventure begins searching for a place to belong and to create a home and family of her own. Enjoy this memoir on her porch on a cool evening and enjoy the adventure.

Ladies did an amazing job making quilts to donate to Castle Pregnancy Resource Center.

Remember June 1th is our annual Picnic at Bear Creek Canyon Campground (Huntington Canyon) enjoy music and beautiful scenery.

Come and visit and enjoy an ice cold drink. We are open Monday and Wednesday from 8am to 4pm. Thursday 8a –1p .

Happy Fathers Day to all the Father's

Brenda

ast Carbon Center Activities <u>Mon– Weds 8am-4pm & Thurs 8am– 1pm</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

4/24/23, 11:35 AM

IMG_1706.jpg



<mailto:ccrc@eastcarbon.org>

Items donated by East Carbon Senior Citizens to Castle Country Pregnancy Resource Center.
Cindy Madsen, Chairman of the Board

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

Happy June everyone!

I'm so excited for summer. I hope to see you all out at our summer picnic on June 15th. We will have a great time I'm sure. Please let us know as soon as you can if you need a ride as we might need to borrow some vans from the rec center to get everyone there. If you are on mobile meals please be aware that we will not be delivering meals that day. If you need one please let your driver know and they will bring an extra frozen meal. Also please be aware that the center will be closed on that Thursday as we will all be joining you for the picnic.

I would also like to wish all the dads out there a happy Father's day. We appreciate all you do. Hope you get to celebrate and enjoy your day. Join us here at the center on June 14th for a special Father's day lunch.

Hope you get out and enjoy the nice weather. Summer is too short so soak it all in and have fun.

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

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

UTAH LEGAL SERVICES INTAKE HOURS ARE

ONLINE: 24/7 AT 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.