



October 2017 • 25¢ • "Every Life Has a Story... Including Ours" • Volume 19 Issue #10

Welcome to Brigham Senior Center

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About the Center

Located at 24 North 300 West, Brigham City Senior Center is the focal point in southeast Box Elder County where information about and access to aging services can be obtained. The Center is a division of Brigham City Corporation, Bear River Association of Governments and the Utah Division of Aging Services.

Treasures Under Glass, Gift Shop

Crafters help create many beautiful items for sale at the "Gift Shop". The proceeds from the gift shop help support Meals on Wheels. There are many quality items for sale throughout the

Brigham City Senior Center
HALLOWEEN DANCE
27 OCTOBER 27 6:30
 NO COST • DJ ANDREW POLL
 COSTUME CONTEST • GAMES
 REFRESHMENTS

COME IF YOU DARE
Witches ball
\$20 all proceeds go to:
 Samaritan's Purse - Children Christmas Shoebox
 -Register online at brighamcity.utah.gov-
 Questions call the Head Witch Martene Martinez 435-225-4008
saturday October 28
6:30pm - 9:00pm
the academy center
 70 North Main Street
 5:00pm Witches Parade
 For Witches 16 and older
 Witches only (Witchware required)
 Contests - Prizes
 Live Band
 Yummy Goodies
 Myers MORTUARY & CREMATION SERVICES
 POTTS

October ~ Spooky Word Search

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

Witchapalooza!!

Hat	Bewitched	Bedazzled	Dance
Cobweb	Mortal	Characters	Hex
Skeleton	Dreams	Costume	Goddess
Skull	Devil	Mask	Spirits
Spiders	Matinee	Broom	Ghost
Bats	Galaxy	Spell	Werewolf
Cemetery	Cauldron	Wand	Mummy
Village	Coven	Warlock	Ghoul
Witchapalooza	Halloween	Gathering	Crypt

Sponsor Spotlight Gillies Funeral Chapel

Gillies Funeral Chapel is one of the amazing sponsors that makes this newsletter possible. They have been in business in Brigham City for 17 years. They are family-owned by Brent and Lori Gillies who are the proud parents of 6 children and one grand dog. Daughter Lena will be leaving for an LDS mission to Argentina in November.

Gillies Funeral Chapel boasts a friendly staff that has made it their mission to offer service and caring above and beyond what is expected. They are happy to announce that they recently added new furnishings to their facility including new carpet and new chairs.

One of the amazing services provided by Gillies is the provision of a free service including a casket and vault for infants and toddlers. They also provide a free casket and vault when a member of law enforcement dies.

Something that you may not know is that Gillies Funeral Chapel also offers headstones. They truly provide full service for your funeral needs. Brent and his wife are also actively involved in many organizations throughout Brigham City and are always willing to serve. Brent always volunteers his time to call BINGO during our March for Meals events and sponsors a monthly lunch for participants here at the Center. Be sure to thank Brent for his support the next time that you see him.



Ode to Light Photography Competition and Exhibition

Submissions due by November 9, 2017



Artists may submit up to two works of art that were created within the past year and have not been previously exhibited. The theme of the exhibition is light. Submissions must be no longer than 30 inches on the long side, and must be at the museum by 5 p.m. on Saturday, November 9. Prints must be ready to hang.

Entry fees are \$10 per work of art, and artists may submit up to two works of art.

For detailed requirements, visit www.brighamcitymuseum.org or phone 435-226-1439.

Works accepted for the juried exhibition will hang in the museum Nov. 17 to Jan. 16. Admission is free. In this competition that celebrates photography as an art form, photographers are encouraged to present unique views that get beyond simple sunsets, flowers, or the eclipse, for instance.

This is a juried exhibition with purchase prizes.

The museum is located at 24 North 300 West. Hours are Tuesday - Friday from 11 a.m. to 6 p.m.

Saturday from 1 to 5 p.m.

Artists may submit up to two works of art. Submission fees are \$10 per work of art.

Works of art not picked up by 5pm on Saturday, February 2nd become the property of the museum.

All artwork should be presented for entry into the competition ready to hang (i.e. framed with quality picture hanging wire attached with d/o rings). Wrapped canvas edges are acceptable. No claw hangers.



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October 2017 Activities

Activity Calendar Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
2 - Bingo After Lunch	3 - Smith Morehouse Trip 9:00 NO LUNCH SERVED NO MEALS ON WHEELS	4 - Senior Swingers 11:30 - Birthday Party 12:00 - Integrity Foot Clinic 12:30	5 - Living Well w/ Chronic Pain 5:30	6 BCCH MOW Pickleball Tournament 7 BCCH MOW Pickleball Tournament
9 CENTER CLOSED  Columbus Day	10 - VA Representative by Appointment - Integrity Foot Clinic 12:30	11 Alzheimer's Support 10:30-12:00 -Lunch sponsored by Myers 12:00	12 -Gardner Village Trip 9:30 - Living Well w/ Chronic Pain 5:30	13 - Bingo & Lunch at the Logan Senior Center 9:30 - Red Cross Blood Drive 1:30
16 - Medicare Open Enrollment Begins -Lunch sponsored by Gillies 12:00 - Bingo after Lunch	17 - Audibel Hearing Mini-Service 12:30	18 - Rocky Mtn Blood Pressure Clinic 10:30 - Commodities 12:30-3:00 -Caregiver's Comfort Club 6:00	19 - Pumpkin Walk 10:00 - Living Well w/ Chronic Pain 5:30	20 - Reflexology Wellness Presentation 12:30 - Musical Entertainment 12:00 - Pumpkin Decorating (After Lunch)
23 -Senior Idol 11:30 - Bingo After Lunch	24 - Medicare 101 12:00 - VA Representative by Appointment	25 - Alzheimer's Support 10:30-12:00 - Craft Class (After Lunch)	26 - Living Well w/ Chronic Pain 5:30 - Symphony w/ Nancy	27 - Foot Zoning 11:00 - Halloween Dance 6:30-8:30 28 Witches Gathering 6:30-9:00
30 - Wendover 7:30 -Happy Feet 10:00 - Bingo after Lunch	31 - Halloween Party 12:00 -Hallowii'n Bowling 1:00			

Trips & Party Dates!

Smith Morehouse Trip—Tuesday Oct. 3rd 9:00
Kitchen Conference—Tuesday Oct. 3rd **No Lunch/No Meals on Wheels**
Columbus Day — Monday Oct. 9th **CENTER CLOSED**
Gardner Village Trip — Thursday Oct. 12th 9:30
Bingo & Lunch at Logan Senior Center - Friday Oct. 13th 9:30
Red Cross Blood Drive—Friday Oct. 13th 1:30
Medicare Open Enrollment Begins — Monday Oct. 16th
Audibel Hearing Mini-Service — Tuesday Oct. 17th 12:30
Pumpkin Walk — Thursday Oct. 19th 10:00
Reflexology Wellness Presentation — Friday Oct. 20th 12:30
Musical Entertainment — Friday Oct. 20th 12:00
Pumpkin Decorating — Friday Oct. 20th (After Lunch)
Senior Idol — Monday Oct. 23rd 11:30
Medicare 101— Tuesday Oct. 24th 12:00
Craft Class — Wednesday Oct. 25th After Lunch
Halloween Dance — Friday Oct. 27th 6:30-8:30
Witches Gathering — Saturday Oct. 28th 6:30-9:00
Wendover — Monday Oct. 30th 7:30
Halloween Party — Tuesday Oct. 31st 12:00
Hallowii'n Bowling — Tuesday Oct. 31st 1:00

Appointments & Classes

Caregiver's Comfort Club —Wednesday Oct. 18th 6:00
VA Representative
By appointment — Tuesday Oct. 10th & 24th
Alzheimer's Support Group & Memory Club —Wednesday Oct. 11th & 25th 10:30
Commodities — Wednesday, Oct. 18th 12:30
Living Well w/Chronic Pain — Thursdays, Oct. 5th, 12th, 19th & 26th 5:30



What's Cookin? October 2017

~Milk Offered Daily ~Menu subject to change without notice~



Monday	Tuesday	Wednesday	Thursday	Friday
2 Swiss Chicken Bake Parslied Red Potatoes Snap Peas Dry Jello Salad Garlic Bread Hope Royale Cookie	3 No Lunch Served Kitchen Conference	4 <i>Birthday Lunch</i> Beef Tips w/ Mashed Potatoes & Gravy Glazed Carrots Green Salad w/ Fruit Wheat Rolls Cake & Ice Cream	5 Cajun Chicken Pasta Steamed Veggies Fruited Broccoli Salad Garlic Toast Pumpkin Cookies	6 Biscuits & Sausage Gravy Crispy Hash Browns Asparagus Fruit & Yogurt Parfait
9 <i>Columbus Day</i>  COLUMBUS DAY CENTER CLOSED	10 Fish & Chips Spinach w/ Lemon Fruit Cup Buttery Biscuit Lemon Cooler Cookie	11 <i>Myers Day</i> Mushroom Pork Chops Cornbread Stuffing Steamed Broccoli Fruited Tossed Salad Sliced Bread Apple Crisp	12 Chicken Cordon Bleu Sandwich Onion Rings Steamed Veggies Frog Eye Salad Pumpkin Dessert	13 Cheese Omelet Kielbasa & Potato Hash V8 Juice Blueberry Muffin Fruit Cup
16 <i>Gillies Day</i> BBQ Chicken Baked Beans Scandinavian Veggies Coleslaw Corn Muffin Cranberry Bars	17 Mini Chef Salad Chef Choice Soup Ambrosia Salad Dinner Roll Chocolate Chip Cookie	18 Pork Enchiladas Spanish Rice Malibu Blend Veggies Honey Lime Fruit Salad Corn Muffin Churro	19 Roast Beef Mashed Potatoes & Gravy Broccoli Slaw Bread Stick Chef Choice Pie	20 Hot Ham & Cheese Croissant Hash Brown Patty Asparagus w/ Lemon Peaches & Whip Cream
23 Chili Dogs French Fries Steamed Veggies Fresh Fruit Chocolate Mousse	24 Chicken Spaghetti Casserole Buttered Carrots Grape Salad Lemon Poppy Seed Muffin Upside Down Brownie	25 Pork Chow Mein Steamed Rice Oriental Veggies Chinese Cabbage Salad Dinner Roll Cranberry Fluff	26 Chicken Tenders Crispy Tater Tots Buttered Green Beans Orange Tapioca Salad Cheddar Biscuit No Bake Cookie	27 Baked Denver Omelet Hash Browns Bacon Banana Muffin Fresh Fruit
30 Baked Flounder Rice Pilaf Peas & Pearls Cucumber Salad Wheat Roll Lemon Bars	31 <i>Halloween</i> Spooky Meatloaf & Mashed Potatoes Chopped Bean Stocks Candy Corn Salad Pumpkin Muffins Dirt & Worms Dessert			

Special Lunches & Dinners!

Kitchen Conference—Tuesday October 3rd, 2017 **Kitchen Closed**

Birthday Lunch — Wednesday October 4th, 2017

Columbus Day — October 9th, 2017 **CENTER CLOSED**

Myers Day — Wednesday October 11th, 2017

Gillies Day— Monday October 16th, 2017

Halloween Lunch— Tuesday October 31st, 2017

Prices:

The full cost of the meal is \$7.40 for those under age 60. Please pay at the front desk to receive your meal & lunch ticket.

You should "Never Quit Learning".....(Things you may want to know!)

Have you ever forgotten to sign up for tomorrow's lunch and wished there was a way that you could sign up from home? Thanks to technology, you can sign in on your home computer, tablet or phone and register for future lunches.

You must be registered with the Senior Center and have a

MySeniorCenter Key Tag to activate your account. Go to

<http://myactivecenter.com> to begin the process. If you share an e-mail address with your significant other, you can add them to your account from the My Account page. If you have any problems, please contact Bonnie for assistance.

435-226-1457



Help us earn money!

Living Well with Diabetes

A FREE six-week interactive workshop for people living with Diabetes will be taught as soon as we have enough people registered for the class. This workshop teaches real-life skills for living a full, healthy life with diabetes. Trained leaders will teach participants how to manage their symptoms and medications, work with health care providers, problem-solve, improve communication, handle difficult emotions and eat well and exercise safely. The class will meet at the Senior Center at 3:30 p.m. in partnership with Inter-mountain Healthcare. Please contact Vickie Wright at 435-226-1455 for more information or to register for the class.



AARP Smart Driver Class

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills. The AARP Smart Driver Course is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. The next class is set for November 17 from 8:30-12:30. Most insurances offer a discount for completing the course. Call 435-226-1457 to register.



Donate Through amazon.com



A simple change to the way that you shop amazon.com can result in great cash donations to the Senior Center through our 501C3 organization Box Elder Golden Spike Senior Services (BEGSSS). The next time you head over to amazon.com to shop, change your address to **smile.amazon.com**. Your shopping experience will be the same as your usual shopping at amazon.com except the products that you purchase will be marked "Eligible for AmazonSmile donation" on the product detail page. The first time that you go to smile.amazon.com, you will need to select your charitable organization. Where you are asked to "select your charitable organization" select Box Elder Golden Spike Senior Services. There is no extra charge to you to generate this extra revenue. Amazon will donate .5% of your eligible purchases to BEGSSS. BEGSSS in turn uses these monies to support the many programs and activities that happen at the Senior Center. Questions? See Nancy or Tammy

Smith's



Earn money for us by shopping at Smith's. Before your next shopping trip to Smith's, go online and get yourself enrolled in Smith's Inspiring Donations. This will send a percentage of your purchases into the account that we have established for the Senior Center. So far, we have deposited about \$200. Create your account by visiting the website at www.smithsfoodanddrug.com. If you haven't created an account, click on "register". If you already have an account, sign in. Once your account has been created, you will need to add your Smith's Rewards Card to your account. The next step is to make sure that your personal information is correct under the "Accounts Summary" page. Your next step is to click on the "Community" tab on the top of the page and then click on "Inspiring Donations". Enter Box Elder Golden Spike Senior Services under organization name and then click the button next to the name. Click Enroll to complete enrollment. A step by step handout is available from Bonnie at the Front Desk or one of the staff members can assist you. When you receive your receipt after shopping at Smith's, check at the bottom to see your chosen organization! It is that easy!



October Birthdays Happy Birthday To You!



Ivan Adams, Barbara Anderson, Dole Anderson, JoAnne Anderson, Norman Anderson, Pat Anderson, Rose Anderson, Ila Anderson, Elaine Arbon, Donnell Astle, Shauna Astle, Robert Atkins, Steve Atkinson, Valerie Bagwell, Dennis Baird, John Batten, LaPriel Bawden, Pat Bender, Christopher (Cliff) Bernsdorff, Pat Bissegger, Kathryn Black, Caryl Blanchard, Verna Boswell, Richard, Bowen, LaRee Bradshaw, Delbert Bridenstine, Edwin Brightenburg, Jerry Brock, Betty Bywater, Rod Bywater, Marilyn Campbell, Carolyn Carter, Frederick Carter, Earlene Davidson, Judy DeBres, Lorene Dick, Desmond Dickey, George Donahue, Robert Dudley, Archie Duerden, Jim Edlefsen, Eleanor Enright, Sophia Ensign, Harvey Facer, Evelyn Foster, Linda Fraley, Barbara Frantz, Mary Gardner, Shirlynn Gildea, Bill Glover, Floyd Goddard, Arcadio (Carl) Gonzales, Mona Groendyke, Janice Hajek, Frances Hamblin, Annette Handy, Pat Hankins, Thomas Hannum, Curtis Hansen, Mary Hansen, Marlene Harper, Judy Hartvigsen, Karen Hayes, Robert Haynie, Sally Hein, Caryl Hepworth, Laura Hess, Ada Hewlett, Rodger Hoffmann,

Dwight Holman, Robert Holst, Sherie Holst, Glayde Hone, Sandra Hunter, Vern Hunter, Carolyn Hurd, Holly Jensen, Janiel Jensen, Marian Jensen, Randell Jensen, Colleen Johnson, Norma Johnston, Karen Jones, Marcia Kelleher, Doris Kern, Peter Knudson, Ted Kondo, Vijay Kulkarni, Doris Larsen, Gloria Lewis, Margaret Marshall, Marsha Martz, Geraldine McGaha, Talmage (TC) Merrill, Donna Meyersick, Sandy Mitchell, Rolayne Moss, Geneva Naef, Barbara Nelson, Norm Nelson, Sylvia Norman, Melvin Oberholtzer, Beth Ohman, Shirley Olson, Clarice Petersons, Pamela Peterson, Cleo Pettit, Fred Prestridge Dan Price, Joyce Purser, Eleanor Ransom, Girard (Jerry) Rapp, Carol Reeder, Brett Reese, Francisco Resendiz, Duane Rice, Judy Richards, Jennett Romander, Angie Ruiz, Barbara Rush, Jim Shea, Sharee Simonsen, William Skidmore, Elaine Stark, Marian Stokes, Nancy Sutch, Patti Ther, Lynette Thomas, Ruth Timothy, Larena Tuck, Ray Vandersoes, DeAnn Valentine, Shirley Wagner, Lora Walton, LaNae Wheatley, Maury Wheatley, Bruce Widden, Rowena Wood, Maria Worrell, Shirley Wroblewski, Marilyn Worsham, Connie Young, Shirley Young, Lee Zinck, Lavinna Zinck



Happy Birthday

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Physicians:

James R. Taylor, M.D. Family Practice
David G. Wilding, M.D. Internal Medicine (Habla Español)
Gregg H. Wilding, M.D. Family Practice
Kellie Nielsen, FNP Nurse Practitioner/Family Practice
Lindee Price Allen, FNP Nurse Practitioner/Family Practice
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Join us for one of our monthly trips or just come to the center to enjoy all of our monthly activities. You won't regret it. See any staff member to sign-up or call Gary Baron 435-226-1453. We hope to see you soon!



We love our Seniors, Staff & Friends





Phantom Debt Collectors



Getting a call from a debt collector can be stressful. But it can be downright frightening when the caller uses lies, profanity and threats to try to get you to pay. The Federal Trade Commission (FTC) says a debt collection operation in Charlotte, NC pretended to be lawyers. Really, they were not lawyers and had no authority to collect debts. The FTC says that the “Collectors” used a variety of names to make people think that they were dealing with a law firm. The imposters told people they were delinquent on a payday loan or other debt and threatened them with arrest, jail time, or getting sued unless they paid by credit or debit card over the phone. Sometimes the callers had personal information, like Social Security and bank account numbers, or relatives’ names. The callers used this information to convince people that the calls were legitimate.

In truth, the FTC says that the defendants were pressured into paying debts they never owed.

You can’t be arrested for not paying your bills. If a debt collector calls about a debt –and before you agree to pay anything –ask for a written proof that says how much money you owe and to who, and what to do if you don’t think that you owe the money. By law, debt collectors have to send you a written document called a validation notice, within five days after they first contact you. If they don’t, that’s a warning sign that they may not be legitimate. Debt collection complaints account for nearly one-third of consumer complaints to the FTC. If you, or someone you know, has gotten, a suspicious debt collection call, report it to the FTC. With your help, we’re finding the bad guys and putting them out of business!

Just the Facts –Salt!

Salt is sodium chloride, It is made up of 40% sodium by weight and 60% chloride. A 1 teaspoon serving of salt contains 2300 mg of sodium Sea salt and kosher salt may have a bit less sodium because fewer crystals fit onto the spoon.

There are various types of salt. When choosing between kosher salt, sea salt, and table salt, remember that it is probably mostly a matter of letting your taste buds decide what you like best. Whichever option you choose, keep in mind that all types of salt have about the same amount of sodium.

Table salt is processed to eliminate trace elements. Table salt is mined from underground salt deposits and is bleached, heated and contains the additive calcium silicate to prevent clumping. It imparts a sharper flavor than kosher or sea salt possibly due to it’s fine texture. Minute amounts of iodine have been added to some table salts in an effort to stop iodine deficiencies that affect about 2 billion people world wide.

Sea Salt is produced from evaporation of ocean water or saltwater lakes. The main differences between sea salt and table salt are in their taste, texture and processing. Sea salt is produced through evaporation of ocean water or water from saltwater lakes, usually with little processing. Depending on the water source, this leaves behind certain trace minerals and elements. The minerals add flavor and color to sea salt, which also comes in a variety of coarseness.

Kosher salt can be made by compacting smaller granular flakes into larger irregular platelet shaped flakes or grown this way via the evaporation process. Minimally refined and sourced from either underground deposits or evaporated seawater, kosher salt tastes less salty that table or sea salt.

Which do you choose? All salts are about the same in sodium. Your decision should be based on the flavor that you enjoy. One of the keys to maintaining a heart-healthy diet is to control your sodium intake. The American Heart Association suggests that as a general rule, we lower the sodium in our diets. Do you know where you are getting most of your sodium?

Sources of Sodium:

5% Added during cooking

6% Added at the table

12% Naturally occurring

77% Food processing



Want Advertisements

Let's Do Lunch! One Hour; One Day per Week; One life changed – YOURS!

Looking for Meals on Wheels Drivers Monday—Friday from 11:00-12:00. Especially in need of substitute drivers. This requires less commitment. Please call Tammy 435-226-1454

Wanted: Volunteers who Enjoy using a computer and helping other seniors. Free training is beginning for those who want to help with Medicare prescription drug plan enrollment. See Nancy for more information. 435-226-1451

In Need Of Commodity Delivery Drivers. Deliver a box of groceries to each person on delivery route once a month on the third Wednesday. Delivery can begin anytime after 12:30 p.m. Routes will be 10 people or less. Talk to Tammy 435-226-1454

Wanted: Volunteers to help with Service project. Cutting, sewing and packaging pillowcases. Talk to Vickie 435-226-1455

CONGRATULATIONS TO THE TALENT SHOW WINNER ~ROGER NORMAN~



Want Ads, Cook's Corner & Deaths

Cook's Corner

We are starting to get some of that crisp fall air, and it makes me want pumpkin! This is a simple recipe that will get your house smelling like fall and you will have a treat to share with family and friends. Remember, if there is a special recipe that you would like to see, email me at lward@brighamcity.utah.gov

Easy Pumpkin Chocolate Chip Cookies

1 Box Spice Cake Mix
1 15 oz Can Cooked Pumpkin Puree

Preheat oven to 350, lightly grease cookie sheet.
In a large mixing bowl, combine cake mix and pumpkin puree.
Stir until well combined, add in chocolate chips.
Spoon cookie dough by round tablespoons about 2 inches apart.
Bake for 10-15 minutes, let cool on wire rack for 5 minutes before transferring to serving dish. **Enjoy!**

~Gone But Not Forgotten~ Death Announcements

Hope Elaine Getz Watkins, 93, passed away 8/26/17	9/9/17
Leland LeRoy Nelson, Jr., 78, passed away 7/21/17	Kenna L. Jacobsen, 93, passed away 9/14/17
Jack E. Bradford, 85, passed away 8/31/17	Evelyn Hirachi Nelson, 84, passed away 9/16/17
Alvera O. White, 96, passed away 9/2/17	John D. Thirkill passed away 8/31/17
Lila Peterson, 83, passed away 9/2/17	Mary Lou Thirkill passed away 7/23/17
C. Wray Squires, 83, passed away 8/26/17	Sandra Nelsen, 63, passed away 9/13/17
Brett N. Price, 33, passed away 8/28/17	KayLynn Wilcken Ash, 78, passed away 9/16/17
Blen D Nance, 84, passed away 9/8/17	Claudia Merrill passed away 9/13/17
Juventino Tapia Hernandez, 70, passed away	
John Robert Baugh, 57, passed away	

Brigham City Recycles

Curbside recycling pickup begins on October 2 according to the schedule that was given to each home that has a recycling can. The paper and aluminum recycling bins at the Senior Center will no longer be available after October 27, 2017. We are sorry for any inconvenience that this may cause. For those that are participating in the curbside recycling we are reminding you that you need to follow the important guidelines that were delivered with your can. Please remember that your recycling container will only be picked up every other week and should not be used for trash, pizza boxes, yard waste, motor oil, household chemicals, construction debris, tires, batteries, propane bottles, tanks or barrels of any kind, gasoline or other petroleum products.

Special Senior Information

Alzheimer's Support Group & Memory Club

Our Support group is sponsored by the Alzheimer's Association. The Club is a socialization group for those with memory problems. Both groups meet together for 30 minutes, then split with caregivers retiring to the lounge. Memory Club will meet on October 11 and October 25, 2017, at 10:30 a.m. Please RSVP if you plan to stay for lunch.

Caregiver's Comfort Club

Caregiver's meets on the third Wednesday of the month. We will meet on October 18, 2017. "Community Resources" is presented by Dennis Wildman from Sunshine Terrace Foundation. A light dinner will be served. Please RSVP 435-226-1455.

VA Benefit Appointments

Larry Dawson will be here to assist you with all of your benefit needs on October 10th & 24th. For appt. call Alyson 435-713-1469.

Lower Your Medicare

Prescription Drug Costs!

If your monthly income is not more than \$1,508 for singles (\$2,030 for couples) and your assets are not more than \$13,820 for singles (\$27,600 for couples), you may be eligible for Extra Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include such things as bank accounts, stocks, and bonds. Vickie, Gary and Nancy, our Senior Health Insurance Information Program (SHIP) counselors, will be happy to help you with your needs. Please call the Center at 435-226-1450 for an appointment for free assistance applying for extra help. Staff members are also available to help with other Medicare or health insurance needs.



Extend your Grocery Budget

If you are looking for an easy way to extend your grocery budget we may have the answer.

Seniors 60+ that meet income guidelines can receive a box of groceries every month. USDA Commodities are boxed by volunteers the third Wednesday of every month and are available to be picked up by qualified individuals. Delivery is also available.

These groceries vary from month to month. Sometimes it is the opportunity to try a new product or build your food storage. See Bonnie for an application to see if you qualify.

This month's pick-up/
delivery date is
October 18, 2017
12:30-3:00

Call Lindsay at:

435-226-1452 for more information.



Page 11 • <http://brighamcity.utah.gov/senior-center.htm>

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Bill Clough to place an ad today!
wclough@4LPi.com or (800) 950-9952 x2635



What's Happening Daily at the Center?

DAILY:

Lunch M-F 12-1:00 p.m.
Computer Lab 7:30-3:00 p.m.
Library M-F 8-3:00 p.m.
Pool Room M-F 8-3:00 p.m.

Silver Sneakers M-F as follows:

- M 9:00 a.m. Cardio
- T 9:00 a.m. Strength/Balance
- W 9:00 a.m. Cardio
- TH 8:30 a.m. Dance Variety
- TH 9:30 a.m. Senior Stretch
- F 9:00 a.m. Strength/Balance

Pickleball M-F as follows:

- M,T,W,F 7:30-8:45 a.m. & 10:00-11:00 a.m.

WEEKLY (by Day of the Week)

Bunka M 9:00 a.m.
BINGO M after lunch
Line Dancing M/W 1:30 p.m.
Yoga F 1:30 p.m.
Watercolor T 10:00 a.m.
Advanced Spanish T 10:00 a.m.
Beginning Spanish Th 10:00 a.m.
Sit & Be Fit W/F 10:00 a.m.
Pinochle TH 12:30 p.m.
Oil Painting TH 9:30 a.m.
Ceramics F 10:00-12:00 p.m.



~Things we need you to know~

Recycling

The Senior Center has the following recycling programs: Paper, aluminum, and old cars.



Curbs have been painted.

Please be aware that our curbs around the building have been updated with new paint. Many places that you used to be able to park, are now painted red for "No Parking". We appreciate all of your help and attention to keep our parking lots and patrons safe at all times!

Reminder about "Saving Seats"

We want our Community Center to be a place where everyone that enters feels welcome and wanted. To assure this, DO NOT save seats. (Carpool together if you want to sit together.) If we see names written on placemats, staff will clear them. Try sitting with someone new each day and make more friends!

"Free Table Friday."

Our Free Table will only be set-up on Fridays. Bring your items on Friday ONLY. (If items arrive earlier, they will be disposed of.)

Lunch Reservations.

We are so happy that all of you enjoy having lunch with us. In order to assure that there is enough food prepared, we ask that you sign up for lunch at least 24 hours in advance. We would hate to have to turn someone away when just a phone call to the center 24 hours earlier, would help us avoid this!

One Way Passage

Please take note that the roadway between the North and East Parking lot is **ONE WAY ONLY**. We have had so many "near misses" with people driving from the east to the north that we are trying everything we can to remind people. For your safety and the safety of our seniors....please obey the signs!

Yearly Newsletter subscriptions are \$8.50. Get yours now! See Tammy or Bonnie

Property Tax—Abatement, Deferral & Exemption Programs for Individuals:

Do you have questions about your property tax and whether or not there are any programs to help? Pick up an application at the front desk.



ADA Rules for Service Animals

By law, Service dogs are allowed to enter a public building as long as the following two questions can be answered:

* Is your dog a registered Service Animal?

* What "task" does your Service Animal provide?



Also, remember that if your service animal is behaving in a manner not in accordance for a service animal, you may be asked to remove the animal from the building.



Take all of your un-used or out of date prescriptions to the Brigham City Police Department.

**20 North Main, Ste. B
Brigham City,
UT 84302**

They will dispose of them properly.

COUNTY FAIR

There is nothing that makes my heart sing like going to the County Fair. It has always been that way. You have heard about people who like, "the smell of the grease paint, the roar of the crowd", well with me it was more, "the smell of popcorn, hot dogs, caramel apples, and cotton candy and the screams of the people on the gravity defying carnival rides". From the minute we walked into the gate at the fair my life was full of wonderment. The sights, the sounds, the lights, the exhibits, the crowds of people, all mesmerized me. I would stand there and take in all the excitement and then it was "off to the fair". When I was younger, I was usually in tow to a grown up, but they always seemed to love it too. You can call it, "country hicks in the big time" or whatever you want. We just called it pure fun!

My father had some influence in the political circles of our county and wonder of all wonders, he was able to get the County Fair moved to little ole Downey, Idaho. From then on, it was just two blocks to the fair from our house. We just had to walk a short way, get dizzy with all the things to do, and then go home, rest a bit and then off we'd go again.

I still remember the butterflies flying around in my stomach, the day we could go in and see what prize we had won on our 4-H exhibits at the fair. Those blue ribbons were the ones we always hoped for. Now don't laugh because in those days it was important to know which weeds would kill your stock and which ones you could chew on. We worked very hard to make our weed presses. We had to make a board frame, then put slats inside of it and then strap it tight. We were into "weeds". Maybe that is why I am so good at growing weeds! Now, time to hunt for the weeds, identify them, press and dry them in the presses we created, and then make a scrapbook, identify each weed, tell its characteristics and whether it was poisonous or not. I worked so hard that I got one of the coveted blue ribbons. Funny that I don't remember the cooking and sewing that I did in 4-H. Maybe that is why I am better with weeds than homemaking.

This year my husband and I made our annual trek out to the Box Elder County Fair. The sights, the sounds, the exhibits, the friends were all there and so was the joy of being there. Our first stop was for a hamburger, hot dog and drink at the Farm Bureau booth. These days we see a lot of our friend's kids that are filling the shoes of their parents and grandparents. It was the same, when we went to see the cows and pigs (a must for my animal loving spouse). There were the children and grandchildren of our friends sitting with their animals and getting them ready to show. It is a good way to keep kids off the streets and into the "mucking mood". Any kid that can clean up all that muck and take care of those sometimes obstinate animals, can't go too far astray. My husband, Jack, raised cows and pigs as a youth and young adult and he had the "pig stick" to prove it. It was like a cane but had a certain contour that made it easy to guide a pig around the arena. Jack always loves to go through the hog barn. There is just something about all that grunting and wallowing that must make him happy. Strange guy. You can never take the boy off the farm and I wouldn't want to. Then I go into the cow barn at the fair, the smell of it reminds me of our first year of marriage, when Jack milked cows at the BYU dairy farm. He would roll out of bed at 3 am, put on his heavy green coat and off he would go to earn us more tuition money. When he came home to get ready for classes, I would give him a hug and the big green coat smelled just like the barns at the fair. I must admit the Animal Laboratory where he worked in his career, did smell a little bit different.

Speaking of animals, there are more than just cows, pigs and sheep, at the fair. We love the small animal barn where you can see more varieties of clucking chickens, velvety rabbits, smooth pigeons, cooing doves, and cocky, crowing roosters than anywhere else. All the cacophony of noise, gives you an idea of how Noah must have felt on the ark. The barn is located close to the produce barn. There is no noise from the corn, beans, squash, and fruit. There's just wonderful displays of the best produce in the county. I have a "black thumb" so I love to see that there are still some people harvesting from this grand earth.

As usual, we also made our way through the Home exhibits and were delighted at the canning, crocheting, wood making, drawing, quilting, town exhibits and the other thousands of talents people displayed. Box Elder County must have the most talented people you could ever find anywhere. These exhibits are some of our favorites. We finally found our way back to the 4-H exhibits and marveled at what the young kids in the county were doing. It is hard to believe the talents and exhibits that were displayed. Didn't see one "weed" project though.

As I said before, "There is nothing that makes my heart sing like going to the County Fair." Have you been to any County or State Fairs in your life? Why not write about it? If it's not written it's not history. After all, someday someone might want to hear about your "weed" project.



Need **HELP** Paying For Your **PRESCRIPTION DRUGS**?

You may be eligible for the **“Extra Help”** program

With Medicare Part D



Is your monthly income:
Single: less than \$1,508
Couple: less than \$2,030

Are your assets:
Singles: less than \$13,820
Couple: less than \$27,600

Call **Brigham City Senior Center**
Today For **Free** Application Assistance: **435-226-1457**
Medicare counseling services available by appointment.



Medicare Open Enrollment is October 15-December 7.

Now is the time to review your current Medicare plan, explore your options and choose your plan. Medicare Part D Prescription plans can change from year to year including formularies, deductibles, co-pays and participating pharmacies. It is a good idea to take time to review your current plan to be sure that it will meet your needs for the coming year. If you are able to utilize a computer you can go to Medicare.gov and input your information to determine which plan might work best for you. If you would like to have help with this process, Brigham City Senior Center has several trained SHIP (State Health Insurance Assistance Program) counselors that are able to assist you with this process. Please contact Bonnie at 435-226-1457 to schedule an appointment. A Spanish speaking counselor is available.

A sample Medicare Health Insurance card. The card is white with a red header and a blue footer. It contains the following information: NAME OF BENEFICIARY: YOUR NAME HERE; MEDICARE CLAIM NUMBER: 000-00-0000-A; SEX: FEMALE; IS ENTITLED TO: HOSPITAL MEDICAL (PART A) and (PART B); EFFECTIVE DATE: 07-01-1986; SIGN HERE: Jane Doe. The card also includes the Medicare logo and the text '1-800-MEDICARE (1-800-633-4227)'.

Brigham City Recycling Schedule for October and November 2017

Recycling will be picked up **every other week**, and your pick up days will coincide with your trash day. Please have your container curbside by 6:00 a.m.

If your regular garbage day is Monday:

- And you live **south** of 400 North, your recycling days will be:
 - Oct 2nd, Oct 16th, Oct 30th, Nov 13th, and Nov 27th
- And you live **north** of 400 North, your recycling days will be:
 - Oct 9th, Oct 23rd, Nov 6th, and Nov 20th

If your regular garbage day is Tuesday:

- And you live **south** of 500 South, your recycling days will be:
 - Oct 3rd, Oct 17th, Oct 31st, Nov 14th, and Nov 28th
- And you live **north** of 500 South, your recycling days will be:
 - Oct 10th, Oct 24th, Nov 7th, and Nov 21st

If your regular garbage day is Wednesday:

- And you live **south** of 300 North, your recycling days will be:
 - Oct 4th, Oct 18th, Nov 1st, Nov 15th, and Nov 29th
- And you live **north** of 300 North, your recycling days will be:
 - Oct 11th, Oct 25th, Nov 8th, and Nov 22nd

If your regular garbage day is Thursday:

- And you live **south** of 600 South, your recycling days will be:
 - Oct 5th, Oct 19th, Nov 2nd, Nov 16th, and Nov 30th
- And you live **north** of 600 South, your recycling days will be:
 - Oct 12th, Oct 26th, Nov 9th, and **Nov 24th** (delayed one day, due to holiday)

If your regular garbage day is Friday:

- And you live **south** of 200 North, your recycling days will be:
 - Oct 6th, Oct 20th, Nov 3rd, and Nov 17th
- And you live **north** of 200 North, your recycling days will be:
 - Oct 13th, Oct 27th, Nov 10th, and Nov 24th

We realize this may be a bit confusing, so if you have any questions about when your recycling pick up days will be, please contact Econo Waste at (801)627-2680.

Thank you for supporting the recycling program!

Upcoming Events & Travel

Gardner Village Witch fest Trip

Date: Thursday October 12, 2017 Time: 9:30

a.m. Cost: \$5

Lunch: Dutch

WITCH DISPLAYS & WITCH SCAVENGER HUNT at Gardner Village

The broomsticks have landed and the witches have set up shop.

Take a witchy walk through Gardner Village to see our green-faced gals on display. Which witch is which?

Bingo at the Logan Senior Center

Date: Friday October 13, 2017 Time: 9:30 a.m.

Cost \$5

Lunch: Included

Come join us as we have a chance to enjoy bingo and lunch with our friends from Cache Valley. We will play bingo first, enjoy lunch and then return to Brigham. Don't miss out!

Hearing Mini Service

Date: Tuesday October 17, 2017 Time: Approx. 12:30 p.m.

Come and have your hearing aids cleaned and checked as well as learn more about hearing lose and the latest offerings from Audible Hearing.

Pumpkin Walk

Date: Thursday October 19, 2017 Time: 10:00

a.m. Cost \$5

Lunch: Dutch

This annual tradition is always a treat! Join us as we stroll through the pumpkin displays at this years pumpkin walk and then enjoy a Dutch lunch together in the area. **Sponsored by SYMBii**

Pumpkin Decorating

Date: Friday October 20, 2017 Time: Approx.

12:30 p.m. Join us in the craftroom and have some fun!

It wouldn't be Halloween if we didn't decorate pumpkins.

Pumpkins/decorating supplies provided.

Wellness with Pioneer Care Center

Date: October 20, 2017, Time: 12:30

Sponsored by Pioneer Care Center

When was the last time you touched someone? Did you know that your skin is your largest organ? Learn the benefits of reflexology with Aubrey from Pioneer Care Center.

November:

Bar J Wranglers

USO Show

Christmas Shopping Trip

Festival of the Trees

Senior Idol

Date: Monday, October 23, 2017 Time: 11:30 a.m.

Join us for another fun time for Senior Idol with **Kelly**

Warren! Sponsored by CNS. Practice up your favorite song or pick one from the many cd's that we have here. Now could be your time to shine and wear the crown of Brigham City Senior Idol! All experience levels are welcome and encouraged! Sign up for lunch and stay and enjoy lunch with us!

Medicare 101 Program

Date: Tuesday October 24, 2017 Time: 12:00 p.m.

Learn more about Medicare as you enjoy lunch. **Scott Nelson from SLN Financial** will join us to educate us on Medicare so sign up and come and lunch and learn.

Craft Class

Date Wednesday, October 25, 2017 Time: 1:00

p.m. Cost: \$10

Join us for another fun craft. Watch the craft room bulletin board for the sign up sheet and picture of the project for this class.

Halloween Dance

Date: Friday October 27, 2017 Time: 6:30 p.m.— 8:30 a.m.

Join us for a fun community Halloween dance. Come dressed in your best Halloween costume for a chance to win the costume contest! Prizes, games, refreshments and fun!

Wendover Bus

Date: Monday, October 30, 2017 Time: 7:30 a.m.

Cost: \$20

Sponsored by Gillies Funeral Chapel. Enjoy a full day of fun! \$20 gets you a ride in a luxury coach out and back with bingo, great prizes and goodie bags. A fun book which includes \$5 cash, free Starbucks drink, buffet lunch or \$5 dollars towards meal at the restaurant, free drink, lucky bucks and discounts at the gift shop. Wow! What a deal!

Halloween Lunch Party

Date: Tuesday October 31, 2017 Time: 11:30 a.m.

Let's celebrate the holiday and have some Halloween fun!

Costume contest, cake walk and more. We will have prizes for the best costume and a trick or treat for all the participants.

HalloWii'n Boowling

Date: Tuesday October 31, 2017 Time: 1:00 p.m.

Join us for another fun event as we howl it up and boowl! Come dressed in your costume ready for a fun time full of tricks and treats!

Brigham City Community Hospital is proud to present...

PICKLEBALL TOURNAMENT

Friday, October 6
Men's & Women's Doubles
Saturday, October 7
Mixed Doubles

\$20
Per participant
First Event

\$10
Per participant
Additional Event

**WIN OR LOSE
IN PICKLEBALL**

BUT YOU WILL BE A WINNER
PLAYING FOR A GREAT CAUSE!

REGISTER ONLINE:
BRIGHAMCITY.UTAH.GOV

MOUNTAIN STAR
Brigham City
Community Hospital

2017/2018 Jazz TICKET VOUCHERS

OKLAHOMA CITY THUNDER
Saturday, December 23 6:00pm

LA CLIPPERS
Saturday, January 20 7:00pm

DALLAS MAVERICKS
Saturday, February 24 7:00pm

\$15 each Each voucher comes with a concession treat

Tickets available at the
Recreation Office
641 East 200 North
Questions:
435-734-6610

It's A Big Dill!

- New Handmade Items for gift shop
- Forever Postage Stamps.
- Baby Grand Piano
- BINGO prizes
- Videographer - to video our special events
- Quality camera for our events



Subaru Loves to Help!

Thank you to Subaru of America
for choosing
Brigham City Senior Center Meals on Wheels
to receive one of the 50 Cars for 50 Years!



Attention Bus Passengers:

Days of Operation: Monday, Wednesday, Friday

Suggested Donation: \$2.00

In order for the Transit Department to provide you with the best possible services, the rules outlined in The Rider's Guide must be followed. Please give the driver 24 hours' notice when a ride is needed. A message can be left the day before on the answering system at 435-226-1456 or by calling 435-226-1457. If the driver has room in the schedule and you have an urgent medical appointment, an exception may be made. Please help us to keep the transit system running smoothly and effectively.



The Senior Center receives funding from
Bear River Association of Government

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Brigham City Senior Center
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Silver Threads



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