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ACTIVE ADULTS CAN THRIVE
SOCIALY, MENTALLY, AND
PHYSICALLY, LEADING TO A
MORE FULFILLING AND
INDEPENDENT LIFE.



JULY 2025

○○○○

CACHE COUNTY SENIOR CENTER

NEWSLETTER



ANNUAL SUMMER PARTY

FRIDAY: 25 JULY 11:00-12:00

LET'S CELEBRATE SUNSHINE,
FRIENDSHIP, AND GOOD TIMES
WITH FOOD, FUN, AND WATER
BALLOON GAMES!

– BRING YOUR BEST SUMMER
SPIRIT AND GET READY TO HAVE
A BLAST!

LUNCH BEGINS AT 12:00- WE
WILL BE OUTSIDE!

IF YOU PREFER TO EAT INSIDE PLEASE LET THE
KITCHEN KNOW

MUST RSVP AT THE FRONT DESK




JOIN US FOR OUR ANNUAL TALENT SHOW



Be a Star!

Join us to show
off your skills
during the lunch
hour!



FRIDAY, JULY 16TH

SIGN UP AT THE FRONT DESK



GAME NIGHT



19 JULY | 6 PM

JOIN US FOR A
NIGHT OF GAMES,
LAUGHTER AND
TREATS



BRING YOUR
FAVORITE BOARD
GAME OR CARD
GAMES

**BRING TREATS TO
SHARE AND RSVP
WITH FRONT DESK!**



Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts., to social service programs, like the Senior Center, and for other medical care. If you are 60 you automatically qualify. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

Medicare Cost Sharing Program


Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. please call 755-1720.

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,903.00 a month (\$2,575 for married couples), and your assets are below \$16,660 (\$33,240 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. at 755-1720

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 713-1460.



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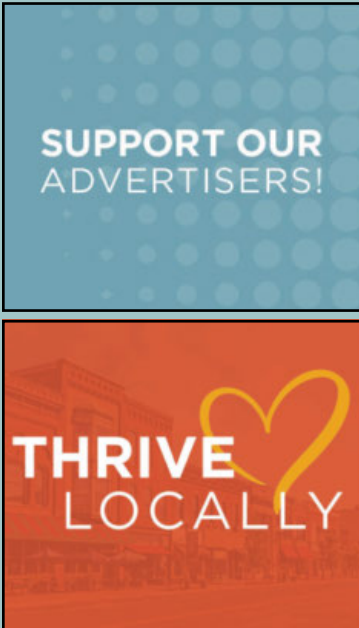
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TODAY!**

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Hello Friends,

Summer is in full swing, and we hope you're soaking up the sunshine, enjoying the longer days, and finding lots of reasons to smile. We've had a wonderful time at our summer picnics so far, and I've truly enjoyed getting to know some new faces along the way! As always, we're thrilled to welcome both new and returning participants. Whether you come to the center for friendship, fun, wellness, or learning—we're so happy you're here.

July is packed with exciting activities, so be sure to take a look at the calendar of events and join in whenever you can.

This month, we'll be celebrating our annual outdoor summer party, and lunch will be served outside during the event. For those of you on our list to bring lunch to your table, we will have your lunch ready and waiting for you in the cafeteria instead. Your safety is our top priority, and we want to make sure everyone stays comfortable and protected from possible falls.

To help things run smoothly, we want to remind everyone that table service from the kitchen is reserved for individuals using a walker, cane, or wheelchair. Lunch is served from 12:00 to 1:00 PM, and there's no need to rush—there's plenty of time for everyone. If standing in line is difficult for you, please feel free to wait until the line goes down. Our team usually finishes serving by 12:20, so you can come right up to the window at that time.

If you are having trouble coming through the lunch line for any reason, please come see me—we're happy to explore options together to make sure your needs are met.

We're excited to share that we're in the process of installing an automatic door opener for the women's restroom in the cafeteria area. We hope this adds a bit more convenience for everyone. As a reminder, please avoid leaving wheelchairs in front of the restroom entrance. We need to keep all hallways clear in case of emergency. The easiest access to the restroom is through the multipurpose room, which is fully accessible.

Warmly,
Giselle Madrid,
Senior Center Director

Lunch Series | Tuesday Movies

JULY LUNCH SERIES



Wed 7/2: Self Massage w/ Koral Kelley
LMT

Thurs 7/3: Patriotic Lunch Music @ 12

Mon 7/14: Nutrition w/ Jenna @ 12:10

Mon 7/14: Cooking Demo w/ Jenna
@1:00

Wed 7/16: Advocates for
Independence: New Choices Wavier

Wed 7/23 Lunch Time Music by Steve
and Darlene Kehler @ 12

*All lunch events begin at 12:30pm unless
otherwise specified

NOW SHOWING

July 1st Midway

(2019, PG-13, 2H 18M)

July 8th The Magnificent Seven

(1960, G, 2H 8M)

July 15th Camp Nowhere

(1994, PG, 1H 36M)

July 22nd What About Bob?

(1991, PG, 1H 39M)

July 29th Romancing the Stone

(1984, PG, 1H 46M)

Movies every Tuesday at 1pm



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that Support our
Community!



July 2025

Monday	Tuesday	Wednesday
<p>Please RSVP at the Front Desk for any activity that has a cost.</p> 	<p>1</p> <p>10:00 Horseshoes 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Midway</p>	<p>2</p> <p>10:30 Walking Champions 12:30 L&L: Self Massage w/ Koral Kelley LMT 1:00 Craft: Patriotic Firecrackers (\$2) 1:00 Knitting Group</p>
<p>7</p> <p>11:00 Music Bingo: Americana 12:30 Jeopardy 1:00 American Sign Language Class 1:00 Coloring Group 1:30 Theater for All</p>	<p>8</p> <p>9:30 Pickleball (\$2) 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: The Magnificent Seven</p>	<p>9</p> <p>10:30 Walking Champions 1:00 Craft 'n' Chit Chat Fairy Gardens (\$5) 5:00 Evening Movie Party: Wicked</p> 
<p>14</p> <p>11:00 Bingo 12:10 L&L: Nutrition w/Jenna 12:30 Jeopardy 1:00 American Sign Language 1:00 Cooking Demo w/Jenna 1:00 Coloring Group 1:30 Theater for All</p>	<p>15</p> <p>10:00 Croquet 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3 Commodities 1:00 Movie: Camp Nowhere 1:15 Dragonfly Keychains (\$2)</p>	<p>16</p> <p>10:30 Walking Champions 12:30 L&L: Advocates for Independence: New Choices Wavier 1:00 Summerween Party 6:00 Game Night</p>
<p>21</p> <p>11:00 Bingo 12:30 Jeopardy 1:00 American Sign Language Class 1:00 Coloring Group 1:30 Theater for All</p>	<p>22</p> <p>9:30 Pickleball (\$2) 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: What About Bob?</p>	<p>23</p> <p>10:30 Walking Champions 12:00 Lunchtime Music: Steve and Darlene Kehler 1:00 Cooking Class: Grilled Pizza (\$3)</p>
<p>28</p> <p>11:00 Bingo 12:30 Jeopardy 1:00 American Sign Language Class 1:00 Coloring Group 1:30 Theater for All</p>	<p>29</p> <p>10:00 Horseshoes 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Romancing the Stone</p>	<p>30</p> <p>10:30 Walking Champions 2:15 Book Club: The Storied Life of A.J. Fikry</p>

July 2025

Thursday

3

11:00 Good Grief: Bereavement Group
11:15 Card-making w/Brenda
12:00 Lunchtime Entertainment: Patriotic Music
1:00 Croquet
1:00 Patriotic Paint 'n' Sip (\$5)

10

11:15 Out to Lunch Bunch: Firehouse Pizzeria (\$2)
1:00 Art History: Norman Rockwell

17

9:30 Field Trip: Nature Hike—Tony Grove (\$10)

24

CLOSED for Pioneer Day



31

8:30 Field Trip: Bear Lake and Lunch (\$20)

Friday

4



11

9:00 NO Ballet Today
10:00 Café Conversations
10:30 Sewing Class (\$10)
11:00 Wii Games
11:00 Blood Pressure

18

9:00 NO Ballet Today
10:00 Café Conversations
10:30 Sewing Class
12:00 Talent Show

25

9:00 CCB: Senor Swans
10:30 Sewing Class
11:00 Pool Party
11:00 Blood Pressure

Did You Know?

**We are now offering
Tech Assistance by
appointment only.
Please schedule with Kylie.**

Daily Activities

8:15-2:30 Computers
8:15 Fitness Room
8:15 Library
12:00-1:00 Lunch
8:15 Pool Tables
8:15-2:30 Quilting

Monday

10:00 Beginner Ukulele
10:00 Poker
11:00 Bread and Jam Band
11:00 Bingo
12:30 Jeopardy
1:00 Coloring Group
1:00 Tai Chi
1:00 Game: Hand and Foot

Tuesday

8:30 Ceramics
10:15 Tai Chi
10:30 Writers Group
1:00 Mahjong
1:00 Movie

Wednesday

9:45 Chair Yoga
11:00 Line Dancing
1:00 Bridge
1:00 Chinese Mahjong
1:00 Tai Chi

Thursday

8:30 Ceramics
10:00 Bingocize
10:30 Sit N Be Fit w/ Darrell
11:00 Silver Sneakers
11:00 Poker
1:00 Mahjong

Friday

10:00 Painting
10:30 Sewing
11:00 Board/Card Games
1:00 Tai Chi
2:15 Mindfulness Group

Dear Marci

How does retiree insurance work with Medicare?

Dear Marci,

I'm trying to understand how my retiree insurance will work with Medicare. What kind of coverage can I expect if I have Medicare with retiree insurance?

- Yan (Dover, OH)

Dear Yan,

When you have both retiree insurance and Medicare, your coverage will depend on the type of retiree insurance plan you have. Below are a few common types of retiree plans and how they might work with Medicare:

Fee-for-service (FFS) plans: These plans pay for care from any doctor or hospital. They cover Medicare cost-sharing and work like supplemental insurance.

Managed care (HMO or PPO) plans: These plans require you to see in-network providers and facilities. Your costs are typically lowest when you see providers who take both Medicare and your retiree insurance. If you see Medicare providers who don't take your retiree insurance, you will pay regular Medicare cost-sharing amounts, and your retiree insurance might not pay at all.

Employer-sponsored Medicare Advantage

Plans: These plans offer both Medicare and retiree health benefits. Some employers require that you join their Medicare Advantage Plan to continue getting retiree health benefits after becoming Medicare-eligible. You can choose not to take your employer's coverage and sign up for Original Medicare or a different Medicare Advantage Plan. Keep in mind, though, that you might not be able to get your retiree benefits back later.

Employer-sponsored Medigap policies: These plans offer supplemental insurance for Medicare-eligible individuals. You need to have Original Medicare to enroll in a Medigap plan. Remember, you can always choose not to take your employer's coverage and sign up for a Medicare Advantage Plan or a different Medigap. You might not be able to get your retiree coverage back later, though.

Retiree insurance is almost always secondary to Medicare. This means it pays after Medicare. Retiree insurance might provide coverage for Medicare cost-sharing, like deductibles, copayments, and coinsurance. It might also pay for care or other items and services that Medicare doesn't cover. Examples include vision care, dental care, and off-formulary or over-the-counter prescription drugs.

For more information on your retiree insurance plan, contact your benefits administrator or your employer's human resources department.

Hope this answers your question!

-Marci

Field Trips



TONY GROVE HIKING TRIP

Experience the
mountaineering
journey with us
on Thursday, July
17th at 9:30am

Please pack your
own sack lunch

RSVP @ front desk | \$10 fee

Bear Lake and Lunch

Join Kylie on
Thursday, July 31st at
8:30 am for a field
trip to Bear Lake and
lunch at La Beau's.
MUST be able to
walk on sand
independently.
Remember your
sunscreen!
The bus fair is \$20.



RSVP @ front desk

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VISIT WWW.MYCOMMUNITYONLINE.COM

July

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**The menu is subject to change**</p> <p>Don't forget to call in by 3:00 p.m. the day before.</p>	<p>1</p> <p>Citrus Chicken Salad Fresh Fruit</p>	<p>2</p> <p>Chicken Cordon Bleu Casserole Peas & Carrots Oranges</p>	<p>3</p> <p>Turkey Sandwich Cucumber Salad Mixed Fruit Chips</p>	<p>4</p> 
<p>7</p> <p>Beef Stroganoff Buttered Noodles Capri Veggies Pears</p>	<p>8</p> <p>Salisbury Steak Mashed Potatoes & Gravy Sun-Shine Carrots Pears</p>	<p>9</p> <p>Chef's Choice</p>	<p>10</p> <p>Chicken Alfredo Pasta Italian Veggies Mixed Fruit Garlic Bread</p>	<p>11</p> <p>Ham Salad Sandwich Korean Carrot Salad Watermelon Sun Chips</p>
<p>14</p> <p>Veggie Pizza Roasted Parmesan Italian Vegetables Pineapple</p>	<p>15</p> <p>Garden Cheese Omelet Veggie Hash Oranges</p>	<p>16</p> <p>Cheesy Ranch Potatoes and Baked Sausage House Salad Sliced Apples</p>	<p>17</p> <p>Tuna Croissant Sandwich Honeydew Beet Salad</p>	<p>18</p> <p>Breaded Fish Taco Coleslaw Peaches</p>
<p>21</p> <p>Chicken & Broccoli Casserole Sautéed Zucchini Tropical Fruit</p>	<p>22</p> <p>Chef's Choice</p>	<p>23</p> <p>Sloppy Joe Three Bean Salad Grape Salad Carrot Sticks</p>	<p>24</p> <p>Pioneer Day Closed</p> 	<p>25</p> <p>BBQ Chicken Broccoli Salad Apple Salad Frog Eye Salad Chips</p>
<p>28</p> <p>Loaded Beef Burrito Roasted Corn Watermelon Churro</p>	<p>29</p> <p>Chicken Salad Croissant Sandwich Feta Cucumber Salad Fruit Berry Cup</p>	<p>30</p> <p>Ground Beef Gravy over Mashed Potatoes Peas and Carrots Fresh Fruit Whole Wheat Roll</p>	<p>31</p> <p>Sweet Pork Salad Mixed Melon Salad Cookie</p>	<p>For those 60+ and their spouse the suggested donation is \$4.00</p> <p>The full cost of the meal is \$12.00 for those under age 60.</p>

Volunteers Needed

Looking for a reason to volunteer with Meals on Wheels?

"It gives me a sense of purpose to fill a need for older people in our community, a meal & a friendly face to check on them every day."

I love this part of my week!

It's really fun and I enjoy it!

"I love talking with the recipients. It's wonderful getting to know them and hearing their stories."

There are so many reasons to become a volunteer!

What will yours be?

Volunteer opportunities with our Meals on Wheels program provides individuals of all ages the chance to make a difference in their community!

Regular meal delivery and substitute routes available.
Call Sarah at 435-755-1722 or stop by the Senior Center to become a volunteer today!

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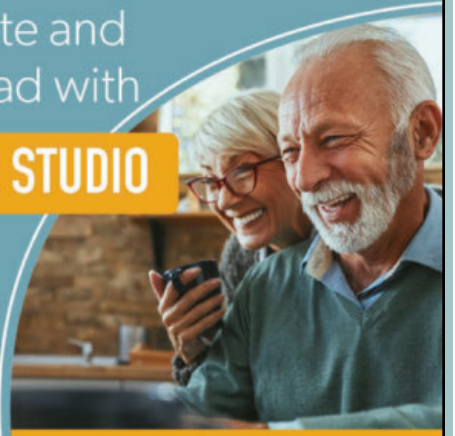
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Cache County Senior Center, Logan, UT

D 4C 05-1038

Fighting Medicare Fraud by Phone

There's a NEW fraud-fighting tool in town, just in time for Medicare Fraud Prevention Week. This month, the SMP Resource Center launched the SMP Medicare Tracker mobile application (app), a new digital experience that enables tracking of health services and educates users on Medicare fraud, errors, and abuse through news, notifications, check-ins, and games.

The app is modeled after the printed My Health Care Trackers. It is a tracking tool to help people with Medicare and their care partners record appointment information on their mobile phone. The digital tracker lets users maintain a list of providers; record the dates, length, and purpose of visits; and enter notes about what products and services they received. Comparing this with a beneficiary's Medicare Summary Notice (MSN) and/or plan's Explanation of Benefits (EOB) can help detect potential fraud, errors, or abuse early. The app includes a report fraud form, which is routed to the state SMP once filled out. The app includes a wide range of educational resources to help prevent health care-related fraud and abuse from the public smpresource.org website, such as:

- Common fraud schemes, including those related to durable medical equipment, hospice, and Medicare cards
- News about Medicare fraud cases
- An explanation of what SMPs do and how to reach them

One key feature of the app is the entertaining, interactive, and educational SMP Fraud Busters game. Players assume the role of an older adult who wakes up each morning and must navigate through

a series of educational checkpoints and potential scams. Scenarios featured in the game include phone scams, email spam, fake text messages, and even an overconfident door knocker trying to scam them. Players are invited to watch short videos about protecting themselves from health care fraud and play micro games like crossword puzzles and word searches based on common terms found in the SMP program and Medicare. The app is available for Apple and Android phones and at no cost to users. To download, search the Apple and Google Play stores for SMP Medicare Tracker. The SMP Resource Center wishes to thank those program members who provided input into the development and testing of the app.



EVENTS

YOU'RE INVITED TO A SUMMERWEEN PARTY

WEDNESDAY, JULY 16TH AT 1PM

JOIN US IN THE LUNCHROOM
FOR A SPOOKY CAMPFIRE WITH
CAMP TREATS.

WE WILL BE CARVING WATERMELONS
AND TELLING SCARY STORIES
AROUND THE FIRE!



Evening Movie Party:

WICKED

Wednesday, July 9th at 5pm

Photo booth and themed treats,
feel free to bring your own treats to share!



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Cache County Senior Center, Logan, UT

E 4C 05-1038

Summer Dinner Ideas:

Stuffed Peppers

Prep Time: 20minutes mins

Cook Time: 20minutes mins

Serves 4 to 6

These stuffed red peppers are one of our favorite healthy summer dinner ideas!

Ingredients

4 red bell peppers

Extra-virgin olive oil, for drizzling

1½ cups white cheddar cheese

Avocado slices or guacamole, for serving

Lime wedges, for serving

Sea salt and freshly ground black pepper

Filling

1 tablespoon extra-virgin olive oil

2 garlic cloves, grated

2 jalapeños, diced, more for topping, if desired

2 scallions, chopped

1 teaspoon lime zest

1½ tablespoons lime juice

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon cayenne

1 teaspoon sea salt

½ cup finely chopped cilantro

3 cups cooked white jasmine rice

1½ cups cooked black beans, drained and rinsed

1½ cups corn kernels

Instructions

Preheat the oven to 450°F and line a baking sheet with parchment paper. Slice the peppers in half lengthwise, remove the seeds and membranes, and place on the baking sheet, cut side up. Drizzle with olive oil, salt, and pepper and bake 10 minutes. Tip out and discard any liquid that pools inside the peppers. Set the peppers aside.

Make the filling. In a large bowl, mix together the olive oil, garlic, jalapeños, scallions, lime zest, lime juice, cumin, coriander, cayenne, salt, and cilantro. Fold in the rice, black beans, and corn.

Scoop the filling into the pepper halves and top them



with the cheese. Broil for 2 to 5 minutes or until the cheese is bubbling and browned. Alternatively, continue baking at 450°F for 10 to 15 minutes until the cheese is melted. Serve with the avocado slices, lime wedges, and extra jalapeños, if desired.

Notes

Vegan version: Skip the cheese. Don't bake the peppers the second time, and serve them with guacamole or chipotle sauce.



EVENTS

Dragonfly Keychains

TUESDAY, JULY
15TH AT 1:15 PM

JOIN KYLIE IN THE
SEWING ROOM TO
MAKE THE CUTEST
DRAGONFLY
KEYCHAINS!

\$2 CRAFTING FEE

RSVP WITH ANA
TO SAVE YOUR
SPOT!



July Field Trips

Please make sure to sign
up that the front desk as
space is limited.

- Bear Lake and Lunch Bunch | \$20
Thursday 31st @ 8:30am
- Pickleball | \$2
Tuesday 8th and 22nd @ 9:30am
- Hike: Tony Grove Lake | \$10
Thursday 17th @ 9:30am
- Lunch Bunch: Firehouse Pizza | \$2
Thursday 10th @ 11:15am

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Cache County Senior Center, Logan, UT

F 4C 05-1038



SUDOKU

Puzzle #1

5					9		2	1
4	2						8	9
	8		4		1			
				7	8	3	1	
3	1	2	6					
	7		3	1		6		
		4	8	9		1		3
	5			6	4	8		7
8		7	1				6	4