

MISSION: TO CREATE A SUPPORTIVE AND ENGAGING ENVIRONMENT WHERE ACTIVE ADULTS CAN THRIVE SOCIALLY, MENTALLY, AND PHYSICALLY, LEADING TO A MORE FULFILLING AND INDEPENDENT LIFE.



○ ○ ○ ○

CACHE COUNTY SENIOR CENTER

NEWSLETTER



UPCOMING EVENTS

New: Cross Stitching craft class!
Every Wednesday at 1pm in the sewing room. Cost is \$10 for a 4 week course. We are starting at beginner level and will advance as we go!



Events you must RSVP

- 8/5 Cross Stitch 4 week class \$10
- 8/6 Bear Lake Raspberry Days \$20 plus lunch cost
- 8/7 Sewing 4 week class \$10
- 8/12 Craft: Home Seashell Sign \$3
- 8/13 Hike: Limber Pine Trail \$20
- 8/19 Craft: Puzzle Piece Wall Art \$8
- 8/20 Out to Lunch Bunch: First Watch \$2 plus lunch cost
- 8/26 Paint 'n' Sip \$5
- 8/27 Cooking Class: Cowboy Caviar \$3

Hello, Friends!

I can't believe we're already heading into the fall! Where did the summer go? It feels like we were just celebrating the Fourth of July.

It has certainly been a busy and fun-filled summer at the Senior Center. We've enjoyed so many wonderful activities, celebrations, and opportunities to spend time together. As I look through the photos we've shared on Facebook, what stands out most are the smiles and the joy on everyone's faces. Seeing our patrons making connections, staying active, and enjoying themselves reminds us why we do what we do. Our goal has always been to create a welcoming place where older adults can thrive, and it's rewarding to see that happening every day.

We're excited to bring you another season filled with fun, learning, and opportunities to connect through our upcoming programs. Be sure to check the monthly calendar for all the details! A few highlights include:

- Stronger Memory – Join us for this engaging class designed to support brain health and cognitive wellness.
- Dance Class with Sophie – Come have fun, stay active, and learn something new.
- Defying Gravity – Our Intermountain Health (IHC) seminar based on the Stepping On program is returning due to its popularity.
- Good Grief Group – If you have experienced the loss of a loved one, or know someone who has, this supportive group offers a caring place to connect and heal.

Many of you have asked about the future of the Senior Center, and I'd like to share an update.

Over the past several months, we have been working with an architectural firm to complete a feasibility study, which was made possible through grant funding. The study confirms what many of us have experienced firsthand: our community is growing, and the demand for senior services will continue to increase in the years ahead. The findings support the need for additional space and, ultimately, a larger facility to better serve our community.

Continued pg. 2

At this time, however, the decision has been made not to pursue placing a funding request for a new Senior Center on this year's ballot.

If you feel strongly about the future of senior services in Cache County, I encourage you to make your voice heard. County Council members value hearing from their constituents, and your input helps shape future decisions. There will be another opportunity to consider a ballot initiative in 2028.

This year marks the 53rd anniversary of our Senior Center. While we are proud of its history, the building faces several challenges. It does not have a fire suppression system, our parking lot is no longer adequate for the number of patrons we serve, and we have only two classrooms that comfortably seat about fifteen people. Our multipurpose room is often too small for popular classes such as yoga, and many of our programs have simply outgrown the available space.

The estimated cost of constructing a new Senior Center is approximately \$20 million. We understand that this is a significant investment and one that would have an impact on taxpayers. There are many important factors for county leaders and residents to consider, especially as the county also evaluates the possibility of building a recreation center.

My greatest hope is that our county leaders continue to see the tremendous value the Senior Center brings to our community. While counties are not required to operate a Senior Center, I believe the services we provide make a meaningful difference in the lives of older adults and their families every day. Whether it's nutritious meals, wellness classes, educational programs, social connections, or simply a welcoming place to belong, these services help people remain healthy, independent, and engaged. My hope is that, together, we can continue building support for these programs so they remain available for current and future generations. Thank you for your continued participation, encouragement, and advocacy for the Senior Center. Your support truly makes a difference.

Giselle Madrid, M.S.

Senior Center, Director



Volunteer with Meals on Wheels

Serve home-bound adults in your community

-  Background check required
-  Meal delivery begins at 11 AM
-  Routes typically last 1 hour
-  Contact: 435-755-1720

Join us today

 **Cache County**
— 1857 —
SENIOR CENTER
MEALS ON WHEELS

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appointments, to social service programs, like the Senior Center, and or other medical care. If you are 60, you automatically qualify. Call BRAG to schedule an assessment and see if you are eligible for this program that can reimburse friends and family for taking you to your doctor's appointments. 435-752-7242.

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. The BRAG office now has several days available to meet with clients. 435-713-1467

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 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. The BRAG office now has several days available to meet with clients. 435-713-1467

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 435-713-1460.

New Classes offered by BRAG Aging Services

Stress Busting 101

This class is a 90 minute, once a week, 9 week series to discover simple techniques to manage everyday stress and feel more in control. Participants will learn quick relaxation tools and habits that can be used anytime.

Must RSVP: 435-713-1462

Caregiver Talking Points

This class features discussion that assists family and other non-professional caregivers in developing individual care management skills!

Call 435-713-1462 to join!

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Dear Marci,

I will be moving from Oregon to California to be closer to my children. What happens to my Medicare coverage if I move to a new address?

- Gerald (Aspen Hollow, OR)

Dear Gerald,

Great question! There are so many things to do when you move, including taking care that your health insurance will work in your new location. When you move, it can affect your Medicare coverage. The steps you need to take depend on your current Medicare enrollment and some specifics of your move.

No matter what, whether you're moving across town or across the country, you will need to update your mailing address with the Social Security Administration and any Medicare Advantage, Part D, and/or Medigap plan you are enrolled in.

You do not need to make any changes to your Original Medicare when moving within the United States. Original Medicare doesn't have provider networks, so you can visit any doctor or facility in the country that accepts Medicare – remember to see providers who accept assignment for the lowest cost care.

If you have a Medigap, you will need to inform them of your move for billing and communications purposes, but you do not need to change Medigap plans or insurers – your Medigap plan travels with you. If you are enrolled in a Medigap where your premium is set on a community-rated basis, your premium might change to reflect the community rating in your new area. If you are moving from a state that allowed age-rated premiums or to a state with more robust Medigap enrollment rights it may be worth it to see if there are Medigap plans offered in your new state with lower premiums or preferable terms, but this is optional.

If you are enrolled in a Medicare Advantage Plan or a Part D plan, you may need to or be able to make a change, depending on the details of your plan and move. If you are moving out of your plan's coverage area, you must change coverage and select a new plan whose coverage area includes your new address. If your current plan's coverage area includes your new address you may be able to choose to switch plans if there are plans available in your new area that are not available in your old area. The timing of this Special Enrollment Period (SEP) depends on when you inform your current plan about your move, so it is worth planning in advance to ensure you have coverage as soon as you arrive in your new location.

Hope this helps and good luck with the move!

-Marci

Field Trip: BEAR LAKE RASPBERRY DAYS

Thursday, August 6th @ 9am

We will be exploring the Raspberry Days
Festival!

We will also be eating at the festival, or you
may bring your own lunch.

RSVP @ the front desk

\$20 ride fee



HIKE LIMBER PINE TRAIL

Thursday, August 13th @ 9am
we will leave to go up Logan Canyon
and hike the Limber Pine Trail!

RSVP @ the front desk
\$20 fee to hike

***This will be the last big hike of the
season***



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August 2026

Monday	Tuesday	Wednesday
3 9:00 Guitar Class 11:00 Bingo 12:30 Jeopardy 1:00 Coloring	4 11:00 Good Grief Support Group 11:00 Mind Fitness 11:30 Cranium Crunchers 11:30 Dance Workout w/Sophie 12:15 Music Tracing  1:00 Movie: Dirty Dancing	5 9:30 Walk w/Ease 10:00 Walking Champions 11:00 Stronger Memory Legacy 1:00 Knitting Group 1:00 Cross Stitch Class (\$10) 1:00 Strong Bodies 
10 9:00 Guitar Class 11:00 Bingo 12:30 Jeopardy 1:00 Coloring	11 National Root Beer Float Day 11:00 Mind Fitness 11:30 Cranium Crunchers 11:30 Dance Workout w/Sophie 12:15 Root Beer Floats 12:15 Music Tracing  1:00 Movie: The Martian	12 9:30 Walk w/Ease 10:00 Walking Champions 11:00 Stronger Memory Legacy 11:00 Craft: Seashell Sign \$3 1:00 Cross Stitch Class 1:00 Strong Bodies
17 9:00 Guitar Class 11:00 Music Bingo: Yacht Rock 12:30 Jeopardy 1:00 Coloring 	18 11:00 Mind Fitness 11:30 Cranium Crunchers 11:30 Dance Workout w/Sophie 12:15 Music Tracing  12-3pm Commodities 1:00 Movie: Marty	19 10:00 Stronger Memory Class 10:00 Walking Champions 11:00 Stronger Memory Legacy 11:00 Craft 'n' Chit Chat: Puzzle Piece Wall Art (\$8) 1:00 Cross Stitch Class
24 9:00 Guitar Class 11:00 Bingo 12:30 Jeopardy 1:00 Coloring	25 11:00 Mind Fitness: Celebrating Women's Equality Day 11:30 Cranium Crunchers 11:30 Dance Workout w/Sophie 1:00 Movie: National Treasure	26 10:00 Stronger Memory Class 10:00 Walking Champions 11:00 Stronger Memory Legacy 11:00 Paint 'n' Sip (\$5) 1:00 Cross Stitch Class 2:15 Book Club: The Chilbury Ladies Choir 
31 9:00 Guitar Class 11:00 Bingo 12:30 Jeopardy 1:00 Coloring		

August 2026

Thursday

Friday

6

9:00 Field Trip: Bear Lake Raspberry Days (\$20 plus lunch)
9:30 Chair Yoga
11:15 Card Making w/ Brenda

7 National Bowling Day

9:00 Senior Swans Ballet
11:00 Wii Bowling Tournament!
11:30 Dance Workout w/Sophie
2:15 Mindfulness is observing Happiness Happens Day

13

9:00 Hike: Limber Pine Trail (\$20)
9:30 Chair Yoga
12:30 Medicare Minute



14 National Tell a Joke Day

9:00 Senior Swans Ballet
11:00 Horseshoe Tournament
11:00 Blood Pressure Clinic
11:30 Dance Workout w/Sophie
12:10 Tell a CLEAN Joke at Lunch

20

9:30 Chair Yoga
10:00 Defying Gravity
11:15 Out to Lunch Bunch: First Watch (\$2)
12:30 L&L Wellness and Happiness w/ Tim Keady @ USU HEART Extension

21 Senior Citizens Day

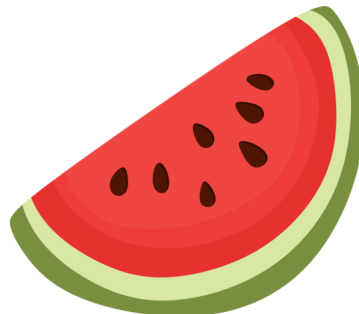
8-4 Life Advice from a Senior Citizen
9:00 Senior Swans Ballet
11:00 Wii Bowling
11:30 Dance Workout w/Sophie

27

9:30 Chair Yoga
11:00 Poker Tournament
11:00 Cooking Class: Cowboy Caviar (\$3)
1:00 TED: This is what happens when you reply to a spam email

28

9:00 Senior Swans Ballet
11:00 Wii Bowling
11:00 Blood Pressure Clinic
11:30 Dance Workout w/Sophie



Daily Activities

8:00-2:30 Computers

8:00 Fitness Room

8:00 Library

12:00-1:00 Lunch

8:00 Pool Tables

8:00-2:30 Quilting

Monday

10:00 Bread & Jam Band

10:00 Poker

11:00 Ukulele Class

11:00 Bingo

12:30 Jeopardy

1:00 Coloring Group

1:00 Game: Hand & Foot

1:00 Tai Chi

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

Thursday

8:30 Ceramics

10:00 Bingocize

10:30 Sit & Be Fit w/ Darrell

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

Summer Vegetable Pasta



Ingredients: zucchini • yellow squash • cherry tomatoes
• corn • garlic • basil

Steps:

1. Wash and dry the zucchini, yellow squash, cherry tomatoes, corn, garlic, and basil. Slice the zucchini and yellow squash, halve the tomatoes, and cut the corn from the cob.
2. Preheat the oven to 425°F (220°C).
3. Toss the vegetables with olive oil, salt, and pepper, then spread them on a baking sheet.
4. Roast for 20–25 minutes, until tender and lightly caramelized.
5. Cook the pasta and toss it with the roasted vegetables, lemon olive oil, basil, and parmesan.



OUT TO LUNCH BUNCH
FIRST WATCH

THURSDAY, AUGUST 20TH @ 11:15AM
JOIN KYLIE FOR LUNCH AT FIRST
WATCH!



RSVP @ THE FRONT DESK
\$2 RIDE FEE
PRICE RANGE IS \$8.79-\$16.49



BEGINNER FRIENDLY!

Cross Stitch Class

\$10/
PERSON

with Kylie

Sewing Room

Every Wednesday in August starting
at 1pm

THIS IS A 4 WEEK COURSE
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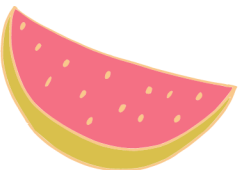
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August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg Salad Sandwich Crudites with Ranch Apples	4 Southwest Chicken Salad Fruit Salad	5 Loaded Baked Potato with Chili Buttered Peas Mixed Melon	6 Chef's Choice 	7 Turkey Shepherd's Pie Cascade Veggies Grape Salad
10 Texas Toast Sloppy Joe Green Beans Watermelon	11 Roast Beef Sandwich Coleslaw Apple Salad	12 Garden Omelet Berry French Toast Bake Beetroot Juice Banana	13 Mediterranean Chicken Salad Mixed Berries	14 Hamburgers Broccoli Salad Honey Dew Lays Chips
17 Teriyaki Chicken Jasmine Rice Steamed Broccoli Mandarin Oranges	18 Chef's Choice 	19 Baked Ziti Roasted Squash Ambrosia Fruit Salad	20 Club Sandwich Carrot Raisin Salad Grapes	21 Pork Chops Mashed Potatoes and Mushroom Gravy Sunshine Carrots Watermelon
24 Chicken Pesto Cavatappi Capri Vegetables Peaches	25 Meatloaf Scalloped Potatoes Mixed Vegetables 5 Cup Fruit Salad	26 Chicken Bacon Ranch Pasta Salad 3 Bean Salad Tropical Fruit	27 Fish and Chips Coleslaw Fruit Salad 	28 Hawaiian Haystacks Buttered Peas Pineapple
31 Chicken Salad Croissant Sandwich Carrot Salad Applesauce			We're happy to accommodate vegetarian or gluten-free meals! Just let the front desk know at least one day in advance so our kitchen can prepare it for you.	

For those 60+ and their spouse the suggested donation is \$4.00. Don't forget to call in by 3:00 p.m. the day before. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.

*****Menu is subject to change*****

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Cache County Senior Center, Logan, UT

05-1038



Protect Yourself from Phone Scams

We want to share a recent experience as a reminder that phone scams are becoming increasingly sophisticated. One of our Senior Center patrons recently received a phone call from someone claiming to be connected with the court system. The caller was so convincing and well-prepared that our patron believed the call was legitimate and contacted her bank to send the requested money.

Fortunately, the bank recognized the situation as a scam, stopped the transaction, and explained what was happening before any money was lost.

We are sharing this story because it could happen to anyone. Scammers are becoming more convincing every day, and they often use fear, urgency, or threats to pressure people into acting quickly.

Protect Yourself from Jury Duty Scams

Scammers are increasingly posing as court officials, law enforcement officers, or government employees in an attempt to frighten people into sending money. Remember, if you don't recognize a phone number, let it go to voicemail. If you receive a suspicious call, hang up and contact the organization directly using a phone number you know is legitimate.

Know the facts:

- Courts, law enforcement agencies, and government offices will never call and demand immediate payment or threaten you with arrest or jail if you do not pay.
- They will never ask you to send money, purchase gift cards, wire funds, or deliver cash or prepaid cards to a specific location.
- Jury service communications are typically sent by mail, not by phone.
- If you fail to appear for jury duty, the court will notify you by mail. If you do not respond, you may receive a mailed notice or a summons to appear before a judge—not a threatening phone call.

What the Court Will Do:

- Mail you a jury qualification questionnaire.
- Mail you a jury summons with instructions, your service week, and a phone number to confirm whether you need to report.
- Mail a failure-to-appear notice if you miss jury duty.
- If necessary, mail a summons requiring you to appear before a judge.

Protect Yourself:

- Never send money or provide payment because of an unexpected phone call.
- Verify any claim by contacting the court or agency directly using an official phone number.
- If something doesn't feel right, trust your instincts. Talk with a trusted family member, friend, or your bank before taking any action. A quick conversation could prevent you from becoming the victim of a scam.
- If you believe you have been targeted or have fallen victim to a scam, hang up immediately and report the incident to your local law enforcement agency.



JURY DUTY SCAM

REAL COURTS

- ✓ Send official notices by mail
- ✓ Schedule hearings through the court system
- ✓ Allow you to address issues in court



SCAMMERS

- ✗ Demand immediate payment
- ✗ Ask for Cash App, gift cards, or wire transfers
- ✗ Threaten arrest over the phone



Courts will NEVER call demanding money for missed jury duty.

Rome Police Department | #ScamSeries



Red Flags of Fraud

Listen for these “too-good-to-be-true” claims:

- You qualify for “free” devices or services, they just need your Medicare number to verify.
- Requests for an unusual payment type like cryptocurrency or gift cards.
- The most amazing person wants to meet you, but they just need money for a flight.
- You won the lottery! You just need to pay the taxes first.



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Cache County Senior Center, Logan, UT

05-1038

The Power of Staying Active as We Age

One of the best things we can do for our health as we grow older is to keep moving. Research consistently shows that regular physical activity helps us live longer, stay healthier, and maintain our independence.

Physical activity includes more than just exercising at the gym. It can be as simple as taking a walk, gardening, dancing, swimming, participating in a fitness class, or even being active while doing everyday tasks. The important thing is to make movement a regular part of your routine.

Why Does Physical Activity Matter?

Regular physical activity has been shown to:

- Reduce the risk of heart disease, stroke, diabetes, and some cancers.
- Improve mood and support mental health.
- Help maintain memory and may delay the onset of dementia.
- Increase strength, flexibility, and balance.
- Reduce the risk of falls and injuries.
- Help older adults remain independent and continue doing everyday activities.
- Improve overall quality of life.



Strength Matters

As we age, we naturally lose muscle mass and strength. Without regular activity, this process happens more quickly and can make everyday tasks—such as climbing stairs, carrying groceries, or getting out of a chair—more difficult.

The good news is that strength training can help rebuild and maintain muscle, improve balance, and increase mobility. Even light resistance exercises performed consistently can make a meaningful difference.

Don't Forget Balance

Falls are one of the leading causes of injury among older adults, but many falls can be prevented. Research has found that exercises focused on balance and strength significantly reduce the risk of falling.

Activities such as Tai Chi, yoga, balance classes, and guided strength programs are excellent ways to improve stability and confidence.

How Much Activity Do We Need?

The World Health Organization recommends that older adults aim for:

At least 150 minutes of moderate physical activity each week (about 30 minutes a day, five days a week).

Strength-building activities at least two days each week.

Balance exercises several times each week, especially for those at risk of falling.

If health conditions make it difficult to meet these recommendations, remember that any movement is better than none. Start where you are and gradually increase your activity as you are able.

Continued on pg. 15

Staying Active Together

One of the greatest benefits of exercising at the Senior Center is that you're not doing it alone. Exercising with friends provides encouragement, accountability, and social connection—all of which contribute to better physical and emotional well-being.

Whether you're joining a dance class, participating in Strong Bodies, practicing Tai Chi, attending chair yoga, or simply walking with friends, every step you take is an investment in your health.



Remember: It's never too late to become more active. Small, consistent changes can lead to stronger muscles, better balance, improved health, and a higher quality of life.

We invite you to explore the many fitness and wellness opportunities offered at the Senior Center. Together, let's keep moving toward healthier, stronger, and more active lives!

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Activity Page

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