



SILVER *Threads*



Activities at a Glance:

- 1- Power Yoga 2:45-3:30
- 2- Birthday Party, Integrity Foot Clinic
- 3- Festival of the Trees 9:00
- 4- Lorisa Pulotu 12:00
- 5- Christmas Bazaar 9:00-3:00
- 7- Encompass Home Health and Hospice Blood Pressure 11:00, Kelly Warren and His Guitar; Alzheimer's Education Series 3:00-4:00
- 8- Integrity Foot Clinic
- 9- Memory Club 10:30; Christmas Lunch (Sponsored by Myers)
- 10- Cache Valley Christmas Shopping Trip 9:30
- 11- Christmas Gift Wrapping with CNS 10:00-12:00; Odell Summers 11:30
- 12- Breakfast with Santa
- 14- Kelly Warren and His guitar 11:30; Brigham Area Christmas Light Trip 6:00-9:00
- 15- Lunch & Learn with Mission at Bear River 12:00
- 16- Rocky Mountain Home Care Blood Pressure 11:00
- 17- Commodities 12:30-3:00
- 18- Kevin Kula 12:00; A Christmas Evening 6:00-9:00
- 21- Lunch Sponsored by Gillies; Christmas Karaoke
- 22- Red Cross Blood Drive 2:30-7:30
- 24- Christmas Brunch 11:00; Center Closes at Noon for Christmas Eve
- 25- Center closed for Christmas
- 28- Happy Feet 10:00
- 29- Wii Bowling 1:00
- 31- New Year's Eve Celebration

The Christmas Season evokes many thoughts, memories and dreams. A quick survey of staff regarding favorite Christmas songs brought consensus on those songs that waxed nostalgic. We all tend to dream of having a perfect Christmas, surrounded by family and friends, perfect gifts and just the right amount of snow to make it feel like Christmas without making it difficult to travel. We are fortunate to live in an area that celebrates the holidays in a big way. There are many opportunities and a variety of ways to enjoy the season.

The Senior Center hosts an annual **Christmas Bazaar** that will be held on December 5, 2015 from 9:00 a.m. to 3:00 p.m. more than 30 vendors will fill the space in the big hall with Christmas gifts for everyone on your list. Angie will be cooking up some of her excellent specialties for your dining pleasure during the event. This event supports our Meals on Wheels program.

The annual **Christmas Lunch** is scheduled for December 9, 2015 beginning at 12:00. Santa will be here to determine who has been naughty and who is nice. The BEHS Madrigals will be here to entertain and there will be gifts for all. This year's lunch is being sponsored by Myers Mortuary. Please sign up early because space is limited.

A Christmas Celebration with great entertainment and refreshments is on the calendar for December 18, 2015 from 6:00-8:30. A variety of entertainers will be here along with the opportunity for photos with Santa.

The Christmas Villages in Brigham City and Ogden are a sight to behold once the sun goes down and the lights come on. There is no charge for the opportunity to wander through these beautiful displays. The Brigham City Village also displays the winners of our local gingerbread house contest.

The About Town Scavenger Hunt is sponsored by The Old Grist Mill from Monday, December 7 through Sunday, December 20. A list of items to be found and the participating homes is available at the Recreation Department, 641 East 200 North. Return the completed list to the Recreation Department and receive a coupon for a free cookie at the Old Grist Mill.

The Messiah Sing-in will be held at the Brigham City Tabernacle on December 11 at 7:30 p.m. Musical scores are provided, just bring your voice.

Breakfast with Santa is held at the Community Center for children 12 and younger. Space is limited and tickets are required for either the 8:00 or 9:30 breakfast. They are available at Gillies Funeral Chapel. Head over to **Hardware Ranch** on December 12 and you and your family can participate in several outdoor activities at this year's **Elk Festival**. Activities run from 10 a.m. to 2 p.m. Except for a fee to take a ride through the meadow (\$5 for those 9 years of age or older, or \$3 for those 4 to 8 years old), all of the festival activities are free.

Box Elder High School is hosting two choir concerts for your enjoyment this year. These are scheduled for December 18th and 19th at 7:00 at Box Elder High School.

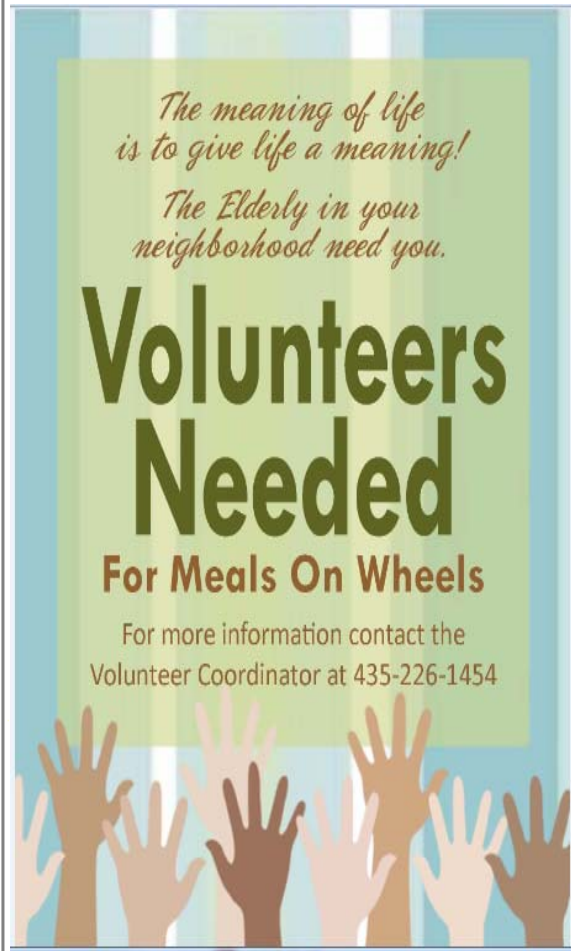
Activity Calendar	Page 6
Advertisements	Page 9
Monthly Menu	Page 7
Nutrition	Page 3
Travel	Page 5
Word Search	Page 2

Word Search: Volunteers Needed/Christmas Time

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MEALS ON WHEELS

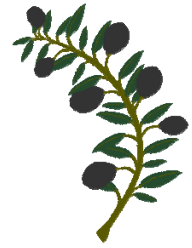


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|----------------------|-------------------|--------------|
| Volunteers Needed | Scavenger Hunt | Egg Nog |
| Meals on Wheels | Concerts | Fireplace |
| Christmas Tree | Dancing | Stockings |
| One Hour One Day | Christmas Carols | Crafts |
| Snowflake | Christmas Village | Lights |
| Gingerbread House | Cookies | Ham |
| Christmas Bazaar | Family | Elves |
| Breakfast with Santa | Bells | Shopping |
| Ornaments | Sleighs | St Nick |
| Love | Ice Skates | New Year |
| Angel Tree | Hot Chocolate | Silent Night |

Everybody can be great, because anybody can serve. You do not have to have a college degree to serve. You do not have to make your subject and verb agree to serve....You do not have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace and a soul generated by love.

It only takes one person, One hour, One day a week to feed 12 people a day. Be that one!!!! Serving the community, 1 volunteer at a time.

What is the Mediterranean Diet and Why Does the Medical Profession Recommend It?



What it is—

The Mediterranean Diet is a heart-healthy meal plan based on the typical foods of the Mediterranean countries of Spain, southern Italy and Greece. It is based basically of natural, unprocessed foods like fruits, vegetables, whole grains and nuts, olive oil, reduced consumption of meats and moderate amounts of red wine.

Health benefits—

The diet has been shown to benefit your heart health (cardiovascular disease), cancer and weight loss. It has been shown to reduce blood pressure, decrease blood sugars and the risk of type II diabetes and lower triglycerides. Additional research indicates a positive effect of reducing the onset of Parkinson's and Alzheimer's disease as well as contributing to brain health.

Foods recommended--

The Dietary Guidelines for Americans recommend the Mediterranean diet as an eating plan that can help promote health and prevent disease. It is one the entire family can follow for good healthy.

*Fruits: Eating primarily plant-based foods such as whole fruits as often as possible. When these are not available, the uses of canned or frozen fruits recommended.

*Veggies: A variety of vegetables recommended daily including a fresh salad.

*Whole grains: This includes your breads, cereals and pastas.

*Legumes: Eating dried beans, lentils, or garbanzo beans encourages several times a week.

*Nuts: Nuts are relatively high in fat but a good quality fat—monosaturates. Keep almonds, cashews, pistachios on hand for quick snacks.

Olive oil: Olive oil is recommended to replace the butter in your diet both in cooking as a condiment as in salads. It is high in calories and using it sparingly helps control weight.

*Red meats: Limit the overall consumption of red meats and replace with fish and poultry. Also avoid sausage, bacon and other high-fat processed meats.

*Eggs: Eggs consumed no greater than 4x per week

*Dairy products: Recommend low in fat milk such skim milk, fat-free yogurt and low-fat cheese.

*Red wine: Drinking red wine in moderation (optional)

Putting the diet into use—

This can be a significant change in the eating habits for seniors but the health benefits often outweigh the difficulty of adjusting our lifestyle eating patterns. Trying only one item a month can make a difference.

Brigham City General Plan update

Let's determine Brigham City's future, and grow together!

Brigham City Corporation announces several upcoming opportunities to participate in the creation of a long range vision, called a General Plan, for our community. How can we effectively shape our future? What should we look like 20 years from now? How do we retain the small town feel as we grow into a major hub city? How can Main Street continue to be viable?

This future defining effort will need your help and there are many opportunities to become engaged and provide your input and opinions, such as:

- Review the City's Web site or Facebook page and take the on-line corridor survey.
- Take the visual preference survey in December.
- Volunteer to be interviewed as a resident, business, or property owner in the city.
- Join the Social media group.
- Volunteer to participate in a Focus group.
- Participate in the January 6th workshops to be held on the USU campus. This will be an open forum with a variety of interactive activities at the brand new USU building.

Cities don't grow well without conscious decisions on where they should go. None of us moves ahead in life without a little planning. Planning for Brigham City's future is important to all of us and much more difficult to collectively define. We need your help!



Marge's Meanderings or I've been thinking. . .by Marge "Go" Small

MEANDERING THROUGH CHRISTMAS IN THIS WIDE WONDERFUL WORLD

"The Chinese say that when the spirit of disaster darkens the world, a Star of Good Omen rises to drive it away. And now we see Christmas approach, heralded by 'Christmas bells, Christmas trees, Christmas odors on the breeze' and all the things that children sing about-heralded also, in spite of war, by an unmistakable mellowing of the general mind."

Does that sound like something I picked up out of the newspaper today. Think again. My father owned the Ford Motor Company in our small town and he was "Ford" all the way. The Ford Motor Company broadcast a talk every week called The Ford Sunday Evening Hour. They were small snippets of "Goodwill and Inspiration". My dad saved all the little talks that were printed and I have them in my possession. The previous quote was from the December 21, 1941, Ford Sunday Evening Hour. Do any of you remember what was going on that December after Pearl Harbor? I wasn't born yet, but almost. (See I have lots of things in my house older than I am.)

I have quoted from the Ford Sunday Evening Hour before and I will as long as the world needs a few snippets of happiness and since it is always a "SMALL" world where ever I Meander, lets see what there is to celebrate in this Wide Wonderful World. If Mr. W.J. Cameron wrote that Merry Christmas thought in December of 1941, I am sure we can find many reasons for cheerfulness in 2015.

Just so all the females that read these Meanderings will be cheerful on Christmas, I am going to help all the men with suggestions for Gift Giving. I am an expert on the subject since my husband's gift giving mishaps are legendary! The sound you hear right now in cyberspace comes from the billions of men in the world pushing the panic button, as they realize Christmas is just around the corner and they have no idea what to buy the female in their lives. Marge to the rescue. First of all **DO NOT EVER THINK YOU CAN IGNORE THE HOLIDAY** with a statement like, "All the stores were closed by the time I went to buy a gift." Jack tried that after we

had been married less than a month. The sentimental girl in me cried all my first Christmas away from home. The scientific nature of my new husband did not even make a "Mushy" card to explain the problem and offer a thousand presents on the day after Christmas. Second on the list is that SHE does not want a riding lawn mower from HIM. SHE also does not want an engraved socket wrench set from HIM. A Gift Certificate for a flu shot is out of the question. I think you are beginning to get the picture. Someone said to me, "Just take his money and buy you something that you want!" Where is the sentimentality in that! In all fairness to my husband of 52 years, he bought me a microwave oven just when they were new and hot on the market!! It was a surprise and I cried with happiness! Literally! That was at least 25 years ago so I forgave him of the other "failures of gift giving."

Let's Meander back to the Wide Wonderful World. I am married to a man who thinks anything over \$5 dollars is too much to spend on a gift, **HOWEVER** if I say, "Let's spend thousands of dollars on a trip," he has the luggage out and ready to travel before I hang up the phone with the travel agent. Now lets see what some of the Christmas traditions are in the time zones where we have been.

An important time zone for us is **JAPAN**. Our grandchildren celebrate Christmas there 15 hours ahead of us. Through the wonders of the computer, we have been able to share visual Christmases with them, even in the middle of the night. They have spent 15 Christmases in Asia and celebrate with inviting many people to their home for great food. Food is a common tradition in most countries. In **BOLIVIA** where we lived for 18 months there is a tradition to go to different houses for a number of nights in a row for small portions of food, until the last night of great eating. **MEXICO** is a place we have loved to visit. They also love singing and dancing and eating. We have done that with our Latino friends here at their Fiestas. Our 6' 6" grandson in **HONDURAS** will tell us about his first Christmas there as Elder Small. There literally are Smalls all over this Wide Wonderful World. We loved traveling in **SPAIN** where we have another grandson serv-

ing. Our International Exchange Daughter lives in Seville, Spain where the Dance of the Sixes is performed in the magnificent Cathedral of Seville. We loved seeing that cathedral with Papa. Christmas comes to **GREAT BRITAIN** with the pealing of many bells. I wonder if my cousins, The Youngs, hear them. I loved meeting Gordon on a ship coming back from **IRELAND**. My Grandmother from **NORWAY** was always busy in December getting all the dirt out of her house. A house had to be clean to enter the New Year. (Oh My! I am in trouble!) I love my many Bjar cousins in Norway and have sweet memories of being there with them. In **SWEDEN** and in **NORWAY** they eat "Lutfisk". My cousin sent me the recipe but I am sure I could never make it like my ancestors did. I think the Scandinavians all remember the birds on Christmas and other days. We always had to make sure the birds were fed all winter long! One of Jack's favorite countries was **ITALY**! The Precipio is found in every home with tiny statuettes of the Holy Family, angels, shepherds, and Wise Men grouped about a miniature manger. There are many other Countries we have visited in this Wonderful World, but I am out of room. Maybe next year!

What are some of the traditions of the countries of your ancestors? Maybe your family would like to hear about them. Have you written them down? Many books and the internet have all the information you would need in a lifetime or two.

In our land, I go back to the Ford Sunday Evening Hour and a quote from 1941. "With war making a joyless world, need we hesitate about a "Merry Christmas greeting this year? We need not...When Christmas Good Will is fully come, Merriment will abound." We celebrate the birthday of The Prince of Peace at this time of year, so wherever you are in this Wide Wonderful World, have a Merry Christmas and a Peaceful New Year. I look forward to many more months of Meandering with you in 2016.





Travel Destinations & Activities

Festival of the Trees December 3, 2015 9:00 a.m. \$10

This is the annual fund raiser for Primary Children's Hospital. Over 700 Christmas Trees: Beautiful, whimsical, contemporary, and traditional! Trees are decorated and donated by church groups, families, individuals, businesses, civic organizations, and clubs. Take the opportunity to shop at the **Sweet Shoppe**: for fudge, divinity, caramel apples, chocolates, and a variety of baked goods. Shopping is also available at the Gift Boutique: A shop filled with a variety of items, many of which are handcrafted such as quilts, toys, baby gifts, note cards, Christmas décor, jewelry, articles for kitchen and home, neighbor gifts, and so much more! Lunch will be Dutch.

Brigham Senior Center Christmas Bazaar December 5 9:00-3:00

Come and enjoy a day of great vendors showcasing their homemade crafts and pick up those handcrafted gifts that you need for Christmas. Live entertainment, raffle, lots of food and fun.

Alzheimer's Education Series December 7 2015 3:00 Dementia Conversations Driving, Doctor Visits, Legal and Financial Planning

To register please call
1-800-272-3900

See Vickie for more information.

Christmas Lunch—Myers December 9 Noon

Our annual Christmas lunch with the Box Elder High School Madrigals is always a highlight of the Christmas season and this year is sure to be another fantastic event. Be sure to

sign up so that we can plan to have enough food for everyone and the fun is sure to be plentiful! Everyone will receive a Christmas gift and several lucky winners will go home with the beautiful poinsettia center pieces. This year's lunch is sponsored by Myers.

**CNS Gift Wrapping
December 11 10:00-12:00**
Community Nursing Services will be at the Senior Center providing gift wrap for Seniors. Come and take advantage of this great services that these great folks provide for us.

**Christmas Shopping
Cache alley Mall
December 10th 9:30 a.m.**
Get a jump on your Christmas shopping and join us for a fun day out on the town. We will shop and then enjoy a Dutch lunch.

**Christmas Light Trip
December 14 6:00 p.m.**
We will be having a fun evening enjoying the Brigham City Christmas lights throughout town. Stopping to walk through the Brigham City Square lights and house displays so dress warm for that. We will stop at some lucky houses and grace them with our Christmas Caroling abilities. We will finish the night off with a drive through the Willard bay light display. We will enjoy Christmas caroling, light displays, hot chocolate, donuts and great company

**Commodities
BC Senior Center
Dec 17 12:30-3:00**
Commodity Pick-up for those

qualified. Questions, ask Rocheal, 435-226-1454

**A Christmas Evening
Dec 18 6:00-8:00 p.m.**
This year celebrate the Christmas season with an evening together enjoying great Christmas entertainment and refreshments. Come and enjoy the beautiful music of the season performed by a variety of entertainers including Bob Cosgrove, Kevin Kula, Lorisa Pulotu and Jeff Clark. Bring your family and friends to enjoy this wonderful fun filled Christmas event.

**Karaoke with Kelly
December 21, 2015 11:30**
Everyone loves Christmas songs and we have a great collection of Karaoke Christmas tunes. Plan to join us and sing along! "All My Exes Live in Texas" is NOT a Christmas song.

**Red Cross Blood Drive
Dec 22 2:30-7:30 p.m.**
To schedule a time or to make an appointment: Contact Nancy at 435-226-1451

**Wii Bowling
Dec 29 1:00**
Come join us for some fun and laughter as we bowl away 2015!!!

Looking Ahead

Elvis' Birthday Party Jan. 8th
Trip to Hardware Ranch Jan 15th
Martin Luther King day—Center Closed Jan 18th
Wendover January 25, 2016





December 2015

**Activity Calendar
Subject to Change**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Power Yoga 2:45-3:30	2 Birthday Party Integrity Foot Clinic 723-9000	3 Festival of the Trees 9:00	4 Lorisa Pulotu 12:00
				5 Christmas Bazaar 9-3
7 Encompass Home Health and Hospice Blood Pressure 11:00 Alzheimer's Educa- tion Series 3:00-4:30	8 Integrity Foot Clinic 723-9000	9 Memory Club 10:30 Christmas Lunch Sponsored by Myers	10 Cache Valley Christmas Shopping Trip 9:30	11 Christmas Gift Wrap- ping with CNS 10:00- 12:00 Odell Summers 11:30
14 Brigham Area Christ- mas Light Trip 6:00-9:00	15 Lunch and Learn with Mission at Bear River 12:00	16 Rocky Mountain Home care Blood Pressure 11:00	17 Commodities 12:30- 3:00	18 Kevin Kula 12:00 A Christmas Evening 6:00-8:30
21 Lunch Sponsored by Gillies Christmas Karaoke	22 Red Cross Blood Drive 2:30-7:30	23	24 Center Closes at Noon for Christmas Eve	25 Closed for Christmas
28 Happy Feet 10:00	29 Wii Bowling	30	31 New Year's Eve Cele- bration 11:30 a.m.	Closed for New Year's Day

DAILY:

Lunch M-F 12-1:00 p.m.
Computer Lab 7:30-3:00
Hall Walking 8-10:00 (HBC)
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 Cardio
- T 9:00 Strength/Balance
- W 9:00 Cardio
- TH 8:00 Dance Variety
- TH 9:30 Senior Stretch
- F 9:00 Strength/Balance

Pickleball M-F as follows:

- M,T,W,F 7:30-8:45 & 10:00-11:00
- T & Th 1:00-3:00

WEEKLY

Bunka M 9:00
Advanced Spanish M 10:00
Intermediate Spanish M 1:00 p.m.
BINGO M 1:00
Line Dancing M/W 1:30 p.m.
Beginning Spanish T 10:00
Yoga T @ 3:30

WEEKLY (Continued)

Sit & Be Fit W/F 10:00 a.m.
Pinocle TH 12:30 p.m.
Oil Painting TH 9:30
Ceramics F 10:00-12:00 p.m.
Chimes F 1:00 p.m. @ Gillespie Hall

NOTE: Computer classes as scheduled.



December 2015





Monday

Tuesday

Wednesday

Thursday

Friday

<p>The full cost of the meal is \$7.40 for those under age 60. Please pay at the front desk to receive your meal. For those 60+, their spouse, or disabled child; or a volunteer, the suggested donation is \$2.75</p>	<p>1 Angie's Burrito/Salsa Spanish Rice Tossed Salad with Tomatoes Chips and Salsa at Center Peach Cobbler</p>	<p>2 Birthday Lunch Creamy Pork Chop with Sour Cream Gravy Whipped Potatoes Buttered Peas and Carrots Fruited Coleslaw Whole Wheat Roll Strawberry Cake & Ice Cream</p>	<p>3 Caesar Pasta Chicken Salad Pickled Beets Fruit Salad Parmesan Bread Stick Pudding</p>	<p>4 Sloppy Joe on Bun Sweet Potato Fries Spinach Salad Clementine White Chocolate Macadamia Cookie</p>
<p>7 Vegetable Noodle Soup Tuna Salad Sandwich Pickles/Olives/Hard Cooked Egg Chilled Peaches Chocolate Pudding</p>	<p>8 Oven Fried Chicken Baked Potato with Sour Cream Butterd Spinach with Lemon Lemon Cream Fruit Salad Bran Muffin Brownie</p>	<p>9 Meyers Day Christmas Dinner Roast Beef with Gravy Herb Dressing Cranberry Relish Roasted Butternut Squash Lime Jello with Diced Pears Whole Wheat Roll Cherry Pie</p>	<p>10 Chicken Gyros & Tzatziki Sauce with Lettuce and Tomato Greek Rice Steamed Carrots Cucumber & Tomato Salad Mandarin Orange Poke Cake</p>	<p>11 Meatloaf with Ketchup Zigzag Whipped Potatoes with Gravy Buttered Mixed Vegetable Pineapple Coleslaw Buttermilk Biscuit Peanut Butter Cookie</p>
<p>14 Corn Chowder Chicken Salad Croissant Lettuce, Tomatoes, Pickle Spear Tropical Fruit Cup Royale Cookie</p>	<p>15 Baked Cod with Tartar Sauce Au Gratin Potatoes German blend Vegetables Ambrosia Salad Oatmeal Roll Frosted Banana Bar</p>	<p>16 Salisbury Steak with Sautéed Onions Baked Beans Capri Blend Vegetables Tropical Fruit Cup Dinner Roll Lemon Cooler Cookie</p>	<p>17 Roast Pork with Gravy Whipped Potatoes Prince Charles Veggie Tossed Salad w/ Fruit & Dressing Biscuit with Jam Marble Cake</p>	<p>18 Chicken Patty/Lettuce Leaf and Tomato Slice Garnish Macaroni and Cheese Broccoli with Lemon Butter Dry Jello Fruit Salad Blueberry Muffin Butterscotch Pudding</p>
<p>21 Gillies Swiss Steak Parslied Buttered Noodles Oven Roasted Zucchini Bake Fruited Coleslaw Cornbread Raspberry Rice Krispie Dessert</p>	<p>22 Minestrone Soup Fruited Chicken Salad with Fruit Ring Relish Plate: Baby Carrots,, Olives, Sliced egg, Dip Bread Sticks Bread Pudding with Carmel Sauce</p>	<p>23 Beef Stew with Vegetables And Potatoes in a bread bowl Fruit Salad Dinner Roll –Meals on Wheels Berry Pie</p>	<p>24 Brunch Served at 11:00 V-8 Juice Sausage, Egg Biscuit Hash Brown Potatoes Seasonal Fruit Cup Cinnamon Roll</p>	<p>25 MERRY CHRISTMAS </p>
<p>28 I Italian Sausage Soup Mini Chef Salad with Turkey, Ham, and Egg Slices Cheddar Bay Biscuit Clementine Oranges Frosted Sugar Cookie</p>	<p>29 Parmesan Chicken Baked Potato with Sour Cream Key Largo Blend Veggie Tossed Salad with Kidney Beans And Dressing Whole Wheat Roll Coconut Crunch</p>	<p>30 Beef Stroganoff Buttered Noodles Brussel Sprouts Carrot Raisin Salad Dinner Roll Fruit Cocktail Cake</p>	<p>31 Ham and Beans Fresh Veggies with Dip Corn Muffin with Honey Butter Fruit Cup Lemon Pudding</p>	



December Birthdays—Happy Birthday to You!

Annette Anderson, Darlene Anderson, Mary Lee Anderson, Nadine Anderson, Caroline Anderton, Duard Andreason, Dixie Apodaca, Steve Atkinson, Hazel Asay, Georgiana Banellis, Sam Banner, Darlene Barker, Bobbie Baron, Bob Bateman, VaLoy Booth, Wayne Bowcutt, DeVon Breitenbeker, Lota Brinton, Bonnie Lee Bryson, Dona Busenbark, Linda Caldwell, Donna Callaway, Sam Cardenas, Jean Carr, Margaret Carr, Mary Jo Chace, Janet Chadwick, Wendall N Christensen, Connie Clement, Sandra Clifton, Lila Coburn, Bobbie Coltharp, Carol Cook, Ramona Davis, Cheryl Dickey, David Dickey, Don Dunbar, Gerald Dunn, Arlene Edwards, Karen Everton, Richard Forsgren, Irene Francis, Frances Frazier, James Garvin, Lawren Green, Bonnie Grippen,

Beth Gurrister, DeeJay Hammon, Donna Hansen, Florence Hansen, Marilyn Hansen, Dan Heaps, Diane Hechtle, Mary Hess, Judy Hoppie, Lee Howard, Dennis Hume, Bryon Hunsaker, Patricia Hunsaker, Teresa Iverson, Katherine Jensen, Penny Jensen, Glenda Jeppsen, Dick Kaeser, Betty Kay, Jay Keller, Floyd Kling, Carol Knickmeier, Mona Kotter, David Lamb, Caroline Lomaquahu, Christine MacFarlane, Eva Jane Marsh, Geraldine McGaha, Theda Mchugh, Everette McKinstry, Carolyn Miller, Dawn Mumford, Susan Murray, Blen Nance, Adrian Nelson, Farrell Nielson, Ilene Noorda, Reese Norr, Maxine Nyland, Dean Olsen, Judy Olsen, Conseulo Perea, Evelyn Petersen, Richard Pett, LuDawn Pierce, Dennis Pimper, John Plowman,

Alice Powell, Sterling Purser, Geraldine Reeder, Cheryl Reeves, Von Ritchie, Germaine Roberts, Kris Robinette, Reid Robinette, Donald Saunders, Leon Scoffield, Charlie Skeen, Ronald J Smith, Marlene Snow, Marcia Stuart, Lynette Summers, Germaine Tanner, Norman Thedell, Doug Thomas, Dona Thompson, Michael Tomany, Joan Tuft, Edward Valcarce, Paul Valcarce, Velda Wagstaff, Dee Wallace, Carroll Wayman, Richard Wedgewood, Lynn Wiese, Frank Woodland Donald York, Boyd Young, Bonnie Zehrung.



Alzheimer's Support Group & Memory Club

Memory Club is an Alzheimer's Support Group and Memory Club, which are socialization groups for those with memory problems. Both groups generally meet together for 30 minutes, then split with caregivers retiring to the lounge. Memory Club will meet on December 9 and then take a brief break until January

Caregivers Comfort Club

Caregiver's Comfort Club will not meet in December. Plan now to join us on January 20, 2016 for a presentation designed to "Chase Away the Winter Blues." A light dinner will be served. RSVP to Vickie Wright at 435-226-1454

Medicare Open Enrollment Ends December 7, 2015

Each year your Medicare Prescription Drug plan should be reviewed between October 15 and December 7. The drug plans have the opportunity to change the prices, deductibles and formularies which could impact your bottom line. It is the goal of your SHIP counselors to get you the best plan for the lowest cost that will meet your needs. Don't assume that the plan you have this year will still be the best plan for next year. Call 435-226-1450 today to schedule your appointment with Gary, Nancy or Vickie. Bring your Medicare card and a complete list of your medications, including dosage to your appointment.

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,473 for singles (\$1,992 for couples) and your assets are not more than \$13,640 for singles (\$27,250 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.

Gary, Nancy and Vickie, 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. They are also available to help with other Medicare needs.

WANT ADS

The following ads are provided free of charge as a service for our seniors.

The meaning of life is to give life a meaning. The elderly in your neighborhood need you!

Looking for Meals on Wheels Drivers Monday—Friday from 11:00-12:00. Please call Rocheal at 435-226-1454

LOLA'S LOVING CARE Respite Care/Companion Service.

Reasonable rates. No personal care or lifting. Will stay with your loved one while you take a much needed break. References on request. Please call 435-740-4648.

Knitted Washcloths are needed for the Treasures Under Glass. Yarn will be supplied. Please contact Tammy 435-226-1452 for more information.

Do you love the holidays and decorating? Gary is looking for a few creative people to assist with decorating the Center for the different seasons, events and holidays throughout the year. We have lots of supplies if you have ideas. See Gary Baron or call him at 435-226-1453




Do you Shop at Smith's Food and Drug?

Do you use a rewards card? You have the opportunity to help Brigham City Senior Center earn a little extra cash by designating Box Elder Golden Spike Senior Services as the recipient of the Smith's Community Rewards. There is no cost to enroll, and enrollment will not affect your fuel points or coupon discounts. See Bonnie for help. <https://www.smithsfoodanddrug.com/topic/community-rewards-3>

Making Daily Activities Simpler and Safer

Simple changes in a home can help an older adult conserve more energy. Here are some things you can do to make daily activities simpler:

- Store household items on lower shelves so that you can easily reach them.
- Use a reaching device that you can buy at a medical supply store so you do not need to climb for an item.
- If you have trouble seeing, purchase a phone with larger numbers from a medical supply store.
- If you have to climb for something, use a step stool with handrails.
- Do not try to carry too many things at the same time.
- Have a place near your door where you can place packages and groceries while you close the door and get ready to put items away.
- Wear low-heeled, comfortable shoes that fit well and give your feet good support.
- Use footwear with nonskid soles and check the heels and soles of your shoes for wear.
- Repair or replace worn heels or soles.
- Do not wear socks without shoes on smooth floors.

Death Announcements

Roland Hoolman, 81, passed away 10/27/15
 Alma "Jean" Stark Wagstaff, 64, passed away 10/31/15
 Michael Iverson, 61, passed away 10/30/15
 Tayten John Bodily, 22, passed away 11/01/15
 Donna Mary Rader Ward, 83, passed away 10/28/15
 Max Owen Whitaker, 65, passed away 11/04/15
 Thomas Burns Sneddon, Jr., 43, passed away 10/31/2015
 Grant L. "Boozie" Busenbark, 88, passed away 11/14/15
 Dolores Merrill, 93, passed away 11/16/15
 Elaine Norr Hoshock, 90, passed away 11/7/15
 Darel O. Johnson 89, passed away 11/11/15
 Patricia Jones Munson, 80, passed away 11/12/15
 Wendell M. Christensen, 79, passed away 11/14/15
 Phyllis Rader Udy, 92, passed away 11/18/2015
 John L. Ranjel, 64, passed away 11/14/2015



Give a meaningful gift this holiday season.

Donate blood.

Brigham City Community Center
 BLOOD DRIVE

24 North 300 West - Gym

Tuesday, December 22, 2015
 2:30 PM - 7:30 PM

To schedule your appointment or for more information, contact Nancy Green at (435) 226-1451.

If you have questions regarding your eligibility to donate blood, please call 1-866-236-3276.

Give Something that Means Something® Schedule your appointment today.
 Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

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CHRISTMAS
bazaar

Saturday December 5, 2015
9:00am - 3:00pm
Brigham City Senior Center
24 North 300 West

**Gifts
Food
Door
Prizes**

...walking in a winter wonderland

We're Wishin'

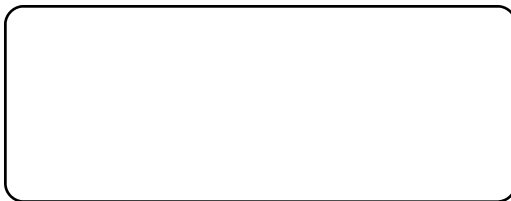
- New Handmade Items for gift shop
- Forever Postage Stamps.
- Baby Grand Piano
- BINGO prizes



Thank you Subaru!

Printing of this newsletter was made possible in part by a grant from Subaru. Thank you!

If you purchase or lease a new Subaru between November 19, 2015 and January 2, 2016, you can designate \$250 to go to Meals on Wheels America through the Share the Love Campaign.



The Senior Center receives funding from Bear River Association of Government

The newsletter is published monthly by the Senior Center. A mailed subscription is available for \$8.50 per year or 25¢ a copy. Comments/suggestions are always welcome.

Brigham City Senior Center
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