



Senior News



May 2012

"A Caring Place to Grow Old"

25¢ Volume 14 Issue 5

Activities at a Glance

- 1 ZUMBA 10:00
- 2 Bead Class 10:30; CTAC 10:00; Birthday Party 12:00; Integrity Foot Clinic 12:30 by appt.; Crystal Springs 1:15
- 3 CENTER CLOSED
- 4 Becky Kimball 11:30; ZUMBA 1:00
- 7 Fiesta!! Sponsored by Gorditas
- 8 ZUMBA 10:00; Integrity Foot Clinic 12:30 by appt.
- 9 Memory Club 10:00; Wii Bowling 11:00; Crystal Springs 1:15
- 10 Chiropractic by appt 8:30 723-2311; Senior Idol 11:00; Myers Sponsors Lunch 12:00; Caregivers Comfort Club 6:00
- 11 Odell Summers and his Xylophone 11:30; Mother's Day Luncheon 12:00
- 14 Advisory Council 9:15; DUP Museum Trip 10:00; Kelly Warren 11:30
- 15 ZUMBA 10:00
- 16 CTAC 1:30; Crystal Springs 1:15
- 17 Hogle Zoo Trip 9:00
- 18 AARP Safe Driving @EMS 8:30; Senior Showcase 11:00
- 21 Wendover 7:30 a.m.; Happy Feet Foot Clinic 10:00 by appt.; Kelly Warren 11:30
- 22 ZUMBA 10:00
- 23 Memory Club 10:00; Crystal Springs 1:15
- 25 Music Therapy with Camille 11:15
- 28 CENTER CLOSED
- 29 ZUMBA
- 31 City Creek Trip

Older Americans Month—

Never Too Old to Play

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—Never Too Old to Play!—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups. Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity. Brigham City Senior Center provides services, support, and resources to older Americans year-round. Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

(Play continued on page 2)

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Word Search:

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

FIND THE FOLLOWING:

Activities, baseball, basketball, bike riding, bowling, brain games, ceramics, chess, choices, concerts, crafting, creative, croquet, cuisine, dating, drawing, engagement, exercise, football games, gardening, goals, golfing, hiking, identity, kite flying, mobility, music, oil painting, picnics, playing, puzzles, reading, relationships, reunions, Senior Olympics, sightseeing, skydiving, soccer, social, swimming, tennis, traveling, Trivial Pursuit, walking, watercolor, woodcarving, Yahtzee.

Play from page 1)

The Senior Center is joining in the national celebration of Older Americans Month 2012 with activities and events to promote intergenerational engagement and recreation. We invite you to join in the fun! To find out how you can support Older Americans Month, check the activities page. Also, join Nancy at City Council Thursday, May 3 as she encourages Mayor Dennis J. Fife to proclaim May "Older Americans month" in Brigham City. Council meeting begins at 7:00 p.m. in the City Council Cham-



Gardening Can Improve Your Health

Gardening can really contribute to your health is a positive way. We are living longer lives and have more leisure time, so why not use some of that time in an activity such as gardening that is enjoyable as well as beneficial to your health? The health benefits of gardening are abundant. Some of the findings include:

- * **Stress Relief** Spending time in nature reduces stress. A garden can be an escape from the pressures of life and can help to lower blood pressure. Working in a garden also helps those who are sick recover more quickly.
- * **Exercise** Gardening offers the same benefits as other forms of exercise because you are using all of the major muscle groups. It can be a form of strength training and stretching. It also helps to build endurance and flexibility and may help with balance.
- * **Mental Health** People tend to be more compassionate towards others, have less worry, and anxiety, and feel less depressed when flowers are present in the home and yard. Gardening can also teach you to have more patience.
- * **Lower Dementia risk** Gardeners have a 36-47% lower risk of dementia than non-gardeners even when other health risks were taken into account.
- * **Spiritual Wellbeing** Gardening can be meditative and peaceful. Gardening shifts your focus away from illness and helps you look forward from year to year creating a sense of optimism about the future.
- * **Better Nutrition** Eating a diet with lots of fresh produce gives you more energy, helps reduce weight gain, and may reduce the effects of aging.
- * **Gardening is Easy Anywhere** Many luscious vegetables can be grown in containers on your patio. Berry plants and dwarf fruit trees fit into most yards with ease.

*Info provided by Rocky Mountain Care
435-753-8220*



Days Gone By

with Doug Thompson

The Worst of Times and the Best of Times

When we arrived in Missouri in 1956, it was late summer and school was about to start. We were in a small trailer court not far from the local Dairy Queen on the main east-west artery that led to the city of Neosho.

I was used to one classroom with one teacher in California in the fourth grade, but here in Neosho it was like high school with six different classes and six different teachers. The fifth grade for me was a real challenge. I was lost. I couldn't remember what class I was supposed to be in from one day to the next. I wandered the halls hiding until I wandered away to the park. I hated going to school. It wasn't long before we left Neosho and moved further south a few miles to a smaller town called Goodman. I had thought for many years after this that we moved because of my problems at school, but found out that it wasn't true. We moved because money was tight and dad found a lot to put the trailer on that was cheaper than the trailer court. The lot was located close to the railroad tracks. I remember the train passing by around 1:30 or 2:00 a.m. every morning. It shook our little home like an earthquake. We eventually got used to it. Well, maybe not, we just tolerated it.

The school system in Goodman was like the one in California--one classroom and one teacher. They were building a new school and had split up all the classes around town in other buildings while the new one was being built. My fifth grade class was being held in the basement of the Methodist church. We were there a couple of months. In those two

months we became very close, and the teacher made me feel good about myself again. The school year ended and summer was just around the corner.

I would buy comic books to read like all boys my age. In the back cover would be advertisements. One of those ads promised great prizes for selling seeds. I thought how easy it would be to sell seeds in a rural community like ours. Everybody had a garden, even us. I sent off for the booklet that told about all the stuff you could get. I especially liked the wood burning set. Mom helped me order the seeds. I remember going by the post office every day until the box finally came. I could see a potential problem, because there were a lot of boys that had the same idea. By the time my box came they had already been around town. Almost every house I went to had already been visited by another boy. I was getting discouraged. What am I going to do with all these seeds? Mom and dad can't buy them all. I'll never get the wood burning set that I so desperately wanted. What could I do? Please help me God. I had to keep on trying, even though I wanted to give up.

There was another road that led out of town on the north end. It went to the main highway. Not many people used it, unless they lived out there. The houses were a lot further apart than those in town. The first couple I came to didn't want any seeds. Another quarter mile down the road, I came to a house that had a picket fence which needed painting. As I stopped at the gate the front door filled up with about six or seven kids of varying ages, all staring at me. I was very intimidated. I think desperation pushed me through the gate. When I started toward the house, all those kids started calling for their momma to come. "He's coming," they said. A large woman came to the door. She saw the box of seeds I was holding and said, "Well, come on in here. I've been waiting for one of you boys

to come with your seeds. Why it's been time to plant for almost a week."

I sold every packet of seeds I had to that woman, except for the flower seeds. When I left that house, I felt 10 feet tall. I kept walking down that road knocking on doors to sell what I had left, but it didn't matter any more. When I got to the main highway, I sold a few packets of flower seeds to an elderly couple that gave me a dozen bantam eggs to take home.

When the wood burning set arrived, I played with it for about a week. I don't know what I did with it after that. I still get tears in my eyes when I remember how I was rescued by a woman with a house full of kids. I learned from that experience. Don't give up when it seems that all is lost. Go a little farther and hang on a little longer. God really does hear our prayers.



Safe Use of Prescription Pain Medication

Prescription pain medications can be dangerous—even fatal—if used incorrectly. One key factor that many overlook is the safe storage of their medications. Just by having prescription pain medications in your home you are at increased risk for theft. Some easy to follow guidelines include:

- Store medications out of reach of children and visitors – including your home health workers and others who come into your home.
- Know where your medications are at all times.
- Keep medications in their original bottle with the label attached and with the child-resistant cap secured.
- Keep track of the number of pills in your bottle so that you are immediately aware if any are missing.
- Dispose of all unused and expired medications properly.

A collection site for your unused medications is available at City Hall outside of the Police Department.
20 N. Main Street.



Travel Destinations & Activities

Fiesta de Mayo with Gorditas May 7, 2012 11:30 a.m.

Suggested \$2.75 donation

Enjoy the true flavors of the culture as we join with Gorditas Market to throw a fiesta. We will have loads of fun including the breaking of a piñata. We will also enjoy a delicious lunch prepared by the great folks from Gorditas. Please make sure that you sign up for lunch so that we can plan and prepare enough food for everyone that wants to join in the fun.

Wii Bowl for Posies May 9, 2012 11:00

To continue our fun themed Wii bowling activities, we will be bowling for Mother's Day flowers. Wii bowling is fun for everyone even those that need to remain seated. If you have always wanted to join us for the fun, don't hesitate –sign up now. Michael Allen of Modern Woodmen of America will join us and provide refreshments

Senior Idol May 10, 2012 11:00

A reigning idol can only bask in the glory so long and then we must crown another Brigham City Senior Idol. Community Nursing Services will join us again to emcee and sponsor the senior idol karaoke competition. Even though many take this competition very seriously, don't hesitate to join in and show everyone your talent. This always proves to be great fun. Stay and join us for lunch.

Mother's Day Luncheon May 11, 2012 12:00

A perfect way to honor the women in our lives. Join us for a delicious lunch and pleasant atmosphere. A form is available at the back desk to record any special memories that you have of being a mother or of your own mother. Turn these in to Nancy after completion. We will

share these during the luncheon. Also, as an extra tribute, if you have a photo of your Mother that you would like to share, Nancy will make a copy to post. Please join us.

DUP Museum Trip May 14, 2012 10:00 \$5

The Daughters of the Utah Pioneers museum is a State treasure. Come with us as we visit the museum and then enjoy lunch at the Joseph Smith Memorial Building's Garden Restaurant. Lunch is Dutch treat. This is a great opportunity to learn more about Utah's history and enjoy a great day out on the town. Maybe this will whet your appetite for the City Creek trip on the thirty-first!

Zoo Safari with Access May 17, 2012 9:00 \$5

Access Home Health and Hospice is once again sponsoring a trip to Hogle Zoo. Come join us on a safari, wander about at your own pace, or join some of the staff for scheduled group tours of some of the zoo areas. The Senior Center will provide sack lunches and we hope to enjoy our lunches during a presentation by a Hogle Zoo staff member. We plan to accommodate as many walkers and wheelchairs as possible but plan on lots of walking. Be sure to bring your sunscreen and other personal affects to make sure that you have a pleasant day. Thank you Access!

Senior Showcase May 18, 2012 11:00

Since May is "Older Americans Month" we like to pay extra tribute to the talented seniors in our midst. The Senior Showcase is designed to show off these talents whether they are created items or musical gifts. Items for display will be set up for others to look at from 11 a.m. to 1:00 p.m. The talent show portion will begin at 12:15 or after everyone is served their lunch. All talents are encouraged to participate. Please see

Gary for an information form so that we can schedule a time for each participant. In the past, we have had comedians, singers. Instrumentalist, duos and thespians. Please plan on participating.

Wendover May 21, 2012 7:30 a.m. \$20

Fun! Fun! Fun! That says it all when Alpine by Encompass Homecare and Hospice sponsors our trip! Twenty dollars gets you the bus trip, buffet lunch, five dollars cash back, a free beverage and fun bucks. Also included are awesome BINGO prizes on the way. Reserved seating for all seats.

Music Therapy Program May 25, 2012 11:15

Camille from Hearts for Home Health and Hospice will join us again with her guitar for a fun-filled time of music and song. If you participated the last time that Camille was here, you know that this is a "don't miss out" event. Come for the fun and then stay and join us for lunch.

City Creek Center Trip May 31, 2012 9:00 a.m. \$5 Dutch Lunch

Emily Bradley and friends of CURO Home Health and Hospice is going to join us for a fun day of retail therapy at the new City Creek Center. We will board the bus at the Center and then transfer to the Front Runner for a trip to Salt Lake City to the new mall. 91 great stores and restaurants await. Guaranteed to be a fun day!

Change in Travel Program Reservation Policy

The City's Accounting Policy for Senior Center trips has changed the way trips are organized. **Payment in full is required within three (3) days of registering to guarantee your seat.** Delays in payment will result in your name being moved to a waiting list, or dropped from the roster.



Marge's Meanderings, or I've been thinking. . .

by Marge Small

You may wonder why I call this column, "Marge's Meanderings", and even if you weren't wondering, I will explain it anyway.

Meandering, according to the dictionary means: "1. to take a winding course, or 2. to wander idly. The word is named after a winding river in Asia Minor." Well, I do like to wander this ol' world and I have been to Asia in April (Japan), so it seemed like a good time to write about it this month. Some people would say it is my mind that likes to wander and they would be right. When I say to my husband, "I've been thinking", he gets a little worried.

My two daughters planned a nice Birthday Surprise for me with their dad. They knew that I had wanted to go to Sasebo, Japan and see our son, Laird, and his family. My husband and I had already been there a few years ago, so he thought we would wait until they transferred to another place in the world before going again. Jack has the philosophy "why go somewhere that you have already been." My answer to that is, "because I liked it the first time," especially, if it involved grandchildren. Last summer, I was wondering aloud about what Jack would be doing for my "big" birthday in March. I usually say this around the girls since they have been in charge of their dad and my presents since their dad got me the chartreuse green plastic canisters with orange mushrooms on them for Mother's day.

Just in case you haven't been following my meandering mind, I was talking about wondering last summer about my birthday present for my "big" birthday in March. Marni happily said, "Oh don't worry about that, Mom! Dad is buying you a ticket to Japan and I am going to go to take care of you. (I guess on that birthday, they thought I was old enough for a caretaker). Our other daughter, Teri, had visited Japan with her husband, but she thought it

would be fun to make it a "Mother's/ Daughter's" trip and that made it even better. We invited the daughters in law but they were unable to go! That is why my two "caretaker" daughters and I left on April 3, 2012 to go halfway around the world. I was so thankful to have all that help because I never had to carry luggage, or my purse for that matter, in any airport. They also watched over me in the airplane (especially after I lost my balance, when the plane swerved, and I fell against a sweet Asian lady and scared us both to death.) It was a lengthy flight but I found the time really went by fast



with two daughters to visit with. The airlines arranged that we could all sit together and once we got on the Asian Airlines, it was great all the way. The stewardesses on those airlines are so classy and they anticipate your every need. They go about their duties so quietly and bow to you with everything they do. I love the little warm wash clothes they give you to wash your hands with before your delicious Asian meal. I was ready for sushi and all the other wonderful food that Laird and Blithe had planned for us!

It was marvelous to look through the glass at the Fukuoka, Japan airport and see Laird, Blithe, Jackson, Foster and Anna smiling and waving excitedly at us. That was just the first of an exciting 10 days of marvelous memories with the Sasebo Smalls. The airport is about one and a half hours from the Navy Base where Laird teaches for the Department of Defense Schools (DODS). He has been in Asia 11 years (but comes home every summer). Most people think he is there to teach English, but he is teaching Social Study and American History classes, etc to military dependents. His classes are taught in English to students from all over the world. Laird speaks Japanese

though because of an L.D.S. mission that he served there in his youth. He finds that language comes in very handy on and off base.

The first day we are in Japan, the schedule is very light so we can get over some jet lag. Our first food stop in Japan is for Japanese Noodles at a Rest Stop on the way home from the airport. Their rest stops are more like Mini Malls. During our stay we also had Mongolian Bar B. Q, India Food, Tempura Meat and Veggies, Meat and Veggies Deep Fried on a stick, lots of Sushi, and hamburgers from McDonalds! (Yes they have one on base with cute little Japanese helpers that bow to you all the time they are taking and giving your orders!) Blithe is a marvelous cook, also, and we enjoyed a lot of great food at the Small home.

It is hard to write all our Meanderings in Asia in one column so this may be continued another time, when I tell about all the great places we visited. Right now I'd better "meander" over to my husband and drop some hints in his ear for gifts for Mother's Day, since the Green canisters are long gone.

By the way, do you have a favorite vacation, place you love to go, or present you have received for Mother's day. Why not "meander" over to a pen and paper and write about it for your family and friends? They will thank you for it!

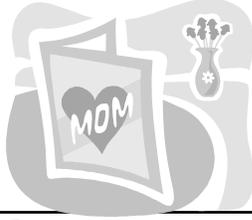
(Playtime continued from page 8)
awards last year.

Teresa Sackett teaches ceramic techniques each Tuesday afternoon at 1:00. A variety of greenware is available for purchase. The craft room is open on Friday for anyone wanting to do ceramics.

Bunka Embroidery meets under the instruction of Raeko Yagi on Monday morning at 9:00. The classes creations are amazing!

Wood carvers meet on Tuesday at 6:00 p.m.

We also have a wide variety of stamps and card making materials that were donated. Feel free to come into the craft room when nothing else is scheduled and unleash your creativity.



May 2012

Menus Subject to Change Without Notice
Milk served with meal.
226-1454



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60.</p>	<p>1 Swedish Meatballs Rice Scandinavian Veggies Tossed Salad Sliced Bread Fresh Fruit</p>	<p>2 Birthday Party Roast Turkey Mashed Potatoes/Gravy Key Largo Veggies Cranberry Jello Salad Roll Cake and Ice Cream</p>	<p>3 CENTER CLOSED For STAFF TRAINING</p>	<p>4 Pork Chop/Stuffing/Gravy Green Beans Cole slaw Raisin Bran Muffin Pudding</p>
<p>7 Fiesta with Gorditas! @ Center Meals on Wheels Veal Parmesan Pasta/Marinara Sauce Italian Blend Veggie 3 bean salad Sliced Bread Cook's Choice Dessert</p>	<p>8 Mini Chef's Salad Cook's Choice Soup Tropical Fruit Cup Blueberry Muffin Sugar Cookie</p>	<p>9 Beef Stew Pickled Beets Dry Jello Salad Whole Wheat Roll Fresh Fruit</p>	<p>10 Myer's Day Swiss Steak Noodles Peas and Carrots Creamy Cucumber Salad Whole Wheat Roll Pumpkin Square</p>	<p>11 Mother's Day Luncheon Aunty's Apricot Chicken Steamed Rice Asparagus Spinach Salad Whole Wheat Roll Blueberry Cheesecake</p>
<p>14 Lasagna Summer Squash Blend Tossed Salad/White beans Bread Stick Lemon Bar</p>	<p>15 Smothered Home-style Chicken Rice Cauliflower Muffin Stewed Tomato Fresh Fruit</p>	<p>16 Baked Cod Baked Potato/Sour Cream Steamed Carrots Biscuit/Honey Butter Fruit Cocktail Raisin Bar</p>	<p>17 Fruited Chicken Salad on a Cantaloupe Ring Fresh Veggies/Dip Muffin Cookie</p>	<p>18 Salisbury Steak Mashed Potatoes Spinach Carrot Raisin Salad Whole Wheat Roll Bread Pudding</p>
<p>21 Gillies Day Russian Chicken Steamed Rice Spring Blend Vegetable Pea Salad Whole Wheat Roll Mini Banana Split</p>	<p>22 Stuffed Pepper Steamed Carrots Fruited Jello Salad Biscuit Cookie</p>	<p>23 Taco Salad Sour Cream/Guacamole Citrus Fruit Cup Chips/Salsa @ Center Corn Muffin MOW Pudding</p>	<p>24 Oven Baked Chicken Rice Pilaf Brussels Sprouts Tossed Salad Whole wheat Roll Fresh Fruit</p>	<p>25 Baked Ham Yummy Potatoes Francais Vegetable Marinated Carrot Salad Roll Fruit Pie</p>
<p>28 CENTER CLOSED For MEMORIAL DAY</p>	<p>29 Chicken Enchilada Wax/Green Bean Blend Corn Muffin Tossed Salad/Black Beans Chocolate Chip Cookie</p>	<p>30 Sweet 'n' Sour Pork Cubes Rice Oriental Blend Vegetable Egg Roll Chinese Cabbage Salad Muffin Pudding/Fortune Cookie</p>	<p>31 BBQ Beef/Bun Broccoli Sweet Potato Fries Macaroni Salad Fresh Fruit</p>	<p>Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>



May 2012 Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 ZUMBA 10:00	2 Bead Class 10:30 CTAC 10:00 Birthday Party 12:00 Integrity Foot Clinic by appt. 723-9000 Crystal Springs 1:15	3 CENTER CLOSED for STAFF TRAINING	4 Becky Kimball 11:30 ZUMBA 1:00
7 Fiesta!! 11:30 Sponsored by Gorditas Market	8 ZUMBA 10:00 Integrity Foot Clinic by appt. 723-9000 RSVP Luncheon @ Maddox	9 Memory Club 10:00 Wii Bowling 11:00 Crystal Springs 1:15	10 Chiropractic by appt 723-2311 Senior Idol Sponsored by CNS-Love 11:00- 1:00 Myers Sponsors lunch Caregivers Club 6:00	11 Odell Summers and his Xylophone 11:30 Mother's Day Luncheon 12:00
14 Advisory Council 9:15 Trip to DUP Museum 10:00 Kelly Warren and his Guitar 11:30 .	15 ZUMBA 10:00	16 CTAC 1:30 Crystal Springs 1:15	17 Trip to Hogle Zoo Sponsored by Access 9:00	18 Senior Showcase 11:00-1:00 AARP Safe Driving at EMS 8:30-12:30
21 Wendover 7:30 Happy Feet Foot Clinic Gillies Sponsors Lunch Kelly Warren and his Guitar 11:30 .	22 ZUMBA 10:00	23 Memory Club 10:00 Crystal Springs 1:15	24	25 Program: Music Ther- apy with Camille from Hearts for Home Health and Hospice 11:15
28 CENTER CLOSED for MEMORIAL DAY	29 ZUMBA 10:00	30 Crystal Springs 1:15	31 Trip to City Creek 9:00	

DAILY

Lunch M-F 12-1
Hall Walking 8-10 a
Library M-F 8-4
Pool Room M-F 8-4

WEEKLY

Advanced Spanish M 10:00 a
Bunka M 9:00
Tai Chi M 10:00 a
Beginning Spanish M 1:00
Intermediate Spanish T 10 a
Watercolor T 9:45-12

Zumba Gold T 10:00
Woodcarving T 6:00 p
Square Dance T 7-10 p
Line Dancing M/W 1:00 p
Yoga Tu/Th 4:00 p
Pinochle Th 1:00
Ceramics Tue 1:00; F 10:00
Oil Painting Th 9:30
Sit & Be Fit W/F 10:00
Chimes F 1:00

Computer classes as scheduled. Contact Nancy to enroll.

GENERAL INFO: Telephone Reassurance, Friendly Visitor, Info. and Referral; Senior Transit M-W-F 226-1456; MOW Hot meals M-F Frozen Sat-Sun.; **Please make lunch & To Go reservations one day in advance.**



May Birthdays— Happy Birthday to You...

Evelyn Anderson, Paul Anderson, Marion Anderson, Ted Anderson, Yvonne Anglesey, Kathleen Aston, Clair Bailey, Burdeen Bailey, Mary Balls, Roland Barker, Melva Baron, Denton Beecher, Ned Biggs, Judy Brailsford, Don Braithwaite, Verdell Call, Elsie Canfield, Gladys Chadwick, Janet Chadwick, Joan Christensen, Barbara Clark, Darrell Clark, Mary Coleman, Dorothy Corwin, Trudy Damon, Mary Davis, William Davis, Dian Drewes, Betty DuFour, Lucy Earl, Sherolyn Egelund, Ruth Elgan, Dixie Forsgren, Donna Fullmer, Frank Fullmer, Lee Gentry, Leo Gibby, Lawrence Green, Leila Grover, Lloyd Gunther, Richard Hansen, Jim Harger, Earl Harper, Delores Helms, Marjorie Himes, Mary Ann Holman, Earl Lynn Hone, Robert Hurst, Gwen Hyde, Tsiduki Imoto, Leda Jeffery, Gloria Jensen, Clara Jeppsen, Zelma Jeppsen, Dixie Jones, Dorothy Knudsen, Jay Kotter, Alberta Lammert, Mae Lindell,

Colleen Long, Darrell Loveland, George Mavridis, Sheila May, Kaye McFarland, Bobbie McNeely, Ray McQuain, Delores Merrill, Darlene Miller, Jean Minert, Melvin Nielson, Minnie Nieto, Dan Nisonger, Marye Okada, Jerald Palmer, Don Perkes, Farrell Peters, Beulah Petersen, Ellen Petersen, Una Peterson, Karen Phillips, Duane Phippen, Rachel Poulson, Laprielle Price, Marlene Rapp, Donald Rasmussen, John Rausch, Vera Rawlins, Stewart Reeves, Laverne Rennemeyer, Lynn Richards, Rae Riser, Ilene Robinette, Dallas Roche, Weston Ross, Dalene Scothern, Carolyn Sever, Juana Silva, Darold Skenandore, Arch Stanger, Sandy Stoddard, Marva Stokes, Katie Tawatari, Luella Tincher, Lois Tompkins, Marilyn Travis, Virginia Velasquez, Charles Voris, Joyce Walker, Pat Watkins, Janet Whitaker, Reba Wright, Annie Young, and Joe Zehrung.

Many Ways to Play at the Center

Have you caught the Zumba Fever yet? Each Tuesday morning, a lively group joins in the fun with Zumba Gold certified instructor, Becky Kimball. The music is catchy and the moves are exhilarating and easy-to-follow. The zesty Latin music, like salsa, merengue, cumbia and reggaeton and the moves, create an invigorating, party-like atmosphere. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

If Zumba isn't your style, you might be interested in our Yoga class. Each Tuesday and Thursday afternoon at 4:00, Debbie Compton leads a group in senior friendly yoga. Participants report increased range of motion, greater flexibility and better balance.

Like to dance but don't have a partner? Join us for line dance at 1:00 on Monday and Wednesday as Dalene Scothern leads us through some great moves. The music is lively and the steps are easy to learn. The ladies even show off their moves when we have an evening dance.

The importance of strength training is encouraged at our Sit and Be Fit classes held Wednesday and Friday mornings at 10:00. Whether it is DeAnn or Marilyn leading the group, you are guaranteed to have a good time and increase your fitness level.

The Fitness Room is open from 7:00 a.m. to 5:00 p.m. and includes a treadmill, elliptical and 3 bikes for your exercise needs. Talk to a staff member if you

Shred Fest Scheduled

Most of us have documents and mailings that we need to dispose of safely. Brigham City Senior Center is hosting a Shred-fest on June 14 from 11-1 in our South Parking lot. Begin gathering your documents now. There is no charge for this service. We will publish a list next month of what you should shred and how long you should keep different documents and information.

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,396 for singles (\$1,891 for couples) and your assets are not more than \$13,070 for singles (\$26,120 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.

Nancy and Vickie are Senior Health Insurance Information Program (SHIP) counselors will be happy to help you with your needs. Please call for an appointment for free assistance applying for Extra Help.

have questions.

There is no charge for any of the fitness classes at this time. We encourage everyone to participate at some level to maintain their health.

If you would rather unleash your creativity, there are several opportunities to get involved in the arts. Watercolors meets under the instruction of lantha Folkman each Tuesday morning at 9:45. She takes her students through basic drawing to watercolor techniques that have most her students exhibiting in the Peach Days Art Show.

Colleen Bradford is the Oil Painting instructor each Thursday morning at 9:30. Her students took several

(Playtime continued on page 5)

WANT ADS

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

Annual Yard Sale May 5 at Senior Housing, 400 N and Main, 8-1. No early birds. Rain date May 12. Electronics, clothing, and more!

St. Mark's Terrace Affordable Housing for seniors. Rent based on income. Utilities included, free use of Washer/Dryer for residence. Small pets welcome. Contact Jeannie (or Melissa on Thursdays) at 435-734-2169.

Bountiful Baskets is a wonderful way to add more fruits and vegetables into your diet. The basket is ordered using the computer on Monday and Tuesday and then picked up here at the Center early Saturday morning. Check out the website at www.bountifulbaskets.org. Ask Nancy for more information.

Meals On Wheels Needs You! Drivers are needed M-F. If you are able to help deliver meals, someone is waiting with a smile of thanks and a hot meal that makes a difference in their life. Contact Rocheal if you can help. **226-1454**

SHELLED WALNUTS FOR SALE Ready when YOU need them. Two pounds for \$8.00. Call Bonnie or Joe at 723-1769.

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. 435-740-4648.

ALTERATIONS Reliable, excellent seamstress. Call Karen at 723-7119.

NEED HOUSEKEEPING? Contact Gail Diane at 723-8894. Licensed. References available.

BENCHMARK SERVICES Window cleaning, yard recovery/care, handyman. Senior Center approved. Call Mark Folkman at 435-695-3739 for an estimate.

Beading with LuAnn

Looking for a different Mother's Day gift? LuAnn Thurkill will be bringing her beads and scarves on Wednesday, May 2, from 10:30-2:00. She has a colorful array of scarves and embellishments to choose from. You can create this one of a kind accessory for yourself or your loved one. This easy project requires no sewing! Cost ranges from \$7-14 each depending on your choices. Held in the craft room.

HOUSE CLEANING One time or on a regular basis. References available. Lorraine Sippel 435-720-3990

Affordable Senior Housing St. Mark's Terrace has openings. Small pets okay. Call Janie or Melissa at 435-734-2169

CUSTOM SEWING Dog Clothes, doll clothes, aprons, gift and unique items. Experienced seamstress. Barbara Heldreth 1-760-508-4261

Cache Geological and Archeological Society presents: "2012 -A Rock Odyssey"

This years rock and gem show will be held May 10, 11 and 12 at the Bridgerland Applied Tech College 1000 W 1400 North, Logan, UT. 10:00-8:00 Thursday and Friday; 9:00-6:00 Saturday. Supplies, rocks, minerals, beads, fossils, jewelry, displays, exhibits, demonstrations, equipment, door prizes, wheel of fortune, and two-bit mining available. Come join in the fun and see why Gary Warren has rocks in his head!

CRAFTERS NEEDED We are gearing up for Peach Days and are in need of crafters to embroider, crochet edging, knit washcloths and crochet scrubbies. If you have something else that you would like to contribute, contact lantha. All materials are provided. Proceeds benefit Meals on Wheels and provide a hot, daily meal for homebound individuals

Comfort Club

Our guest speaker for our May 10 meeting will be Debbie McBride, Utah Medicaid Eligibility Policy Specialist. An expert in her field, she will address the topic of "Medicaid Long Term Care Benefits." We will meet at 6:00 p.m. A light meal will be served. Please RSVP to Vickie at 226-1455, or Nancy at 226-1451.

Memory Club

Memory Club will meet on May 9 and 23 from 10:00-Noon in association with Alzheimer's Assoc., BRAG, CNS-Love Hospice, and Access Homehealth & Hospice. This group is designed for those with memory loss and their caregiver.



Growing Pains The City has obtained a grant to seismically retrofit the Community/Senior Center. The hope is to accomplish this as quickly as possible. The Center will be closed to activities the month of July. We will still be functioning -just not in our building. Our kitchen will not be affected so we will continue to provide Meals on Wheels and will have our congregate meal in different locations throughout the community. We will do our best to keep you informed utilizing the newspaper, marquee and our website. Expect to have more trips and lots of fun while we are displaced. Also, pray for two weeks without rain during this period so that they can lift the roof. The parking lot will also be enlarged and enhanced at this time.

Volunteer Corner

This month we salute **Ray Don Reese** for his 15 years of service for the Senior Center. He began his service as a member of the Mayor's Advisory Council on Aging and has continued to serve through the delivery of Meals on Wheels and is currently serving on the BEGSSS Board. He loves the opportunity to serve others who need assistance. He has had many interesting experiences while delivering meals including defrosting a refrigerator and assisting a lady who had fallen. He has made many new friends and has delivered meals to people that he hasn't seen for many years. When he isn't busy helping others at the Center he has a myriad of hobbies that keep him busy including playing golf, amateur coin collecting and handyman projects.

Ray Don spent his employment years in education. Serving as a

teacher, librarian and administrator at Box Elder and Roy High Schools, and the Tongan Islands, He retired as a BIA Education Specialist and LDS Church Supervisor.

He served in the US Navy for 4 years and has lived in several places including the Tongan Islands and Western Canada. He enjoys traveling and has been to Native American sites from Nome, Alaska to Miami, Florida and many points in between. Ray Don and his wife, Dorothy, have 4 children, 11 grandchildren, and 1 great-granddaughter.

Thank you, Ray Don, for your many years of tireless service to the seniors of our community. We truly appreciate you!

"Of course I'm proud that you invented the electric light bulb, dear. Now turn off that light and get to bed!"

~ Thomas Alva Edison's Mom

We're Wishin'



Laundry Detergent
Flour sack/bar dish/bar towels
Forever Stamps
36" or larger flat screen television
Box Fan for Fitness Room
Juke Box

Thank you! Marianne Butler for the donation of a DVD player.. Your generosity is truly appreciated.

Look for the following symbol hidden somewhere in this issue of the Senior News.



"Youth fades; love droops; the leaves of friendship fall; A mother's secret love outlives them all."
~ Oliver Wendell Holmes, Sr.

"The future destiny of a child is always the work of the mother."
~ Napoleon Bonaparte



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Senior News

