Connected

August 2018
Heather Nalette 435-336-3014

Happy Birthday!
Joan Benson – PC
Donna Buys – PC
Janet Carroll – PC
Iris Loiselle – PC
Lorraine Stuecken – PC
Jean Clark – NS
Gwen Woolstenhulem – NS
Cindy McGeHee – NS
Phil Geary – NS
Eve Schruhl – SS
Linda Hupp – SS
Berta Potter – SS
Carolyn Park – SS
Joseph Tatton – SS
Patty Larsen – SS
Mary Lewis – SS
LaDene Atkinson – SS
Della Stevens – SS
Dick Jorgensen – SS
Kathy Moffat – SS
General Home Safety

By taking the time to increase the safety of your home you will help prevent injuries to yourself and your loved ones.

- Remove any tripping hazards like loose area rugs, uneven floorboards, or extension cords.
- Place motion-activated lights throughout your home to improve visibility.
- Use timers to turn lights on at dusk.
- Purchase battery-backup lighting that is activated during a power outage.
- Keep your doors and windows locked at all times - many break-ins occur during daylight hours.
- Maintain an emergency supply of food and water along with a week’s worth of any prescription medications.
- Keep rooms clean and free of clutter
- Make sure walkways are free of cords and wires
- Ensure that floors are not too slippery and be aware of differences in floor levels when entering and exiting rooms
- Make sure there is nothing on stairwells and that they are properly lit
- Consider taking a portable phone with you as you move room to room just in case a fall occurs
- Use rubber matting, a shower chair and if necessary hand rails inside the shower
Friday, August 10

8:00 a.m. – Livestock Judging - See additional Livestock Schedule Here
10:30 a.m. - All Exhibitions, Vendors and Food Booths Open
11:00 a.m. - Carnival Open
11:00 a.m. - 9:00 p.m. - Petting Zoo and Pony Carousel, Fairgrounds
12:00 p.m. - 1:00 p.m. – Summit County Senior Day Luncheon, Entertainment Tent
12:00 p.m. - 1:00 p.m. - South Summit Strings, Entertainment Tent
1:30 p.m. - 2:00 p.m. - Live Entertainment Entertainment Tent
2:00 p.m. – 6:00 p.m. – Premium Booth Open
2:00 p.m. - 2:30 p.m. - Excite Dance Company, Entertainment Tent
2:30 p.m. - 3:00 p.m. - Hypnotist, Entertainment Tent
3:00 p.m. - 4:00 p.m. - Starlight Dance, Entertainment Tent
4:00 p.m. - 11:00 p.m. - Beer, Wine & Spirits Garden Open
5:00 p.m. - 8:00 p.m. - Deep Red Dirt, Entertainment Tent
8:00 p.m. – PRCA Rodeo, Large Arena (ticketed event)
10:00 p.m. - 12:00 p.m. - Teen Dance, Entertainment Tent
10:00 p.m. - Fireworks
August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar’s month of July. The extra day was taken from February. August is also related to the word “auger”, a hole digging tool, because farmers dug for next season at this time every year.

Wednesday October 24th the County activity will be a trip to Swaner Preserve to see the Arachnid Exhibit. Watch for more information in the upcoming newsletters.

December 14, 2018
Grammy Award-winning Country Music Hall of Famers

$30 per ticket - Wait list accepted

Only 50 tickets are available. Must pay in full at time of sign up, tickets are non-refundable but can be transferred if needed. Sign up with Heather by calling 435-336-3014
Summit County Senior Citizen Luncheon

Live Entertainment, Opportunity drawings and a fantastic lunch served by the Summit County Council Members and the Summit County Fair Royalty.

*Limited to residents of Summit County and reservations are mandatory.
The new transit center in Kimball Jct. will have a bus running to the fairgrounds on Friday the 10th.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Fettucine Pasta with Pesto and Turkey, Asparagus, Carrots, Fruit and a Dessert</td>
<td>2 Pork Tenderloin, Stir fry oodles, Zucchini, Mushrooms, Fruit &amp; a Dessert</td>
<td>3 Beef Enchilada, Jazmin Rice with Mixed Veggies, Cherry tomato salad, Fruit and a Dessert</td>
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<tr>
<td>6 Fettucine Pasta with Pesto and Turkey, Asparagus, Carrots, Fruit and a Dessert</td>
<td>8 Roasted Chicken, Funeral potatoes, Broccoli, Beans, Fruit &amp; a Dessert</td>
<td>9 Grilled Salmon, white rice, Squash, Peas, Fruit &amp; a Dessert</td>
<td>10 Senior Lunch at the County Fair</td>
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<tr>
<td>13 BBQ Short Ribs, Mini Baked Potato, Slaw, Fruit &amp; a Dessert</td>
<td>15 Pork Tenderloin, Stir fry oodles, Zucchini, Mushrooms, Fruit &amp; a Dessert</td>
<td>16 Chicken Marcella, Pineapple Couscous, Carrot soup, Fruit &amp; a Dessert</td>
<td>17 Grilled Salmon, White Rice, Squash, Peas, Fruit &amp; a Dessert</td>
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<tr>
<td>20 Roasted chicken, Funeral potatoes, Broccoli, Beans, Fruit &amp; a Dessert</td>
<td>22 BBQ Short Ribs, Mini baked potato, Slaw, Fruit &amp; a Dessert</td>
<td>23 Rosemary Pork Chops, Roasted Red Potatoes, Green Beans, Carrots, Fruit &amp; a Dessert</td>
<td>24 Chicken Marcella, Pineapple Couscous, Carrot soup, Fruit &amp; a Dessert</td>
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<tr>
<td>27 Rosemary Pork Chops, Roasted Red Potatoes, Green Beans, Carrots &amp; a Dessert</td>
<td>29 Meatloaf, Mashed Potatoes, Asparagus, Fruit &amp; a Dessert</td>
<td>30 Meatloaf, Mashed Potatoes, Asparagus, Fruit &amp; a Dessert</td>
<td>31 Rosemary Pork Chops, Roasted Red Potatoes, Green Beans, Carrots &amp; a Dessert</td>
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Serving Three Senior Centers in Summit County

Please call to reserve your seat for lunch;
Park City 435-649-7261, North Summit 435-336-2622, South Summit 435-783-4311

Park City and Kamas open Mon & Thurs, Coalville open Wed & Fri

Menus are subject to change; for more information please contact the senior center.
Kimball Jct. bus schedule

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<thead>
<tr>
<th></th>
<th>Kimball JT</th>
<th>Fair</th>
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<tbody>
<tr>
<td>Bus 1</td>
<td>10:00am</td>
<td>10:45am</td>
<td>11:30am</td>
<td>12:15pm</td>
<td>1:00pm</td>
<td>1:45pm</td>
<td>2:30pm</td>
</tr>
<tr>
<td>Bus 2</td>
<td>11:00am</td>
<td>11:45am</td>
<td>12:30pm</td>
<td>1:15pm</td>
<td>2:00pm</td>
<td>2:45pm</td>
<td>3:30pm</td>
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<tr>
<td>Bus 3</td>
<td>12:00pm</td>
<td>12:45pm</td>
<td>1:30pm</td>
<td>2:15pm</td>
<td>3:00pm</td>
<td>3:45pm</td>
<td>4:30pm</td>
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Park City Transit is generously providing a bus from the Kamas senior center to the Summit County Fair Grounds.

The bus will leave Kamas senior center for the fair at 10:30am. Following the lunch there will be time to look around before the bus leaves at approximately 1:30 to head back to Kamas.
<table>
<thead>
<tr>
<th>Park City Seniors</th>
<th>South Summit Seniors</th>
<th>North Summit Seniors</th>
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<tbody>
<tr>
<td>Exercise Class</td>
<td>August 2nd — Kathy with Applegate doing Blood Pressure Checks</td>
<td>August 7th — Shopping Trip</td>
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<tr>
<td>10 – 11am $3—Every Monday</td>
<td>August 6th — Board Meeting</td>
<td>August 8th — Birthday Party</td>
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<tr>
<td>Tai Chi 9:45 – 11am $3—Every Thursday</td>
<td>August 7th — Castle Valley Pageant</td>
<td>August 15th — Kathy with Applegate doing Blood Pressure Checks</td>
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<tr>
<td>August 13th —Board meeting and Blood Pressures with Applegate</td>
<td>August 13th—Picnic in the park</td>
<td>August 31st —Board Meeting</td>
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<tr>
<td>August 23rd —Blood Pressure and Birthday Cake with Symbii</td>
<td>August 14th—Nature Trip</td>
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<td></td>
<td>August 16th —Symbii Blood Pressure and Birthday Cake</td>
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