

Hurricane Senior Center

April 2017 Newsletter

[Type the company name]

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April 2017 Calendar of Events

April 5 – Advisory Board Meeting

April 5, 12 – Tax Assistance 9am-2pm

April 16 - Easter

April 27 – Birthday/Anniversary Celebration

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

Hurricane Senior Center
95 N 300 W
Hurricane, UT 84737
435-635-2089

...

Hours of Operation

Monday – Thursday
9:00AM – 4:00PM

Lunch served daily –
11:30AM - 12:30PM \$3

Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 10:30 AM – 2:30 PM Monday – Thursday.

Our Dial-A-Ride service to St. George is available Wednesday afternoon for your shopping or medical needs.

Age 60+ suggested donation:
\$5 round trip/\$3 one way

Call 435-635-2089 to schedule.





Volunteer Needed
to lead a Senior
Exercise Class. Instructional
material will be provided. See
the front desk if interested!



New Card
Group
Tuesday &
Thursday
10AM
Come Play!



The Hurricane Senior Center and Washington County Council on Aging receive Federal and State funds to help support our programs, both the activities and nutrition programs – including Meals on Wheels. However, this funding only supports a portion of the services. Your contributions to the cost of this service are very important to maintaining it. We appreciate any support you are able to offer and encourage you to be as generous as possible with your voluntary donations.

Monthly Events

Dixie-Can-Do's Entertain - 1st & 3rd Monday

Jeanie Taylor to Entertain – 1st Wednesday

Living Wills and Trust Information available - 2nd
& 4th Monday @ 11:30am

**Encompass Home & Healthcare – Blood
Pressure & Sugar checks** – 1st & 3rd Wednesday
@ 11:00am-12:00pm

Hurricane Family Pharmacy – Presentation 3rd
Wednesday @ 12:00pm

Zions Way – Hand and Neck Massages – 2nd
Thursday @ 11:00am – 12:00pm

Integrated Senior Care – Presentation last
Monday of month @ 12:00pm

Crochet Class – 2nd & 4th Thurs @ 1:00pm \$1

Beginning Knitting – 2nd & 4th Thurs @ 1:00pm \$1

Craft Class – every Wed @ 12:30pm \$1

Bingo – every Thursday @ 12:30pm

Bridge Group – every Monday @ 12:30 \$.50

Pinochle Group – Tuesdays @ 12:30pm \$.50

Skip Bo Card Group – Tues & Thurs 10am \$.50

Paint Club – Tuesdays @ 1:00pm \$2

Sun Style Tai Chi – every Thurs @ 10:30am \$1

Billiards – Open daily 9am – 3:30pm

Happy Birthday/Anniversary Celebration – last
Thursday of every month!

SPLISH SPLASH, your Wheelchair's Takin' a Bath!

**Fri. April 7
@ 2:00 p.m.**

Right here at Hurricane Rehab!

Have a wheelchair or walker that needs
washed? Come on down and get your
ride scrubbed squeaky clean for **FREE!**

Proudly Presented by:



HEALTHY EATING PATTERNS

These healthy eating patterns not only promote a healthy body weight, they also help to prevent and reduce the risk of chronic disease throughout aging.

Eat a variety of vegetables especially dark-green, red and orange vegetables. Fresh, frozen, and canned vegetables count, however choose "no salt added" or "reduced sodium" when choosing canned vegetables.

Eat whole fruits. Fruits that are dried, frozen, or canned are good too! When buying canned fruit make sure they are in water or 100% juice.

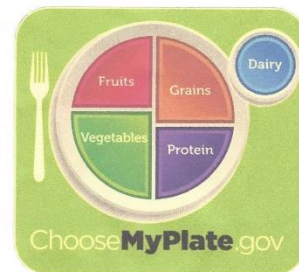
Eat whole grains, at least half of daily grains should be whole.

Eat fat free or low-fat dairy such as milk, yogurt, and fortified soy products. Eat at least 3 servings of dairy per day to make sure you are keeping your bones healthy!

Eat a variety of protein including legumes, seafood, nuts, soy products, lean meats, poultry, eggs.

Foods to cut back on:

- **Solid Fats**- consume less than 10% of calories from saturated fats. Ex: butter, margarine, and lard
- **Added sugars**- consume less than 10% of calories from added sugars.
- **Sodium**- consume less than 1,500 mg of sodium per day.



Adapted from Academy of Nutrition and Dietetics
"Eating Right for Older Adults" recommendations.

April Activities

3-Apr	4-Apr	5-Apr	6-Apr
Dixie Can Do's to perform @ Lunch Bridge 12:30-3:30	SKIP BO 10:00 Cards 1:00 Painting Club 1:00	Taxes 9:00-2:00 Jeannie Taylor to perform Blood Pressure/Sugar 11:00-12:00 Craft Class 1:00-3:00	Billiards 9:30-11:00 Skip Bo 10:00 Tai-Chi 10:30-11:30 Bingo after Lunch
10-Apr	11-Apr	12-Apr	13-Apr
Living Wills & Trusts 11:30 Bridge 12:30-3:30	Cards 1:00 Painting Club 1:00 SKIP BO 10:00	Taxes 9:00-2:00 Craft Class 1:00-3:00	Tai-Chi 10:30-11:30 Skip Bo 10:00 Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Crochet Class 1:00-3:00
17-Apr	18-Apr	19-Apr	20-Apr
Dixie Can Do's to perform @ Lunch Bridge 12:30-3:30	Cards 1:00 Painting Club 1:00 SKIP BO 10:00	Blood Pressure/Sugar 11:00-12:00 Pharmacist @ Lunch Craft Class 1:00-3:00	Billiards 9:30-11:00 Skip Bo 10:00 Tai-Chi 10:30-11:30 Bingo after Lunch
24-Apr	25-Apr	26-Apr	27-Apr
Living Wills & Trusts 11:30 Integrated Senior Care @ Lunch Bridge 12:30-3:30	Cards 1:00 Painting Club 1:00 SKIP BO 10:00	Craft Class 1:00-3:00	Billiards 9:30-11:00 Skip Bo 10:00 Tai-Chi 10:30-11:30 Bingo after Lunch Happy B-day/Anniversary Cake & Ice Cream Crochet Class 1:00-3:00

Thrift Store is Open Mon-Thurs 11:30 am to 2:30 pm

How Do Your Donations Help the Center?

Meal donations help to off-set the cost of meals. On average, the actual cost of a meal is between \$7-\$11. Your meal donations are vital to maintaining the Nutrition Programs at our Senior Center.

Activity donations help to pay for the many activities and programs that are available at our Senior Center, as well as, the parties and fun things we do. Your donation dollars are vital to our programming and activity options!

Hurricane Senior Center

April 2017

Monday	Tuesday	Wednesday	Thursday
Crustless Chicken Pot Pie Whole Kernel Corn Mixed Green Salad Apple Blueberry Crips Diet - Hot Apple Slices	Mild Pork Carnitas Brown Spanish Rice Black Beans Mixed Green Salad Pineapple Tidbits	Chicken Parmesan Spaghetti Noodles Italian Vegetable Blend Mixed Green Salad Pears	Beef Chili with Beans Baked Potato w/Sour Cream Parslied Carrots Tropical Fruit
BBQ Pork Sandwich Tater Tots Baked Beans Coleslaw Seasonal Fruit	Sweet and Sour Chicken Fried Rice Napa Cabbage Mixed Green Salad Mandarin Oranges	Beef Lasagna Bake Capri Vegetable Blend Mixed Green Salad Strawberry Fruited Gelatin Diet - Fruited Gelatin	<u>Easter Holiday Meal</u> Glazed Ham Sweet Potatoes Casserole Green Beans Amandine Mixed Green Salad Seasonal Fruit Heavenly Chocolate Pudding Diet - Chocolate Pudding
Country Fried Steak w/Gravy Whipped Potatoes Stewed Tomatoes Coleslaw Seasonal Fruit	Swedish Meatballs Egg Noodles Green Peas Mixed Green Salad Tropical Fruit	Pork Roast w/Mushroom Gravy Baked Potato w/Sour Cream Glazed Carrots Mixed Green Salad Seasonal Fruit	Tater Tot Casserole Spiced Beets Coleslaw Hot Spiced Fruit Chocolate Chip Cookie Diet - Vanilla Wafers
All Beef Hamburger Lettuce/Tomato/Onion Potato Wedges Baked Beans Seasonal Fruit French Silk Pudding Diet - Chocolate Pudding	Potato Crusted Fish Macaroni and Cheese Capri Vegetables Coleslaw Pineapple Tidbits	Salisbury Steak w/Onion Gravy Whipped Potatoes Mixed Vegetables Mixed Green Salad Applesauce	Crispy Baked Chicken Hashbrown Casserole Garden Vegetables Mixed Green Salad Seasonal Fruit
			
<p><i>A suggested donation of \$3.00 is requested from seniors 60 and older.</i></p> <p>.....</p> <p><i>Persons under 60 can Enjoy a meal for \$7.00.</i></p> <p>.....</p> <p><i>Milk and Bread served with all meals.</i></p>			

Hurricane Senior Center
435-635-2089

Lunch is Served 11:30 a.m. to 12:30 p.m.
Thrift Store is Open Monday - Thursday
11:30 a.m. to 2:30 p.m.

Happy Birthdays!

Is your Birthday in April?
Clip this coupon and bring to Hurricane Senior Center and receive 1 free lunch.

Welcome!

Is this your first time here?
Please use this as a "lunch is on us" ticket.

MEMORY MEASUREMENTS

- 3 teaspoons = 1 TABLESPOON
- 2 tablespoons = 1 FLUID OUNCE
- 4 tablespoons = 1/4 CUP
- 16 tablespoons = 1 CUP
- 1 cup = 1/2 PINT OR 8 FLUID OUNCES
- 2 cups = 1 PINT
- 2 pints = 1 QUART
- 4 quarts = 1 GALLON
- 2 dry pints = 1 DRY QUART
- 8 dry quarts = 1 PECK
- 4 pecks = 1 BUSHEL
- 1 centimeter = 10 MILLIMETERS
- 100 millimeters = 1 DECIMETER
- 10 decimeters = 1 METER
- 10 meters = 1 DEKAMETER
- 10 dekameters = 1 HECTOMETER
- 0 hectometers = 1 KILOMETER

- 60 minutes = 1 HOUR
- 24 hours = 1 DAY
- 1 week = 7 DAYS
- 1 year = 365 DAYS
- 1 year = 52 WEEKS
- 12 inches = 1 FOOT
- 3 feet = 1 YARD
- 36 inches = 1 YARD
- 1 mile = 5,280 FEET
- 1 pound = 16 OUNCES
- 1 square inch = 1/144 SQUARE FOOT
- 9 square feet = 1 SQUARE YARD
- 30 1/4 square yards = 1 SQUARE ROD
- 1 square mile = 640 ACRES
- 1 centigram = 10 MILLIGRAMS
- 100 milligrams = 1 DECIGRAM
- 10 decigrams = 1 GRAM

