

Hurricane Active Life Center

April 2024 Newsletter



Lunch is served in the dining room Monday-Thursday 11:30 to 12:30.

Walk With Ease Class starting April 16th. This is a 6 week class.

Taxes! Only 2 days left-April 3rd & April 10th. Must call 385-215-9915 for Appointment.

We are looking for volunteers to help in the kitchen & the thrift store.

Thrift Store hours are Mon-Thurs 10:00am-2:00pm.

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

•••

Hours of Operation

Monday – Thursday
9:00AM – 3:00PM

Lunch served daily –
11:30AM - 12:30PM \$4

Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 9:30 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.

Call 435-635-2089 to schedule.



FOCUS ON DIAL-A-RIDE

Our Dial-A-Ride program provides

Transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip, age 60+. Under 60 is \$10.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday-:30 pm and St. George from 12:30 pm to 4:00 pm.

To schedule a ride during these hours, please call the Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested pickup time. Please schedule rides at least one day in advance. If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

THRIFT STORE

OPEN MON – THURS

10:00 AM – 2:00 PM

DONATIONS ACCEPTED!

Monthly Events

Pathway Healthcare – Blood Pressure/Sugar checks – every Monday 11:00am

Blood Pressure/Sugar checks – every 3rd Thursday 11:00am

Walk With Ease – every Tues & Thurs @ 10:00am

Video Sit & Be Fit – every Mon & Thurs @ 10:00am

Video Tai Chi – every Tues @ 10:00am

Movie – see Activity Schedule

** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Card Making Class – 4th Monday @ 1:00pm

Hand & Foot Cards – 2nd & 4th Wed @ 1:00pm

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

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

Drawing 101 – Thursday @ 1:00pm

Toe Nail Trimming – 3rd Monday 11:00am

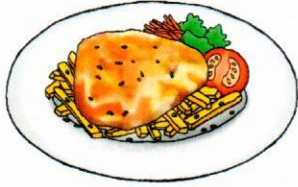
Quilt Guild – see Activity Schedule

Bingo 60+ Only – 2nd & 4th Monday after lunch

Bingo is free to play **For 60+ only**

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

COME JOIN US!



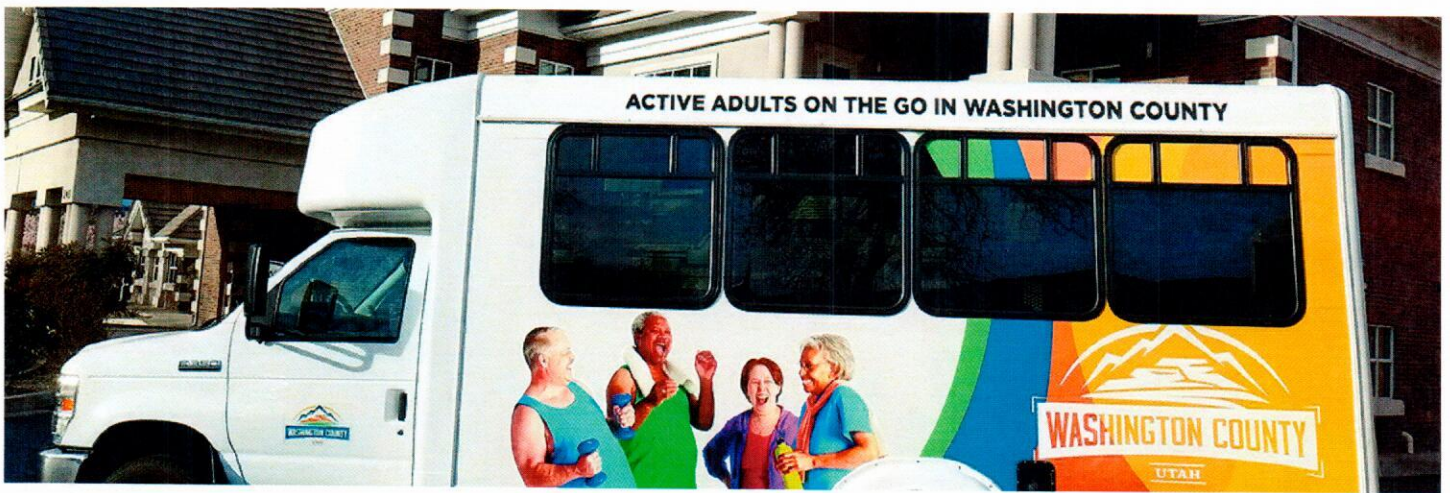
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

Thank you for your donation to our meal program.

Washington County Council on Aging is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Agency assures that no person in the United States shall, on the grounds of race, color or nation origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

To request additional information on Washington County Council on Aging's Title VI policy, or to file a discrimination complaint, please contact Washington County Council on Aging at 435-634-5743.

The Complaint Procedure is located at 245 N. 200 W., St. George, Utah, 84770 or www.stg.coa.washco.utah.gov



FOCUS ON ***DIAL A RIDE***

Our Dial-A-Ride program provides transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus goes to St. George on Wednesday's from 12:30 pm to 4:30 pm. To schedule a ride during these hours, please call Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!





Hurricane Active Life Center | April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
Country Fried Steak w/Country Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Wheat Bread Seasonal Fruit Chocolate Chip Cookie Diet - Sugar-Free Cookie Milk	Meatballs w/Spaghetti Sauce Pasta Mixed Vegetables Mixed Green Salad Garlic Texas Bread Fresh Grapes Milk Margarine Ranch Salad Dressing	Turkey Melt Sandwich Hearty Tomato Soup Potato Wedges Wheat Bread Seasonal Fruit Milk Mayonnaise Mustard Ketchup	Cheesy Beef and Rice Casserole Peas and Carrots Brussels Sprouts Dinner Roll Seasonal Fruit Milk Margarine
8	9	10	11
Swedish Meatballs Penne Pasta Green Beans with Onion Parslied Carrots Texas Bread Seasonal Fruit Milk	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice California Vegetable Blend Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Homemade Meatloaf w/Brown Gravy Garlic Whipped Potatoes Green Peas Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Chicken w/Alfredo Sauce Rotini Pasta San Francisco Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Vanilla Pudding <i>Diet - Vanilla Pudding</i> Milk
15	16	17	18
Pork Carnitas Spanish Rice Pinto Beans Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce	Open Face Turkey Sandwich w/Gravy Mashed Potatoes California Vegetable Blend Whole Kernel Corn Wheat Bread in Entrée Strawberry Fruited Gelatin Diet - Fruited Gelatin Milk	Salisbury Steak w/Brown Gravy Egg Noodles Mixed Vegetables Beet Salad Dinner Roll Seasonal Fruit Milk Margarine	Minestrone Soup w/Sausage Baked Potato Mixed Vegetable in Entrée Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Sour Cream Ranch Salad Dressing
22	23	24	25
Hawaiian Chicken Haystack Jasmine Rice Broccoli Cabbage and Carrots Wheat Bread Pineapple Tidbits in Entrée Fortune Cookie Milk Margarine	Beef Stroganoff Mashed Potatoes Green Peas Spinach Salad Texas Bread Peach Crisp Diet - Peaches Milk Margarine Ranch Salad Dressing	Chicken Fajita Spanish Rice Fiesta Vegetable Blend Black Bean Salad Corn Tortilla Seasonal Fruit Milk	Herb Roasted Pork Loin w/Creamy Dijon Sauce Au Gratin Potatoes Mixed Vegetables Brussels Sprouts Dinner Roll Seasonal Fruit Milk
29	30	<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>	
Bratwurst Sauerkraut Green Peas Garden Vegetable Blend Hamburger Bun Seasonal Fruit Milk	Smothered Chicken Thigh Buttered Rice Whole Kernel Corn Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine		

April Activities

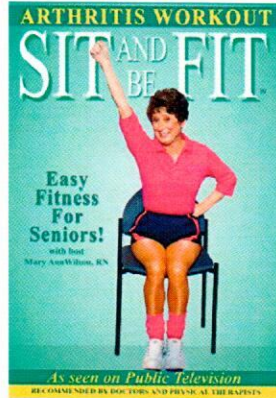
95 N. 300 W. Hurricane 435-635-2089 <https://coa.washco.utah.gov/hurricane/>

1-Apr	2-Apr	3-Apr	4-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Taxes 9:00-2:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Birthday Celebration during lunch Arthur Whitney to entertain @ lunch Drawing 101 1:00
8-Apr	9-Apr	10-Apr	11-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Taxes 9:00-2:00 Rob Goulding to entertain @ lunch Hand & Foot after lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
15-Apr	16-Apr	17-Apr	18-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Nail-trim for feet 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Walk With Ease 10:00	Billiards 9:00-3:00 	Video Sit Fit 10:00 Walk With Ease 10:00 Health Screening 11:00 Arthur Whitney to entertain @ lunch Drawing 101 1:00 Quilt Guild
22-Apr	23-Apr	24-Apr	25-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Neil Petty to entertain Bingo after lunch Card Class 1:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Walk With Ease 10:00	Billiards 9:00-3:00 Hand & Foot after lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Walk With Ease 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
29-Apr	29-Apr		
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Walk With Ease 10:00		

Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Exercise Classes

VIDEO SIT & BE FIT — Monday's & Thursday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am



WALK WITH EASE — Tuesday's & Thursday's @ 10:00am

Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

WALK WITH EASE



Join our walking class on
April 16th at 10:00 am.

We will be meeting on
Tuesdays and Thursdays

for 6 weeks

to discuss safety and
the importance of walking
and then we go on a

WALK!!!



Meet at the
Hurricane Senior Center
95 North 300 West
Hurricane, Utah

For more information call
435-673-3548 X103



www.arthritis.org



Card Making Class with Kari

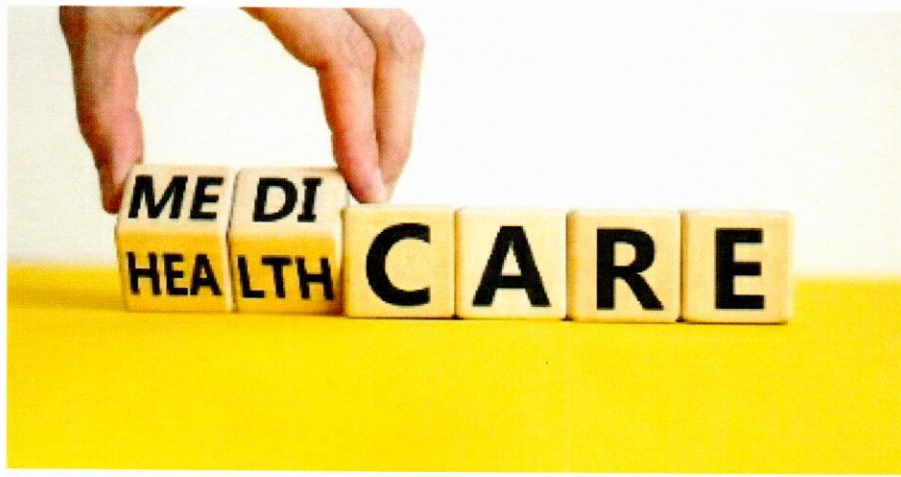
Hurricane Senior Center

Monday, April 22, 2024

1:00 p.m.

\$3 for the two card kits and envelopes

SIGN UP EARLY! LIMITED SEATING!



Online Pharmacy Scams

Nearly one in six older adults buy their prescriptions on the internet and many do so to save money. Shopping online for prescriptions can save you money but there are risks involved. According to the National Association of Boards of Pharmacy, only 3% of online pharmacies comply with U.S. pharmacy laws. Many of these companies pose as Canadian pharmacies, which are known for lower drug prices. But the drugs they are selling may be mislabeled, expired, ineffective or even toxic. Some may not even provide prescriptions but may only be trying to steal your money or personal information.

Before purchasing prescriptions from an online pharmacy, watch for these warning signs:

- Unsolicited emails
- Deep discounts on well-known drugs
- Availability without a prescription
- Location is listed as outside the U.S. or does not list a location at all

What kind of dental care is covered by Original Medicare?

Medicare does not cover dental services that you need primarily for the health of your teeth, including but not limited to:

- Routine checkups
- Cleanings
- Fillings
- Dentures (complete or partial/bridge)
- Tooth extractions (having your teeth pulled) in most cases

If you receive dental services, you will be responsible for the full cost of your care unless you have private dental coverage or are utilizing a low-cost dental resource. Again, **Medicare will not pay for or reimburse you for dental services you receive primarily for the health of your teeth.**

Note: Some Medicare Advantage Plans cover routine dental services, such as checkups or cleanings. If you have a Medicare Advantage Plan, contact your plan to learn about dental services that may be covered.

While Medicare does not pay for dental care needed primarily for the health of your teeth, it does offer very limited coverage for dental care needed to protect your general health, or for dental care needed in order for another Medicare-covered health service to be successful. For instance, Medicare may cover:

- An oral examination in the hospital before a kidney transplant
- An oral examination in a rural clinic or Federally Qualified Health Center (FQHC) before a heart valve replacement
- Dental services needed for radiation treatment for certain jaw-related diseases (like oral cancer)
- Ridge reconstruction (reconstruction of part of the jaw) performed when a facial tumor is removed
- Surgery to treat fractures of the jaw or face
- Dental splints and wiring needed after jaw surgery

It is important to know that while Medicare may cover these initial dental services, Medicare will not pay for any follow-up dental care after the underlying health condition has been treated. For example, if you were in a car accident and needed a tooth extraction as part of surgery to repair a facial injury, Medicare may cover your tooth extraction—but it will not pay for any other dental care you may need later because you had your tooth removed.



plant-forward eating

GOOD
FOR YOU
AND THE
PLANET

Are you looking to eat less meat and other animal products but concerned about not getting enough protein? Whether you skip or limit, your protein requirements can be easily met with a variety of plant-based foods and proper meal planning.

PROTEIN REQUIREMENTS

Most people eat more protein than they need. To help preserve muscle mass, adults 65 years of age and older should consume 1.0 – 1.3 gm of protein per kilogram (kg) of body weight. (Divide body weight in pounds by 2.2 to get kg). Examples: A person who weighs 180 pounds needs 82 – 106 gm protein per day and a person who weighs 130 pounds needs 59 – 77 gm protein per day.

PLANT-BASED PROTEIN MEETS PROTEIN NEEDS

All plant food sources provide protein and will add to total protein intake throughout the day. Bonus: plants provide other key nutrients like fiber and antioxidants and less unhealthy fats compared to animal foods.

EXAMPLE OF PROTEIN WITHIN A PLANT-BASED DIET	PROTEIN (GM)
Breakfast: 2 tbsp peanut butter + 1 small banana on whole grain toast + 8 oz glass of soy milk	23
Lunch: Salad with 2 cups spinach, ½ cup broccoli, ½ cup kidney beans, 1 oz almond slices, 1 cup quinoa, 2 tbsp dressing, + apple	29
Snack: ¼ cup hummus + ½ cup raw vegetables + 1 oz roasted pumpkin seeds	15
Dinner: Stir-fry with 4 oz tofu + 1.5 cup veggies + 1 cup soba noodles + 1 oz peanuts	30
Total:	97 gm

GETTING STARTED

- **Include a variety of plant proteins within a balanced diet**, such as legumes, nuts, seeds, whole grains, tofu, tempeh, and edamame. While it is not necessary to combine specific plant foods at one meal, including a variety of plant protein sources over the day helps ensure you get all essential amino acids.
- **Consult a registered dietitian nutritionist (RDN)** to help you plan a well-balanced plant-based diet that meets your individual nutritional needs.



Physical Activity Guidelines for Older Adults

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

Speak to your Doctor first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should:

- aim to be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.

What counts as light activity?

Light activity is moving rather than sitting or lying down.

Examples of light activity include:

- moving around your home
- walking at a slow pace
- cleaning and dusting
- vacuuming
- making the bed
- standing up

What counts as moderate intensity activity?

Moderate intensity activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities include:

- water aerobics
- walking for health
- riding a bike
- dance for fitness
- doubles tennis
- pushing a lawn mower
- hiking

What counts as vigorous intensity activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

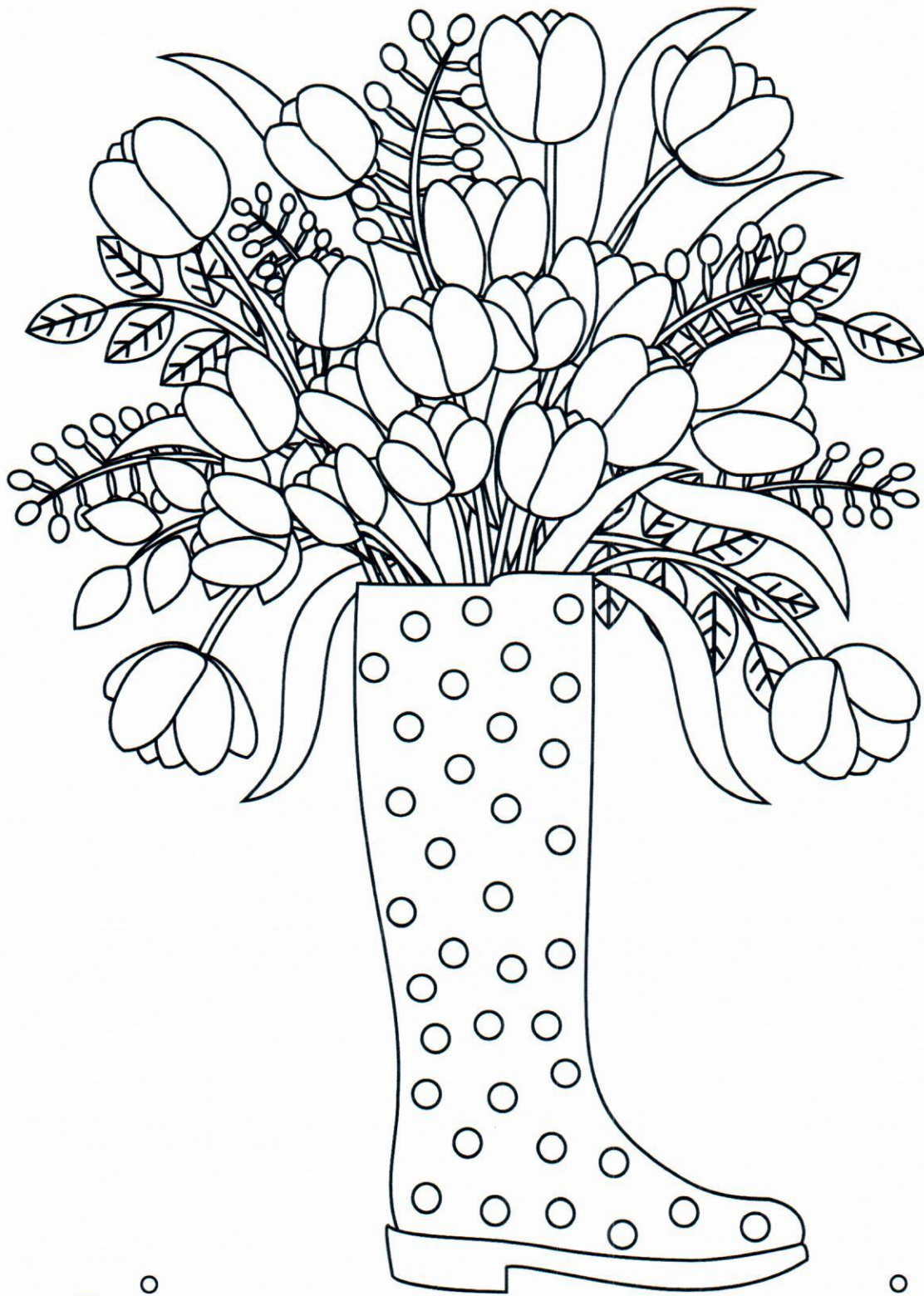
In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity.

Most moderate intensity activities can become vigorous if you increase your effort.

Examples of vigorous activities include:

- running
- aerobics
- swimming
- riding a bike fast or on hills
- singles tennis
- football
- hiking uphill
- dance for fitness
- martial arts

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>



♡ Hello Spring! ♡

Homemade
GIFTS MADE EASY

APRIL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

April	Damp	Natty
Arbor	Diamond	Rain
Aries	Earth	Sagacious
Biddable	Easter	Sunshine
Bunny	Fool	Taurus
Butterfly	Grass	Venerate
Daisy	Grow	Weather