

Hurricane Active Life Center

August 2022 Newsletter



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

Suggested donation is \$3.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

We are still 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 – 4:00PM

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

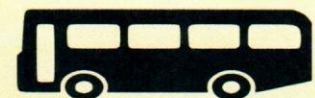
Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 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 \$5.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday in the Hurricane area 9:30 am to 12:30 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-12:00pm

Video Tai Chi – every Tues @ 10:00am

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

Video Yoga – every Thurs @ 10:00am

Movie – first Thursday of every month after lunch ** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Hand & Foot Card Game– Tues @ 12:30pm

Writing Group – Temp. Cancelled

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

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

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – Wednesday @ 1:00pm

Craft Class – Wednesday @ 1:00pm

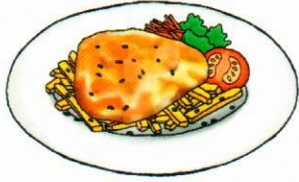
Speech Reading Class – Temp. Cancelled

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

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

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

COME JOIN US!



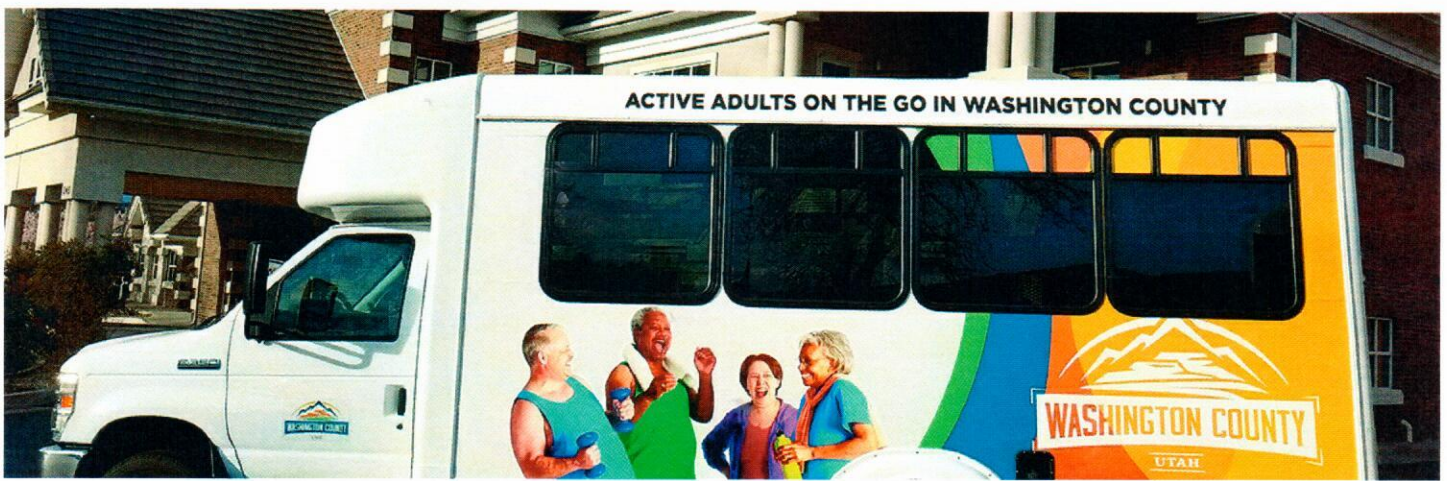
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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 635-2089.

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

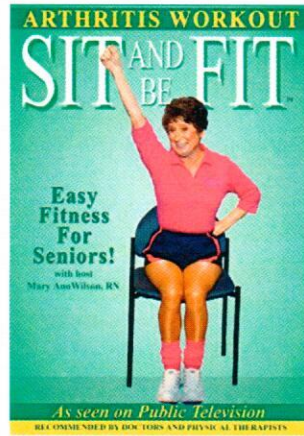
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

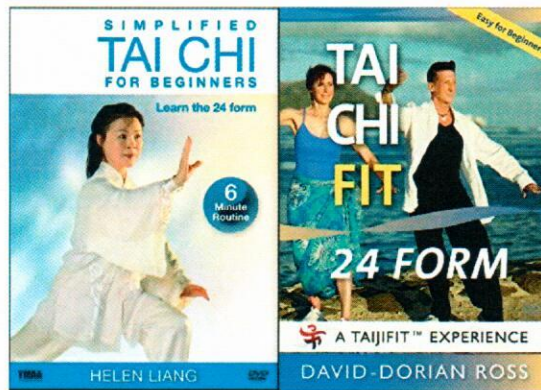
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

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



TAI-CHI — Tuesday's @ 10:00am



YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

Hurricane Active Life Center

August 2022

435-635-2089



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|---|---|
| 1 | 2 | 3 | 4 |
| Chile Lime Chicken Brown Rice Whole Wheat Tortilla Broccoli Black Bean & Corn Salad Tropical Fruit Milk | Meatballs in Marinara Sauce Pasta Garlic Texas Bread Parslied Carrots Brussels Sprouts Seasonal Fruit Milk | Hawaiian Chicken Haystack White Rice Saltine Crackers Japanese Vegetable Blend Cucumber Salad Pineapple Tidbits Milk | Turkey Breast w/Gravy Au Gratin Potatoes Green Beans w/Onions Spinach Salad Wheat Bread Peach Crisp <i>Diet - Sliced Peaches</i> Milk Margarine Ranch Salad Dressing |
| 8 | 9 | 10 | 11 |
| Chicken Cordon Bleu Biscuit Green Beans Parslied Carrots Tropical Fruit Milk | Sloppy Joe Hamburger Bun French Fries Carrot Raisin Salad Hot Spiced Apples Sugar Cookie <i>Diet - Vanilla Wafers</i> Milk Ketchup | Glazed Ham Cut Yams Macaroni Salad Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine | Swiss Steak Egg Noodles Wheat Bread California Vegetable Blend Whole Kernel Corn Seasonal Fruit Milk Margarine |
| 15 | 16 | 17 | 18 |
| Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Pineapple Milk Ketchup Mustard | Fish Vera Cruz Whole Wheat Tortilla Spanish Rice Black Beans Coleslaw Applesauce Milk | Cheesy Pizza Bake Garlic Texas Bread Italian Vegetable Blend Garden Tossed Salad Tropical Fruit Milk Ranch Salad Dressing | Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine |
| 22 | 23 | 24 | 25 |
| Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Dinner Roll Spinach Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing | Beef & Turkey Chili w/Beans Baked Potato Half California Vegetable Blend Wheat Bread Tropical Fruit Milk Margarine Sour Cream Shredded Cheese | Chicken Salad Sandwich w/Celery & Grapes Brioche Bun Lettuce/Tomato/Onion Coleslaw Mandarin Oranges Oatmeal Raisin Cookie <i>Diet - Vanilla Wafers</i> Milk | Salisbury Steak w/Gravy Au Gratin Potatoes Parslied Carrots Green Peas Garlic Texas Bread Seasonal Fruit Milk |
| 29 | 30 | 31 | |
| BBQ Rib Patty Hamburger Bun Broccoli Potato Salad Fruited Gelatin <i>Diet - Sugar-Free Fruited Gelatin</i> Milk | Honey Lime Chicken Brussels Sprouts Cabbage & Carrots Brussels Sprouts Wheat Bread Tropical Fruit Milk Margarine | Homemade Meatloaf w/Brown Gravy Au Gratin Potatoes Parslied Carrots Green Peas Dinner Roll Cinnamon Applesauce Milk Margarine | A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals |

August Activities

95 N. 300 W. Hurricane 435-635-2089

| 1-Aug | 2-Aug | 3-Aug | 4-Aug |
|---|--|--|---|
| Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00-12:00 Wii bowling 11:00 | Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch | Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's @ lunch Crafts 1:00 Caregiver Support Group 1:00 | Billiards 9:00-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch Drawing 101 1:00 |
| 8-Aug | 9-Aug | 10-Aug | 11-Aug |
| Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch | Billiards 9:00-3:00 Video Tai Chi 10:00 | Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00 | Video Chair Yoga 10:00 Neck & Shoulder Massage Health Screening 11:00-12:00 Chyrrel & Terry Maupin Knitting/Crochet 1:00 Drawing 101 1:00 |
| 15-Aug | 16-Aug | 17-Aug | 18-Aug |
| Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00-12:00 Wii bowling 11:00 | Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch | Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's Crafts 1:00 Caregiver Support Group 1:00 | Billiards 9:00-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch |
| 22-Aug | 23-Aug | 24-Aug | 25-Aug |
| Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00-12:00 Bingo after lunch | Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch | Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00 | Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Birthday Celebration Knitting/Crochet 1:00 Drawing 101 1:00 |
| 29-Aug | 30-Aug | 31-Aug |  |
| Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00-12:00 Wii bowling 11:00 | Billiards 9:00-3:00 Video Tai Chi 10:00 Caption Call Information Presentation @ Lunch | Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00 | |

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



What is Extra Help?

The Medicare Extra Help Program, sometimes called the Low-Income Subsidy or LIS, is a program designed to help people with low income and resources pay for prescription drug costs. It helps pay for Part D plan premiums and lowers copays for people who qualify. Depending on the Part D plan you choose, the Extra Help program may cover 100% of the monthly plan premium. For 2022, the copays are no more than \$3.95 for generic and \$9.85 for brand name drugs. Additionally, when you qualify for the Extra Help program, you can change your Part D plan up to once per quarter.

If you have income of less than \$19320 for an individual (\$26130 for a married couple) and assets of less than \$15510 (\$30950 for a married couple), you probably qualify for this benefit. Keep in mind that some resources do not count toward the asset limit. Exempt assets include a home, vehicles and personal possessions.

The Area Agency on Aging – Five County SHIP program can help you apply for this program if you think you may qualify. For more information or help applying, contact the SHIP program at (435)673-3548.



Top 5 Financial Scams Targeting Seniors

Financial scams targeting seniors are prevalent and costly. The FBI estimates that seniors lose more than \$3 billion each year to fraudsters. Scammers go after seniors because they believe older adults have a significant amount of money sitting in their accounts. But it's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Financial scams often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses.

Learn how to identify and stop the most prominent scams so you can protect yourself and your loved ones from financial fraud.

1. Government impostor scams

Government impostors call unsuspecting victims and pretend to be from the Internal Revenue Service (IRS), Social Security Administration, or Medicare. They may say you have unpaid taxes and threaten arrest or deportation if you don't pay up immediately. Or they may say your Social Security or Medicare benefits are in

danger of being cut off if you don't provide personal identifying information (that can then be used to commit fraud).

2. The grandparent scam

Scammers will place a call to an older person and say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done any background research. Once "in," the fake grandchild will ask for money to solve some unexpected financial problem (overdue rent, car repairs, jail bond) and will beg the grandparent not to tell anyone. Because scammers ask to be paid via gift cards or money transfer, which don't always require identification to collect, the senior may have no way of seeing that money ever again.

3. Medicare/health insurance scams

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then bill Medicare and pocket the money. Medicare scams often follow the latest trends in medical research, such as genetic testing fraud and COVID-19 vaccines.

4. Computer tech support scams

Computer technical support scams prey on people's lack of knowledge about computers and cybersecurity. A pop-up message or blank screen usually appears on a computer or phone, telling you that your device is compromised and needs fixing. When you call the support number for help, the scammer may either request remote access to your computer and/or that you pay a fee to have it repaired. The Federal Trade Commission (FTC) found that seniors who fell for this scam lost an average of \$500 each to computer tech support scams in 2018.

5. Sweepstakes & lottery scams

This simple scam is one that many are familiar with, and it capitalizes on the notion that "there's no such thing as a free lunch." Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces. Unlike some of the other scams noted here, lottery and sweepstakes scammers can sometimes collect thousands of dollars from their unsuspecting victims.

If you suspect you've been the victim of a scam...Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services.

Do you have trouble hearing on the phone?



JOIN US!

Join our event to learn about true no-cost telephone captioning. CaptionCall does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support. See you there!

If you have hearing loss and need captioned telephone service to use the phone effectively, you are eligible for this no-cost federally funded service.



Date: Tuesday, August 30th, 2022

Time: 11:00 AM- 12:30 PM

Location: Lunch Room



CaptionCall
Life is Calling

www.CaptionCall.com
833-691-1600

CaptionCall is available in the United States ONLY. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP captioned telephone service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No costs are passed along to individuals who qualify for the service. The CaptionCall phone remains property of CaptionCall in order to provide ongoing support, service, and upgrades. ©2021 CaptionCall, LLC. All rights reserved. Patent information: www.CaptionCall.com/patents. CaptionCall and the spiral mark are registered trademarks of CaptionCall, LLC.

305-1221-E

Captions. Confidence. Caring.

CaptionCall helps people feel less isolated.



What does CaptionCall do?

Our phone displays big, easy-to-read text that automatically captions your conversations. It dials, rings, and works just like a regular phone.

- Easy to use
- Captions turn on or off as needed
- Captioned voicemails included
- No cost if you have hearing loss and need captions to use the phone efficiently.

Announcing the new CaptionCall app for iPhone®

Connect to everyday life using CaptionCall on your iPhone®. Easy-to-read captions of the conversation help you communicate better, wherever you are.

Why you'll love CaptionCall

- Phone and services at no cost to you
- Complimentary delivery, installation, training, and support
- Captions make understanding phone calls easier
- Features include speakerphone, answering machine, and custom audio
- Hearing aid friendly
- Bluetooth connectivity
- Captioning also available for iPad® and iPhone® with CaptionCall Mobile

Request CaptionCall or the CaptionCall iPhone® App

Contact:

Farida Fox

801-509-8019

ffox@captioncall.com

Promo Code: 1659875

www.CaptionCall.com

CaptionCall is available in the United States ONLY. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No costs are passed along to individuals who qualify for the service. The CaptionCall phone remains property of CaptionCall in order to provide ongoing support, service, and upgrades. ©2020 CaptionCall, LLC. All rights reserved. Patent information: www.CaptionCall.com/patents. CaptionCall and the spiral mark are registered trademarks of CaptionCall, LLC.

 **CaptionCall**
Life is Calling

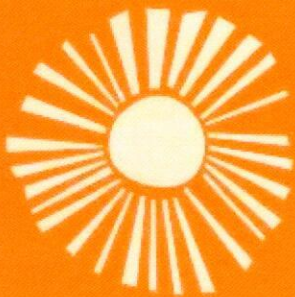


Summer Safety

FOR SENIORS

RESOURCES:

Assistance for air
conditioning/utilities bills:
Five County AOG HEAT:
435-673-3548



Staying Cool:

Stay hydrated, wear light & loose fitting clothing in natural fabrics, keep your home cool and meet up with friends/family in air-conditioned places instead of outside. Go out in the evenings or early morning rather than middle of the day when it's the hottest.

Signs of Heat stroke:

- Fainting
- A change in behavior (confusion, combativeness, staggering, possible delirium or coma)
- Dry, flushed skin
- A strong, rapid pulse
- Lack of sweating

What do if you suspect heat stroke:

- Call 911.
- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.
- Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
- Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

source: <https://www.nih.gov/news-events/news-releases/heat-related-health-dangers-older-adults-soar-during-summer>

EATING WELL ON A BUDGET



Eat a nutritious diet and stretch your food dollar with the following money-saving tips.

Plan Ahead

- Cook from scratch. Cooking at home will yield financial and health benefits.
- Budget wisely! Know how much money you have to spend on food.
- Plan meals around items that are on sale and utilize foods you already have on hand first.
- Make a shopping list and stick to it. Avoid shopping when hungry.

Shop Smarter

- Choose store brands or private label brands over national brands.
- Buy shelf-stable items on sale that you use regularly.
- Choose larger sizes of food. Larger packages of food tend to have a lower unit price.
- Check “sell by” or “use by” dates and purchase the freshest food possible.
- When selecting fresh produce, buy in-season and only what you can use before it spoils. Canned and frozen vegetables and fruits can be just as nutritious as fresh and usually cost less.
- Opt for these budget-friendly whole grains: brown rice, whole grain pasta, cereal, crackers and breads, plain oatmeal or popcorn.
- Swap out meat with beans, split peas, lentils and eggs, which cost far less. Select canned tuna, salmon or sardines vs fresh or frozen fillets.
- Skip the cookie and chip aisle. Out of sight, out of mind.
- Drink water instead of soft drinks and other sugary beverages.

Waste Nothing

- Store food right away after you shop to keep it fresh and safe.
- If you buy large amounts of a fresh food, divide, label and store it in your freezer for later use.
- Use foods with the earliest expiration date.
- Learn how to use most of the vegetable or fruit - stems and all!
- Eat your leftovers at lunch or create new meals with leftover ingredients.



8 Critical Summer Garden Maintenance Tasks

Summer presents its own set of garden maintenance challenges. To make matters interesting, it may be hot, dry, wet, cool, cloudy or sunny. There may be insect or disease infestations, or not. Regardless of what this summer may throw your direction, keeping up with these summer garden maintenance tasks will help you get the most out of your garden.

Deadhead

Removing spent flowers helps plants put more energy into flowering again. Annuals, and repeat flowering shrubs and perennials will offer more color, more often during the season if you deadhead.

Pest Management

Be vigilant! As you deadhead, weed and water, watch for signs of insect and disease pests. The solution may be simple or complex, but the key to garden success lies in early detection and prompt, decisive treatment. Know, invite and protect the good bugs in your garden. Follow the manufacturer's instructions on any treatments that may be necessary.

Pick Veggies Clean

In the vegetable garden, keep repeat fruiting plants (like tomatoes, beans, cucumbers, okra and others) picked cleanly as the fruit ripens. Allowing fruit to become over-mature slows production, and may spell the end of the season for these plants.

Weed

As plants fill out in early summer, if you've kept them weeded up to that point, they should begin to shade out most of their weed competition. It's okay to slow down, but don't stop weeding. One weed left to go to seed can cause much more weeding in the future.

Remove Dead Plants

Whether they died of disease, insect damage or natural causes, dead plants shouldn't remain in the garden. Not only are they unsightly, but they can harbor pests that may spread to other plants. Move dead plants to a compost pile if they are safe for that purpose. If further infestation is a concern, burn or bag and dispose of the plants off site.

Water

If it's dry, remember to give your garden an inch of irrigation water per week. Containers may need significantly more, especially in hot, arid conditions. If you are having a wet summer, be sure that automated irrigation is adjusted or turned off until needed.

Fertilize

Mid-summer is a good time to address fertilization in the landscape and garden. Yellowish leaves may signify an iron deficiency in an otherwise healthy plant (particularly in lawns and broad-leaf evergreens like gardenias, rhododendrons, azaleas, hollies and others). It is also time to feed hungry garden veggies like greens, tomatoes, peppers and others that may have been planted a month ago or more.

Mulch

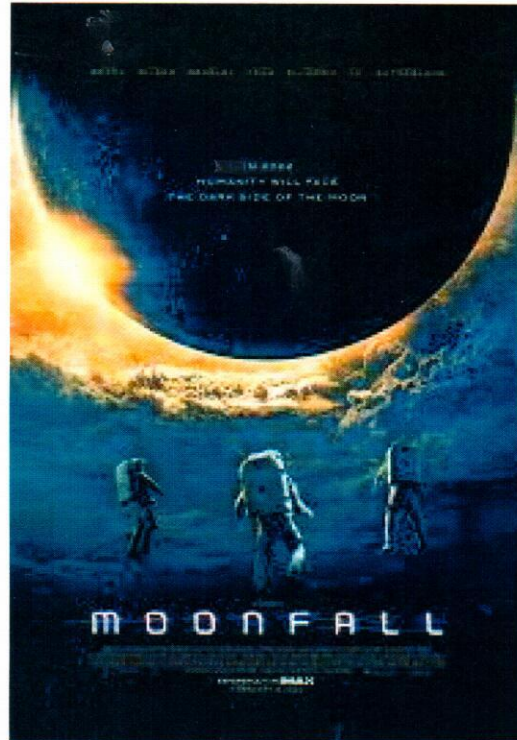
Mulch can make a huge difference in growing conditions: insulating soil from the heat, blocking weeds and helping to conserve moisture. Normally it is a good idea to keep a thick layer of mulch on landscape and garden plantings through summer. In wet years, however some water-sensitive plants may benefit from removal of the mulch to allow some drying to take place.

Keep these 8 summer garden maintenance tasks in mind when going about your chores. By later summer, you can relax and still enjoy the beauty of your garden.

<https://theprudentgarden.com/8-critical-summer-garden-maintenance-tasks/>



Movie of the Month:



Cast

•Halle Berry•Patrick Wilson•John Bradley

The world stands on the brink of annihilation when a mysterious force knocks the moon from its orbit and sends it hurtling toward a collision course with Earth. With only weeks before impact, NASA executive Jocinda "Jo" Fowler teams up with a man from her past and a conspiracy theorist for an impossible mission into space to save humanity.



AUGUST

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.

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

By Evelyn Johnson - www.qets.com

Backpacking

Barbeque

Baseball

Boating

Camping

Canoeing

Climbing

Crafts

Family

Fire

Fishing

Friends

Fun

Gladiolus

Hiking

Hot

Peridot

Sunshine

Swimming

Travel

Vacation