

Hurricane Senior Center

December 2017 Newsletter



December 7 – Heat Assistance-call for appointment

December 11 – Movie of the Month

December 14 – Zions Way Hand/Neck Massage

December 20 – Blood Pressure/Sugar Screening

December 20 – Hurricane Family Pharmacy Presentation

December 21 – Christmas Lunch

December 25 – Closed for Holiday

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

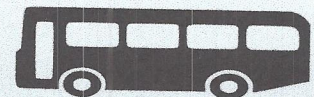
Dial-A-Ride Program

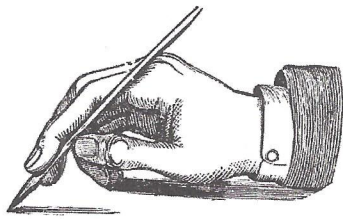
We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 9:30 AM – 2:30 PM Monday – Thursday.

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/\$3 one way

Call 435-635-2089 to schedule.





Interested in Writing?
Poetry, creative writing?
If interested, please sign up
at the front desk.



The Senior Center is in need
of an Exercise Class Instructor,
please see the front desk if
interested.



We would like to extend a "Thank
you" to our Council on aging for
providing our pies this year for our
Christmas lunch. Yummy!

Monthly Events

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

Living Wills and Trust Information available - 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

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

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

Craft Class – every Wed @ 12:30pm \$1

Bingo 60+ Only – every Thursday @ 12:30pm

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

Paint Club – Tuesdays @ 1:00pm \$2


Billiards – Open daily 9am – 3:30pm

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

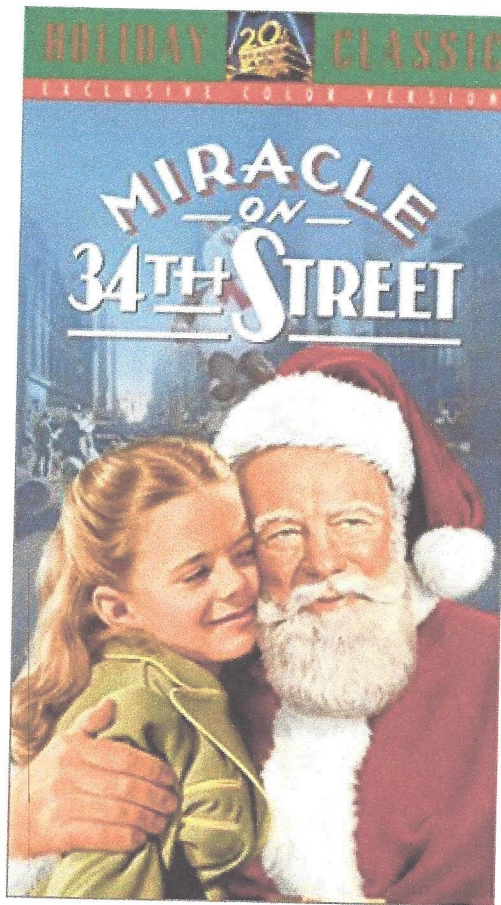
COME JOIN US!

Hurricane Senior Center December 2017

Monday	Tuesday	Wednesday	Thursday
<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. Milk and bread served with all meals</p> <p>Salad bar available every day in dining room.</p>			
<p>Ham & Scalloped Potato Bake Brussels Sprouts Mixed Green Salad Apricot Halves</p> <p style="text-align: right;">4</p>	<p>Corned Beef Red Potatoes Cabbage Baby Carrots Sliced Apples</p> <p style="text-align: right;">5</p>	<p>Crispy Baked Chicken Macaroni and Cheese Parmesan Tomatoes Mixed Green Salad Texas Bread Applesauce</p> <p style="text-align: right;">6</p>	<p>Beef Enchilada Pie Fiesta Rice Fiesta Vegetable Blend Tomato Spoon Relish Seasonal Fruit Chocolate Chip Cookie Diet - Vanilla Wafers</p> <p style="text-align: right;">7</p>
<p>Chicken & Wild Rice Bake Sugar Snap Peas Cucumber Salad Texas Bread Hot Spiced Fruit</p> <p style="text-align: right;">11</p>	<p>Potato Crusted Pollock on Bun Tater Gems Whole Kernel Corn Coleslaw Pineapple Tidbits</p> <p style="text-align: right;">12</p>	<p>Teriyaki Meatballs Fried Rice Sliced Carrots Asian Coleslaw Apple Blueberry Crisp Diet - Hot Sliced Apples</p> <p style="text-align: right;">13</p>	<p>Pork Loin w/ Brown Gravy Baked Potato w/Sour Cream Broccoli Mixed Green Salad Seasonal Fruit</p> <p style="text-align: right;">14</p>
<p>Beef Spaghetti Sauce Parslied Spaghetti Noodles Seasoned Zucchini Mixed Green Salad Apple Raisin Compote</p> <p style="text-align: right;">18</p>	<p>Roasted Turkey Breast Poultry Gravy Whipped Potatoes Capri Vegetable Blend Beet Salad Seasonal Fruit Blondie Diet - Vanilla Wafers</p> <p style="text-align: right;">19</p>	<p>Stuffed Bell Peppers Whole Kernel Corn Green Beans Macaroni Salad Mandarin Oranges</p> <p style="text-align: right;">20</p>	<p>Christmas Meal Roast Beef with Gravy Whipped Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Fluffy Fruit Salad Diet - Fruit Cocktail</p> <p style="text-align: right;">21</p>
<p style="text-align: center;">Closed for Holiday</p> <p style="text-align: right;">25</p>	<p>Mozzarella Chicken Garden Rotini Spinach Cucumber Tomato Salad Peach Crisp Diet - Hot Peaches</p> <p style="text-align: right;">26</p>	<p>Homemade Meatloaf Brown Gravy Whipped Potatoes Glazed Carrots Five Bean Salad Fruit Cocktail</p> <p style="text-align: right;">27</p>	<p>New Years Day Meal Glazed Ham Black-eyed Peas Cabbage Mixed Green Salad Cornbread Applesauce Strawberry Shortcake Cookie Diet - Vanilla Wafers</p> <p style="text-align: right;">28</p>

4-Dec	5-Dec	6-Dec	7-Dec
<p>Dixie Can Do's to perform @ Lunch Bridge 12:30-3:30</p>	<p>Chyrrrel to play piano Painting Club 1:00</p>	<p>Craft Class 1:00-3:00</p>	<p>Billiards 9:30 HEAT Assistance 9:30-3:00 *Must sign up* Bingo after Lunch</p>
11-Dec	12-Dec	13-Dec	14-Dec
<p>Movie after lunch To be announced Bridge 12:30-3:30</p>	<p>Painting Club 1:00</p>	<p>BEMER Tech Presentation 10:30-3:00 *Must sign up* Craft Class 1:00-3:00</p>	<p>Billiards 9:30 Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Knitting/Crochet 1:00</p>
18-Dec	19-Dec	20-Dec	21-Dec
<p>Dixie Can Do's to perform @ Lunch Bridge 12:30-3:30</p>	<p>Painting Club 1:00</p>	<p>Blood Pressure/Sugar 11:00-12:00 Pharmacist @ Lunch Craft Class 1:00-3:00</p>	<p>Billiards 9:30 Bingo after Lunch</p>
25-Dec	26-Dec	27-Dec	28-Dec
<p>Closed for Holiday</p> 	<p>Painting Club 1:00</p>	<p>Craft Class 1:00-3:00</p>	<p>Billiards 9:30 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00</p>

“Miracle on 34th Street”



Starring: Edwin Gwenn & Maureen O'Hara

“In this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.”

Come join us for the movie of the month. After lunch on Monday December 11th. Free popcorn.

DECEMBER MESSAGE ONE (SHIP):

What is an MSN?

If you have Original Medicare, you will receive an MSN in the mail every 3 months for your Medicare Part A and Part B covered services. If you do not receive any services or medical supplies during that 3-month period, you will not get an MSN for that particular 3-month period. Keep in mind that Medicare provides separate MSNs for Part A and Part B covered services. For example, inpatient hospital, Skilled Nursing Facility (SNF), and hospice care will have their own MSN separate from the MSNs for Part B outpatient services and durable medical equipment (DME). An MSN is not a bill. It is simply a summary to help you keep track of your health care services and ensure that you are paying the proper amounts for them. The MSN will list the services or supplies that providers and suppliers billed to Medicare during the 3-month period, what Medicare paid, and the maximum amount you may owe the provider.

The MSN is divided into four sections.

1. The initial summary page lists your deductible status, the names of the providers you've used in the past three months, and the total amount you owe for care received during that time.
2. Section 2, "Making the Most of Your Medicare," contains tips to understand the MSN and lists additional resources for more information.
3. Section 3 details claims for care you've received during the last quarter, including how much the provider billed Medicare, what Medicare actually paid the provider and the amount you owe for the care. This section will also indicate if Medicare has denied coverage for any of your care.
4. Finally, Section 4 provides instructions and deadlines for filing an appeal if Medicare failed to approve any of the claims submitted for your care.

7 Tips for a Healthy Winter

Even though we hoped it might never arrive, winter is most definitely here! And it brings with it the inevitable colds, coughs and other illnesses that mark this time of year. But a few simple tips can help you fully enjoy the season without compromising your health.

1. **Get a flu shot:** Check your local pharmacy or doctor's office for availability, as many offer walk-in appointments for flu shots. And yes, you do need a shot, as the nasal spray version can put people with underlying medical conditions at greater risk of complications.
2. **Stay hydrated:** Drink plenty of water, especially if the cold makes you reach for another cup of coffee, which can dehydrate you even more.
3. **Keep exercising:** Don't let the cold weather slow you down! Bring the family along—visit an ice-skating rink or bundle up for a walk around town. Try out interesting new fitness classes to shake things up, as many gyms will offer a free trial to newcomers. If the weather outside is just too foul, stay fit indoors (no fancy gym or equipment required) with body weight exercises using your stairs, a chair or the floor. Consult your doctor to see what works for your fitness level.
4. **Get enough sleep:** Shoot for seven to nine hours of sleep per night. Sleeping less than seven hours or more than nine hours can have negative effects on cardiovascular health and blood pressure.
5. **Eat a balanced diet:** It's easy to fall into bad habits when surrounded by cozy comfort foods. Keep things healthy but interesting by trying out new recipes using fresh winter produce like squash, carrots, and even parsnips and turnips. Instead of sugar-heavy desserts, reach for a small handful of dried fruit, a baked apple or yogurt.
6. **Keep your hands clean:** With cold and flu viruses making the rounds, regular hand washing is an easy way to fight seasonal illness. Keep hand sanitizer handy in your car or purse, avoid touching public pens or doors as much as possible, and wipe down high-touch surfaces like keyboards, phones, doorknobs and faucets around the house to beat back germs.
7. **Relax:** Don't stress. Spend time with friends, enjoy the company of your family, or relax with a quiet cup of tea—whatever you enjoy. Socializing has been shown to help bolster the immune system, while stress can exacerbate illness and disrupt sleep, further depressing your immune response.

<https://www.kidney.org/content/7-tips-healthy-winter>





What do you call a broke Santa?

Saint-NICKEL-LESS

What do you call a frog hanging from a ceiling?

Mistletoad.

How do sheep in Mexico say Merry Christmas?

Fleece Navidad!

What do you call a kid who doesn't believe in Santa?

A rebel without a Claus.

Christmas is just plain weird. What other time of the year do you sit in front of a dead tree in your living room eating candy and snacks out of your socks?

The 4 stages of life:

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You dress up as Santa Claus
4. You look like Santa Claus

source: <http://www.jokes4us.com/holidayjokes/christmasjokes/>

Merry Christmas Word Search

Search for the words going up, down, left and right.



c	h	r	i	s	t	m	a	s	s
t	o	s	d	t	r	e	e	u	t
w	l	a	m	a	a	s	v	l	o
i	e	c	a	l	t	t	h	i	c
n	g	k	r	e	n	n	g	g	k
k	n	h	a	s	a	e	i	h	i
l	a	i	t	n	s	s	e	t	n
e	g	u	s	i	o	e	l	s	g
g	l	i	t	t	e	r	s	z	m
f	r	u	d	o	l	p	h	l	l



tinsel

sack

lights

Rudolph

glitter

angel

stocking

presents

Santa

tree

sleigh

Christmas

twinkle

star