

Hurricane Active Life Center

February 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.

Taxes are starting February 9th. Same-day drop-off service. Appointments must be made by calling 385-215-9915.

New Speechreading Class Starting February 10th.

Join us Valentine's Day for a cake walk!

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

We will be closed February 21st to celebrate President's Day.

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

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Hours of Operation

Monday – Thursday
9:00AM – 4:00PM

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

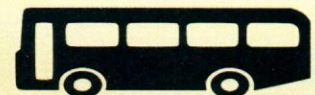
Dial-A-Ride Program

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.



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 \$3.00 one way or \$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 Wed @ 10:00am

Video Yoga – every Thurs @ 10:00am

Hand & Foot Card Game– every Tues @ 1:00pm

Writing Group– every Monday @ 12:30pm

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

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

Drawing 101 – every Thursday @ 1:00pm

Caregiver Support – every Tuesday @ 1:00pm

Craft Class – every Wed @ 1:00pm

Speech Reading Class – every Thurs @ 10:30am

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

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

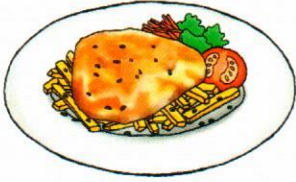
Movie – first Thursday of every month after lunch **Free popcorn**

Wii Bowling – every Monday @ 11:00am

Billiards – Open daily 9:30am – 3:30pm

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

COME JOIN US!



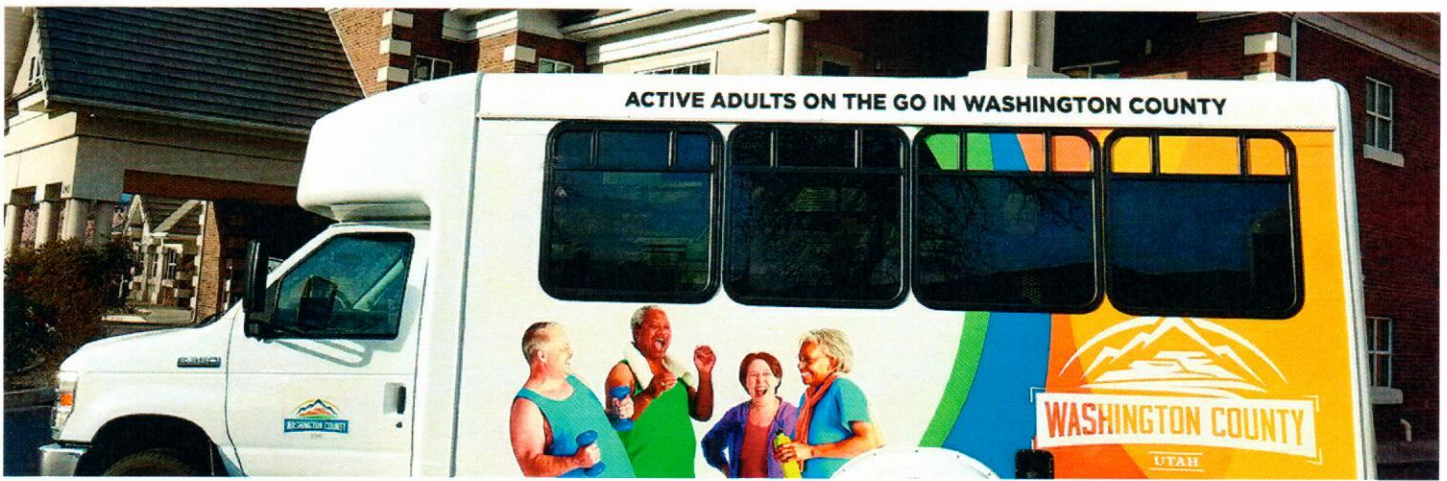
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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-Currently cancelled.
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 also goes to St. George on Wednesday's from 12:30 pm to 4:00 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.

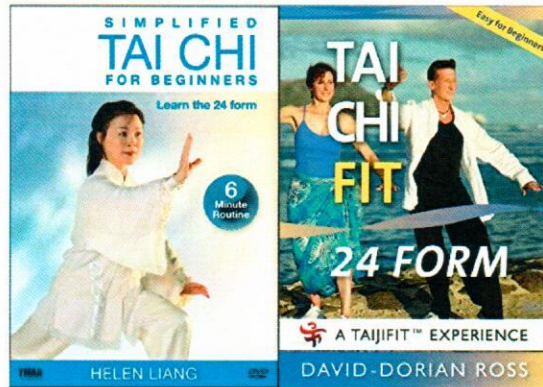
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

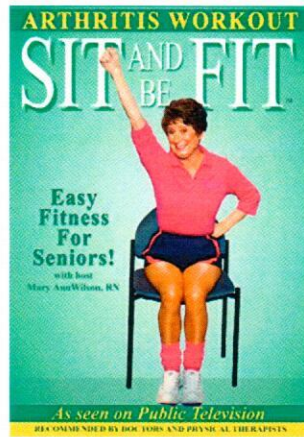
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

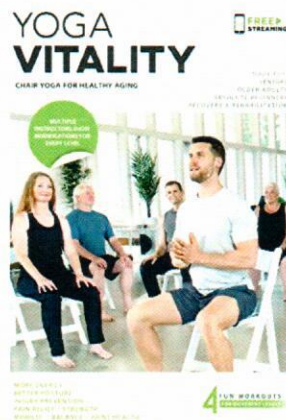
TAI-CHI — Tuesday's @ 10:00am



SIT & BE FIT — Wednesday'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

February 2022

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
	Beef Taco Soup Mixed Vegetables Mixed Green Salad Spanish Brown Rice Tortilla Chips Seasonal Fruit Milk Salad Dressing	Roast Pork w/Cranberry Apple Sauce Brussels Sprouts Glazed Beets Mashed Potatoes Cornbread Seasonal Fruit Milk Margarine	Cheesy Pizza Bake Parslied Carrots Spinach Salad Egg Noodles Dinner Roll Fruited Gelatin Milk Margarine Salad Dressing
7	8	9	10
Creamy Paprika Chicken California Veg Blend Green Peas Penne Pasta Texas Bread Ambrosia Salad Milk	Sliced Turkey Breast w/Gravy Green Beans & Onions Mixed Green Salad Confetti Rice Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Homemade Meatloaf w/Brown Gravy Brussels Sprouts Parslied Carrots Mashed Potatoes Dinner Roll Seasonal Fruit Milk Margarine	BBQ Chicken Sandwich Baked Beans Coleslaw Potato Wedges Whole Wheat Hamburger Bun Fresh Grapes Milk
14	15	16	17
Valentine's Day Meal Chicken Marbella California Veg Blend Spinach Salad Steamed Rice Garlic Texas Toast Seasonal Fruit Milk Salad Dressing Strawberry Poke Cake	Salisbury Steak w/Onion Gravy Stewed Tomatoes Green Peas Buttered Rice Wheat Bread Sliced Pears Milk Margarine	Cheese Omelet Broccoli Glazed Beets Croissant Hashbrown Patty Seasonal Fruit Milk	Creamy Chicken & Gnocchi Mixed Vegetables Mixed Green Salad Dinner Roll Fluffy Fruit Salad Milk Margarine Salad Dressing
21	22	23	24
CLOSED Presidents Day	Chicken Brunswick Stew Garden Veg Blend Cucumber Salad Buttered Rice Texas Bread Seasonal Fruit Milk	Turkey Burger w/Red Pepper Aioli Lettuce/Tomato/Onion/Pickle Five Bean Salad Potato Wedges Whole Wheat Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	Bean & Cheese Enchilada Pie w/Tortilla Fiesta Veg Blend Mixed Green Salad Spanish Rice Seasonal Fruit Milk Salad Dressing Taco Sauce
28	<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>		
Fish Taco Coleslaw Mixed Vegetables Flour Tortilla Fiesta Rice Pineapple Tidbits Milk Taco Sauce			

February Activities

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

	1-Feb	2-Feb	3-Feb
	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch Drawing 101 1:00
7-Feb	8-Feb	9-Feb	10-Feb
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Roger Dean @ lunch Crafts 1:00	Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
14-Feb	15-Feb	16-Feb	17-Feb
Health Screening 11:00-12:00 Wii bowling 11:00 Valentine's Cake Walk Bingo after lunch Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Taxes Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00
21-Feb	22-Feb	23-Feb	24-Feb
Closed for Holiday	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00 Happy Birthday @ Lunch
28-Feb			
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00			

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



AMERICAN HEART HEALTH MONTH

GET THE FACTS ON FAT

Fat is an essential nutrient and needs to be consumed daily. The dietary reference intake for total fat in adults is 20-35% of total calories or about 44-77 grams per day for a 2,000 calorie diet. Adults should limit saturated fat intake to 10% or less of total calories which is 22 gm or less per day for a 2,000 calorie diet. The American Heart Association recommends replacing saturated fat with polyunsaturated and monounsaturated fats and avoiding artificial trans fat.

EAT MORE

Monounsaturated Fats

Oils: Olive, Canola, Peanut, Safflower & Sesame
Avocados and Avocado Oil
Most Nuts

Polyunsaturated Fats*

Walnuts & Brazil Nuts
Seeds: Chia, Flax, Hemp, Pumpkin & Sunflower
Soybeans
Fatty Fish: Salmon, Sardines, & Tuna
Oils: Safflower, Soybean, Sunflower, Canola & Corn

*Polys include omega-3 and omega-6 fats

Saturated Fats

Animal Flesh
Butter & Margarine
Fried Foods
Processed/Hydrogenated Oils
Coconut Oil

Artificial Trans Fats*

Fried Foods
Baked Goods and Snacks
Stick Margarine
Non-dairy Creamer

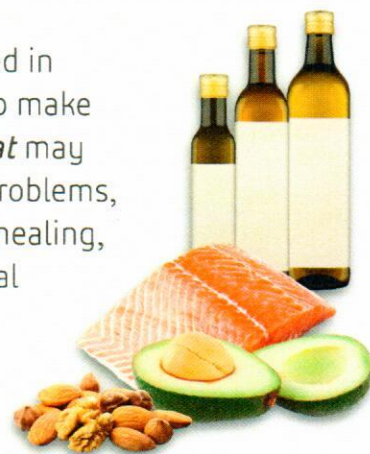
*In recent years manufacturers have reduced the amount of trans fats found in many processed foods

EAT LESS

Why You Need Fat

- Surrounds and protects organs, such as the kidneys, heart, and liver
- Balances hormones
- Preserves body heat by providing an insulated layer of fat beneath the skin
- Acts as a long-lasting fuel source for low-intensity exercise
- Absorbs fat-soluble vitamins - A, D, E, and K

Too much fat gets stored in the body and is used to make cholesterol. *Too little fat* may lead to skin integrity problems, hair loss, poor wound healing, fatigue and poor mental function.



Movie of the Month:



Something's Gotta Give



Cast

- Jack Nicholson ● Diane Keaton
- Keanu Reeves ● Frances McDormand ● Amanda Peet

When aging womanizer Harry Sanborn and his young girlfriend, Marin, arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry, also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.

Get your taxes done for free.

Same Day Drop-off Service

Wednesdays beginning

February 2, 2022

**Call 385-215-9915 for
questions and to make
appointments**



**Working for
You**

**Whether in person or virtually, we'll
help you get every tax credit and
deduction you've earned.**



**Welcoming
and Free**

**The program is open to taxpayers of all
ages. AARP membership is not required.**



IRS-Certified

**Our volunteers are trained and
IRS-certified every year.**

*To find a site near you, or to get information about virtual services,
visit... aarpfoundation.org/taxaide or call us toll-free at 1-888-227-7669.*

Hurricane Seniors'

Center

95 N 300 W

Hurricane, UT 84737



IN PERSON BEGINNING SPEECHREADING CLASSES

Are you finding it difficult to communicate
with those around you?

Beginning Speechreading Class to learn how to
better understand others through lipreading.

Starting February 10, 2022 (Thursdays) and ongoing.

At 10:30—11:30 a.m.

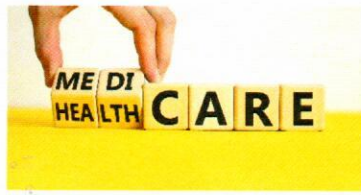
Taught by Diane Stidham

Please contact Diane at 435-216-8608

if you have any questions.

This course is for those who are
hard of hearing or late deafened
who want to better communicate
with family, friends, and co-workers.

- Non-verbal communication
- Speech cues
- Phonetics and homophones
- Lipreading techniques
- Non-vocal drills



Medicare Coverage of Vaccines

Vaccines play an important role in your health. Did you know that Medicare covers most common vaccines for Older Adults? The tricky part is figuring out which vaccines are covered under Part B, and which are covered under Part D.

Medicare Part D covers most vaccines and immunizations, but there are certain vaccinations that are covered by Part B:

- Influenza (flu) shots, including both the seasonal flu vaccine and the H1N1 (swine flu) vaccine
- Pneumococcal (pneumonia) shots
- Hepatitis B shots (Covered under Part B if you are medium or high risk, otherwise covered under Part D)
- COVID-19 vaccine

Note: These Part B Preventive vaccines are covered 100% and have no cost to beneficiaries.

Part B also covers vaccines after you have been exposed to a dangerous virus or disease. For example, Part B will cover a tetanus shot if you step on a rusty nail, or a rabies shot if you are bitten by a dog. For these vaccines, you would be responsible for 20% of the cost of the vaccine.

All other vaccines and immunizations are covered under Part D and the cost depends on your plan and which pharmacy you use. To reduce costs, make sure you get your vaccines at a preferred network pharmacy.

Be aware of fraud schemes related to the COVID-19 vaccine. Scammers may attempt to bill Medicare for sham tests or treatments related to the coronavirus and target individuals to illegally obtain money or Medicare numbers. Remember the following to avoid experiencing fraud related to the COVID-19 vaccine:

- You should not need to share your Medicare number with anyone except for trusted health care providers.
- Be wary of people who ask for your financial information.
- The vaccine should not cost you anything.
- Avoid posting photos of your COVID-19 vaccination card on social media, as the information on it can be used to steal your identity.

Contact your Senior Medicare Patrol (SMP) if you suspect you have experienced Medicare fraud.

While prevention against Medicare scams is critical, prevention alone cannot stop all fraud, errors, and abuse. Detect potential problems by taking the following steps:

1. Keep records of health care visits, services or equipment received, test results, etc.
2. File copies of bills you receive for health care services.
3. Review your Medicare statements for accuracy.
4. If you have any questions about charges, contact your provider, Medicare plan, or the Senior Medicare Patrol.



And St. George Parkinson's Support Group
Presents


Living Well With Chronic Illness

Hope For Healthy Living



 Friday, February 18, 2022

 10:00 am - 2:00 pm

 Red Lion Inn 850 S Bluff Street
St. George, UT 84770



Barbara Little


 (435) 668 - 8028

ronandbarbara7@gmail.com

Sponsors

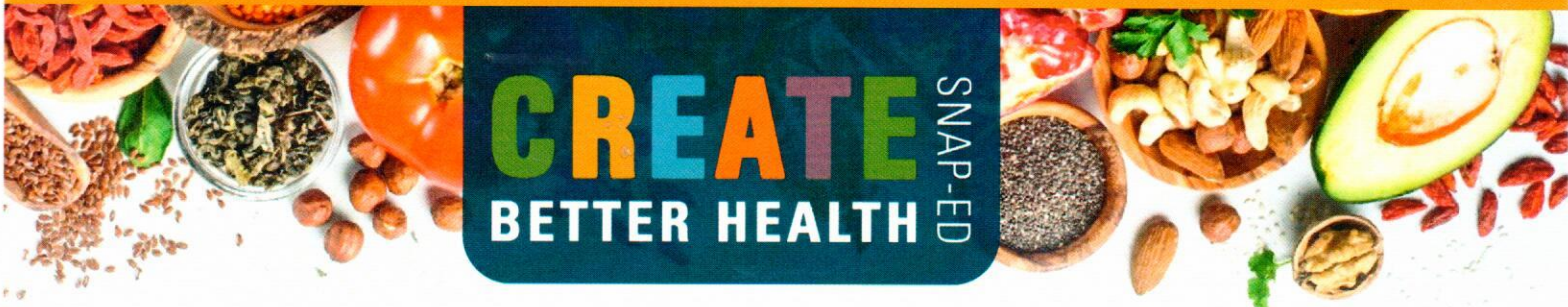
RSVP Today!

To Reserve Your Seat
Please Call Our Office

 (702) - 381 - 4141



Mild - Winter



IN 2022 ARE YOU LOOKING TO:

Feel Healthier, Happier, and Boost Your Immunity?

JOIN OUR FREE VIRTUAL CLASS SERIES

When: 12-1pm every Wednesday beginning on January 26, 2022



Join on: ZOOM (www.zoom.us)

Meeting ID: 841 6308 8990

Passcode: health

For help: contact Kristi Sharp ksharp@swuhealth.org or (435) 986-2564



Get the Support you need to:

- ✓ **Get Active**
- ✓ **Eat Healthy**
- ✓ **Create Meals on a Budget**

Winter Wellness Tips for Seniors

Shorter days, cold temperatures and slippery conditions can leave seniors wondering how to keep active in the winter. If you're used to going on a daily walk or attending a group exercise class, staying inside can feel like an obstacle to fitness and wellness. But it doesn't have to be. Prioritizing your wellness routine is important when Seasonal Affective Disorder may be bringing your spirits down. To help you stay healthy and happy, we'll share some of our favorite winter wellness tips for seniors.

Why You Should Keep Up Your Fitness in the Winter

Maintain Muscle Mass and Endurance

A regular fitness routine helps you grow your strength and increase your stamina. Your cardiovascular and pulmonary health will improve, and you'll experience higher energy levels. Stronger muscles improve your balance and stability, as well, so you're less likely to experience a fall.

Prevent Chronic Conditions

Exercise has been proven to help prevent or delay a number of chronic illnesses, including diabetes, osteoporosis, dementia, stroke, cancer and heart disease.

Improve Mental Health

Exercise increases the production of endorphins, your brain's feel-good neurotransmitters. Thanks to endorphin production, exercise can ease anxiety and depression, reduce stress, improve sleep quality and increase self-esteem.

Winter Wellness Tips for Seniors

When the weather turns chilly in the winter months, it can become more difficult to find your motivation to exercise. But when we're already facing seasonal affective disorder that comes with shorter days, we really need the physical and emotional boost that fitness and wellness provide.

1. Explore YouTube Workouts

There are some remarkable video workouts you can do from home. You can find a favorite channel and stick with it or add variety with new channels and new types of exercise. You can search for a routine that interests you.

2. Use What You Have at Home

You don't need a ton of fancy gym equipment to move your body. You can use soup cans or water bottles as hand weights. Steps and stairs are great for cardio and strength training. There are also many effective exercises you can do with just a dining chair.

3. Dance It Out

Dancing is a terrific cardio workout, and it adds the therapeutic effects of music. Put on some upbeat tunes and break out those moves.

4. Supplement Workouts with Healthy Food

The right nutrition keeps your body working better, keeps your mood up and gives you more energy. Talk to your doctor or a nutritionist about your individual requirements, but in general, you'll want to round out your diet with protein, fiber, calcium, vitamin D and B vitamins.

5. Stay Hydrated

We don't think of hydration as much when it's cold outside, but drinking water is still vital in the winter months. Your body's cells, tissues and organs need water to function correctly. And staying hydrated can even bolster your immune system.

6. Talk to Loved Ones

Even when you're not getting out as much, tend to your emotional and social wellness by keeping in touch with friends and family. Set up regular calls or video chats to stay connected to each other.

<https://www.welcometosedgebrook.com/blog/winter-wellness-tips-for-seniors/>



FUN Facts About US Presidents

1. This president never married and died a bachelor at the age of 77.
2. Which president never voted until his own election?
3. This president was said to have carried a dictionary around with him at all times and created the first permanent library in the White House.
4. The shortest presidency was just 32 days (William Henry Harrison). Can you name the president with the second-shortest term?
5. This president was first in U.S. history to be impeached. Name him.
6. Which president was a self-made millionaire and had so much money that he donated his presidential salary to charity?
7. Which president has a middle initial, but no middle name?
8. This presidential retreat is named after Dwight D. Eisenhower's grandson. Can you name the place?
9. Not the first to marry while in office, but this president was the first to have his marriage ceremony inside the White House. Can you name who?
10. This president was a known lover of chowder, so much so much that the New England-style chowder recipe he enjoyed is on display at the National Archives.
11. Which president was first to name a woman to his cabinet?
12. Theodore Roosevelt, Woodrow Wilson, Jimmy Carter, and this president all received the Nobel Peace Prize. Can you name who?
13. This president had big shoes to fill (literally) – his shoes were size 14!
14. Which president initially chose a career in entertainment and even appeared in more than 50 films?
15. How many states made up the United States when the first president, George Washington, took office?



Answers to Fun Facts About US Presidents:

#1 Answer: James Buchanan

#2 Answer: Zachary Taylor

#3 Answer: Millard Fillmore

#4 James A. Garfield, was assassinated and died after just 200 days

#5 Answer: Andrew Johnson

#6 Answer: Herbert Hoover

#7 Answer: Harry S. Truman; his middle initial isn't an abbreviation of anything

#8 Answer: Camp David

#9 Answer: Grover Cleveland

#10 Answer: John F. Kennedy

#11 Answer: Franklin D. Roosevelt named Francis Perkins, Secretary of Labor, 1933

#12 Answer: Barack Obama

#13 Answer: Warren G. Harding

#14 Answer: Ronald Reagan

#15 Answer: 11 states

<https://www.trendenterprises.com/blogs/blog/presidential-trivia>





Valentine's Day



Word Search

K S Q S J I V R T D S R Q G K
R Q Q T D M A B X U F N Q J J
K G D A S N L Y E U S F S N S
S V E E M B E R I G C E V O L
Q W Q R Q Q N I A W R A O C G
T Z E T G R T Z R E Y I N Q T
D Q I E E O I K Z F D R E D J
H O B N T P N W N O E F T G Y
X U T H C H E H V X E A L A T
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CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



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