

Hurricane Senior Center

January 2018 Newsletter



January 1 – Closed for Holiday

January 3 – Advisory Board Meeting

January 3 & 17 – Blood Pressure/Sugar Screening

January 8 – Movie of the Month

“La La Land”

January 11 – Zions Way Hand & Neck Massage

January 15 – Closed for Holiday

January 17 – Hurricane Family Pharmacy
Presentation

January 18 – Five County Presentation 11:00-1:00

January 22 – Mal Tek Presentation @ Lunch

January 25 – Happy Birthday/Anniversary

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

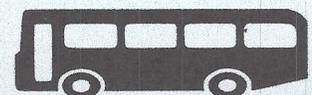
Dial-A-Ride Program

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

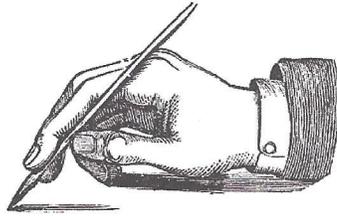
Age 60+ suggested donation:
\$5 round trip/\$3 one way

Call 435-635-2089 to schedule.



Visit us on Facebook:

<https://www.facebook.com/Washington-County-Hurricane-Senior-Citizens-Center-380901339009614>



Interested in Writing?

Poetry, creative writing?

If interested, please sign up
at the front desk.



We are starting a Hand and
Foot Card game, please see
the front desk if interested.

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

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 \$0.50

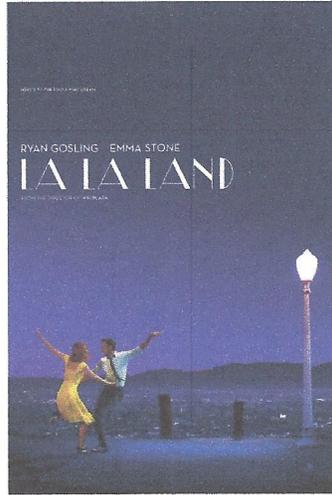
Paint Club – Tuesdays @ 1:00pm \$2

Billiards – Open daily 9am – 3:30pm

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

COME JOIN US!

“La La Land”



Starring: Ryan Gosling and Emma Stone

“Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.”

Come join us for the movie of the month. After lunch on Monday January 8th. Free popcorn.

Five County Area Agency on Aging

KICK OFF PARTY

January 18, 2018 11:00 am to 1:00 pm

Come and learn about all the services Five County offers.

- In Home Services
- Long Term Care Ombudsman
- Arthritis Exercise Programs
- Caregiver Support Group
- Medicare Counselors
- Retired Senior Volunteer Program

5 New Year's Resolutions For Seniors

1. Reestablish old connections

Unfortunately, it can be easy to lose contact with friends and family members who live far away. If you have a loved one in mind who you know you could do better at reaching out to, make this the year that you make an effort to reestablish this connection. Thanks to social media platforms, such as Facebook and Instagram, it's easy to share pictures and messages with people from all corners of the world. Simply sending out an update noting how you're doing and what's going on in your life can be all it takes to restore a special relationship with a friend.

2. Take baby steps toward eating right

Probably one of the most popular New Year's resolutions, switching up your diet so that it consists of nutritious foods is essential. Remember that eating right doesn't necessarily have to mean that you completely cut a certain food from your diet or drastically change all of your regular meals. Slowly introducing more fruits, vegetables, lean meats and whole grains to your daily meals will improve your health without requiring you to make any significant alterations to your diet. If you find it difficult to eat your greens, consider whipping up a smoothie with sweet fruit like berries and bananas on top of greens, such as spinach and kale. The fruit will mask the taste of the veggies, creating a tasty way to consume the recommended five to nine servings of fruits and vegetables per day.

3. Give yourself a break

Having a weekly schedule consisting of exercise classes, social gatherings and meetings for clubs, such as knitting or reading groups, is key to maintaining physical and mental health. However, it's essential to allow yourself a break to enjoy the simple things in life. This could mean taking a day off to visit loved ones or reserving time to yourself in the mornings to relax with your cup of coffee. Your chances of sticking to your resolutions will also increase if you allow yourself time to unwind when needed.

4. Work out your body and brain

While it is important to get in the recommended 150 minutes of exercise per week, don't forget that keeping your brain active is equally essential. What does working out your brain entail? According to HealthinAging.org, challenging yourself to a daily puzzle or card game will contribute to healthier brain function and help to reduce your risk of developing dementia symptoms down the road.

5. Work to prevent falls

The U.S. Centers for Disease Control and Prevention explained that each year, millions of older adults fall, and once people fall, their chance of experiencing another incident doubles. Of those who fall each year, more than 700,000 are hospitalized for serious medical problems, such as head injuries or hip fractures. It's crucial that you do all that you can to reduce your risk of falling. Remember that even if you don't think it could happen to you, everyone is at risk of falling.

<https://www.sunriseseniorliving.com/blog/december-2015/5-new-years-resolutions-for-seniors.aspx>

Hurricane Senior Center January 2018

Monday	Tuesday	Wednesday	Thursday
1 <i>Closed for Holiday</i>	2 Pulled BBQ Chicken Sandwich Baked Beans Potato Salad Apple Raisin Compote Diet - Hot Sliced Apples	3 Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Season Fruit	4 Homemade Meatloaf Brown Gravy Whipped Potatoes California Vegetable Blend Carrot Raisin Salad Seasonal Fruit
8 Mild Pork Carnitas Spanish Rice Mixed Beans Mixed Green Salad Tortilla Applesauce	9 Ground Beef Stroganoff Egg Noodles Mixed Vegetables Mixed Green Salad Garlic Texas Bread Pears	10 Turkey Ham Potato Soup Sliced Carrots Cornbread Strawberry Soufflé Gelatin Seasonal Fruit Diet - Fruited Gelatin	11 Crustless Chicken Pot Pie Coleslaw Biscuit Seasonal Fruit
15 <i>Closed for Holiday</i>	16 Potato Crusted Pollock Macaroni and Cheese Brussels Sprouts Coleslaw Pineapple Tidbits	17 Cheeseburger Pie Glazed Carrots Creamed Green Peas Seasonal Fruit Cookie Diet - Crème Cookies	18 Cranberry Orange Chicken Breast Roasted Potatoes Capri Vegetable Blend Mixed Green Salad Tropical Fruit
22 Sweet and Sour Chicken Fried Rice Sugar Snap Peas Mandarin Oranges	23 Beef Chili w/Beans Baked Potato w/Sour Cream Corn O'Brien Mixed Green Salad French Silk Pudding Seasonal Fruit	24 Glazed Ham Sweet Potato Hash Green Beans Sliced Beets Cornbread Applesauce	25 Country Fried Steak Whipped Potatoes Country Gravy Mixed Vegetables Mixed Green Salad Seasonal Fruit
29 Hamburger on Bun Lettuce/Tomato/Onion/Pickle Tater Tots Seasonal Fruit	30 Pork Loin Apricot Mustard Sauce Wild Rice Peas and Carrots Corn Salad Brownie Diet - Crème Cookies	31 Three Cheese Chicken Penne Spinach Cucumber Salad Texas Bread Hot Cinnamon Applesauce	<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>Milk and bread served with all meals. Salad bar available every day in dining room.</p>

January Activities

1-Jan	2-Jan	3-Jan	4-Jan
Closed for Holiday	Chyrel to play piano Painting Club 1:00	Blood Pressure/Sugar 11:00-12:00 Craft Class 1:00-3:00	Billiards 9:30 Bingo after Lunch
8-Jan	9-Jan Painting Club 1:00	10-Jan Craft Class 1:00-3:00	11-Jan Billiards 9:30 Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Knitting/Crochet 1:00
15-Jan	16-Jan Painting Club 1:00	17-Jan Blood Pressure/Sugar 11:00-12:00 Pharmacist @ Lunch Craft Class 1:00-3:00	18-Jan Billiards 9:30 Five County Presentation 11:00-1:00 Bingo after Lunch
22-Jan	23-Jan Painting Club 1:00	24-Jan Craft Class 1:00-3:00	25-Jan Billiards 9:30 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00
29-Jan	30-Jan Painting Club 1:00	31-Jan Craft Class 1:00-3:00	



Diabetes Self-Management

Starting January 25th, 2018

Thursdays

Free 6 week workshop

1:00PM – 3:30PM



To sign up call:

435-673-3548 DaCota Terry

Email: dterry@fivecounty.utah.gov

Online: <https://compass.qtacny.org/find-a-workshop>

CONTROL YOUR
HEALTH!

IMPROVE
STRENGTH

LESS DEPRESSION,
FEAR, FRUSTRATION

DEAL WITH
DIABETES SPECIFIC
SYMPTOMS

HEALTHY EATING

HOW TO WORK
WITH YOUR HEALTH
TEAM

Intermountain
Hurricane Valley
Clinic

75 N 2260 W

Hurricane, UT

84737