

Hurricane Active Life Center

July 2025 Newsletter



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

Join us for our 4th of July Lunch July 3rd.

Center will be closed July 24th for Pioneer Day.

Card Making Class July 28th.

Yoga Class every Wednesday.

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

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

Hurricane Senior Center
95 N 300 W
Hurricane, UT 84737
435-301-7280

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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 – 2:00 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 435-301-7280 to schedule.



FOCUS ON DIAL-A-RIDE

Our Dial-A-Ride program provides

Transportation to:

1. Lunch at our Active Life 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 2:00 pm Monday, Tuesday & Thursday. Wednesday-St. George from 12:30 pm to 4:00 pm.

To schedule a ride during these hours, please call the Senior Center at 435-301-7280.

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

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

Video Tai Chi – every Tues @ 10:00am

Yoga – every Wed @ 10:00am

Movie – see Activity Schedule

**** Free ** Popcorn ****

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Card Making Class – Last Monday @ 1:00pm

Craft Class – every Wed @ 1:00pm

Hand & Foot Cards – See Activity Schedule

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

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

Drawing 101 – Thursday @ 1:00pm

Toe Nail Trimming – 2nd Thurs @ 10:30

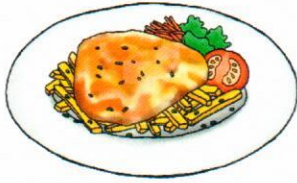
Quilt Guild – see Activity Schedule

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!



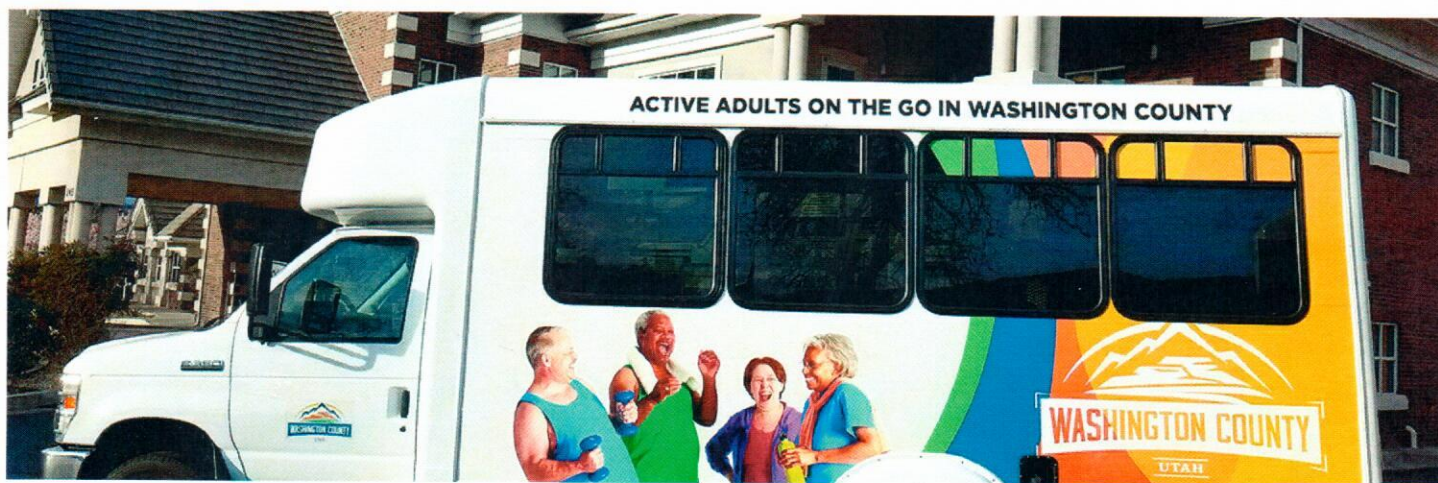
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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 435-301-7290.

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***

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

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Hurricane Active Life Center

July 2025

435-301-7280

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
<p>A suggested donation of \$4.00 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>Lunch is served 11:30-12:30</p>	<p>Salisbury Steak Brown Gravy Au Gratin Potatoes Buttered Peas Dinner Roll Seasonal Fruit</p>	<p>Braised Beef Tips Over Mashed Potatoes Herbed Carrots Wheat Bread Seasonal Fruit Butter</p>	<p>4th of July Meal</p> <p>BBQ Pulled Pork Hamburger Bun Tater Tots Corn Seasonal Fruit</p> 
7	8	9	10
<p>Chicken Cordon Bleu Mashed Potatoes Chef's Choice Vegetables Pineapple Dinner Roll</p>	<p>Cheeseburgers French Fries Lettuce, Tomato, Onion Pickles Seasonal Fruit Pudding/S.F. Pudding</p>	<p>Breaded Fish Wild Rice California Vegetables Lemon & Tartar Sauce Seasonal Fruit</p>	<p>Pasta Meat Sauce Green Beans Garden Salad 1000 Island Dressing Garlic Bread Seasonal Fruit</p>
14	15	16	17
<p>Beef Tacos Lettuce, Pico, Cheese Cilantro Rice Seasoned Squash Churro</p>	<p>Chicken Salad Croissant Lettuce & Tomato Pesto Pasta Salad Grapes</p>	<p>Country Fried Steak Mashed Red Potatoes Country Gravy Roasted Vegetables Wheat Bread Fruited Jello/S.F Jello Margarine</p>	<p>Sloppy Joes Macaroni & Cheese Coleslaw Seasonal Fruit</p>
21	22	23	24
<p>Turkey Dressing Green Beans & Onions Seasonal Fruit Bread</p>	<p>Swedish Meatballs Egg Noodles Buttered Peas Dinner Roll Butter</p>	<p>Classic Tuna Salad Wheat Bread Lettuce & Tomato Pickle Spear Chips Mandarin Oranges</p>	<p>Closed for Pioneer Day</p> 
28	29	30	31
<p>Chicken Tacos Lettuce, Pico, Cheese Refried Beans Mexican Style Roasted Vegetables Seasonal Fruit</p>	<p>Meatloaf w/Brown Gravy Mashed Potatoes Carrots Dinner Roll Fruit Cocktail</p>	<p>Chicken Tenders Sweet Potato Fries Garden Salad 1000 Island Dressing Seasonal Fruit Cookie/Sugar Free Cookie</p>	<p>Tater Tot Casserole Mixed Vegetables Seasonal Fruit Wheat Bread</p>

July Activities

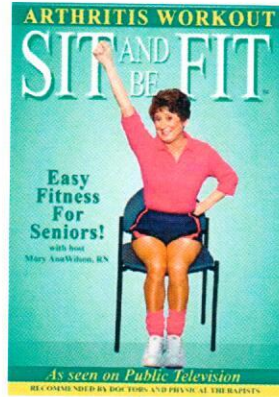
95 N. 300 W. Hurricane 435-301-7280 <https://coa.washco.utah.gov/hurricane/>

	1-Jul	2-Jul	3-Jul
	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Beginning Yoga 10:00 Dixie Can Do's to entertain during lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Birthday Celebration Drawing 101 1:00
7-Jul	8-Jul	9-Jul	10-Jul
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 Beginning Yoga 10:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Toenail Trimming 10:30 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
14-Jul	15-Jul	16-Jul	17-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Neil Petty to entertain @ lunch Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Beginning Yoga 10:00 Craft Class 1:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Quilt Guild
21-Jul	22-Jul	23-Jul	24-Jul
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 Beginning Yoga 10:00 Craft Class 1:00	Closed for Holiday 
28-Jul	29-Jul	30-Jul	31-Jul
Video Sit Fit 10:00 Health Screening 11:00 Neil Petty to entertain @ lunch Bingo after lunch Card Class 1:00	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Beginning Yoga 10:00 Craft Class 1:00	Billiards 9:00-3:00 Video Sit Fit 10:00

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

Exercise Classes

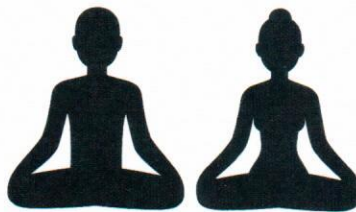
VIDEO SIT & BE FIT — Monday's & Thursday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am



BEGINNING YOGA — Wednesday's @ 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



CARD MAKING WORKSHOP

Monday, July 28, 2025

Cost is \$3.00

includes 2 cards with envelopes

Markers, Colored Pencils and Glue provided

Feel free to bring any other art materials
that you may want to use

Reservations are required
Please call 435-301-7280 to reserve your kits today!!!

Class is held at
The Hurricane Active Life Center
95 N 300 W





AAA-Five County



Benefits Enrollment Center

Area Agency on Aging-Five County Benefits Enrollment Center

Help applying for Medical, Utility, Food and RX Drug Assistance

You May Qualify for Additional Help - The Benefits Enrollment Center help low income Medicare eligible seniors and persons with disabilities identify and apply for benefit programs. Our trained staff use a web based tool to determine eligibility for benefits free of charge. Specially trained enrollment counselors can help you complete and submit applications.

You may be eligible for one or more of the following programs:

- Medicare Part D Extra Help/Low Income Subsidy (LIS) program - pays for Part D plan premiums, reduces drug co-pays and eliminates the Donut-Hole.
- Medicare Savings Program (MSP) - Pays Medicare premiums.
- Medicaid for people with Medicare - supplements Medicare paying deductible and co-pays.
- SNAP/Food Stamps - Access nutritious food and alleviate hunger.
- Utilities Assistance Programs - Access savings to help heat and cool your home.
- Veteran's Benefits
- And Many More!



For More Information

435-673-3548
ext. 104

Benefit Enrollment Specialist

BEC@fivecounty.utah.gov
www.areaagencyonagingfivecounty.org
[www.facebook.com/
AgingFiveCountyUtah](https://www.facebook.com/AgingFiveCountyUtah)

1070 W. 1600 S.
St. George, UT 84770

585 N. Main St.
Cedar City, UT 84721

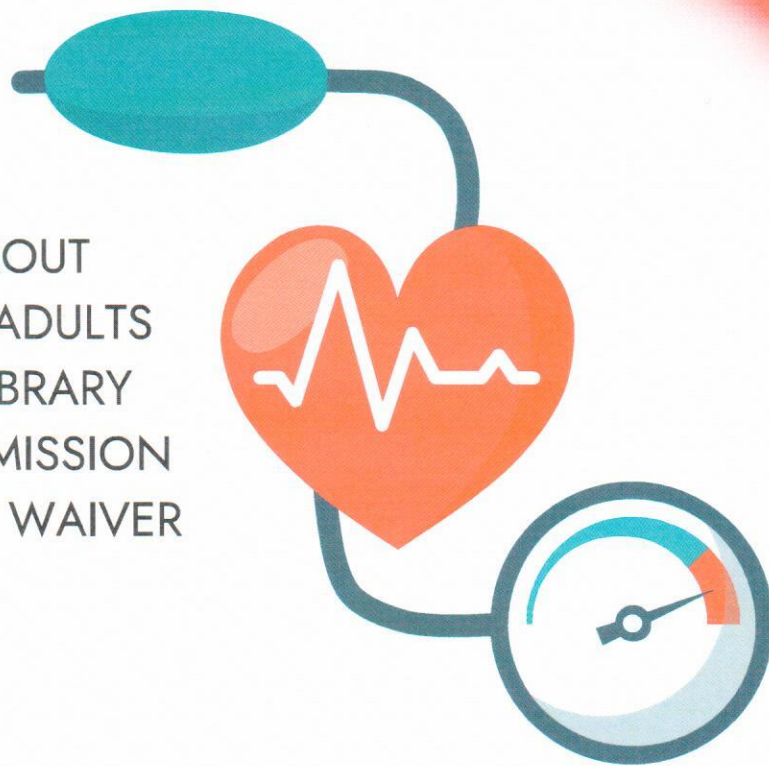


ncoa
National Council on Aging

BLOOD PRESSURE MONITORS

NOW AVAILABLE FOR CHECKOUT
AT YOUR LOCAL LIBRARY

FREE CHECKOUT
AVAILABLE TO ADULTS
WITH VALID LIBRARY
CARD AND SUBMISSION
OF PARTICIPANT WAIVER





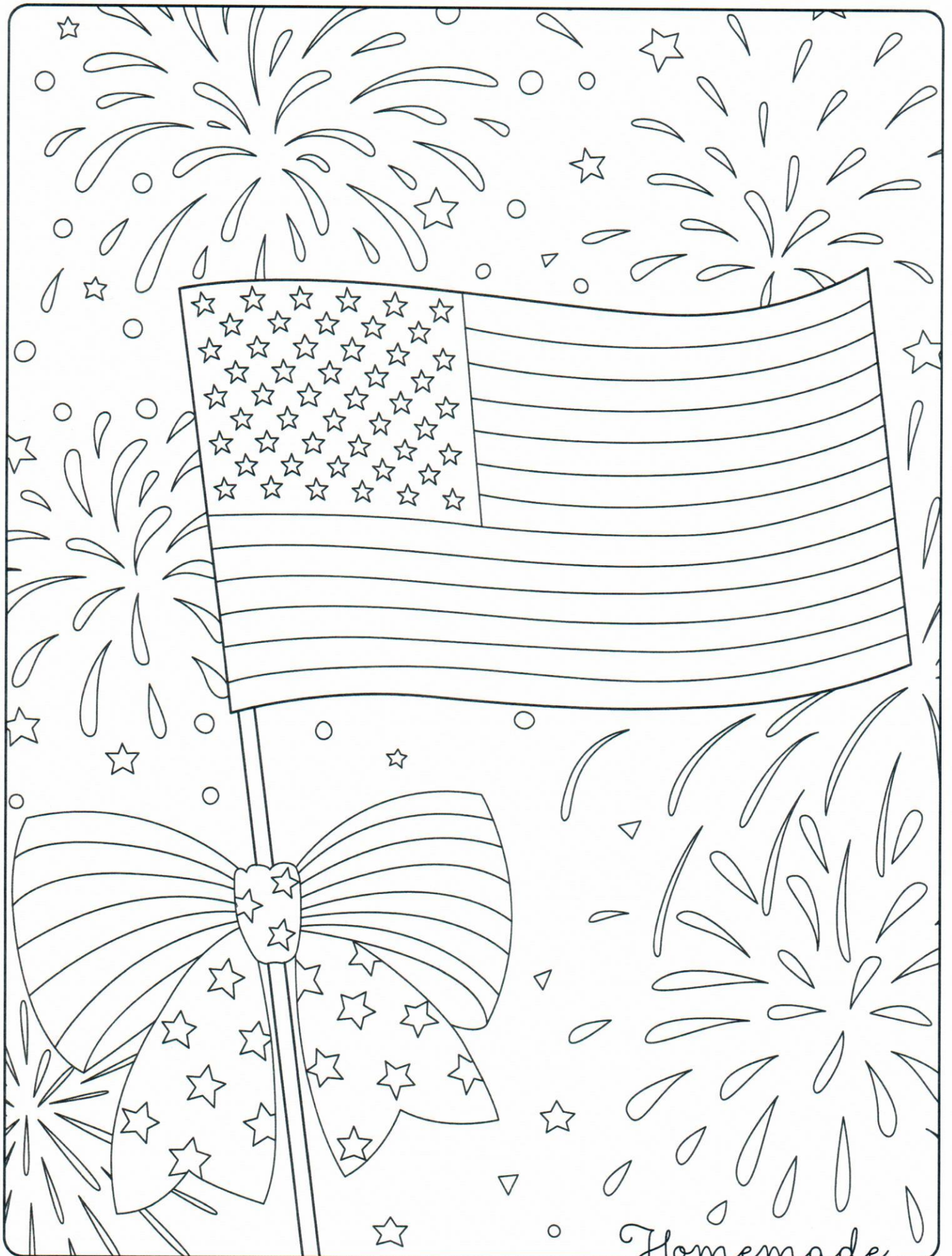
The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2025 is on Friday, July 4.

<https://www.history.com/articles/july-4th>



Pioneer Day is an official holiday celebrated on July 24 in the U.S. state of Utah, with some celebrations taking place in regions of surrounding states originally settled by Mormon pioneers. It commemorates the entry of Brigham Young and the first group of Mormon pioneers into the Salt Lake Valley on July 24, 1847. In addition to being an official holiday in Utah, Pioneer Day is considered a special occasion by many members of the Church of Jesus Christ of Latter-day Saints (LDS Church). On Pioneer Day, some Latter-day Saints walk portions of the Mormon Trail or reenact entering the Salt Lake Valley by handcart. Latter-day Saints throughout the United States and around the world may celebrate July 24 in remembrance of the LDS Church's pioneer era, with songs, dances, potlucks, and pioneer related activities.

While the holiday has strong links to the LDS Church, it is officially a celebration for everyone, regardless of faith and nationality, who immigrated to the Salt Lake Valley during the pioneer era, which is generally considered to have ended with the 1869 arrival of the transcontinental railroad.



Homemade
GIFTS MADE EASY

JULY

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.

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F E F O R R E C R E A T I O N
A R W H H I K I N G N A G T M
M O A E U P H O R I A V N L S
I H A I L T H E O P Y L I I I
L S T O U M G J H F B O M B N
Y A R R E S N C I A U D M E O
I E L L U O H R A O R N I R I
R S B C C O E O G M A A W T T
L M A N I W F N L N P B S Y I
E D O R O N I L T I I I F E L
I F F R R T C H E E D D N O O
M F K A A I U I L J F A K G B
L S C O M M X J P Q L H Y Q A
D J B Y P E G A R F F U S M Y
J M H M E D A R A P V G M N M
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By Jimmy and Evelyn Johnson - www.qets.com

Abolitionism

Anthem

Band

Boating

Camping

Conjoint

Emblem

Euphoria

Family

Fireworks

Fourth

Hiking

Holiday

Liberty

Parade

Picnic

Recreation

Ruby

Seashore

Suffrage

Swimming