

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

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

Rocky Mtn. Healthcare – Blood Pressure/Sugar checks – 2nd Thursday 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 – 4th 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 – see Activity Schedule

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!



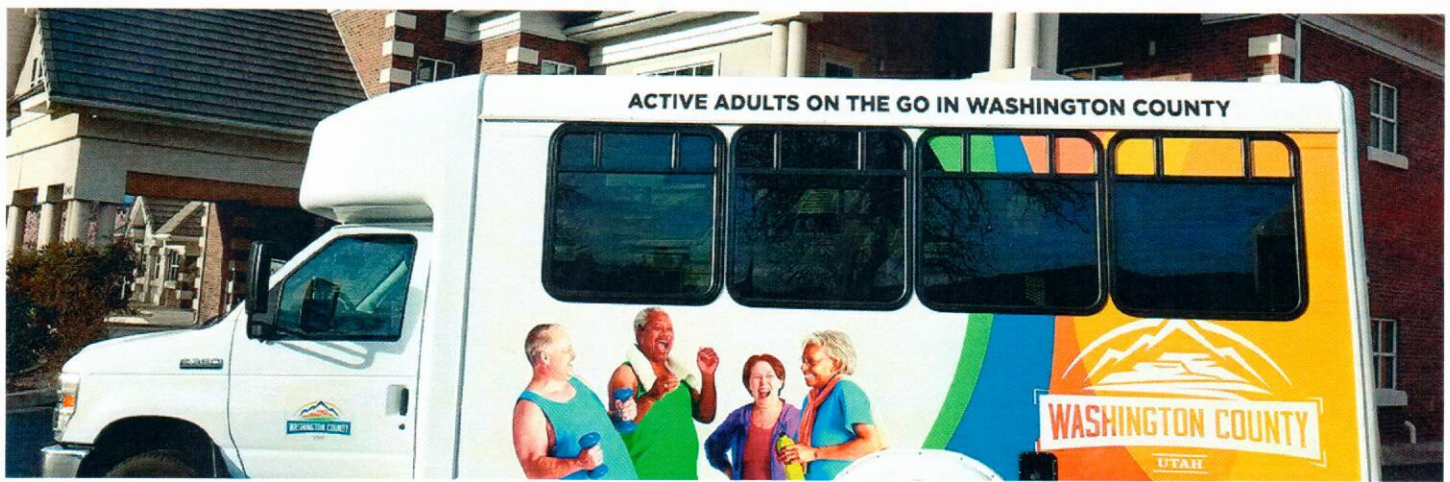
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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



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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

June 2025

435-301-7280

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
Chicken Fajitas Pinto Beans Fiesta Corn Tortilla Seasonal Fruit	Braised Beef Tips Over Mashed Potatoes Herbed Carrots Wheat Bread Seasonal Fruit Butter	Bratwurst Sauerkraut Tater Tots Garden Salad Ranch Dressing Peaches Mustard	Breaded Fish Wild Rice California Vegetables Lemon & Tartar Sauce Seasonal Fruit Birthday Cake Sugar Free Cake
9	10	11	12
Chicken Cordon Bleu Roasted Potatoes Chef's Choice Vegetables Seasonal Fruit Dinner Roll	Pasta Meat Sauce Garden Salad 1000 Island Dressing Garlic Bread Seasonal Fruit	Cheeseburgers Onion Rings Lettuce, Tomato, Onion Pickles Seasonal Fruit	Father's Day Meal Chili Dogs Tater Tots Broccoli Shredded Cheese Onions Seasonal Fruit
16	17	18	19
Closed for Juneteenth	Chicken Salad Croissant Lettuce & Tomato Pesto Pasta Salad Grapes	Country Fried Steak Mashed Red Potatoes Country Gravy Mixed Vegetables Wheat Bread Margarine	Sloppy Joes Mac & Cheese Coleslaw Seasonal Fruit Ketchup
24	25	26	27
Turkey Dressing Green Beans & Onions Seasonal Fruit Bread	Meatloaf w/Brown Gravy Mashed Potatoes Carrots Dinner Roll Seasonal Fruit	Mexican Pulled Pork Spanish Rice Fresh Vegetables Cilantro & Onion Tortilla Season Fruit	Chicken Alfredo Pasta Italian Blend Vegetable Garlic Bread Seasonal Fruit Cookie Sugar Free Cookie
30			
Chicken Tacos Lettuce, Pico, Cheese Refried Beans Mexican Style Roasted Vegetables Seasonal Fruit		<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>	

June Activities

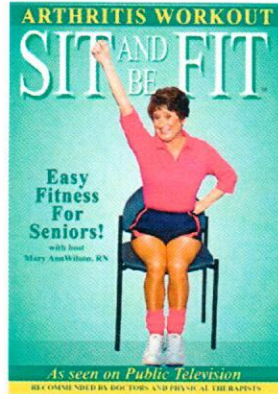
95 N. 300 W. Hurricane 435-301-7280 <https://coa.washco.utah.gov/hurricane/>

2-Jun	3-Jun	4-Jun	5-Jun
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 Dixie Can Do's to entertain during lunch Craft Class 1:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Birthday Celebration during lunch
9-Jun	10-Jun	11-Jun	12-Jun
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 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	Video Sit Fit 10:00 Health Screening 11:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
16-Jun	17-Jun	18-Jun	19-Jun
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Beginning Yoga 10:00 Southwest Utah Health Dept. Presentation Craft Class 1:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Quilt Guild
23-Jun	24-Jun	25-Jun	26-Jun
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 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	Video Sit Fit 10:00 Rob Goulding to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
30-Jun	<div> <div>HAPPY</div> <div>Father's Day</div> </div>		
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Card Class 1:00			

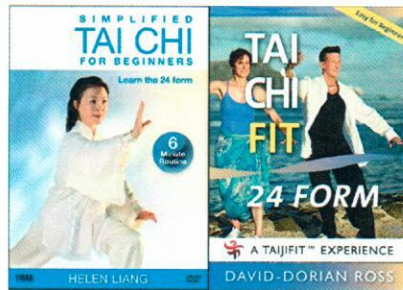
Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Exercise Classes

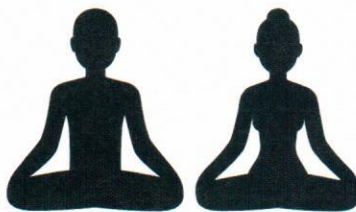
VIDEO SIT & BE FIT — Monday's & Thursday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am

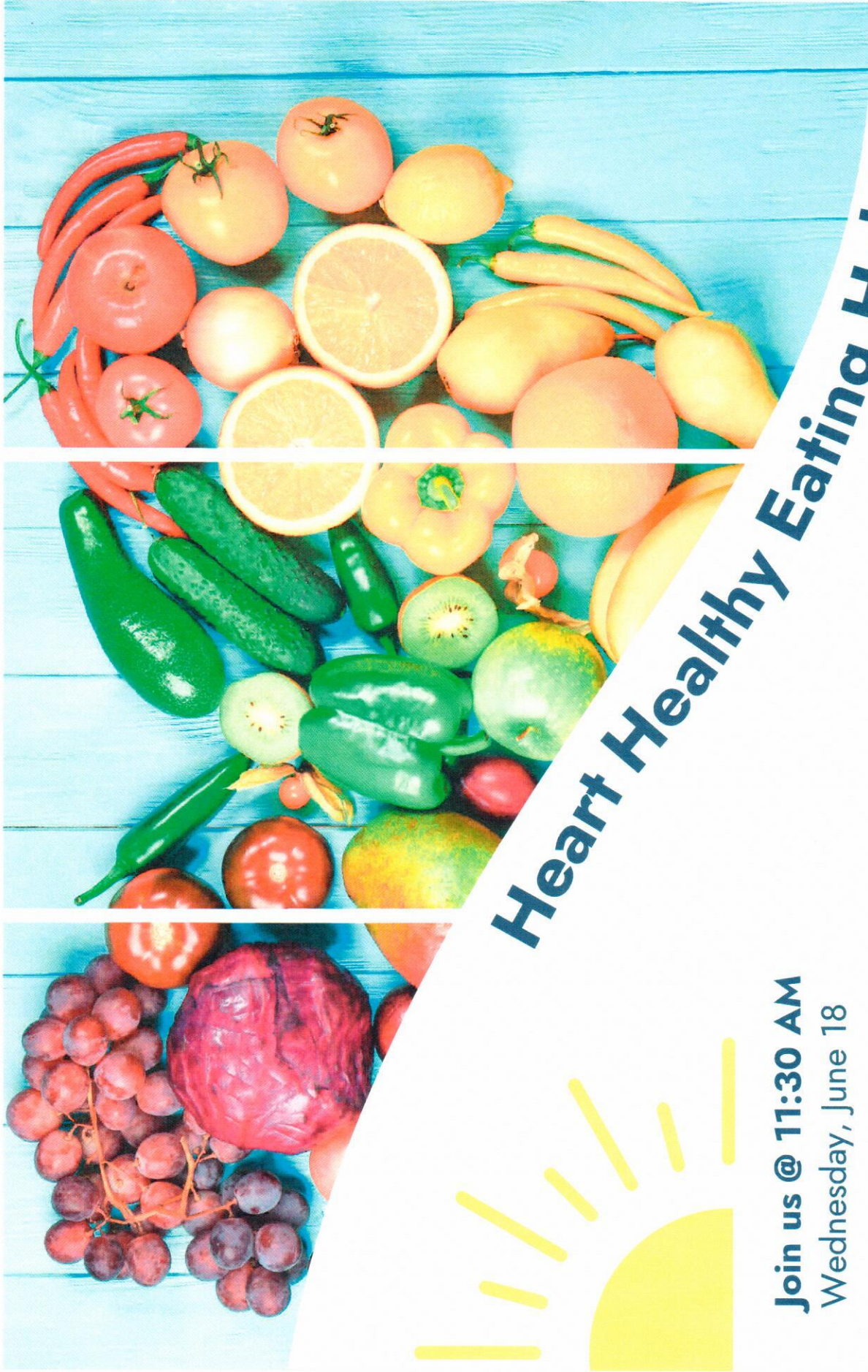


BEGINNING YOGA — Wednesday's @ 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



Heart Healthy Eating Habits

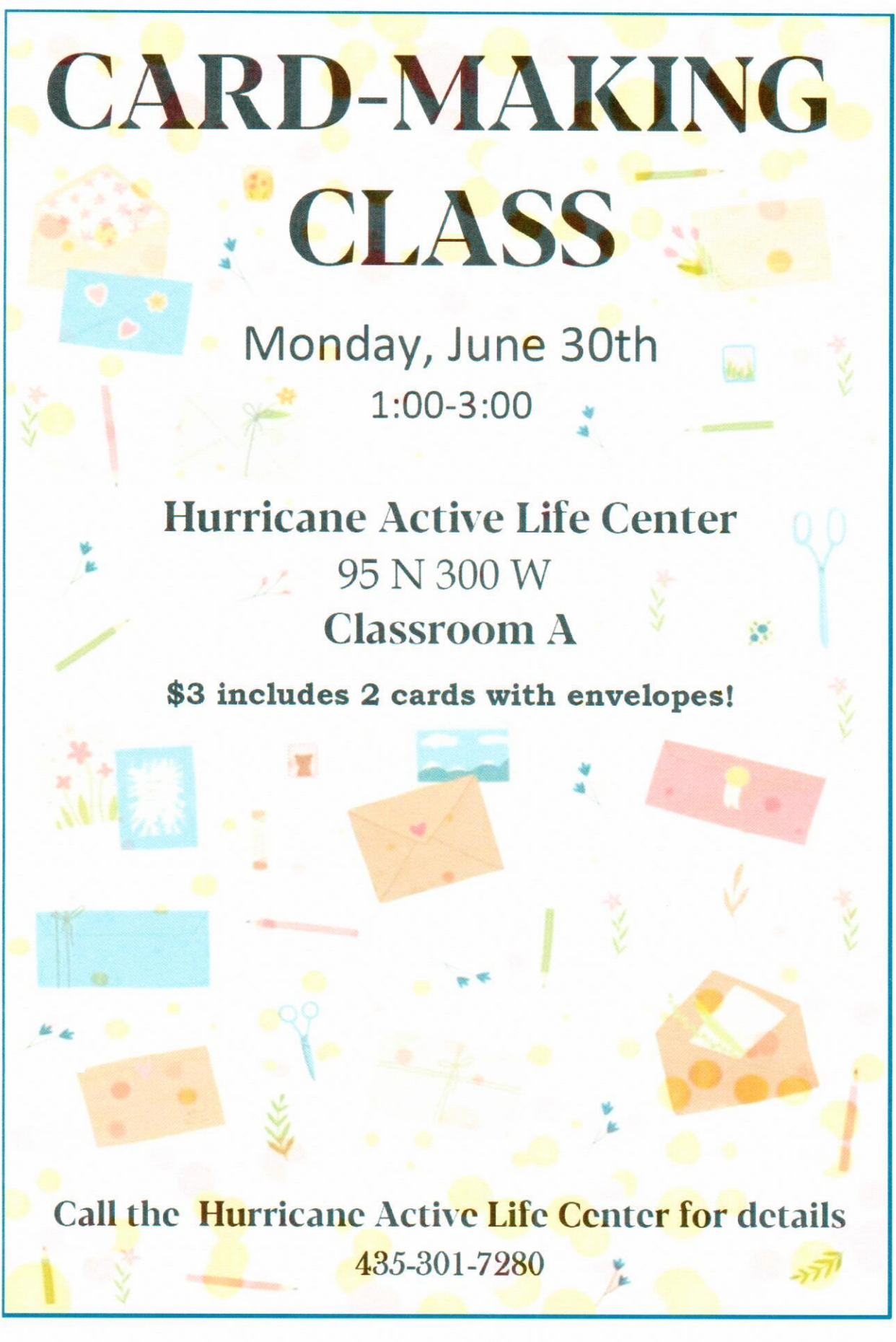
Join us @ 11:30 AM
Wednesday, June 18

Call Jamie at 435-986-2571 for more information



Hurricane Senior Center
95 North 300 West, Hurricane, UT

CARD-MAKING CLASS



Monday, June 30th
1:00-3:00

Hurricane Active Life Center
95 N 300 W
Classroom A

\$3 includes 2 cards with envelopes!

Call the Hurricane Active Life Center for details
435-301-7280



Father's Day as we know it today has a relatively short history, originating in the early 20th century. It's primarily attributed to Sonora Smart Dodd of Spokane, Washington, who, inspired by her father's single parenting efforts, advocated for a day to honor fathers. The first Father's Day was celebrated in Spokane on June 19, 1910. While the idea gained traction, it wasn't officially recognized by the U.S. government until 1972, when President Nixon signed a proclamation designating it as a national holiday.



Flag Day

June 14

Long may she wave

Do you know the meaning of our Flag?

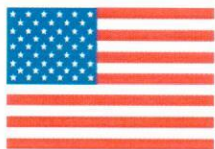
50 stars stand for 50 states

13 stripes stand for the original 13 colonies

Red stands for courage and bloodshed

White stands for courage and purity

Blue stands for justice and freedom

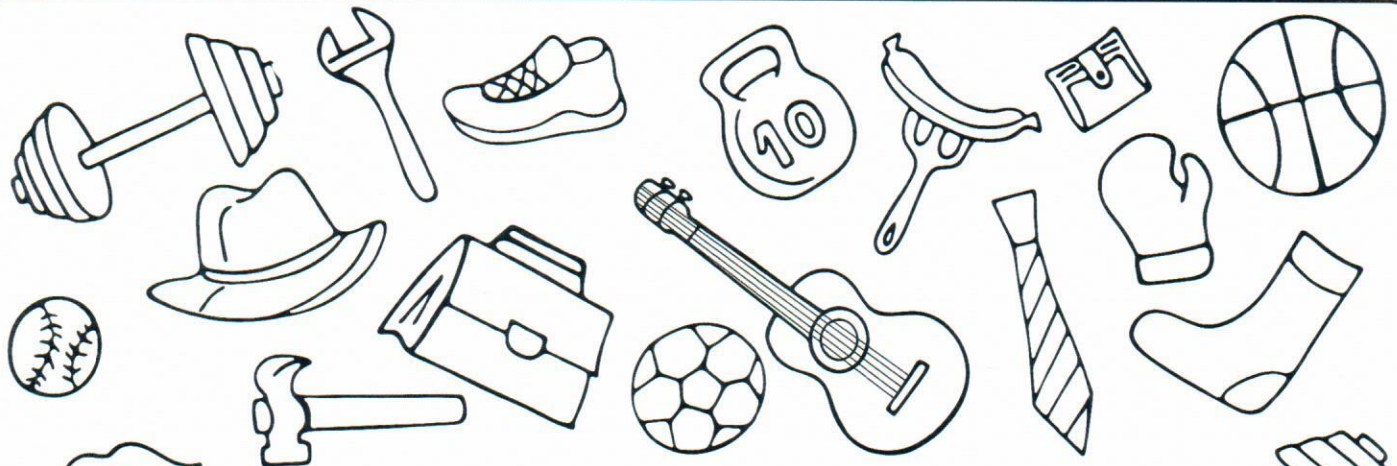





JUNETEENTH

CELEBRATE FREEDOM



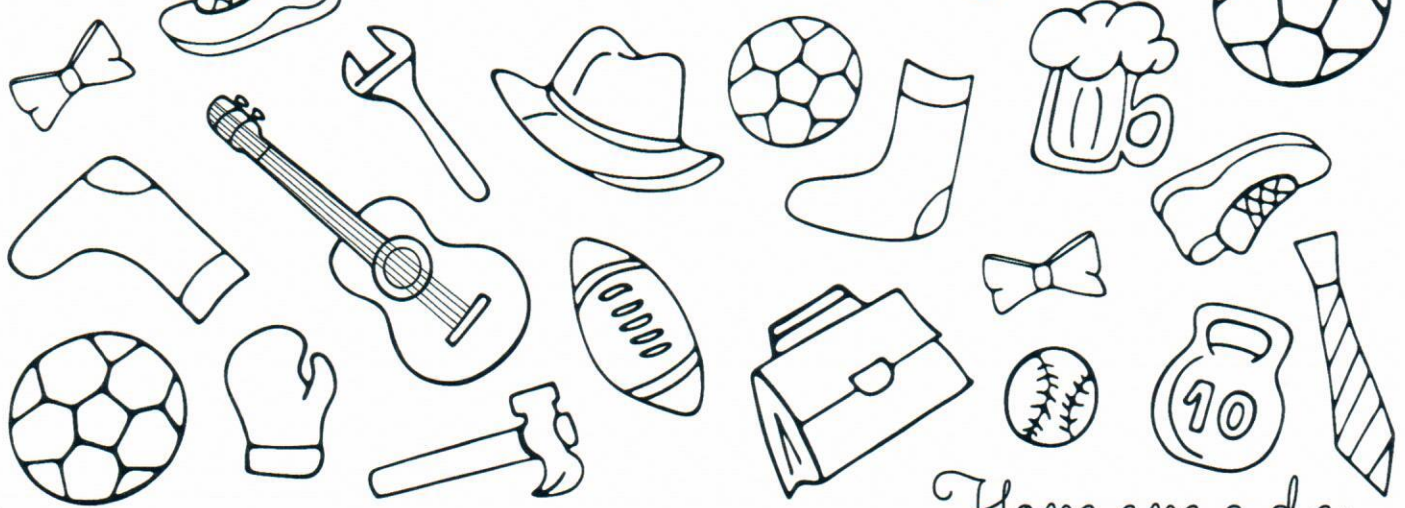
Juneteenth is a federal holiday in the United States. It is celebrated annually on June 19 to commemorate the ending of slavery in the United States. The holiday's name, first used in the 1890s, is a portmanteau of the words "June" and "nineteenth", referring to June 19, 1865, the day when Major General Gordon Granger ordered the final enforcement of the Emancipation Proclamation in Texas at the end of the American Civil War. In the Civil War period, slavery came to an end in various areas of the United States at different times. Many enslaved Southerners escaped, demanded wages, stopped work, or took up arms against the Confederacy of slave states. In January 1865, Congress finally proposed the Thirteenth Amendment to the United States Constitution for national abolition of slavery. By June 1865, almost all enslaved were freed by the victorious Union Army, or abolition laws in some of the remaining U.S. states. When the national abolition amendment was ratified in December, the remaining enslaved in Delaware and in Kentucky were freed.



 **HAPPY**  

FATHER'S

   **DAY!**  



JUNE

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

Baseball	Gardening	Picnic
Camp	Graduation	Recreation
Celebration	Grow	Summer
Eagle	Hiking	Sunshine
Family	Holiday	Swimming
Fathers	Mountain	Travel
Flag	Outdoors	Vacation