

Hurricane Senior Center

May 2021 Newsletter



Welcome back!

We are excited to be able to have the center open again. We have missed all your smiling faces!!

We will be continuing normal activities and opening the thrift store as allowed by guidelines. Please be patient with us as some changes are necessary for the safety of our clients.

Our Dial-A-Ride Program is operating as usual.

Lunch will be 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.

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.



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

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

Monthly Events

Pathway Healthcare – Blood Pressure/Sugar checks – every Monday 11:00am-12:00pm

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

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

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

Craft Class – every Wed @ 1:00pm

Bingo 60+ Only – 2nd & 4th Monday @ 1:00pm

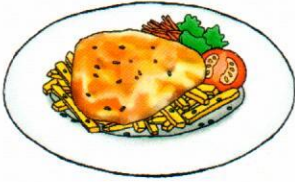
Bingo is free to play **For 60+ only**

Paint Group – Tuesdays @ 1:00pm (Not during summer months)

Billiards – Open daily 9am – 3:30pm

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

COME JOIN US!



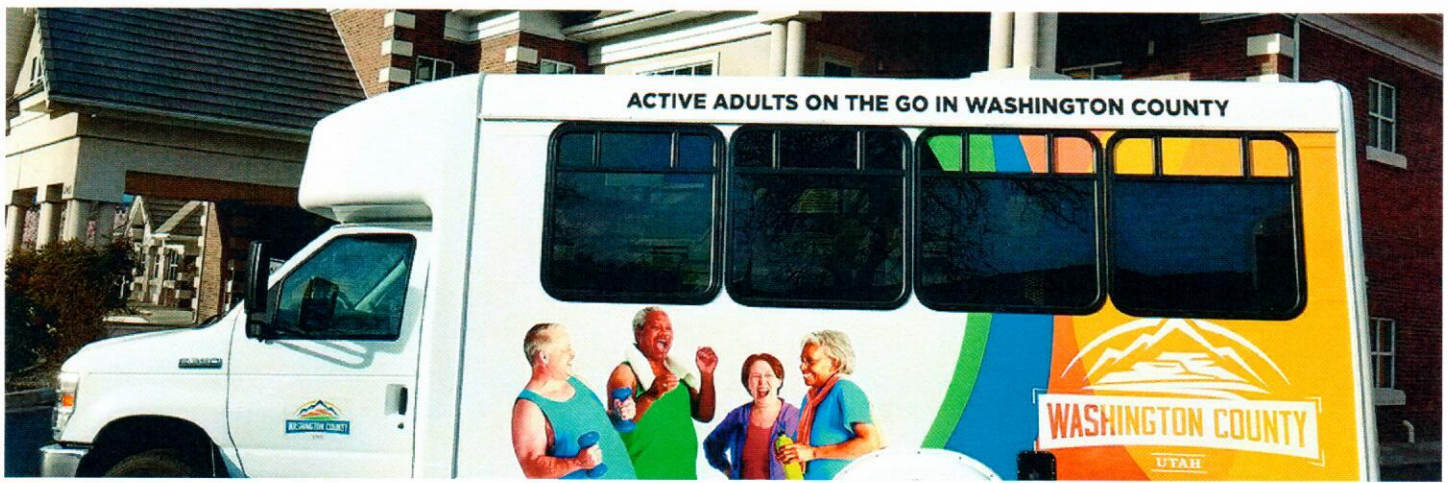
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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!

HURRICANE SENIOR CENTER

435-635-2089

May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
<p>Creole Steak Okra & Tomatoes Buttermilk Potatoes Cornbread Seasonal Fruit Milk Margarine</p>	<p>Hawaiian Chicken Haystack White Rice Peas and Carrots Japanese Vegetables Pineapple Tidbits Milk</p>	<p>Cinco De Mayo Chicken Enchilada Enchilada Sauce Spanish Rice Fiesta Vegetables Mixed Green Salad Apple Crisp Milk Sour Cream Salad Dressing Diet - Apple Slices</p>	<p>Mother's Day Meal Baked Chicken w/Spinach Cream Sauce Buttered Rice Garden Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Strawberry Shortcake Cookie Milk Margarine Diet - Vanilla Wafers Salad Dressing</p>
10	11	12	13
<p>Smothered Chicken Au Gratin Potatoes Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Spaghetti and Meatballs Broccoli Mixed Green Salad Dinner Roll Grapes Milk Margarine Salad Dressing</p>	<p>BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk</p>	<p>Roast Beef with Au Jus Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Dinner Roll Milk</p>
17	18	19	20
<p>Swedish Meatballs Egg Noodles Green Peas Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Baked Fish with Creamy Dill Sauce Twice Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk</p>	<p>Beef Patty Lettuce Tomato Onion Pickles Crinkle Cut French Fries Hamburger Bun Hot Spiced Apples Milk Mustard Ketchup</p>	<p>Cheese Ravioli with Marinara Sauce California Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Salad Dressing</p>
24	25	26	27
<p>Country Fried Steak w/Country Gravy Mashed Potatoes Stewed Tomatoes Pineapple Slaw Biscuit Milk Sugar Cookie Diet - Vanilla Wafers</p>	<p>Minestrone w/Italian Sausage Soup Mixed Green Salad Fluffy Fruit Salad Dinner Roll Chocolate Chip Cookies Milk Diet - Vanilla Wafers Salad Dressing</p>	<p>Potato Crusted Fish Tater Tots Mixed Vegetables Coleslaw Pineapple Tidbits Roll Tarter Sauce Milk</p>	<p>Memorial Day Meal Chili Cheese Beef Hotdog Baked Beans Potato Salad Hot Dog Bun Peach Crisp Milk Mustard Ketchup Diet - Hot Peaches</p>
31			
<p>Closed Memorial Day Holiday</p>			<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.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>

Scammers are using a new trick to steal your money and personal information: a bogus COVID vaccine survey.

People across the country are reporting getting emails and texts out of the blue, asking them to complete a limited-time survey about the Pfizer, Moderna, or AstraZeneca vaccine. (And no doubt, there may be one for Johnson & Johnson, too.) In exchange, people are offered a free reward, but asked to pay shipping fees. If you get an email or text like this, **STOP**. It's a scam.



No legitimate surveys ask for your credit card or bank account number to pay for a “free” reward.

If you get an email or text you’re not sure about:

- Don’t click on any links or open attachments. Doing so could install harmful [malware](#) that steals your personal information without you realizing it.
- Don’t call or use the number in the email or text. If you want to call the company that supposedly sent the message, look up its phone number online.

Remember:

- Don’t give your bank account, credit card, or personal information to someone who contacts you out of the blue.
- You can [filter unwanted text messages](#) on your phone, through your wireless provider, or with a call-blocking app.
- If you get an email or text that asks for your personal information and you think it could be a scam, tell the FTC at [ReportFraud.ftc.gov](#).

— NATIONAL PHYSICAL FITNESS & SPORTS MONTH —

M O V E M O R E

The evidence is clear—regular physical activity is good for everyone’s health. Choose activities you enjoy and do it often!

BENEFITS OF PHYSICAL ACTIVITY

- Prevents chronic diseases and controls weight
- Promotes strong bone, muscle and joint development
- Conditions heart and lungs
- Builds overall strength and endurance
- Improves sleep
- Decreases potential of becoming depressed
- Increases your energy and self-esteem
- Relieves stress
- Increases your chances of living longer

RECOMMENDATIONS

150 to 300 minutes a week of moderate-intensity, or **75** minutes to **150** minutes a week of vigorous-intensity aerobic physical activity spread throughout the week

When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

TYPES OF PHYSICAL ACTIVITY

Include exercise of each of the types of physical activity listed below in your weekly routine. Check with your doctor first before beginning a new exercise plan.

Strength Training. Strengthening your muscles provides many benefits to your health. Use free weights, weight machines, resistance bands, or your own body weight. Form is key, so work with a physical therapist or certified fitness professional before you get started. Strength train all major muscle groups two times per week.

Aerobic Exercise. Aerobic exercise gives your heart and lungs a workout. The recommendations listed on the left. Examples: walking, cycling, swimming, cross-country skiing, and aerobic classes.

Stretching. Routine stretching helps maintain flexibility, which increases your range of motion and reduces pain and the risk for injury. Aim to stretch most days of the week or at least three or four times per week.

Balance Exercises. Improving your balance helps you be steadier on your feet and prevents falls. Add balance exercises into your strength training routine, such as yoga or tai chi.

For more information on physical activity, check out Move Your Way at health.gov/moveyourway/

May...an a-may-zing month!

The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May after the Greek goddess of growth.

A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word Maiores, the Latin for "elders," that the month gained its name.

The word May wasn't actually used until the middle ages were on their way out, around the 15th Century AD. Up until then, the Roman word Maius was still used.

May used to have a very different name in Old English. Back then, the month was referred to as the "month of three milkings." Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!

May was once considered an incredibly ill-omened time to get married. There's an adage for it actually, which goes: "Marry in May and you'll rue the day." It's not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!

May isn't just a bad time to get married, though. There's the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn't wash any blankets either!

May is the month that the Eurovision song contest is held every year. For those not in the know, Eurovision is an international song contest that has been held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!

Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It's easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.

The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of the New York cityscape!

Back in the day in Europe, it wasn't a good May if you didn't celebrate it with a maypole. In the UK, at least, they were present since at least 1350 AD. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.

May is a pretty good month for US presidents. Every other month of the year, at least one US president has died, but never in May!

May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May. Basically, if the first of May is on a Friday, and the 31st of May is on a Sunday, no other months in the year will start or end on a Friday or a Sunday!

The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.

May actually has two birth flowers – the Lily-of-the-Valley and the Hawthorn. The Hawthorn flower is a symbol of hope, while the Lily-of-the-Valley represents the return of happiness and sweetness.

May also has two Zodiac signs, Taurus and Gemini. People born under the sign of Taurus are said to be ambitious and smart, yet trustworthy. Those born under the sign of Gemini are said to be passionate, adaptable, and smart.

May has some pretty interesting month-long observances. In the U.K., May is National Pet Month and National Smile Month. In the US, May is National Burger Month, Older Americans Month, and National Military Appreciation Month.

Many famous people were born in May, such as Mark Zuckerberg, Karl Marx, Clint Eastwood, Wes Anderson, John F. Kennedy, Queen Victoria, and Catherine the Great!

<https://www.thefactsite.com/may-facts/>



MEMORIAL DAY

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.

T S R E W O L F H C E W S I L L
I N O I T A R B E L E C R N G N
W O R S H I P M H E S C O S O F
N A M E R I E O C L A E T E H S
A L V E T T L E I R A L S D I N
R A S T E I O B S A C E E A S R
E N I R D F E I C G E B C R T F
T O Y A O R R O U R R R N A O C
E I Y L T B A N N E R A A P R O
V T B Y A U N E T R Y T V H Y A
S O E R D I T A Y R N I E E D T
H M E N A U R L Y M O O U R L A
S E A T B V I O I T N N G G R A
T B I I T M E U M D U F L A G S
E M R L A P W R H E F D R K T P
M T B F Q R T M Y K M R C N Y K

By Evelyn Johnson - www.qets.com

Ancestors	Duty	Holiday
Band	Emotional	Liberty
Banner	Family	Memorial
Bravery	Flags	Parade
Celebration	Flowers	Tribute
Celebration	Grave	Veteran
Cemetery	History	Worship

MOTHER'S DAY

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.

D M O T D H E R S H O L D T
H A E I R R C H I L D R E N
S H U A A N S H U S B A N D
D W S G C F O D R A S H M O
L R I T H F W H N E I O L D
E O B S A T E R M E T U T I
T H V M D F E O E H I E E N
M I I E I O H R E T R R R N
A L L W H E M R A A S R F E
Y T E U Q U O B C T S I F R
O R V T E M E M O R I E S V
E R A F G C H I L D R E N K
R H R I W T E L E P H O N E
Z V T G L N T V M E D I R P

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Bouquet	Friends	Mother
Card	Gift	Pride
Care	Home	Sister
Children	Husband	Telephone
Daughter	Love	Travel
Dinner	May	Wife
Family	Memories	Wisdom

