

Hurricane Active Life Center

May 2024 Newsletter



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

The Utah Deaf & Hard of Hearing Organization will be here Monday May 6th 11:30-1:00.

The center will be closed Monday May 27th to celebrate Memorial Day.

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

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

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

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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 – 2:30 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.

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 \$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-: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

Blood Pressure/Sugar checks – every 3rd Thursday 11:00am

Walk With Ease – every Tues & Thurs @ 10:00am

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

Video Tai Chi – every Tues @ 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

Hand & Foot Cards – 2nd & 4th Wed @ 1:00pm

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

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

Drawing 101 – Thursday @ 1:00pm

Toe Nail Trimming – 3rd Monday 11:00am

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!



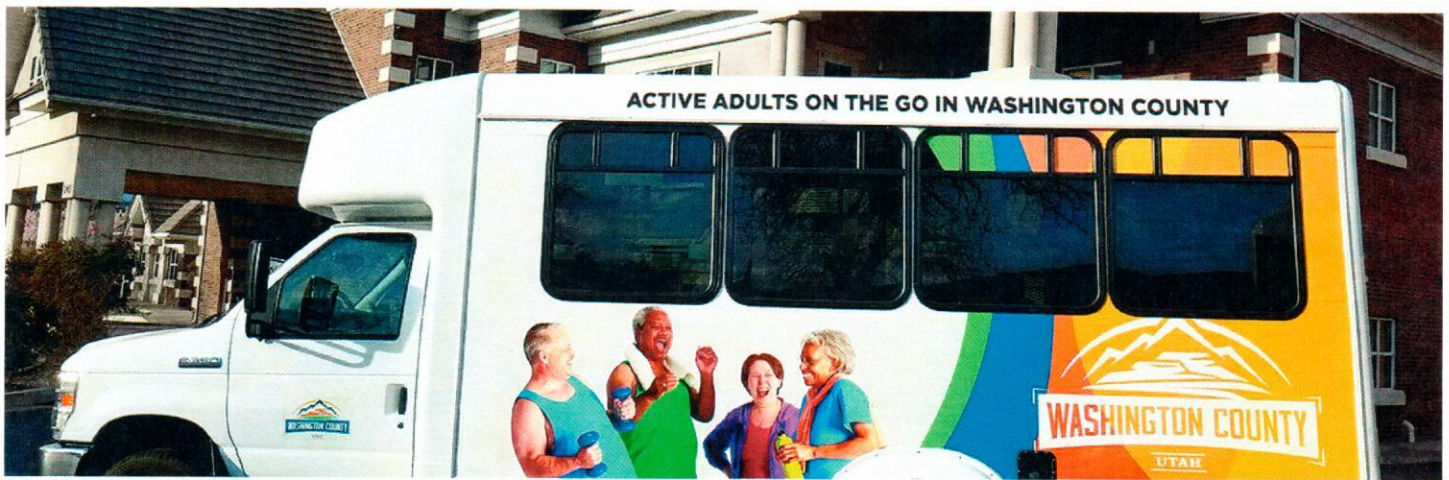
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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 435-634-5743.

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:

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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 2:00 pm Monday through Thursday. The bus 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 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.

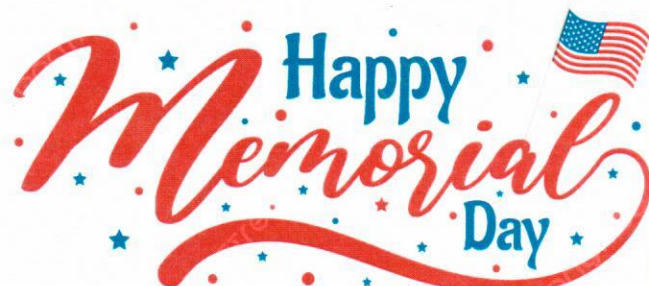
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Hurricane Active Life Center | May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$4.00 is requested from seniors 60 and older. 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>		<p>1</p> <p>Sloppy Joe Baked Beans Broccoli Hamburger Bun Cinnamon Applesauce</p>	<p>2</p> <p>Cinco de Mayo Meal Chicken Enchiladas Spanish Rice Fiesta Vegetable Blend Shredded Lettuce and Tomato Corn Tortilla Seasonal Fruit</p>
<p>6</p> <p>Country Fried Steak w/Country Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Wheat Bread Seasonal Fruit Chocolate Chip Cookie Diet - Sugar-Free Cookie</p>	<p>7</p> <p>Meatballs w/Spaghetti Sauce Pasta Mixed Vegetables Mixed Green Salad Garlic Texas Bread Fresh Grapes Margarine Ranch Salad Dressing</p>	<p>8</p> <p>Turkey Melt Sandwich Hearty Tomato Soup Potato Wedges Wheat Bread Seasonal Fruit Mayonnaise Mustard Ketchup</p>	<p>9</p> <p>Mother's Day Meal Baked Chicken w/Spinach Sauce Buttered Rice Garden Vegetable Blend Mixed Green Salad Dinner Roll Seasonal Fruit Sugar Cookie Diet - Sugar-Free Cookie Margarine Ranch Salad Dressing</p>
<p>13</p> <p>Swedish Meatballs Penne Pasta Green Beans with Onion Parslied Carrots Texas Bread Seasonal Fruit</p>	<p>14</p> <p>Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice California Vegetable Blend Mixed Vegetables Dinner Roll Seasonal Fruit Margarine</p>	<p>15</p> <p>Homemade Meatloaf w/Brown Gravy Garlic Whipped Potatoes Green Peas Spinach Salad Wheat Bread Seasonal Fruit Margarine Ranch Salad Dressing</p>	<p>16</p> <p>Chicken w/Alfredo Sauce Rotini Pasta San Francisco Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Vanilla Pudding Diet - Vanilla Pudding</p>
<p>20</p> <p>Pork Carnitas Spanish Rice Pinto Beans Cucumber Salad Corn Tortilla Seasonal Fruit Taco Sauce</p>	<p>21</p> <p>Open Face Turkey Sandwich w/Gravy Mashed Potatoes California Vegetable Blend Whole Kernel Corn Wheat Bread Strawberry Fruited Gelatin Diet - Fruited Gelatin</p>	<p>22</p> <p>Salisbury Steak w/Brown Gravy Egg Noodles Mixed Vegetables Beet Salad Dinner Roll Seasonal Fruit Margarine</p>	<p>23</p> <p>Memorial Day Meal Hamburger Patty Lettuce Tomato Pickle Baked Beans Potato Salad Hamburger Bun Seasonal Fruit Chocolate Chip Cookie Diet - Sugar-Free Cookie</p>
<p>27</p> <p>Closed</p>	<p>28</p> <p>Beef Stroganoff Mashed Potatoes Green Peas Spinach Salad Texas Bread Peach Crisp Diet - Peaches Margarine Ranch Salad Dressing</p>	<p>29</p> <p>Chicken Fajita Spanish Rice Fiesta Vegetable Blend Black Bean Salad Corn Tortilla Seasonal Fruit</p>	<p>30</p> <p>Herb Roasted Pork Loin w/Creamy Dijon Sauce Au Gratin Potatoes Mixed Vegetables Brussels Sprouts Dinner Roll Seasonal Fruit</p>

May Activities

95 N. 300 W. Hurricane 435-635-2089 <https://coa.washco.utah.gov/hurricane/>

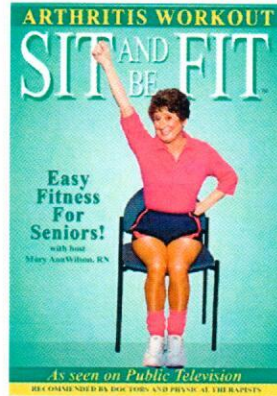


		1-May	2-May
		Billiards 9:00-3:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Birthday Celebration Walk With Ease 10:00 Arthur Whitney to entertain @ lunch Drawing 101 1:00
6-May	7-May	8-May	9-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Division of Deaf & Hard of Hearing Presentation during lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Walk With Ease 10:00	Billiards 9:00-3:00 Hand & Foot after lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Walk With Ease 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
13-May	14-May	15-May	16-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Neil Petty to entertain Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Walk With Ease 10:00	Billiards 9:00-3:00 Rob Goulding to entertain @ lunch	Video Sit Fit 10:00 Walk With Ease 10:00 Health Screening 11:00 Arthur Whitney to entertain @ lunch Drawing 101 1:00 Quilt Guild
20-May	21-May	22-May	23-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Nail-trim for feet 11:00 Card Class 1:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Walk With Ease 10:00	Billiards 9:00-3:00 Hand & Foot after lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Walk With Ease 10:00 ***Center Closed after lunch***
27-May	28-May	29-May	30-May
Closed	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 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



WALK WITH EASE — Tuesday's & Thursday's @ 10:00am

Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

Southern Utah Seniors Conference 2024



BEE THE CHANGE

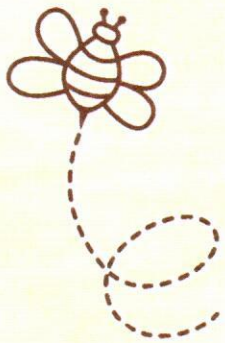


May 3, 2024

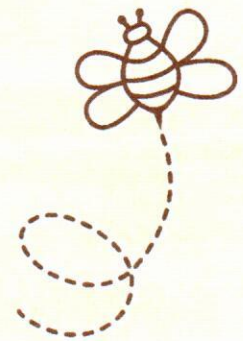
9:00 am

to

2:00 pm



Heritage Hall
105 N 100 E
Cedar City



Register at:

SouthernUtahSeniorsConference.org





Hurricane Senior Center Card Making Class

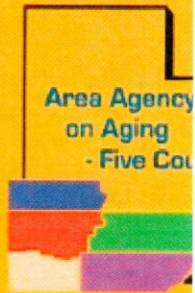
Monday, May 20th

1:00 p. m.

\$3 includes two cards with envelopes

Join us for a fun class!

Can the Medicare Prescription Drug Plan Discount Help You?



The Low Income Subsidy (LIS) or "Extra Help" can help with:

- Lower your prescription co-pays
- Cover all or part of your Medicare Part D premium
 - Eliminate the "donut-hole"

2024 Income Guidelines

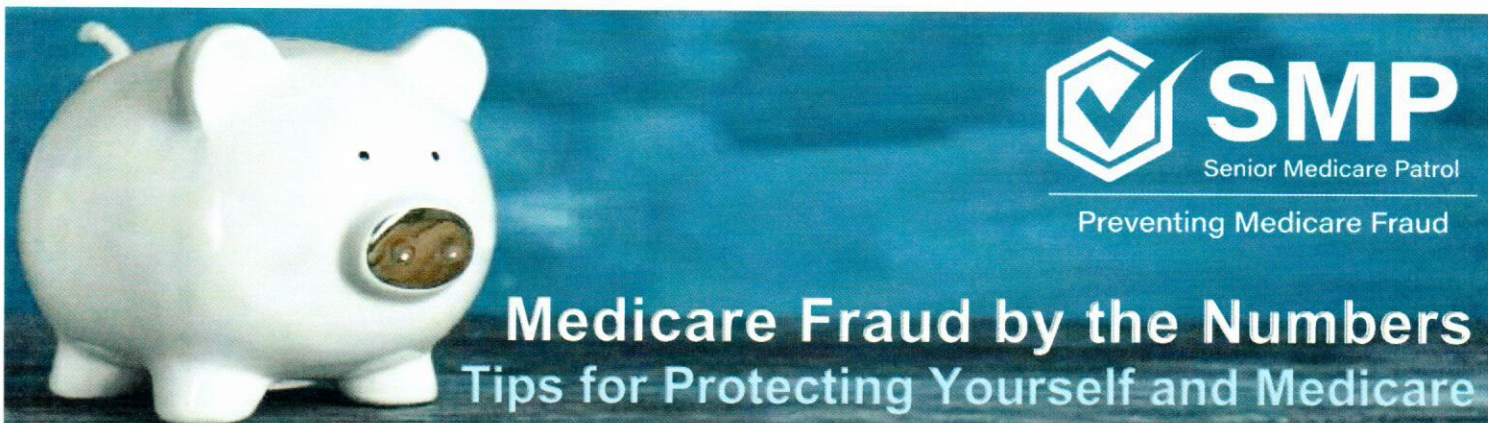
Single- \$1,903 and assets below \$17,220

Married- \$2,575 and assets below \$34,360

Not subject to estate recovery

If you would like to apply for extra help on your Medicare Part D, Call 435-263-3568





Medicare fraud is big business for criminals – Medicare loses billions of dollars each year due to fraud, errors, and abuse. Estimates place these losses at approximately \$60 billion annually, though the exact figure is impossible to measure.

Medicare fraud hurts us all. When thieves steal from Medicare, there is less money for the health care you really need. You pay for things you might never get. You can get hurt when you get tests, medicine, or care you don't need. Doctors, pharmacies, and medical suppliers can make mistakes and bad choices. Sometimes they straight-up steal from Medicare. Medicare is trying to crack down.

Operation Double Helix
35 individuals responsible
for an over \$2.1 billion
genetic testing scheme

Operation Rubber Stamp
Identified over \$1.5 billion in
fraudulent billing for durable
medical equipment (DME)

How You Can Help

Be the first line of defense in protecting your Medicare benefits.

- **Treat your Medicare card like a credit card.** Your Medicare number can be valuable to thieves who want to steal your medical identity or bill Medicare without even seeing you.
- **Don't take advice or offers of medical services** from people you don't know who call, come to your house, or approach you in public.
- **Read your Medicare Summary Notice or Explanation of Benefits.** Look for services or equipment you didn't receive, double charges, or things your doctor didn't order.
- **Ask questions and report problems.** Call the doctor or company and ask them about mistakes. Call the insurance company if you still have questions. Get help from your local SMP.
- **Volunteer.** No one cares more about keeping criminals out of Medicare than the people who need it. Become a part of your local SMP program. Help protect your friends and neighbors.

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud.

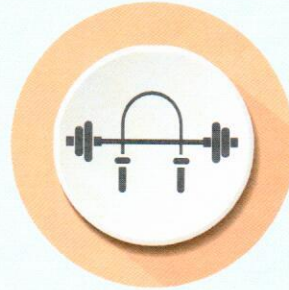
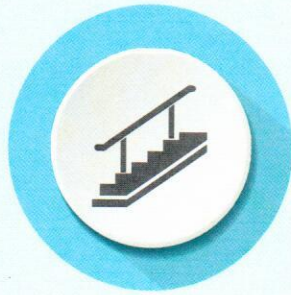
Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues.

It also can provide information and educational presentations.

To locate your state Senior Medicare Patrol (SMP):

Visit www.smpresource.org or call 1-877-808-2468.

MOVE MORE



NATIONAL **PHYSICAL FITNESS & SPORTS NUTRITION** MONTH

Taking part in more movement every day can help you feel your best. Physical activity provides many mental and physical health benefits, such as improving your mood, helping you perform the activities of daily living, and preventing and managing health conditions and diseases. Stay motivated by finding pleasure in the activities you choose to do, by surrounding yourself with other active people, and by tracking your progress through technology like an app or a fitness watch or on a paper calendar.

Physical Activity Guidelines for Adults 65+

- 150 minutes (about 2 and a half hours) or more a week for moderate-intensity activity or a minimum of 75 minutes or more a week of vigorous activity
- Include the following each week:
 - Muscle-strengthening physical activity at least two days per week involving all the major muscle groups
 - Multi-component activities that include more than one type of physical activity, such as aerobic, muscle strengthening, and balance training. Examples: dancing, yoga, tai chi, gardening, and sports
- If chronic conditions prevent reaching 150 minutes a week of moderate-intensity activity, be as active as your abilities and conditions allow

Moderate vs Vigorous

Be sure to determine the level of effort you may need for a physical activity relative to your fitness level and understand how chronic conditions may affect your ability to do regular physical activity.

Moderate-intensity Activity – A rule of thumb is that you can talk but likely cannot sing. Activities may include walking 2.5 miles per hour or faster, swimming, hiking, kayaking, bicycling slower than 10 miles/hour, yard and home repair, active yoga (Vinyasa or power yoga), tennis (doubles), ballroom or line dancing, and exercise classes like water aerobics.

Vigorous-intensity Activity – It should be difficult to say more than a few words. Activities may include sports, jogging or running, cross-country skiing, swimming, tennis (singles), bicycling faster than 10 miles/hour, heavy yard work (digging or shoveling), hiking uphill, high-intensity interval training (HITT), and some exercise classes (vigorous aerobics or kickboxing).





MAY

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Birds
Butterfly
Emerald
Flowers
Garden
Grass
Honeybee

Hose
Maypole
Memorial
Mother
Nest
Plant
Rain

Seeds
Soil
Spring
Sprout
Sunshine
Taurus
Wheelbarrow