

Hurricane Active Life Center

May 2025 Newsletter



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

Alzheimer's Awareness Presentation
May 7th 1:30.

Card Making Class May 19th.

The center will be closed May 26th in observance of Memorial Day.

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

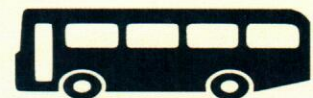
Dial-A-Ride Program

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

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



FOCUS ON ***DIAL A RIDE***

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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. 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 435-301-7280.

So we can serve you better, please have the following information ready when calling to schedule transportation.

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Hurricane Active Life Center

May 2025

435-301-7280

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$4.00 is requested from seniors 60 years and older 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>Baked Ham Au Gratin Potatoes Pineapple Glaze Vegetable Chef's Choice Seasonal Fruit Wheat Bread/Margarine Birthday Cake</p>
5	6	7	8
<p>Cinco De Mayo Chicken Enchiladas Mexican Corn Pinto Beans Seasonal Fruit</p> 	<p>Beef Stew Baked Potato Corn Bread Seasonal Fruit Margarine</p>	<p>Bratwurst Sauerkraut Tater Tots Garden Salad Ranch Dressing/Mustard Seasonal Fruit</p>	<p>Mother's Day Turkey w/Cranberry Sauce Mashed Potatoes w/Gravy Green Beans Dinner Roll/Margarine Strawberry Swirled Pudding</p> 
12	13	14	15
<p>Breaded Fish French Fries Creamy Coleslaw Lemon & Tartar Sauce Seasonal Fruit</p>	<p>Pasta w/Meat Sauce Caesar Salad Mixed Vegetables Garlic Bread Tropical Fruit Caesar Dressing</p>	<p>Pork Roast w/Mustard Sauce Long Grain & Wild Rice Roasted Vegetables Mandarin Oranges Wheat Bread/Margarine Pudding Sugar Free Pudding</p>	<p>Sloppy Joes Tater Tots Pea Salad Seasonal Fruit Ketchup</p>
19	20	21	22
<p>Hawaiian Chicken Haystacks Jasmine Rice Vegetable Chef's Choice Pineapple Tidbits</p>	<p>Chili Dogs Potato Wedges Broccoli Shredded Cheese Seasonal Fruit</p>	<p>Country Fried Steak Country Gravy Mashed Red Potatoes Squash & Zucchini Wheat Bread/Margarine Fruited Jello/Sugar Free Jello</p>	<p>Memorial Day Lunch Cheeseburger Onion Rings Lettuce, Tomato Pickles, Onion Seasonal Fruit</p> 
26	27	28	29
<p>Closed for Holiday</p>	<p>Meatloaf w/Brown Gravy Mashed Potatoes Carrots Dinner Roll Tropical Fruit</p>	<p>Chicken Tenders Fries Garden Salad Italian Dressing Seasonal Fruit Cookie/Sugar Free Cookie</p>	<p>Pizza Bake Italian Vegetable Blend Garlic Bread Seasonal Fruit</p>

May Activities

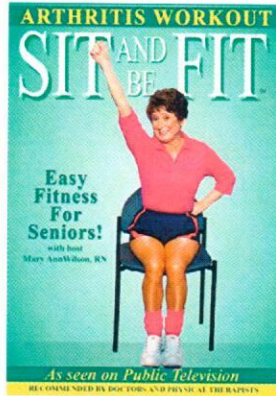
95 N. 300 W. Hurricane 435-301-7280 <https://coa.washco.utah.gov/hurricane/>

			1-May
			Billiards 9:00-3:00 Video Sit Fit 10:00 Birthday Celebration during lunch Drawing 101 1:00
5-May	6-May	7-May	8-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00	Beginning Yoga 10:00 Dixie Can Do's to entertain @ lunch Craft Class 1:30 Alzheimer's Assoc. Presentation 1:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
12-May	13-May	14-May	15-May
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 Rob Goulding to entertain @ lunch Craft Class 1:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Quilt Guild
19-May	20-May	21-May	22-May
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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.

Alzheimer's Disease & Dementia Awareness



Date: Wednesday, May 7

Time: 1:30 PM

Hurricane Senior Center

95 N 300 W

Hurricane Ut 84731

Join us for a presentation from
Dr. Kara Dassel, PhD
Genontology in the College of
Nursing University of Utah.

Learn about the impact of
Alzheimer's Disease and other
dementias in our communities,
diagnosis, and what you can do
to help our communities.

Contact Tracy HeavyRunner
for questions: theavyrunner@alz.org



ALZHEIMER'S  **ASSOCIATION®**

CARD MAKING WORKSHOP

Monday, May 19, 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

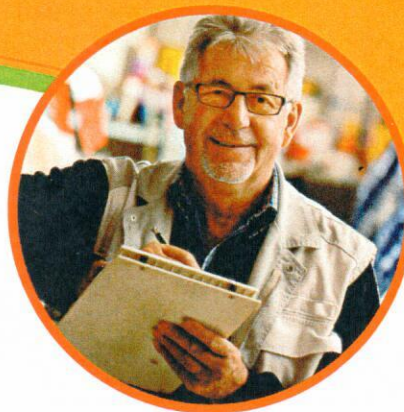
Reservations are required

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

Class is held at

The Hurricane Active Life Center

95 N 300 W



55 or older?

Looking for work?

Let us help you join the workforce!

Easterseals-Goodwill Senior Community Service Employment Program (SCSEP) helps seniors achieve economic independence and an improved lifestyle through job training and employment services.

To learn more visit our website,
www.esgw.org/scsep or call

Easterseals Inc proudly participates in the Senior Community Service Employment Program (SCSEP), a national employment and training program funded by the U.S. Department of Labor. Easterseals-Goodwill Northern Rocky Mountain received a subaward for the SCSEP federal slots in Utah and Idaho. See www.easterseals.com/our-programs/employment-training/senior-community-service-employment-program-scsep for funding details.

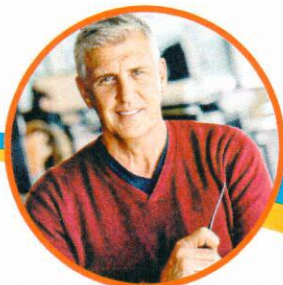
Gina Jones

Senior Employment Specialist
SCSEP

162 North 400 East
Bldg. B Ste. 100
St. George, UT 84770

Phone 406.836.7530

ginaj@esgw.org
www.esgw.org



Senior Community Service Employment Program



www.esgw.org/scsep



Mother's Day is an annual holiday celebrated in the USA on the 2nd Sunday in May. Mother's Day recognizes mothers, motherhood and maternal bonds in general, as well as their positive contributions to their families and society. It was established by Anna Jarvis, with the first Mother's Day celebrated through a service of worship on May 10, 1908.



Memorial Day is the nation's foremost annual day to mourn and honor its deceased service men and women.

Originally called Decoration Day, it was formalized by a "Memorial Day Order" issued by Grand Army of the Republic Commander-in-Chief John A. Logan in 1868.

The modern proclamation calls on Americans "to observe Memorial Day by praying, according to their individual religious faith, for permanent peace."



 Happy Mother's Day 

Homemade
GIFTS MADE EASY

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.

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

Banner	Flags	Memorial
Battlefield	Friendship	Military
Bravery	Gatherings	Peace
Celebration	Heritage	Service
Cemetery	Hero	Tribute
Decoration	Holiday	Veteran
Duty	Legendary	Worship