

Hurricane Senior Center

November 2017 Newsletter



November 1 & 15 – Blood Pressure/Sugar Screen

November 2 – Heat Assistance-call for appointment

November 9 – Zions Way Hand/Neck Massage

November 13 – Movie of the Month

November 15 – Hurricane Family Pharmacy Presentation

November 21 – Thanksgiving Lunch

November 22-24 – Closed for Holiday

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

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

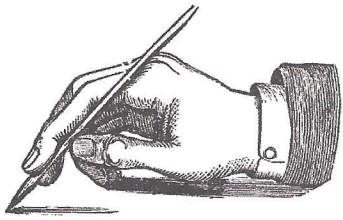
We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 10:30 AM – 2:30 PM Monday – Thursday.

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.





Monthly Events

Dixie-Can-Do's Entertain -1st & 3rd Monday

Living Wills and Trust Information available - 4th Monday @ 11:30am

Encompass Home & Healthcare – Blood Pressure & Sugar checks – 1st & 3rd Wednesday @ 11:00am-12:00pm

Hurricane Family Pharmacy – Presentation 3rd Wednesday @ 12:00pm

Zions Way – Hand and Neck Massages – 2nd Thursday @ 11:00am – 12:00pm

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

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

Craft Class – every Wed @ 12:30pm \$1

Bingo 60+ Only – every Thursday @ 12:30pm

Bridge Group – every Monday @ 12:30 \$.50

Skip Bo Card Group – Tues & Thurs 10am \$.50

Paint Club – Tuesdays @ 1:00pm \$2

Billiards – Open daily 9am – 3:30pm

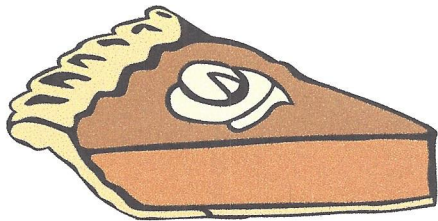
Happy Birthday/Anniversary Celebration – last Thursday of every month!

COME JOIN US!

Interested in Writing?
Poetry, creative writing?
If interested, please sign up
at the front desk.

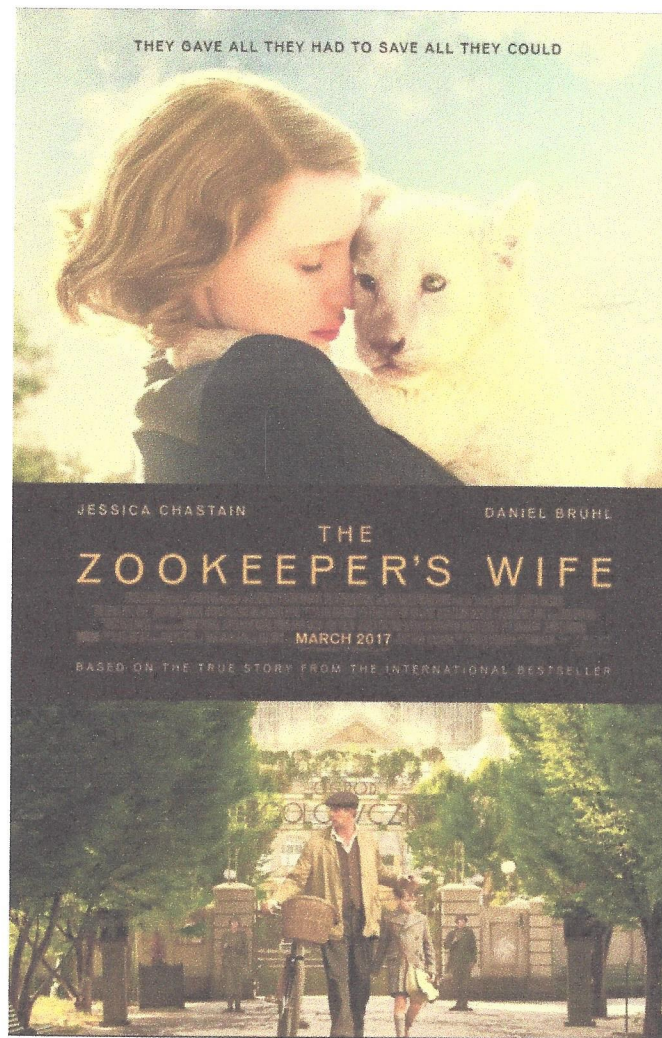


The Senior Center is in need
of an Exercise Class Instructor,
please see the front desk if
interested.



We would like to extend a "Thank you" to our Council on aging for providing our pies this year for our Thanksgiving lunch. Yummy!

“The Zookeepers Wife”



Starring: Jessica Chastain, Johan Heldenbergh & Daniel Bruhl

“The Zookeeper’s Wife tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion.”

Come join us for the movie of the month. After lunch on Monday November 13th. Free popcorn.

Monday	Tuesday	Wednesday	Thursday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Milk and bread served with all meals. Salad bar available every day in dining room.</p> <p>Persons under 60 can enjoy a meal for \$7.00.</p>		<p>Crispy Baked Chicken Macaroni and Cheese Parmesan Tomatoes Mixed Green Salad Texas Bread Applesauce</p>	<p>Beef Enchilada Pie Fiesta Rice Fiesta Vegetable Blend Tomato Spoon Relish Seasonal Fruit Chocolate Chip Cookie Diet - Vanilla Wafers</p>
<p>Chicken & Wild Rice Bake Sugar Snap Peas Cucumber Salad Texas Bread Hot Spiced Fruit</p>	<p>Potato Crusted Pollock on Bun Tater Gems Whole Kernel Corn Coleslaw Pineapple Tidbits</p>	<p>Teriyaki Meatballs Fried Rice Sliced Carrots Asian Coleslaw Apple Blueberry Crisp Diet - Hot Sliced Apples</p>	<p>Pork Loin w/ Brown Gravy Baked Potato w/Sour Cream Broccoli Mixed Green Salad Seasonal Fruit</p>
<p>Beef Spaghetti Sauce Parslied Spaghetti Noodles Seasoned Zucchini Mixed Green Salad Apple Raisin Compote</p>	<p>Roasted Turkey Breast Poultry Gravy Whipped Potatoes Capri Vegetable Blend Beet Salad Seasonal Fruit Blondie Diet - Vanilla Wafers</p>	<p>Stuffed Bell Peppers Whole Kernel Corn Green Beans Macaroni Salad Mandarin Oranges</p>	<p>Creamy Paprika Chicken Breast Oven Roasted Potatoes Club Spinach Corn Salad Pears</p>
<p>Beef Stew Cabbage Mixed Green Salad Seasonal Fruit Rocky Road Pudding Diet - Chocolate Pudding</p>	<p>Thanksgiving Meal Sliced Turkey Breast w/Poultry Gravy Dressing Green Beans Mixed Green Salad Ambrosia Salad Diet - Fruit Cocktail</p>	<p><i>Closed for Holiday</i></p>	<p><i>Closed for Holiday</i></p>
<p>Country Fried Steak Country Gravy Garlic Whipped Potatoes Green Beans Corn Salad Peaches & Pineapple</p>	<p>Baked Tilapia w/Lemon Dill Sauce Rice Florentine Garden Vegetable Blend Carrot Pineapple Salad Seasonal Fruit Strawberry Whip Diet - Fruited Gelatin</p>	<p>Orange Glazed Pork Roast Cornbread Dressing Mixed Vegetables Coleslaw Seasonal Fruit</p>	<p>Crispy Baked Chicken Sandwich Lettuce/Tomato/Onion Tater Tots Chuckwagon Corn Citrus Fruit Cup</p>

		1-Nov	2-Nov
		<p>Blood Pressure/Sugar 11:00-12:00</p> <p>Craft Class 1:00-3:00</p>	<p>Billiards 9:30</p> <p>HEAT Assistance 11:30-2:30</p> <p>Bingo after Lunch</p>
6-Nov	7-Nov	8-Nov	9-Nov
<p>Dixie Can Do's to perform @ Lunch</p> <p>Bridge 12:30-3:30</p>	<p>Chyrrel to play piano</p> <p>Painting Club 1:00</p>	<p>Craft Class 1:00-3:00</p>	<p>Billiards 9:30</p> <p>Zions Way Hand/Neck Massage 11:00-12:00</p> <p>Bingo after Lunch</p> <p>Knitting/Crochet 1:00</p>
13-Nov	14-Nov	15-Nov	16-Nov
<p>Movie after lunch "The Zookeepers Wife"</p> <p>Bridge 12:30-3:30</p>	<p>Painting Club 1:00</p>	<p>Blood Pressure/Sugar 11:00-12:00</p> <p>Pharmacist @ Lunch</p> <p>Craft Class 1:00-3:00</p>	<p>Billiards 9:30</p> <p>Bingo after Lunch</p>
20-Nov	21-Nov	22-Nov	23-Nov
<p>Dixie Can Do's to perform @ Lunch</p> <p>Bridge 12:30-3:30</p>	<p>Painting Club 1:00</p>	<p>Closed for Holiday</p>	<p>Closed for Holiday</p>
27-Nov	28-Nov	29-Nov	
<p>Living Wills & Trusts 11:30</p> <p>Bridge 12:30-3:30</p>	<p>Painting Club 1:00</p>	<p>Craft Class 1:00-3:00</p>	



November #1

EVEN "HEALTHY" PEOPLE NEED HEALTH SCREENINGS

Did you ever put off doing a task or getting a test and later wished you'd just gotten it over with? If you have Medicare, now's the time to talk with your doctor about whether you should get screened for prostate cancer, colorectal cancer, breast cancer or other types of cancer. Screening tests can find cancer early, when treatment works best.

Don't put off screenings if you're worried about the cost—Medicare covers a digital rectal exam once every 12 months. Also, Medicare covers a variety of colorectal cancer screenings—like the fecal occult blood test, flexible sigmoidoscopy, or colonoscopy—and you pay nothing for most tests. Medicare also covers Mammograms, Pap Smears and pelvic exams every 12 months.

Did you know that prostate cancer is the most common cancer in men, second only to lung cancer in the number of cancer deaths? You're at a higher risk for getting prostate cancer if you're a man 50 or older, are African-American, or have a father, brother, or son who has had prostate cancer.

Colorectal cancer is also common—in fact, it's the second leading cause of cancer-related deaths in the United States among cancers that affect both men and women. If everyone 50 to 75 got screened regularly, we could avoid as many as 60% of deaths from this cancer.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Fortunately, screening tests can find these polyps, so you can get them removed before they turn into cancer. If you're 50 or older, or have a personal or family history of colorectal issues, make sure you get screened regularly for colorectal cancer.

November #2

New Medicare cards are on the way

Andrew Johnson

Consumer Education Specialist, FTC

Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically – you won't have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protect your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn't belong to them. Here are some ways to avoid Medicare scams:

- Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask for your Social Security number or bank information.
- Is someone asking you to pay for your new card? That's a scam. Your new Medicare card is free.
- Is someone threatening to cancel your benefits if you don't give up information or money? Also a scam. New Medicare cards will be mailed out to you automatically. There won't be any changes to your benefits.