

Hurricane Senior Center

November 2020 Newsletter



Our Center has re-opened for activities. There will be some changes here that we hope are temporary. We will still not be having lunch in the dining room, however, meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the North-west side of the building. No need to exit your vehicle, we will bring the meals out to you. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). The Dial-A-Ride and Meals on Wheels program will continue to function as usual. We have had to cancel some of our activities and classes. Please call to see if your favorite activity has been impacted. At all times, please keep a six-foot distance between you and other people. We are taking temperatures with a scanner when people enter the building to ensure that everyone is healthy, and stays healthy!

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

Dixie-Can-Do's Entertainment Monday

Encompass Home Food
Pressure che Tuesday @
11:00am

Hurricane Pharmacy – Presentation 3rd
Wednesdays @ 12:00pm

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

Tai Chi Class – every Tues & Thurs @ 10:00am

Writing Group – 2nd & 4th Mon @ 12:30pm

Yoga Class – every Mon @ 10:00am

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

Bereavement Support Group – last Wed @ 2:30

Bingo 60+ Only – every Wed @ 12:30pm

*Bingo is free to play

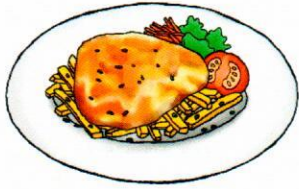
Bridge Group – every Wed @ 12:30

Paint Group – every Wed @ 1:00pm (Not during
summer)

Billiards – every Wed 9am – 3:30pm

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

COME JOIN US!



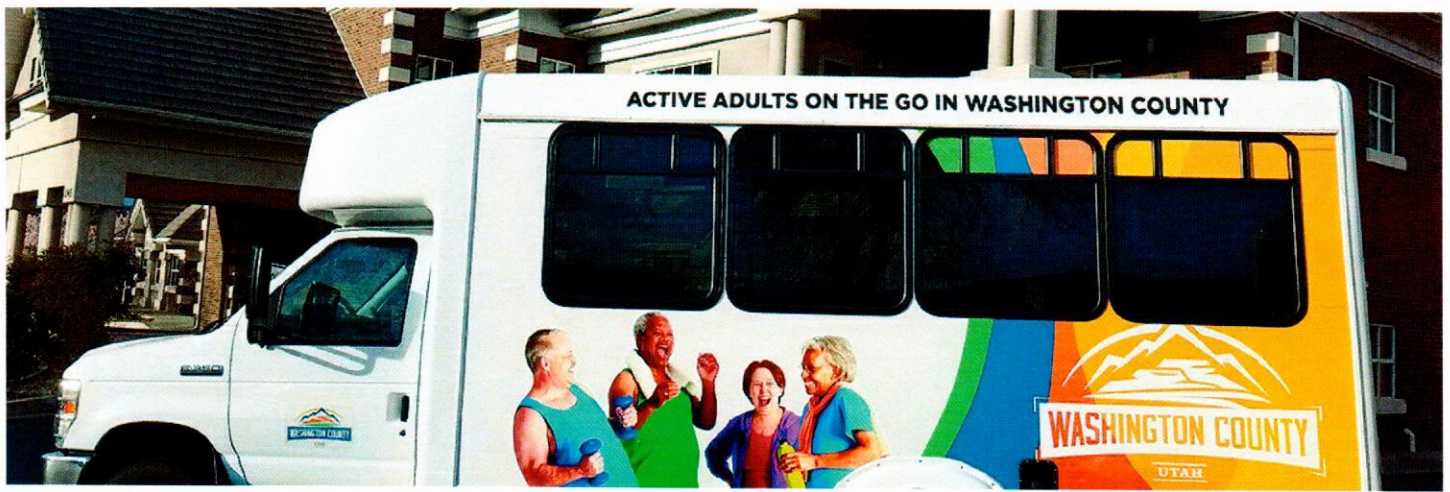
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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!



Medicare Open Enrollment
is here!

The Five County Area Agency
on Aging Ship Program will
be at the Hurricane Center on
November 4th, 2020.

Please call to sign up for an
appointment.

Medicare Open Enrollment

Before making a decision about your 2021 Medicare coverage, consider the Medicare health and drug plan options in your area.

You may be able to receive better health and/or drug coverage at a more affordable price. If your plan is making changes to your coverage, you may be able to find a plan that better meets your needs. Even if you are satisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that covers your health care and/or drugs at a better price.

Contact your State Health Insurance Assistance Program (SHIP) for unbiased assistance reviewing your choices.

The graphic features a collection of black line-art icons on a yellow background. The icons include a heart with an ECG line, a stethoscope, a stack of money with a dollar sign, a syringe, a pill bottle with a cross, a person's head, another pill bottle, and a pill. The SHIP logo is positioned in the upper right corner of the graphic area.

ship state health insurance assistance programs

It pays to compare.

You may be able to receive better health and/or drug coverage at a more affordable price.



Guard Your Card

Prevent healthcare fraud by protecting your medical identification cards and numbers. Treat your Medicare card and number like you would a credit card. Only share Medicare and other health care identification cards and numbers with trusted sources who need that information to serve you, such as your health care providers.

This information should not be provided to a stranger who calls, visits, or approaches you in a public setting. Medicare already has your Medicare number. They will not call you to ask for it, and they certainly don't need your bank account number. If you call 1-800-Medicare (1-800-633-4227) for assistance, they will ask for your Medicare number, however.

Treat any offer of free services in exchange for your Medicare or health care identification number with caution.

Rely on your doctors for medical advice and prescriptions, not advice or offers of medical services from unknown persons who call, visit, or approach you in public.

Never sign a blank medical or insurance form. Always read and make sure you understand the content before you sign. Request a copy of a form or document you sign for your own records.



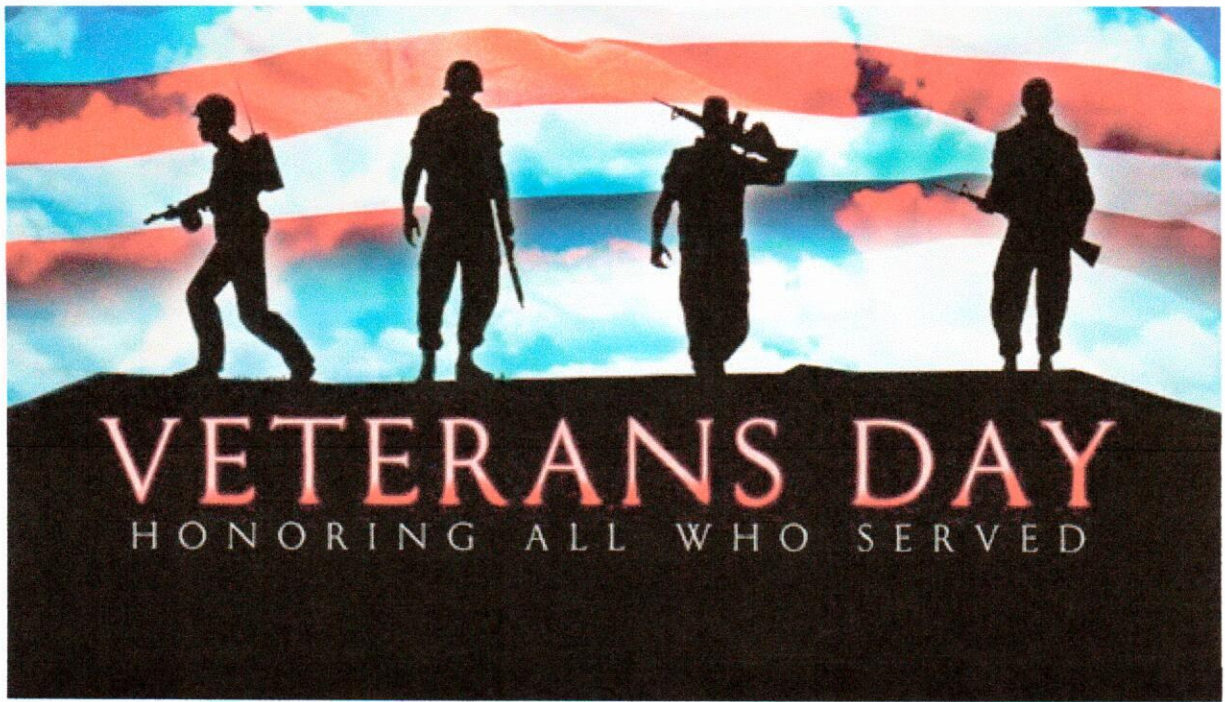
HURRICANE ACTIVE LIFE CENTER

95 N. 300 W.
435-635-2089

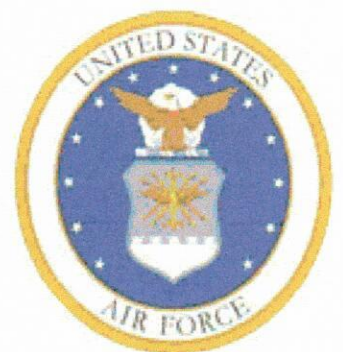
November 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
Turkey Pot Pie Whole Kernel Corn Buttered Rice Mixed Green Salad Biscuit Seasonal Fruit Margarine Ranch Salad Dressing	Vegetable Lasagna Bake Capri Vegetables Mixed Green Salad Texas Bread Seasonal Fruit Margarine Ranch Salad Dressing	Buffalo Chicken Lettuce and Tomato Sweet Potato Fries Coleslaw Hamburger Bun Cinnamon Applesauce Ranch Dressing	Country Fried Steak w/Country Gravy Mashed Potatoes Sliced Carrots Green Peas Dinner Roll Fluffy Fruit Salad Margarine Diet - Mix Fruit
9	10	11	12
Cacciatore Chicken Penne Pasta Italian Vegetables Mixed Green Salad Texas Bread Hot Spiced Pears Margarine Ranch Salad Dressing	Teriyaki Meatballs Fried Rice Japanese Vegetables Mixed Green Salad Dinner Roll Mandarin Oranges Margarine Ranch Salad Dressing	Closed Veteran's Day	Baked Chicken with Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Margarine Ranch Salad Dressing
16	17	18	19
Salisbury Steak with Brown Gravy Brown Rice Green Peas Glazed Carrots Dinner Roll Seasonal Fruit Margarine	Sliced Ham Mashed Spiced Yams Winter Vegetables Beet Salad Wheat Bread Tropical Fruit Cocktail Margarine	Beef Chili w/Beans Shredded Cheese Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Margarine Ranch Salad Dressing	Alfredo Chicken Fettuccini Noodles Garden Vegetables Mixed Green Salad Garlic Texas Toast Apple Crisp Margarine Ranch Salad Dressing Diet - Hot Peaches
23	24	25	26
Cilantro Lime Chicken Spanish Rice Black Beans Corn Relish Tortilla Peaches	Creole Beef Buttermilk Potatoes Mixed Vegetables Texas Bread Tropical Fruit Margarine	Thanksgiving Day Meal Turkey Breast with Gravy Cranberry Sauce Stuffing Green Beans Mashed Potatoes Mixed Green Salad Dinner Roll Margarine Ranch Salad Dressing Diet - Mixed Fruit	Closed Thanksgiving Day
30	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.		Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com
Swedish Meatballs Egg Noodles California Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Margarine Ranch Salad Dressing			



Thank you to all our Veterans!



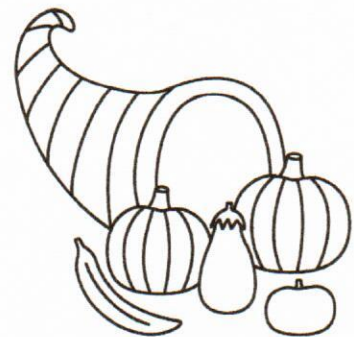
Autumn Word Search

Instructions: Try to find all of the hidden Autumn/Fall words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

ACORN	CIDER	HAY
AMBER	CORN	OCTOBER
APPLE	DUCKS	ORCHARD
BROWN	FALL	SEPTEMBER
CHANGE	FOLIAGE	YELLOW



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