

# Hurricane Active Life Center

## November 2021 Newsletter



Join us November 24<sup>th</sup> for our Thanksgiving Lunch.

*\*Reservations Required, Nov. 24<sup>th</sup> only.\**

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.

We will be closed November 11<sup>th</sup> & 25<sup>th</sup> to celebrate Veteran's day & Thanksgiving.

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

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### **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

11:00 AM – 2:30 PM

DONATIONS ACCEPTED!

## Monthly Events

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

**Video Tai Chi** – every Tues @ 10:00am

**Video Sit & Be Fit** – every Wed @ 10:00am

**Video Yoga** – every Thurs @ 10:00am

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

**Writing Group**– every Mon @ 12:30pm

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Craft Class** – every Wed @ 1:00pm

**Bingo 60+ Only** – 2<sup>nd</sup> & 4<sup>th</sup> Monday after lunch

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

**Paint Group** – Tuesdays @ 1:00pm

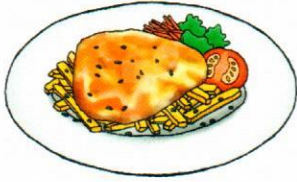
**Movie** – first Thursday of every month after lunch \*\*Free popcorn\*\*

**Wii Bowling** – Mondays @ 11:00am

**Billiards** – Open daily 9:30am – 3:30pm

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

**COME JOIN US!**



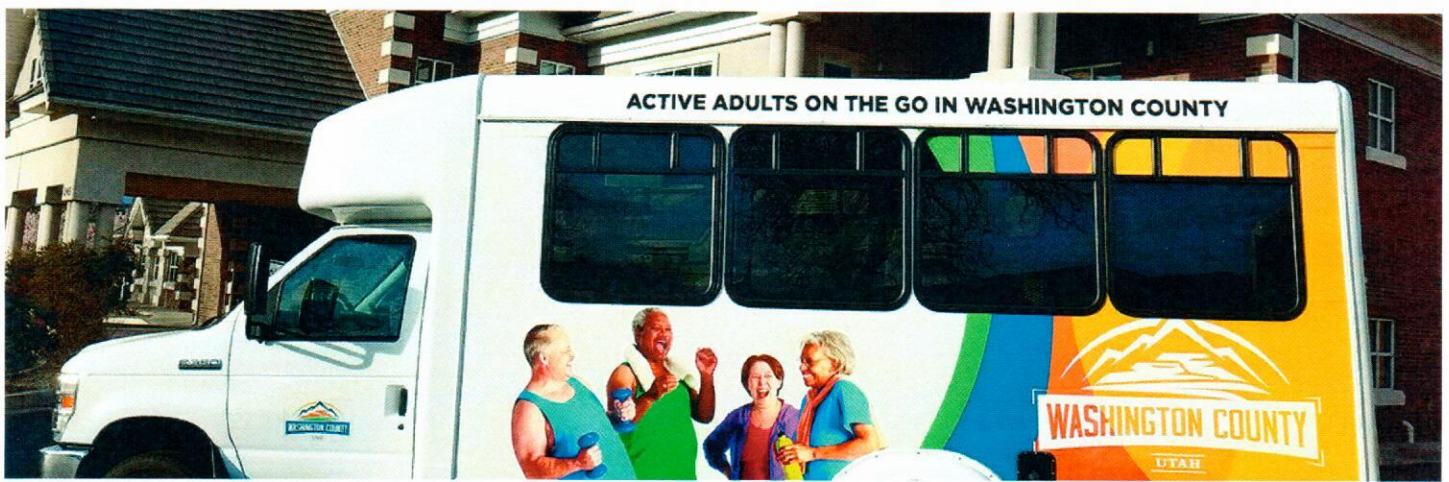
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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](http://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.

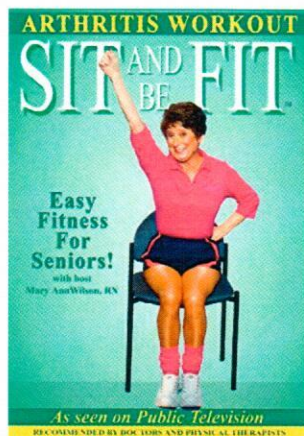
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

# Exercise Classes

\*TAI-CHI\* — Tuesday's @ 10:00am



\*SIT & BE FIT\* — Wednesday's @ 10:00am



\*YOGA\* — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

hAPPY

thANKS

gIVING

Join us Wednesday November 24<sup>th</sup> for our Annual Thanksgiving Lunch. This is the one day a year we require reservations. Please sign up at the front desk. Lunch is served 11:30-12:30. Suggested donation of \$3.00 if over 60. Under 60 is welcome for \$7.00. Any questions, call 435-635-2089.

# Hurricane Active Life Center

November 2021


435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
Beef & Turkey Lasagna Bake Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Cinnamon Applesauce Milk Salad Dressing	Turkey Pot Pie w/Biscuit Top Whole Kernel Corn Brussels Sprouts Buttered Rice Tropical Fruit Milk Margarine	Baked Chicken Breast w/Gravy San Francisco Veg Blend Mixed Green Salad Roasted Red Potatoes Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Country Fried Steak w/Gravy Sliced Carrots Green Peas Mashed Potatoes Dinner Roll Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit
8	9	10	11
Chicken Parmesan Italian Veg Blend Garden Veg Blend Penne Pasta Texas Bread Citrus Fruit Cup Milk Margarine	Minestrone Sausage Soup Fresh Spinach Salad Broccoli Dinner Roll Ambrosia Fruit Salad Milk Margarine Salad Dressing	Homemade Meatloaf w/Gravy Parslied Carrots Green Beans Mashed Potatoes Wheat Bread Seasonal Fruit Milk Margarine	<b>CLOSED</b> <i>Veteran's' Day</i>
15	16	17	18
Salisbury Steak w/Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Potato Crusted Pollock w/Dill Sauce California Veg Blend Cucumber Salad Buttered Rice Wheat Bread Red Grapes Milk Margarine Chocolate Chip Cookie Diet - Vanilla Wafers	Beef Chili Baked Potato Brussels Sprouts Cornbread Shredded Cheese Seasonal Fruit Milk Sour Cream	Glazed Ham Garden Veg Blend Mixed Green Salad Cut Yams Texas Bread Applesauce Milk Margarine Salad Dressing
22	23	24	25
Cheese Ravioli Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Parmesan Cheese Salad Dressing	Beef Patty w/Cheese Tater Tots Carrot Slaw Whole Wheat Hamburger Bun Hot Spiced Apples Milk Mayonnaise Ketchup Mustard	<b>Thanksgiving Meal</b> Sliced Turkey Breast w/Gravy Cranberry Sauce Candied Yams Green Beans Stuffing & Mashed Potatoes Dinner Roll Pumpkin Pie w/Whipped Topping Milk Margarine	<b>CLOSED</b> <i>Thanksgiving Weekend</i>
29	30		
Swedish Meatballs California Veg Blend Green Peas Penne Pasta Dinner Roll Seasonal Fruit Milk Margarine	Cheese Omelet Capri Veg Blend Hash brown Potatoes Croissant Applesauce Milk Assorted Jelly Ketchup	<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</p>	

# November Activities

95 N. 300 W. Hurricane 435-635-2089

1-Nov	2-Nov	3-Nov	4-Nov
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Wii bowling 11:00 Medicare 11:00-1:00 Writing Group 12:30	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards Art Class 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch
8-Nov	9-Nov	10-Nov	11-Nov
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 12:30	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards Art Class 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00
15-Nov	16-Nov	17-Nov	18-Nov
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Wii bowling 11:00 Writing Group 12:30	Billiards 9:30-3:00 Video Tai Chi 10:00 Ice Cream Social-United Health Care Hand & Foot Cards Art Class 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch
22-Nov	23-Nov	24-Nov	25-Nov
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 12:30	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards Art Class 1:00	Billiards 9:30-1:30 Video Sit & Be Fit 10:00 No activities after lunch	Closed for Thanksgiving
29-Nov	30-Nov		
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Wii bowling 11:00 Writing Group 12:30	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards Art Class 1:00		

\*Thrift Store is Open Mon-Thurs 11:00 am to 2:30 pm\*





Medicare Open Enrollment 2021

w/Tom Everett

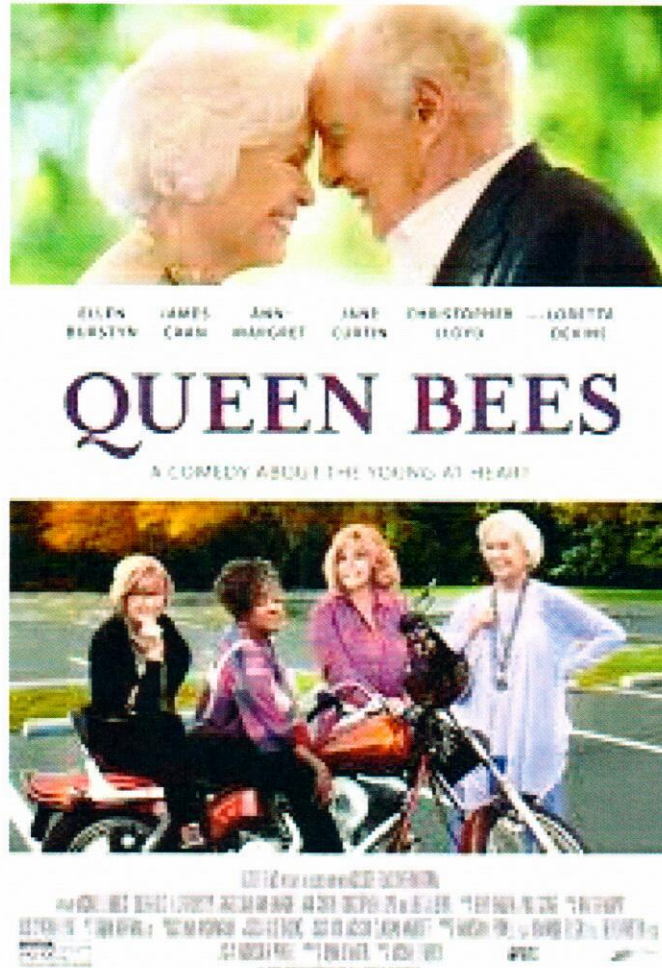
Monday, November 1<sup>st</sup>

Hurricane Senior Center

11:00am to 1:00pm

Walk In Appointments

## Movie of the Month:



Cast ● Ellen Burstyn ● James Caan ● Ann-Margret ● Jane Curtin ● Loretta Devine ● Christopher Lloyd ● Elizabeth Mitchell ● Matthew Barbes ● French Stewart ● Alec Mapa

While her house undergoes repairs, fiercely independent senior Helen (Academy Award winner Ellen Burstyn) reluctantly moves into a nearby retirement community just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying mean girls that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love. A heartwarming and humorous look at life's second act, *Queen Bees* inspired by a true story.

## Message 1

According to a recent survey conducted by The Senior Citizens League, two-thirds of retirees spend at least \$375 per month on healthcare costs. This represents 24% of the average monthly Social Security benefit! And for more than 30% of retirees, the cost of healthcare is much higher, coming in at over \$1,000 per month. Even worse, healthcare costs are expected to continue to increase as our population continues to age.

Healthcare costs can be an immense burden for people living on a fixed income. Many seniors face tough choices between what to pay for and what to do without. Medicare Open Enrollment is a great time to evaluate your costs and see if there are changes you could make to reduce your healthcare costs.

For those with limited incomes and assets, there are federal assistance programs that can help with healthcare costs. From full coverage Medicaid to reduced premiums and copays for prescription drugs, these programs offer much needed assistance to those who need it most. If you have a monthly income of less than \$1630 (\$2198 for couples) and countable assets of less than \$14790 (\$29520 for couples) you may qualify for assistance in paying premiums and co-insurances.

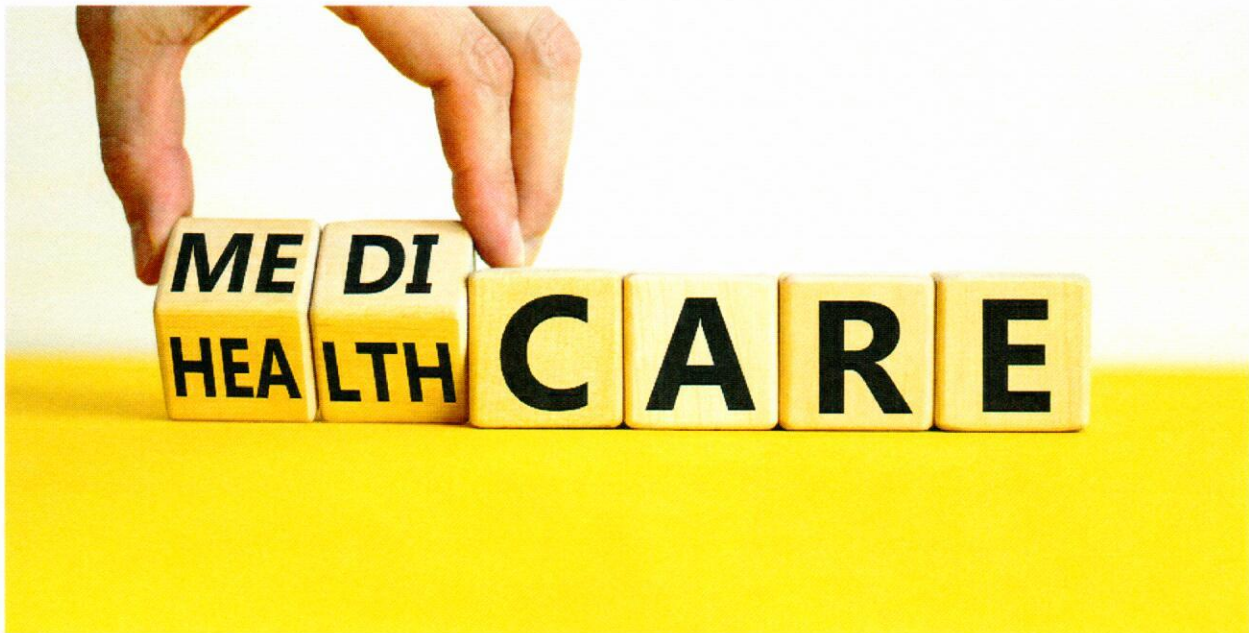
Many older adults struggle to pay for healthcare costs but don't qualify for assistance programs. Fortunately, there are other money-saving options as well.

1. Compare your Part D or Medicare Advantage Plan Annually: During the Medicare Open Enrollment Period, between October 15th and December 7th each year, Medicare beneficiaries get the chance to review and change their Part D or Medicare Advantage Plan coverage. Plans change their premiums and copay amounts each year and your prescription and healthcare needs change over time as well. A plan review usually takes less than 30 minutes and often results in significant savings.
2. Consider a High Deductible or SELECT Medigap plan: If you have a Medigap (or Medicare Supplement), you may have a high monthly premium. For some people, changing to a High Deductible F or G plan or a F or G SELECT plan could offer a savings. With a High Deductible plan, you have traditional Medicare coverage until you reach the plan deductible (\$2,370 in 2021). After that, the plan pays any costs left over after Medicare pays their portion. These plans often offer significantly lower monthly premiums. Select plans offer the same benefits as traditional plans but require non-emergency treatment to be provided from a specified network of doctors or hospitals. The savings on these plans is usually around \$200 per year.
3. Shop around for lower costs: Sometimes prescription drugs, medical equipment and even surgical procedures cost you less by using a different provider. When it comes to your healthcare, shopping around can save you big. You might even consider a mail order pharmacy for your prescriptions. Mail order can often offer a significant savings over a retail pharmacy.

4. Utilize preventive health benefits: Medicare offers a wide variety of preventive health benefits, many of which have no out of pocket costs. Preventive care can lower your future healthcare costs since most issues can be detected earlier while they are less expensive to treat. Routine preventive care can also keep you healthier longer.
5. Use Urgent Care rather than the Emergency Room: If your medical need isn't life threatening but you need care right away, consider an Urgent Care facility. These facilities offer quality care for minor injuries or illnesses and cost a fraction of an Emergency Room visit.

#### Message 2

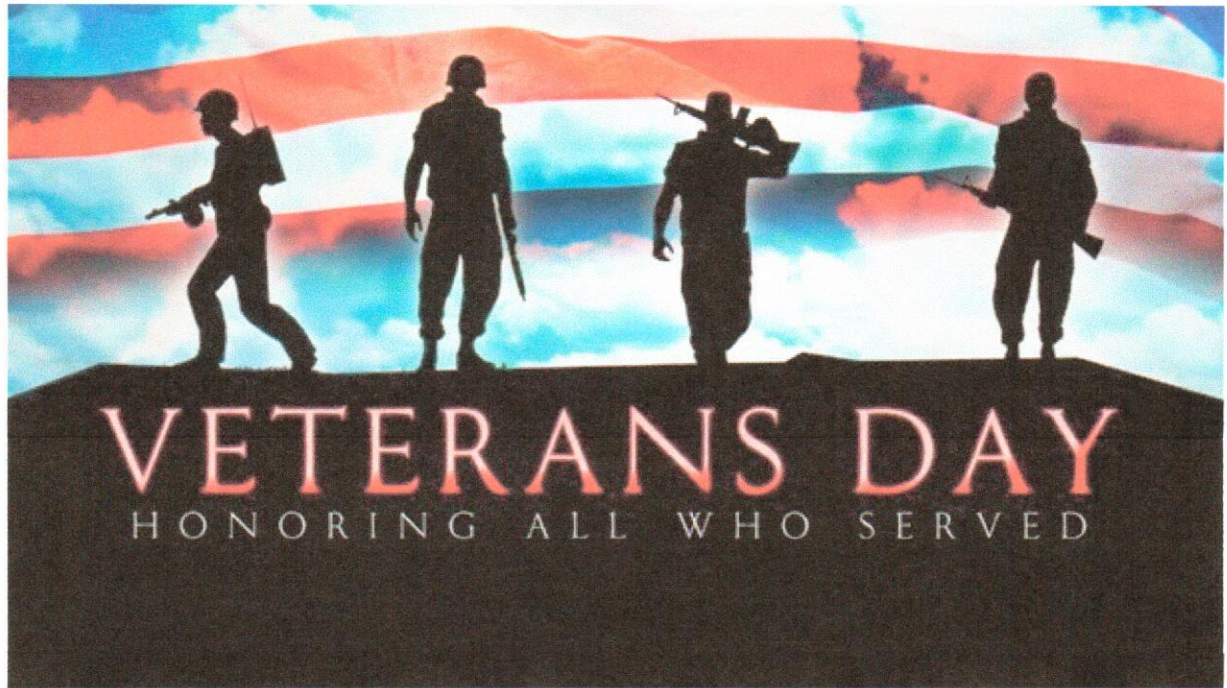
Medicare Fraud can be very sneaky, thus making it hard to catch. One of the sneakiest forms of Medicare fraud is "Unbundling." Some tests, procedures and treatment plans are designed to be billed to Medicare in a group. Unbundling refers to a practice where providers break apart services into individual components rather than one test or treatment plan. When they do this, they incorrectly receive a higher reimbursement from Medicare. The reason it's so hard to catch is that the beneficiary doesn't know what services should be bundled and which should not. Medicare does have a computer system to check for unbundling but if you see the same service from different providers on a Medicare Summary Notice or Explanation of benefits contact your plan right away. For assistance or if you suspect fraud in other ways, contact the Senior Medicare Patrol!



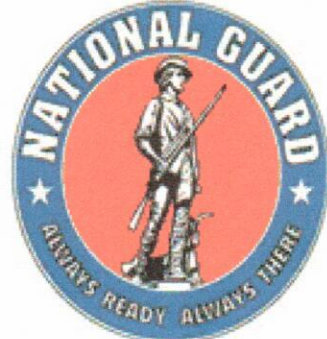


## Ice Cream Social

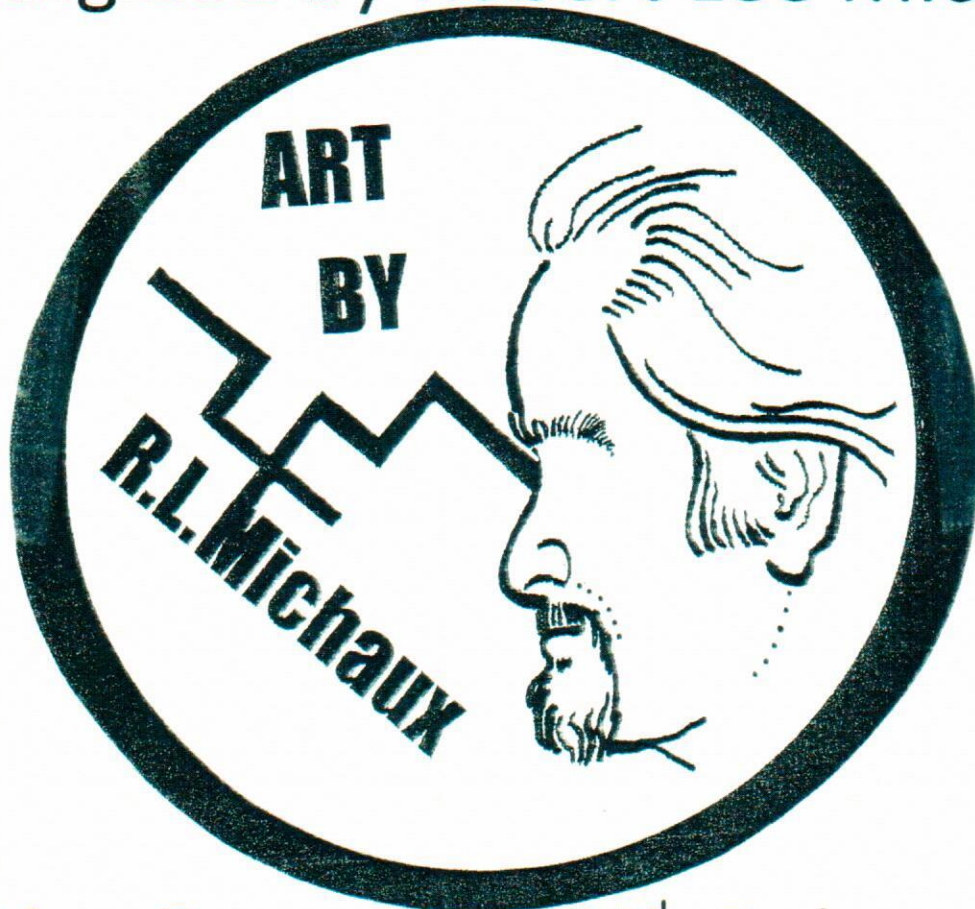
New Medicare Plans and  
Benefits November 16th  
from 12:30 to 1:30,  
United Health Care will  
provide information on  
new Medicare plans and  
benefits available in Utah  
& provide ice cream.



*Thank you to all our Veterans!*



# Drawing 101 by Robert Lee Michaux



Starting December 2<sup>nd</sup>, Robert will be teaching Drawing 101 @ our center.

Thursday's at 2:00pm-3:00pm.

Come and learn to draw!



## NATIONAL HEALTHY SKIN MONTH: **Nourish Your Skin From Within**

Your skin is your largest organ, so it is important to take care of it. Generally, what you eat that's good for your body is good for your skin too. A well-balanced plate filled with vegetables and fruits is the healthiest and simplest approach to supporting skin health. Learn more about skin-supporting nutrients and foods to include on your balanced plate.

**Carotenoids** or Vitamin A derivatives may protect against skin damage from UV radiation and skin cancer. Rich food sources: sweet potatoes, carrots, pumpkins, spinach, mangos, tomatoes, watermelon, red cabbage, grapefruit and guava

**Vitamins C** supports collagen synthesis and wound healing. Rich food sources: citrus fruits, bell peppers, strawberries, kiwi and broccoli

**Vitamin E** acts synergistically with carotenoids and Vitamin C and may protect against aging skin. Rich food sources: wheat germ, sunflower and safflower oils, peanuts, hazelnuts, almonds, sunflower seeds, spinach, avocado and salmon

**Vitamin D** may prevent sun-induced skin damage and skin cancer and protect against aging skin. Rich food sources: fortified cow's milk and non-dairy foods, fatty fish, egg yolk and mushrooms exposed to UV

**Omega 3 fatty acids** may improve skin barrier function, inhibit UV-induced inflammation and hyperpigmentation, attenuate dry skin, accelerate wound healing, prevent skin cancer and preserve collagen. Rich food sources: fatty fish, flaxseed, chia seeds, walnuts, soy foods, some eggs and canola oil

**Polyphenols** may protect skin from adverse effects of UV radiation, induce death of damaged unwanted cells, prevent tumor growth and have anti-aging effects. Rich food sources: dark chocolate, green and black tea, turmeric, grapes (red, purple or black), berries, citrus fruits, apples, soy, legumes, spinach, whole grain wheat flour, onions and dried herbs and spices

**Water** makes up 64% of your skin and keeps it hydrated so it will look plumper and have more elasticity. Rich food sources: celery, watermelon, strawberries, lettuce, cucumbers, oranges, apples, zucchini, cauliflower, low sodium soup & water



# FUN FALL ACTIVITIES FOR SENIORS

## 1) Embrace the Great Outdoors

Walking is a free and accessible means of exercise for all seniors with many proven health benefits. If you find strolling in the summer too hot for comfort, fall removes that excuse so why not get outside? Fall is the ideal time for a ramble as the trees and bushes take on spectacular colors and the temperature drops without leaving you freezing. Now, excuse the play on words, but you need to watch out for falls in fall! According to the [National Council on Aging](#), falls are the primary cause of injuries (both fatal and non-fatal) for older Americans.

## 2) Bake Some Seasonal Treats

As the weather gets colder, you might find yourself more drawn to baking again. Nothing reminds you that Christmas is on the horizon like autumnal treats like baked apples, pumpkin cheesecake. Mixing up your ingredients and getting creative in the kitchen are great stress-relievers.

## 3) Take Your Grandkids to a Pumpkin Patch

If you have grandchildren, this is the time of year you'll be seeing more of them than ever. Visiting a pumpkin patch is a great way to get involved in the Halloween spirit. The fun needn't stop once you've grabbed your pumpkins either. Head home and get some pumpkin crafting on the go. Regular pumpkin carving is a great way to get started. Spend some quality time with your grandkids as they have fun getting messy and telling you their Halloween plans. If you'd sooner not have all that mess in your house, try painting the pumpkins instead. This activity is ideal for all ages and won't leave your home looking like a war zone. Use any leftovers for a tasty pumpkin pie.

## 5) Practice Meditation, Yoga, or Tai Chi

If you need to relax and unwind, you could try some mindfulness activities or meditation. Not only is this a smart way to combat depression and loneliness, but you can also help delay the onset of cognitive decline. You could also try experimenting with yoga, known to have many health benefits for seniors. Tai chi is another senior-friendly discipline worth investigating.

## 6) Take Your Garden Indoors for Fall

Perhaps you don't have a garden, or maybe you don't have enough mobility or energy to get outside. Grow some herbs indoors or some indoor plants that don't call for too much TLC. Succulents and cactus work especially well as they thrive on neglect. The inbuilt kicker is that a single succulent can make hundreds of new plants. Building out a cactus garden doesn't take too much effort and the results are truly impressive.

<https://landmarkseniorliving.com/fun-fall-activities-for-seniors/>



# THANKSGIVING

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.

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

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Acorn	Holiday	Pumpkin
Bread	Indians	Stuffing
Cranberries	Maize	Thanksgiving
Drumstick	Mayflower	Thursday
Family	November	Travel
Feast	Pie	Turkey
Harvest	Pilgrims	Yams