

Hurricane Active Life Center

November 2022 Newsletter



Join us for our Thanksgiving Celebration on November 22nd. Please call to reserve your spot, it is the one day a year we require reservations.

Medicare Information-November 14th.

Lunch is 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 are still 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 – 4:00PM

Lunch served daily –
11:30AM - 12:30PM \$3

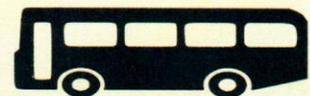
Dial-A-Ride Program

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.

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 \$5.00. The bus runs from 9:30 am to 2:30 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-12:00pm
So. UT Home Health – Blood Pressure/Sugar checks 2nd & 4th Thurs @ 11:00am

Video Tai Chi – every Tues @ 10:00am

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

Video Yoga – every Thurs @ 10:00am

Movie – first Thursday of every month after lunch ** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Hand & Foot Card Game– Tues @ 12:30pm

Writing Group – **Temp. Cancelled**

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

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

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – 1st & 3rd Wed @ 1:00pm

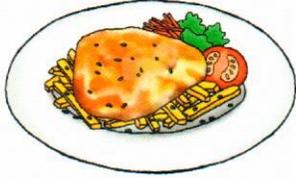
Craft Class – Wednesday @ 1:00pm

Neck/Shoulder Massage – see Activity Schedule

Toe Nail Trimming – 3rd Tuesday 10:00am

Bingo 60+ Only – 2nd & 4th Monday after lunch
Bingo is free to play **For 60+ only**

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



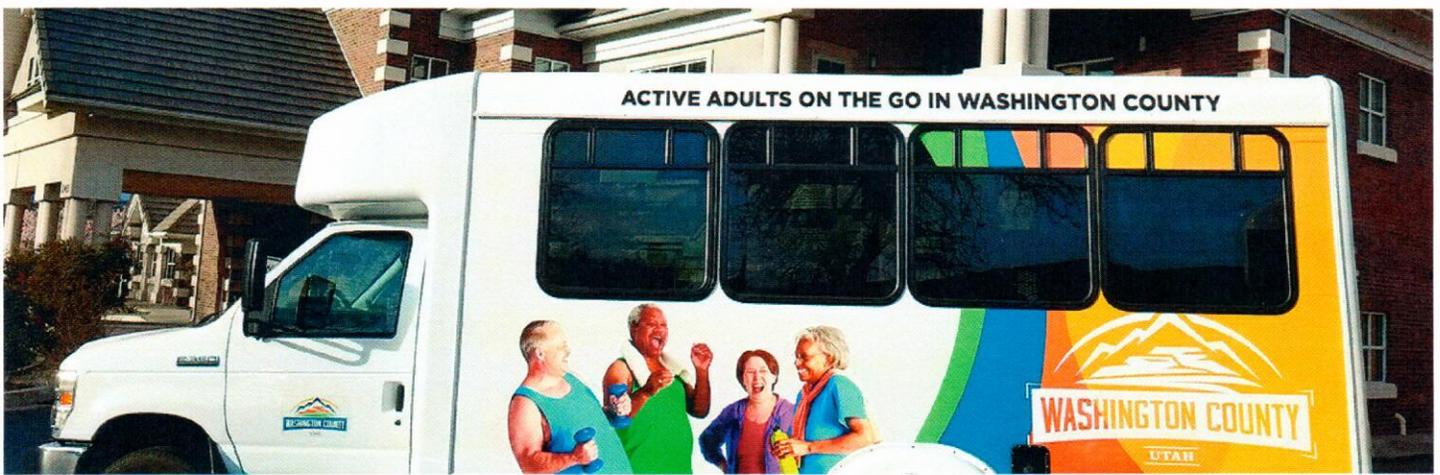
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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.
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 goes to St. George on Wednesday's from 12:30 pm to 4:30 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.

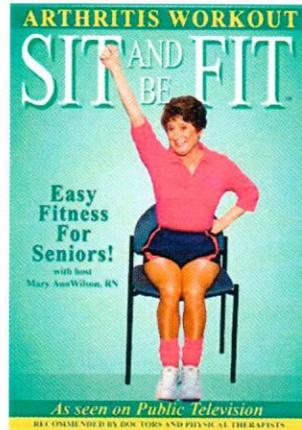
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

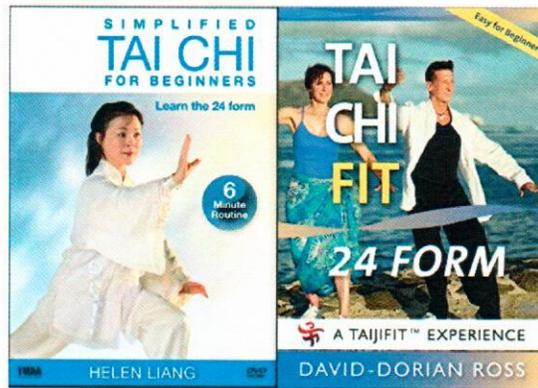
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

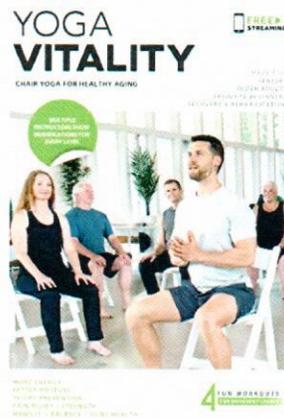
SIT & BE FIT — Monday's & Wednesday's @ 10:00am



TAI-CHI — Tuesday's @ 10:00am



YOGA — Thursday's 10:00am

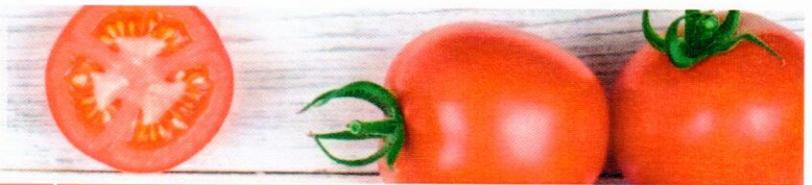


Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

Hurricane Active Life Center

November 2022 435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
	Turkey Pot Pie Biscuit Whole Kernel Corn Broccoli Fluffy Fruit Salad <i>Diet - Mixed Fruit</i> Milk	Chicken Ratatouille Mixed Vegetables Roasted Red Potatoes Wheat Bread Tossed Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Meatballs w/Spaghetti Sauce Pasta Sliced Carrots Green Peas Dinner Roll Seasonal Fruit Milk Margarine Parmesan Cheese
7	8	9	10
Chicken Parmesan Farfalle Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Chocolate Chip Cookie <i>Diet - Sugar Free Cookie</i> Milk Margarine	Turkey Chili Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Wheat Bread Spinach Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	BBQ Pork Rib Patty Hamburger Bun Mixed Vegetables Coleslaw Tropical Fruit Milk
14	15	16	17
Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Dinner Roll Cucumber Salad Seasonal Fruit Milk Margarine	Chicken w/Cranberry Orange Sauce Brown Rice 3-Way Mixed Vegetables Garlic Texas Bread Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing	Sausage Minestrone Soup Roasted Red Potatoes Broccoli Saltine Crackers Ambrosia Salad Milk	Glazed Ham Hashbrown Casserole Garden Vegetable Blend Wheat Bread Carrot Raisin Salad Applesauce Milk Margarine
21	22	23	24
Chicken Alfredo Rotini Pasta California Vegetable Blend Wheat Bread Cucumber Salad Seasonal Fruit Milk Margarine	Thanksgiving Meal Sliced Turkey Breast w/Gravy Stuffing & Mashed Potatoes Green Beans Glazed Baby Carrots Cranberry Sauce Dinner Roll Milk Margarine Pumpkin Pie	Pork Fried Rice Japanese Vegetable Blend Cabbage & Carrots Dinner Roll Pineapple Tidbits Fortune Cookie Milk Margarine	CLOSED Thanksgiving Day
28	29	30	
Swedish Meatballs Penne Pasta Corn Green Peas Dinner Roll Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Broccoli Asian Coleslaw Wheat Bread Pineapple Tidbits Milk Margarine	Baked Potato Soup Capri Vegetable Blend Spinach Salad Cornbread Fresh Seasonal Fruit Milk Ranch Salad Dressing Sugar Cookie <i>Diet - Sugar Free Cookie</i>	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals

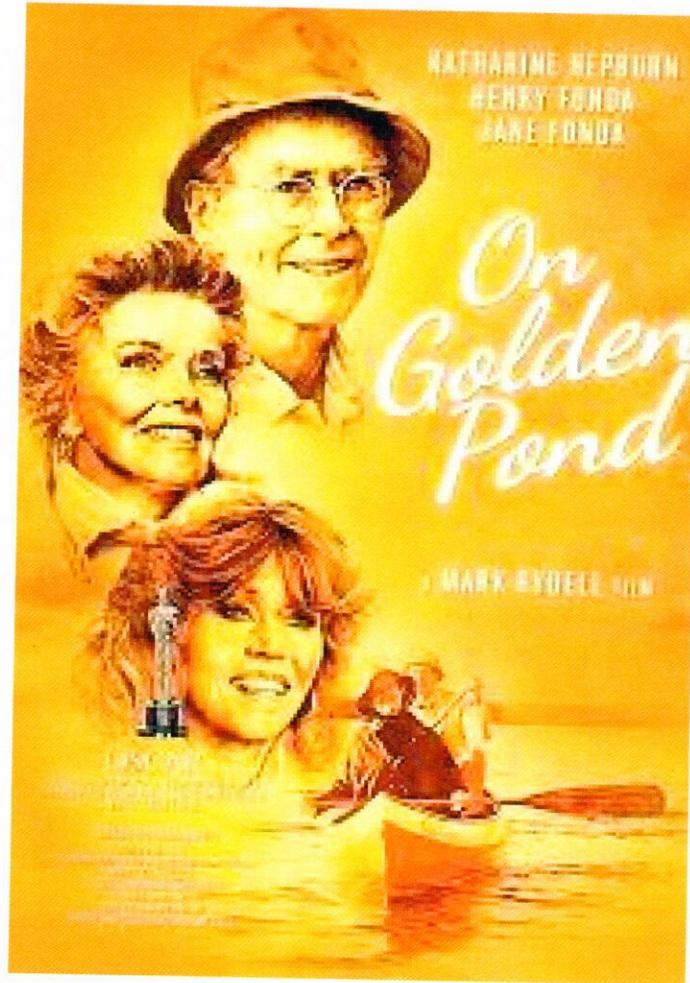
November Activities

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

	1-Nov	2-Nov	3-Nov
	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
7-Nov	8-Nov	9-Nov	10-Nov
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Health Screening 11:00 Drawing 101 1:00 Knitting/Crochet 1:00
14-Nov	15-Nov	16-Nov	17-Nov
Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Medicare Information Presentation @ 12:30 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 Mimi entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neck & Shoulder Massage 11:00 Drawing 101 1:00
21-Nov	22-Nov	23-Nov	24-Nov
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Closed after lunch	Closed for Holiday
28-Nov	29-Nov	30-Nov	
Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	

Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Movie of the Month:



Cast

Katherine Hepburn●Henry Fonda●Jane Fonda

"Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms."

AMERICAN DIABETES MONTH: TAKE CONTROL OF YOUR CARBS

What is Diabetes & PreDiabetes?

Diabetes is a chronic health condition that affects the body's ability to produce or respond to the hormone insulin resulting in elevated levels of glucose in the blood and urine. The three main types of diabetes are type 1, type 2 and gestational diabetes. When diabetes is left uncontrolled, additional health complications may occur like heart, kidney and Alzheimer's disease and nerve, eye and skin damage. *Prediabetes* is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke.

Nutrition Spotlight: Carbohydrates

Managing the carbohydrates (or carbs) that you eat play an important role in a healthful diet for both people with and without diabetes. While a balanced plate with nutrient-dense foods is the first step for disease prevention or maintenance, taking control of your carb intake is a key factor for managing blood sugar levels. Carbs provide the body with glucose (aka energy), which directly impacts blood sugar levels. There are three main types of carbohydrates:

Starches

Present in plant-based foods such as peas, corn, potatoes, beans, rice and other grain products

Sugars

Occur naturally in foods such as milk and fruit and are added to foods to make them sweet, like table sugar, honey or corn syrup

Fiber

Indigestible part of plant foods that have shown to help with digestive and heart health

The goal to choosing the best carbs is to select the most nutrient-dense versions, meaning they contain more fiber, vitamins and minerals and are low in added sugars, sodium and unhealthy fats. When choosing healthful carbohydrates, you should aim to:

Eat Most Often: *non-starchy vegetables* such as lettuce, tomatoes, broccoli and green beans, *starchy vegetables* (listed above), *whole fruits* and *whole grains* like brown rice, quinoa, oats, and whole grain breads, pasta and crackers; *plain yogurt & fat-free or low-fat milk*

Eat Less Often: *sugary beverages* such as soda, sweetened tea or juices; *refined carbs* like white bread, pasta, tortillas, crackers, rice and cereal; *pastries* like doughnuts, croissants and sweet rolls; *sweets or snack foods* like cake, cookies, candy, chips, ice cream and sweetened yogurt; *sugar-sweetened condiments*

<https://www.diabetes.org/>, [https://www.cdc.gov/diabetes/basics/diabetes.html#:~:text=Diabetes%20is%20a%20chronic%20\(long,your%20pancreas%20to%20release%20insulin,https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes,https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity,https://www.eatright.org/health/diseases-and-conditions/diabetes/carbohydrates-part-of-a-healthy-diabetes-diet](https://www.cdc.gov/diabetes/basics/diabetes.html#:~:text=Diabetes%20is%20a%20chronic%20(long,your%20pancreas%20to%20release%20insulin,https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes,https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity,https://www.eatright.org/health/diseases-and-conditions/diabetes/carbohydrates-part-of-a-healthy-diabetes-diet)

ELIOR NORTH AMERICA



Medicare Educational Event
Monday, Nov. 14th 12:30-1:30
Get the answers to your
Medicare questions.

Sponsored by United Health.





Free Toe Nail Clipping

3rd Tuesday

10:00 am.

November Home Maintenance and Safety Checklist

1. Spruce up the kitchen-Practice safe cooking

- Keep flammable materials like curtains or rags away from the stove and oven
- Don't leave cooking unattended
- Turn off appliances after food is done
- Read and follow cooking instructions
- Have a fire extinguisher ready for emergencies
- Remove crumbs from the toaster
- Clean out the pantry and refrigerator
- Clean the dishwasher

2. Tidy the bedroom

- Launder throw pillows and blankets
- Vacuum under the bed

3. Prep around the house

- Check dryer and hoses for lint
- Check water softener and add salt if needed
- Wipe down cleaning equipment
- Wrap the pipes for winter
- Polish stair handrail

4. Do a bathroom checkup

- Check for leaks around sinks and toilets
- Run water and flush toilets in unused spaces
- Do a deep clean

5. Check CO and smoke detectors

- Check batteries/change if needed

6. Prepare for winter

- Get salt
- Put on snow tires
- Prepare an emergency kit for home and car



