

Hurricane Senior Center

October 2018 Newsletter



October 2 & 15 – HEAT Assistance-Must call for Appointment

October 3 & 17 – Blood Pressure Screening

October 8 – Movie of the Month

October 8 – Alzheimer's Association Presentation

October 12 – Zions Way Hand & Neck Massage

October 17 – Hurricane Family Pharmacy Presentation & Flu Shots

October 22 – Five County Medicare Presentation

October 27 – Happy Birthday/Anniversary

October 31 – Halloween Cake Walk

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

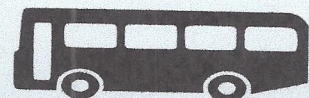
Dial-A-Ride Program

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. 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 Entertain -1st & 3rd Monday

Encompass Home & Healthcare – Blood Pressure 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

Writing Class – every Mon @ 12:30pm

Skip Bo – every Tues & Thurs @ 10:30am

Pinochle – every Tues @ 10:30am

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

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

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

Craft Class – every Wed @ 1:00pm \$1

Bereavement Support Group– Last Wed @ 2:00

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

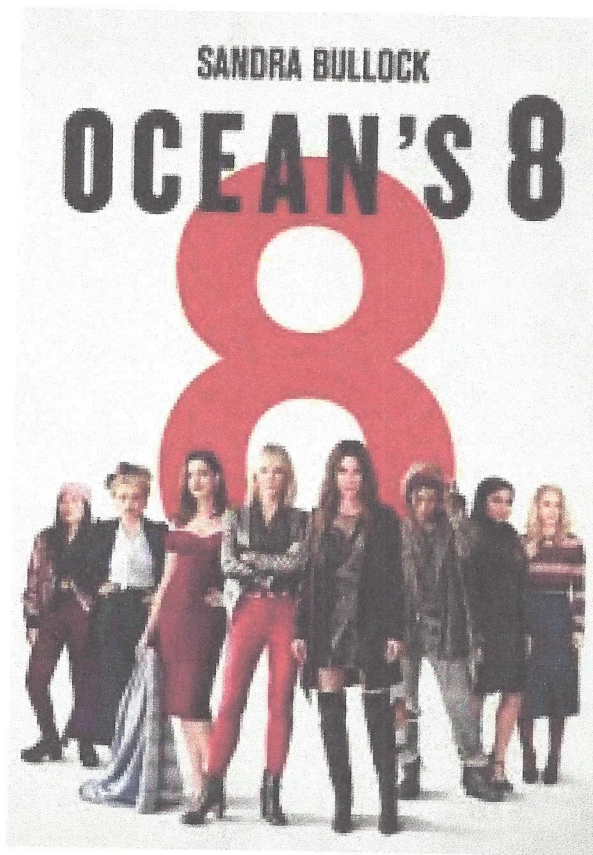
Bingo is free to play

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

Paint Club – Tuesdays @ 1:00pm \$2 (Not during summer months)

Billiards – Open daily 9am – 3:30pm

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



OCEAN'S 8

Starring: Sandra Bullock, Cate Blanchett, Anne Hathaway

"Plot: Debbie Ocean, sister of notorious thief Danny, is released from prison after five years and immediately assembles an all-female, eight-person crew with her best friend Lou to stage their greatest heist: stealing a \$150 million necklace at the Met Gala. Ocean must corral an actress, a jeweler, a fashion designer, a con artist, a fence and a hacker to pull off the job."

Come join us for the movie of the month. After lunch on Monday, October 8th.

Free popcorn.

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

October Message #1

What are the Part B-covered vaccines that are considered preventive services (flu, pneumonia, and hepatitis B vaccines)?

Part D covers most vaccines and immunizations. However, there are certain kinds of vaccinations that are always covered by Part B:

- Flu shot: Medicare Part B covers one flu shot every flu season. The flu season usually runs from November through April. Depending on when you choose to get your flu shot, Medicare may cover a flu shot twice in one calendar year. For example, if you got a shot in January 2018 for the 2017/2018 flu season, you could get another shot in December 2018 for the 2018/2019 flu season.
- Pneumonia shot: Medicare Part B covers two separate pneumonia shots. Currently there are two separate pneumonia vaccines available. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot. You are not required to provide a vaccination history when receiving the pneumonia vaccine. You can tell the health care professional administering the shot if/when you have received past shots.
- **Hepatitis B shot:** Medicare Part B covers hepatitis B vaccination if you are at medium or high risk for hepatitis B. If you are at a low risk for hepatitis B, the shot will be covered under Part D, the Medicare prescription drug benefit. Medicare considers you at medium or high risk if you:
 - Have End-Stage Renal Disease (ESRD)
 - Have hemophilia
 - Are a client of or staff member at an institution that serves people with developmental disabilities
 - Live in the same household as an hepatitis B carrier
 - Have unprotected sex with multiple sex partners or with someone who has hepatitis B
 - Use federally prohibited injectable drugs
 - Are a health care professional and you are in frequent contact with blood or other bodily fluids during routine work

Original Medicare and Medicare Advantage cover these vaccines at 100% of the Medicare-approved amount if you meet the eligibility requirements and receive the vaccination from a provider who accepts assignment (if you have Original Medicare) or an in-network provider (if you have a Medicare Advantage Plan).

October Message #2

Placemat

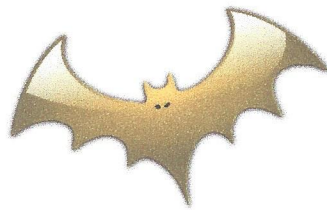
Halloween Fun Facts:



The first Jack O-Lanterns were actually made from turnips.



Halloween is the second highest grossing commercial holiday after Christmas.



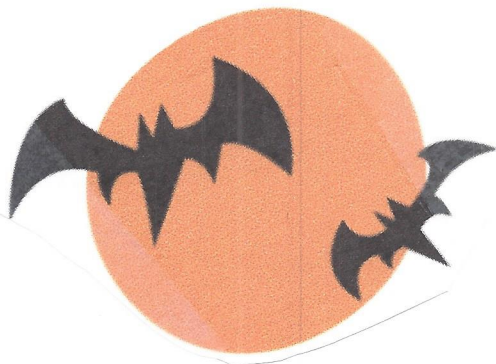
Samhain phobia is the fear of Halloween.



Fifty percent of kids prefer to receive chocolate candy for Halloween, compared with 24% who prefer non-chocolate candy and 10% who preferred gum.

Hurricane Senior Center
October 2018
 435-635-2089

Monday	Tuesday	Wednesday	Thursday
1 Cacciatore Chicken Breast Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine	2 Sweet & Sour Meatballs Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine	3 Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	4 Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine
8 Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit Milk Margarine	9 Roasted Turkey Breast w/Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	10 Beef Chili with Beans Baked Potato Chuckwagon Corn Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream	11 Alfredo Chicken Breast Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Diet - Hot Peaches
15 BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk	16 Corned Beef Cabbage Sliced Carrots Roasted Red Potatoes Rye Bread Applesauce Milk Margarine	17 Potato Crusted Pollock Rice Pilaf Spinach Cucumber and Tomato Salad Garlic Texas Bread Seasonal Fruit Gingerbread Bread Pudding Milk Margarine Tartar Sauce Diet - Chocolate Pudding	18 Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Mixed Green Salad Wheat Roll Citrus Fruit Cup Milk Margarine
22 Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Peaches Milk Margarine	23 Glazed Ham Sweet Potato Casserole Cabbage Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Diet - Vanilla Wafers	24 Hawaiian Chicken Haystack Buttered Rice Broccoli Asian Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine	25 Beef Spaghetti Sauce over Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine
29 Crispy Baked Chicken Macaroni and Cheese Mixed Vegetables Beet Salad Wheat Roll Apricot Halves Milk Margarine	30 Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit Milk Margarine	Halloween Menu 31 Bratwurst Sauerkraut Baked Beans Whole Kernel Corn Hot Dog Bun Seasonal Fruit Oatmeal Raisin Cookie Milk Mustard Diet - Vanilla Wafers	<i>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</i> Milk and bread served with all meals. Salad bar available every day in dining room.



October Activities

1-Oct	2-Oct	3-Oct	4-Oct
Exercise Class 10:00	Heat Assistance 9:30-3:00	Chyrrrel-Piano Playing	Billiards 9:30
Dixie Can Do's	Painting after lunch	Blood Pressure 11:00-12:00	Skip Bo 10:30
Writing Group 12:30	Hand & Foot Card Game 12:30	Craft Class 1:00	Bingo after Lunch
8-Oct	9-Oct	10-Oct	11-Oct
Exercise Class 10:00	Skip-Bo 10:30	Craft Class 1:00	Billiards 9:30
Alzheimer's Assoc. Presentation	Painting after lunch		Zions Way Hand/Neck Massage 11:00-12:00
Movie after lunch	Hand & Foot Card Game 12:30		Bingo after Lunch
Writing Group 12:30			Knitting/Crochet 1:00
15-Oct	16-Oct	17-Oct	18-Oct
Heat Assistance 9:30-3:00	Skip-Bo 10:30	Blood Pressure 11:00-12:00	Billiards 9:30
Exercise Class 10:00	Painting after lunch	Hurricane Family Pharmacy Presentation	Humana Presentation
Dixie Can Do's	Hand & Foot Card Game 12:30	Craft Class 1:00	Bingo after Lunch
Writing Group 12:30			
22-Oct	23-Oct	24-Oct	25-Oct
Exercise Class 10:00	Skip-Bo 10:30	Craft Class 1:00	Billiards 9:30
Writing Group 12:30	Painting after lunch		Happy Birthday/Anniversary Cake & Ice Cream
	Hand & Foot Card Game 12:30		Bingo after Lunch
			Knitting/Crochet 1:00
29-Oct	30-Oct	31-Oct	
Exercise Class 10:00	Skip-Bo 10:30	Halloween Party Cake Walk @ Lunch	
Writing Group 12:30	Painting after lunch	Bereavement Support Group 2:00	
	Hand & Foot Card Game 12:30	Craft Class 1:00	

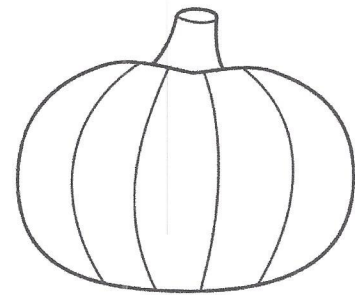
Autumn Word Search

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

AMBER	COLORS	MIGRATION
BONFIRE	CORN	PEARS
BRISK	DECIDUOUS	SEASON
CHANGE	DUCKS	SQUIRREL
CIDER	LEAF	SUNFLOWER



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