

Hurricane Active Life Center

October 2025 Newsletter



Lunch is served in the dining room Monday-Thursday 11:30 to 12:30.

Medicare Open Enrollment Presentation
Wednesday October 29th 11:00.

Card Making Class October 27th.

New Yoga Class Tuesday's @ 10:00.

Wednesday Yoga class time change to 2:30.

Caregiver Support Group last Tuesday @ 1:30.

Halloween Party during lunch October 30th.

We are 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
435-301-7280

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Hours of Operation

Monday – Thursday
9:00AM – 3:00PM

Lunch served daily –
11:30AM - 12:30PM \$4

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 – 2:00 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 435-301-7280 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 \$10.00. The bus runs from 9:30 am to 2:00 pm Monday, Tuesday & Thursday. Wednesday-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

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

Video Tai Chi – every Tues @ 10:00am

Yoga – every Tues @ 10:00am

Beginning Yoga – every Wed @ 2:30pm

Caregiver Support Group – last Tues @ 1:30pm

Toenail Trimming – see Activity Schedule

Movie – see Activity Schedule

** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Card Making Class – Last Monday @ 1:00pm

Hand & Foot Cards – See Activity Schedule

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

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

Drawing 101 – Thursday @ 1:00pm

Quilt Guild – see Activity Schedule

Bingo 60+ Only – 2nd & 4th Monday after lunch

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

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

COME JOIN US!



Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 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 435-301-7290.

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 Active Life 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 2:00 pm Monday through Thursday. The bus 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 435-301-7280.

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!



Hurricane Active Life Center

October 2025

435-301-7280

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
A suggested donation of \$4.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Lunch is served 11:30-12:30		1 Chicken Cordon Bleu Cream Sauce Mashed Potatoes Buttered Green Beans Dinner Roll Pears	2 Pasta Meat Sauce Parslied Carrots Garden Salad Ranch Dressing Garlic Bread Seasonal Fruit
6	7	8	9
Swedish Meatballs Egg Noodles Buttered Peas Green Beans Dinner Roll Seasonal Fruit	Chicken Tenders French Fries Carrot Raisin Salad Mandarin Oranges Cookie/Sugar Free Cookie Honey Mustard	Slow Roasted Pork w/Mustard Sauce Wild Rice Pilaf Broccoli Green Salad Fruit Cocktail Wheat Bread	Frito Pie w/Chili Lettuce, Cheese & Onions Carrots Pinto Beans Seasonal Fruit
13	14	15	16
Teriyaki Chicken Thigh Jasmine Rice Asian Style Vegetables Gingered Carrots Seasoned Fruit White Bread Fortune Cookie	Shredded Beef Brown Gravy Peas Baked Potato Seasonal Fruit Dinner Roll Sour Cream	Country Fried Steak Mashed Potatoes Country Gravy Green Beans Mandarin Oranges Jello/S.F. Jello Wheat Bread	Chicken Alfredo Pasta Squash Cauliflower Garlic Bread Seasonal Fruit
20	21	22	23
Hawaiian Chicken Haystacks White Rice Peas & Carrots Cabbage Pineapple Tidbits Fortune Cookie	Meatloaf w/Brown Gravy Mashed Potatoes Green Beans Carrots Dinner Roll Seasonal Fruit	Breaded Chicken w/Gravy Baked Cheesy Potato Mixed Vegetables Seasonal Fruit Wheat Bread	Sloppy Joes French Fries 3 Bean Salad Seasonal Fruit Ketchup
27	28	29	30
Beef Nachos w/Cheese Sauce Tortilla Chips Lettuce, Onion, Tomato Fiesta Corn Pinto Beans Mandarin Oranges	Chicken Pot Pie w/Peas & Carrots Biscuit Green Beans Seasonal Fruit	Breaded Fish Seasoned Wild Rice Mixed Vegetables Buttered Broccoli Lemon & Tartar Sauce Applesauce	<i>Halloween Meal</i> BBQ Pulled Pork Hamburger Bun Baked Beans California Vegetables Seasonal Fruit  

October Activities

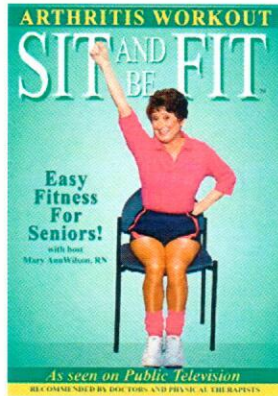
95 N. 300 W. Hurricane 435-301-7280 <https://coa.washco.utah.gov/hurricane/>

		1-Oct	2-Oct
		Billiards 9:00-3:00 Dixie Can Do's to entertain @ lunch Beginning Yoga 2:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Birthday Celebration during lunch Drawing 101 1:00
6-Oct	7-Oct	8-Oct	9-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00	Billiards 9:00-3:00 Chair Yoga W/Connie 10:00	Billiards 9:00-3:00 Beginning Yoga 2:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
13-Oct	14-Oct	15-Oct	16-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Chair Yoga W/Connie 10:00	Billiards 9:00-3:00 Beginning Yoga 2:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Quilt Guild
20-Oct	21-Oct	22-Oct	23-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00	Billiards 9:00-3:00 Chair Yoga W/Connie 10:00	Billiards 9:00-3:00 AARP Defensive Driving Class 10:00-2:00 Beginning Yoga 2:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
27-Oct	28-Oct	29-Oct	30-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Bingo after lunch Card Class 1:00	Billiards 9:00-3:00 Chair Yoga W/Connie 10:00 Caregiver Support Group @ 1:30	Billiards 9:00-3:00 Medicare Open Enrollment Presentation 11:00-1:00 Beginning Yoga 2:30	Video Sit Fit 10:00 Halloween Celebration @ lunch Rob Goulding to entertain @ lunch Drawing 101 1:00

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

Exercise Classes

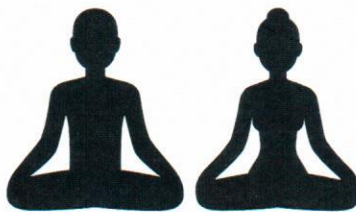
VIDEO SIT & BE FIT — Monday's & Thursday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am



YOGA — Tuesday's @ 10:00am & Wednesday's @ 2:30pm



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

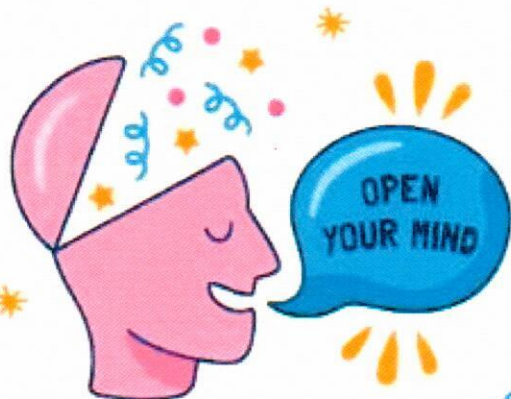
CARD-MAKING CLASS



Monday, October 27th
1:00-3:00

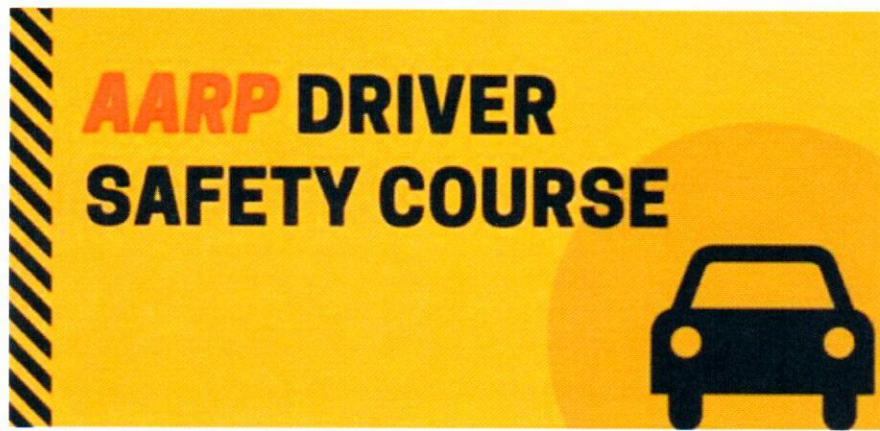
Hurricane Active Life Center
95 N 300 W
Classroom A

\$3 includes 2 cards with envelopes!



Call the Hurricane Active Life Center for details

435-301-7280



September ends the 100 deadliest days of driving in Utah. Prepare for the upcoming months of safe driving by taking an AARP Smart Driver Class at the Hurricane Active Life Center. Cost is \$20 for AARP members and \$25 for non-members. Cash in the exact amount or a check made payable to AARP. Save money on your auto insurance. Please bring your driver's license and AARP membership card. If you haven't attended a class recently, this is a good way to renew driving skills and see what is new with Utah law. To enroll for the class, see Downna or Kari.

The AARP logo, consisting of the word "AARP" in a bold, orange, sans-serif font. A registered trademark symbol (®) is located to the upper right of the "P".

Driver Safety



Join us Thursday October 30th
for our Halloween Party.

11:30-12:30.

Lunch menu is:

BBQ Pulled Pork Sandwich, Baked Beans,
California Vegetables, Fruit

We will also be having a special desert.

INVOLVED AGING: NEWS AND ANNOUNCEMENTS

October 2025

www.areaagencyonagingfivecounty.org
www.facebook.com/AgingFiveCountyUtah
<http://www.fivecounty.utah.gov/>

1070 W. 1600 S. Bldg. B,
St. George, UT 84770
435-673-3548



HELLO FALL!

STAND WITH ME! RESIDENT RIGHTS

October is Residents' Rights Month, an annual event designed by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home and community. It provides an opportunity to focus on and celebrate dignity and rights of every individual receiving long-term services and supports. This year's theme "STAND WITH ME" highlights the importance of solidarity and support for residents who stand up and advocate for their rights, as well as the value of encouraging the community to join residents in sharing their voices.

Residents' Rights Week originated in 1981 and was expanded to Residents' Rights Month in 2011 in order to provide time for residents, facilities, staff, family members, community advocates, and the Ombudsman to provide educational programs and festive events to bring awareness to this important topic.

-<https://theconsumervoice.org/2025-residents-rights-month/>

Making new Self- Care Habits



Self-care is so important, yet it is often ignored, we don't think much about it, until we are exhausted, overwhelmed, irritable and possibly sick. If you set aside time each day for **YOU**, that is **AMAZING!** If you don't or if you just want to add to your self-care habits, this is for you!

First, decide what it is you want to do, do you want to eat healthier, exercise more, get outside more, set aside time for something you love? Once you have decided on "Your new habit" make it specific. How many times a week, how long (5 minutes, 15 minutes etc.). Make a promise to yourself. You can even write up a contract with yourself! Share your goal with friends or family as this makes you more accountable, as they will ask you how are you doing with it. At this point, you may be finding obstacles! It's too cold, I'm too tired, I don't have enough time.

Being aware of the obstacles up front is a way for you to overcome them beforehand. Brainstorm ways to overcome before they happen so you have a plan. Ideas may be to get up 15 minutes earlier, or exercise in the morning when you are not as tired. Give yourself a REWARD! You have worked hard for your new habit!



EVENTS AND ANNOUNCEMENTS

To register for events:

areaagencyonagingfivecounty.org/events

Join the caregiver support group!

Every Tuesday 1-2:30 pm

Kuzy Hall

Call Memory Matters for more
information (435) 319-0407

Kanab Caregiver

Support Group

Every Thursday 10:00-11:00 am

Kanab Senior Center

Stress Busters for

Dementia Caregivers

Starting October 22-2025

10:00-11:30 AM

9-Week program - MUST register

Senior Expo-

November 4th and 5th 2025

Dixie Center

We are looking for volunteers for our
AmeriCorps Seniors programs!

Call 435-673-3548 ext. 108

MEDICARE MINUTE: Top 3 Financial Scams



Scams are designed to surprise us and catch us off guard.
They can happen to anyone.

1. **The Grandparent Scam**- Caller pretends to be a grandchild and they need money- they may tell you they have been in an accident, were arrested and need bail money or are stranded somewhere. They will beg you not to tell their parents. **Don't fall for it! Hang up and call your grandchild.**
2. **Financial Services Scam**- Someone calls, texts or emails you impersonating a bank representative, mortgage company or debt collector. They may claim your account has been compromised and ask for your personal information or threaten you with an arrest over a late payment. **DONT FALL FOR IT! Never provide personal information over the phone or through an email link or text. Call your financial institution directly using the phone number on your statement or back of card.**
3. **Tech Support Scams**- A fake pop-up message may freeze your computer screen claiming you have a virus and providing you with a phone number to call for help. If you call this number a "tech support" agent will ask to remotely access your computer, giving them a chance to steal your personal information or install malware. They will also demand payment to fix the non-existent problem. **DON'T FALL FOR IT!! Shut down your computer and DO NOT call the number on the screen. A legitimate tech company will not contact you this way.**

If you think you have been scammed - reach out to your local SMP (Senior Medicare Patrol) at 435-673-3548.

TIPS FOR TRAVELING WITH SOMEONE WHO HAS DEMENTIA

- Be honest in their ability to travel
- Pack lightly
- Bring along a favorite item of comfort
- Plan breaks in your schedule to rest
- Ask about special accommodations. (plane, train, or bus)
- If they need bathroom assistance, have an occupied sign to hang on the door
- Make sure they have ID on them that includes your name and phone #
- Bring along a current photo of the person, in case you get separated.
- Have a "plan B"

-<https://www.caregiver.org/navigating-travel-loved-one-who-has-alzheimers-disease>



HALLOWEEN FACTS

- Jack-o-lanterns were originally made from turnips.
- Reese's Cups are consistently the most popular candy for Halloween in the U.S.
- Silly String is banned in Hollywood on Halloween to prevent damage to public property. Fines are imposed.
- Americans spend over \$100 annually for Halloween.
- Illinois produces the most pumpkins in the states.
- According to NASA - a full moon occurs only once every 19 years on Halloween.

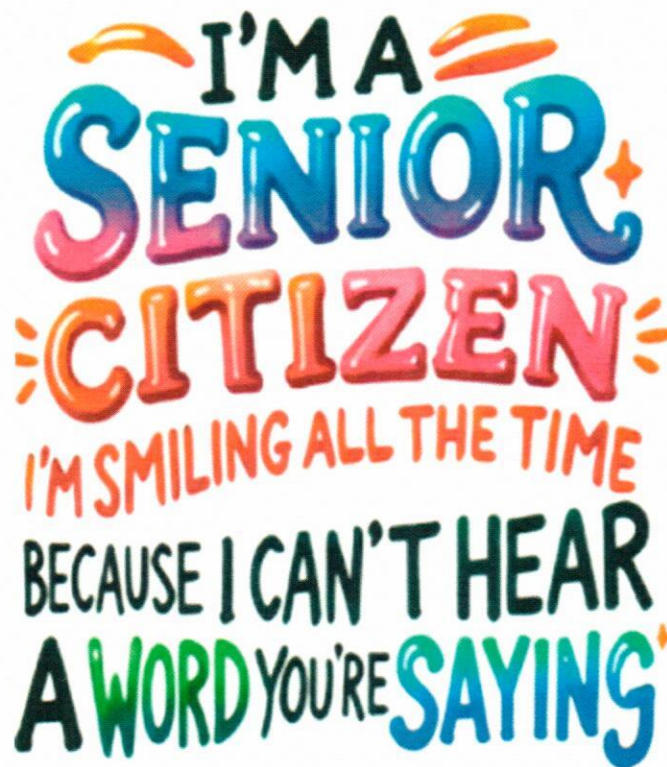


MEDICARE
OPEN ENROLLMENT
OCT. 17TH - DEC 7TH

"THE BEST WAY TO
EMBRACE THE
CHILL OF AUTUMN
IS TO PREHEAT
THE OVEN AND
START BAKING"



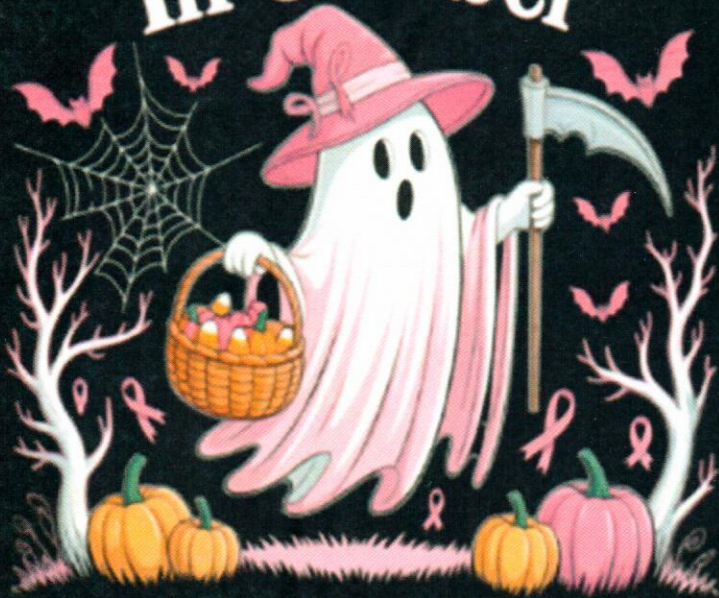
I Witch you a happy **HALLOWEEN**



7 Ways to Protect Your Ears and Prevent Hearing Loss

- **Avoid loud activities and places whenever possible**, such as lawn mowing, power tools and music concerts.
- **If you can't avoid loud noises, wear proper protection.** Using hearing protection, such as earplugs or earmuffs, will help filter extreme noises and reduce your risk of hearing loss.
- **Keep volume low.** Keep noise levels on your devices, such as TV, radio and home sound systems at a comfortable level. If you think it's too loud and you can hear it from another room, it probably is. Don't forget to keep your volume down on your headphones and earbuds too.
- **Give your ears a break.** Give your ears periodic breaks from headphones and other loud noises to reduce your exposure. Also, limit your time exposed to noises above 85 decibels, which can cause hearing loss over time.
- **Give ears time to heal.** If you've been exposed to loud noises, try to spend some time in a quiet environment for at least a day to give your ears time to rest and recover.
- **Keep up on immunizations.** Some illnesses, such as measles, mumps, whooping cough and bacterial infections, can negatively affect your hearing.
- **Don't put anything in your ears.** Do not put anything in your ears, including cotton swabs, which can injure the ear canal or eardrum. Instead, clean your ears with a washcloth over your finger. If you have a buildup of earwax that is affecting your hearing, contact your provider to get it removed. Don't try to remove it yourself.

In October



We Wear Pink
Breast Cancer Awareness

LET'S BE
AWARE!

You have a good chance to cure
breast cancer if you find and
treat it early.

If you think something's wrong, don't wait.
Seek care immediately.





Halloween Trivia

1. What do you call a group of witches?
2. What is another name for a pumpkin seed?
3. What do you call a man who practices witchcraft?
4. What does a magician say when performing a magic trick?
5. Who wrote the 1818 classic book "Frankenstein?"
6. Why do some people wear their clothes inside out on Halloween?
7. Are pumpkins technically a fruit or vegetable?
8. How much money do American's spend on dressing up their pets for Halloween?
9. Which Halloween candy is considered the worst?
10. Which US State produces the most pumpkins?
11. What does the word "Halloween" come from?

Halloween Trivia answers:

1. A coven
2. Pepita
3. A warlock
4. AbraCadabra
5. Mary Shelley
6. Superstitious folks believe they'll see a witch at midnight.
7. Fruit
8. Approximately \$700 million.
9. Candy Corn, followed by circus peanuts.
10. Illinois
11. Halloween was known as "All Hallows' Eve until 1773, when the Scots began referring to it as 'Hallow-e'en.





HAPPY
HALLOWEEN

Homemade
GIFTS MADE EASY

OCTOBER

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Black	Fruit	Maize
Broomstick	Ghost	Mask
Calindula	Goblin	October
Cider	Halloween	Orange
Colorful	Harvest	Pumpkin
Cool	Haunt	Spider
Fall	Holiday	Witch