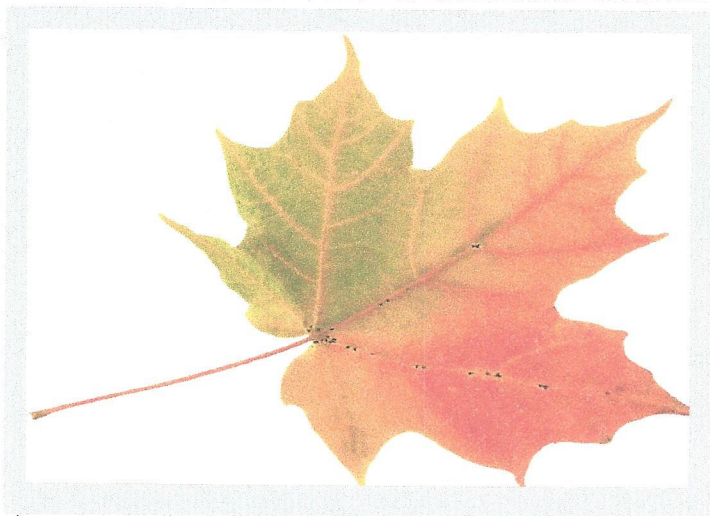


Hurricane Senior Center

September 2018 Newsletter



September 3 – Closed for Holiday

September 5 – Blood Pressure Screening

September 10 – Movie of the Month

September 12 – Hurricane Family Pharmacy

September 13 – Community Nursing Services
Presentation

September 13 – Zions Way Hand & Neck Massage

September 17 – Hurricane PD Presentation

September 24 – Utah Legal Services-Call for
Appointment

September 25 – Picnic @ Grandpa's Pond

September 26 – Bereavement Support Group

September 27 – Happy Birthday/Anniversary

*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

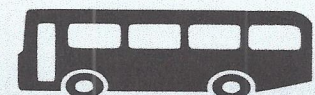
Dial-A-Ride Program

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. 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!

Please join us for a PICNIC at Grandpa's



Pond!



September 25th

11am – 2pm

Games & Lunch

\$3.00 for 60+ Under 60 is \$7.00

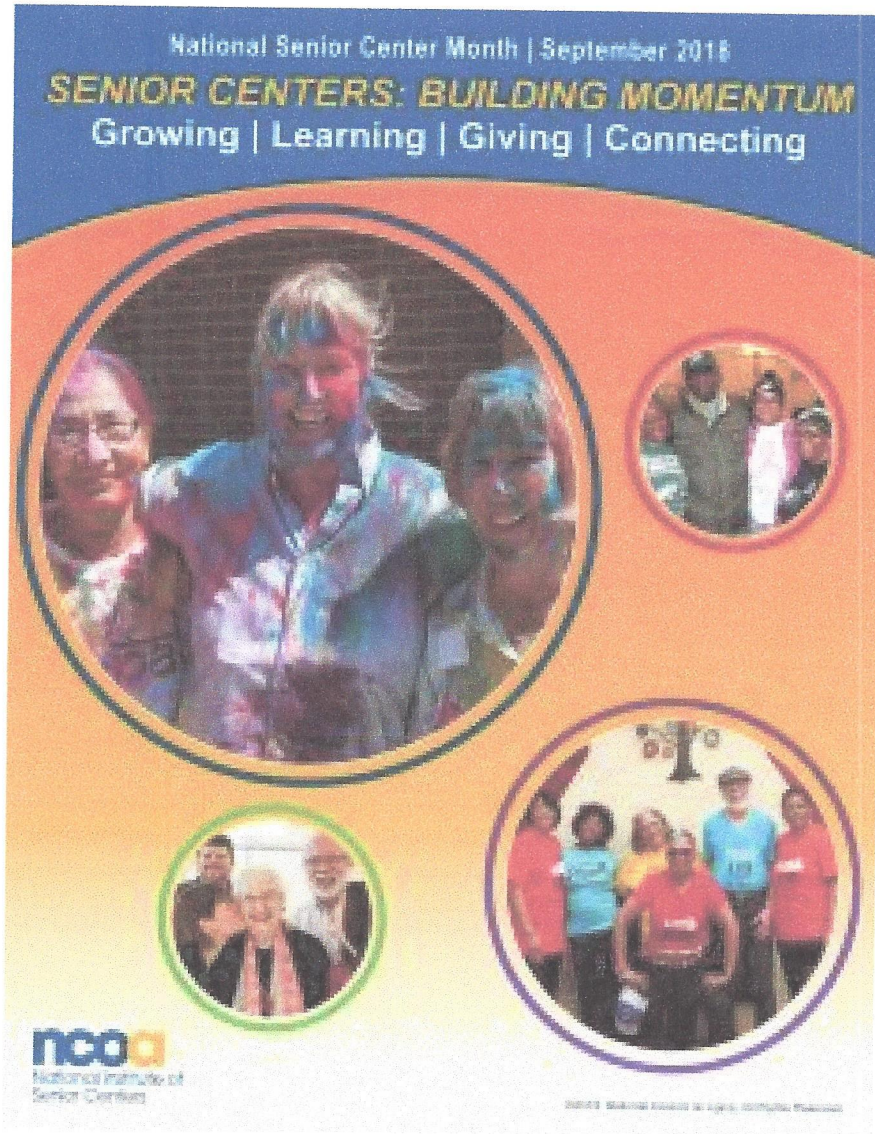
The address is: 350 N. 3700 W.

The Senior Center will be closed during these hours.

September is National Senior Center Month!

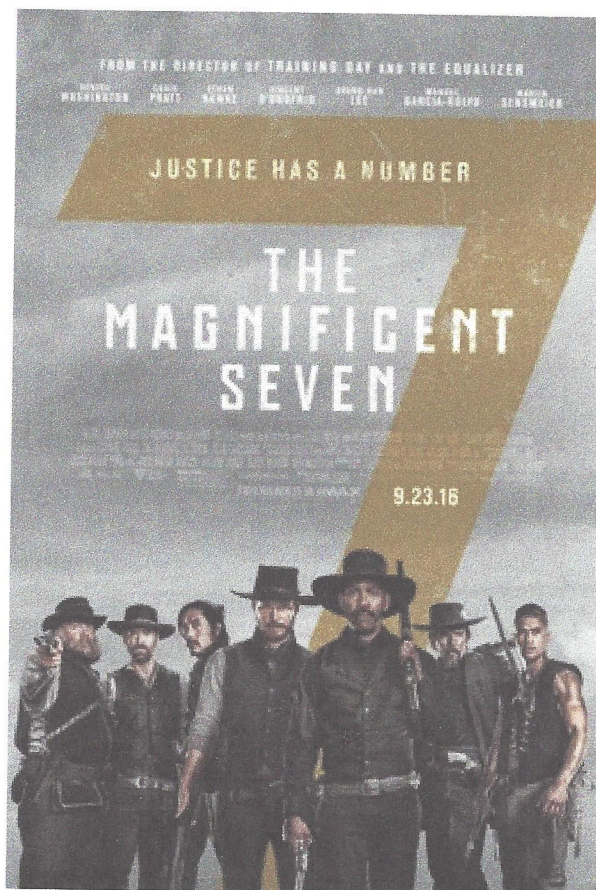
Please join us all month as we celebrate!

Check the schedule of activities for all the fun things we have planned this month.



I'm a
VOLUNTEER
what's your
 **superpower?**

Our Senior Center could not do what we do without Volunteers. Our Volunteers spend endless hours giving of their time and energy to help our Seniors, teaching classes, helping in the kitchen, dining room and running our Thrift Store. We appreciate all they do. Thank a Volunteer for all they do! They are the unsung heroes of the Senior Center!



THE MAGNIFICENT SEVEN

Starring: Denzel Washington, Chris Pratt, Ethan Hawke

"Plot: In this high-octane remake of the classic 1960 movie of the same name (itself a Western remake of "The Seven Samurai"), seven gunslingers protect a small town from a mining tycoon and his goons, who plan to seize the residents' land by force."

Come join us for the movie of the month. After lunch on Monday, September 10th.

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

Gardening Tips and To-Do Lists for September

Miscellaneous

- Stop pruning and fertilizing
- Bring summer vacationing houseplants back indoors while the windows are still open.
- Start fall clean-up in the flower beds, cutting back anything that has finished blooming or is diseased
- Take cuttings to overwinter indoors
- Start winterizing your water garden
- Watch for frost warning and cover tender plants
- Photograph your gardens and containers for a record of the year's triumphs and frustrations
- Give the compost a last turn

Flowers and Other Ornamental Plants

- Divide and move perennials
- Dig and store tender bulbs like: dahlias, caladiums, cannas and tuberous begonias
- Start planting spring flowering bulbs

Vegetables

- Harvest remaining vegetables, including green tomatoes
- Wait for a hard freeze before harvesting Brussel sprouts
- Pick herbs for drying or freezing
- Cure winter squash for storage. Place in a cool, sheltered shady spot for about 1 month

Fruit

- Clean up fallen fruit

Trees & Shrubs

- Plant trees and shrubs. Keep watered well, if there isn't sufficient rain.

Pests

- Dispose of any diseased or infested plant debris, to avoid overwintering the problem

Garden Tasks for Warmer Areas

- Restart the vegetable garden. Start seeds of heat lovers like tomatoes and peppers
- Direct sow seeds of lettuce, greens, onions, peas, beans and broccoli
- Seed cool season annuals
- Plant fall bulbs
- Plant perennials and shrubs
- Keep fruits picked as they ripen

7 Home Maintenance Tasks You Should Tackle in September

1. Check walkways for cracks

Before the grass is covered with snow, or it's too cold to venture outside, check walkways for cracks and loose paver material. Fix walkway and entryway areas before slippery weather can cause a tripping or falling accident.

2. Clean and repair the siding

After a long summer, siding can become dirty or mildewed. September is a great time to use a pressure washer to clean it up—and inspect for more serious problems before winter comes. Check first for rotten or warped areas, and inspect your caulking, which can shrink and crack over time.

3. Check and repair leaky faucets

Before the temperatures start to dip, examine leaky faucets in the kitchen, bathrooms, and utility room locations. Most likely, whatever time and money you spend now will be considerably less than a broken pipe in the dead of winter.

4. Make sure windows are sealed tight

All double- or triple-pane windows should have a tight seal around their perimeter that separates the individual panes of glass and traps inert gas between them, providing a break between the temps inside and outside your home. If you notice that your windows are frequently foggy, that's likely a sign of a failed seal.

5. Sweep the chimney

When temperatures finally fall, you'll want to be ready to light your fireplace. But before your first toasty blaze of the season, make sure your chimney has been cleaned.

6. Change the air filters and tune up the furnace

Dirty air filters can lead to higher energy bills and irreparably damage your HVAC system.

7. Service the yard equipment

Autumn—not spring—is actually the best time to show some love to your lawn equipment before you put it away for winter. It's harmful for equipment to sit all winter long with old oil in the case and dirt on the other components.

September Message #1

Why Should I Review my Medicare Coverage During Open Enrollment?

Each year between October 15th and December 7th, all Medicare Beneficiaries have the option of changing their Medicare Prescription Drug Coverage. Depending on where you live, you have two options for how to get your Prescription Drug Coverage. The first option, available to all Medicare Beneficiaries, regardless of where they live is a Medicare Prescription Drug Plan (Part D). These plans (sometimes called "PDPs") add drug coverage to Original Medicare.

The second option, available in many counties is a Medicare Advantage Plan (Part C) (like an HMO or PPO). You get all of your Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) coverage, and prescription drug coverage (Part D), through these plans. Medicare Advantage Plans with prescription drug coverage are sometimes called "MA-PDs." You must have Part A and Part B to join a Medicare Advantage Plan.

Each year, these plans are allowed to make changes to their coverage and costs. These changes include premiums, deductibles, copays and formularies. Medicare sets a maximum deductible but plans may lower or even waive their deductibles. Many plans will waive their deductibles or reduce their premium for one year to attract new members and then raise their deductible or premium the next year. Plans may choose to cover only certain brand name prescriptions while excluding others, and those can change from one year to the next. Because different plans choose to cover drugs in different ways, there may be plans that offer better coverage than your current plan.

You should consider reviewing your Medicare Drug coverage during Open Enrollment if:

- You have been enrolled in your current Part D or Medicare Advantage Plan for more than two years
- You have had a change in the prescriptions you take since you last changed your drug plan
- You want to change pharmacies or look at Mail-Order prescriptions
- Your plan notifies you they are changing your premium, deductible, formulary or copay amounts
- You are having a hard time paying for your prescription costs

If you would like assistance reviewing your Medicare Prescription Drug plan, contact your local SHIP program. In Washington, Kane or Garfield Counties, call Tom at (435)673-3548 and in Beaver and Iron Counties, contact Amy at (435) 867-6020 or look for the Medicare Open Enrollment Event at your Senior Center in October or November.

Monday	Tuesday	Wednesday	Thursday
Fall is Here!			<p><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></p> <p>Milk and bread served with all meals.</p> <p>Salad bar available every day in dining room.</p>
<p>3</p> <p>Closed for Holiday</p> 	<p>4</p> <p>Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Seasonal Fruit</p>	<p>5</p> <p>Gyro Sliced Meat (Beef & Lamb Sliced Meat) Lettuce, Tomato, & Onion Tzatziki Sauce Cucumber Salad Pita Bread Peach Crisp Diet - Hot Peaches</p>	<p>6</p> <p>Glazed Ham Maple Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Seasonal Fruit</p>
<p>10</p> <p>Sloppy Joe on Bun Tater Tots Whole Kernel Corn Seasonal Fruit Pineapple Lime Whip Diet - Vanilla Pudding</p>	<p>11</p> <p>Turkey Stew w/Red Potatoes, Carrots & Celery Beet Salad Biscuit Tropical Fruit</p>	<p>12</p> <p>Herb Roasted Pork Loin Brown Rice Cheesy Cauliflower Cucumber Salad Apricot Halves</p>	<p>13</p> <p>Homemade Meatloaf Brown Gravy Whipped Potatoes Creamed Peas Mixed Green Salad Seasonal Fruit</p>
<p>17</p> <p>Chicken & Waffles w/Syrup Chicken Tenders Waffle Pancake Syrup Mixed Vegetables Mixed Green Salad Seasonal Fruit</p>	<p>18</p> <p>Beef Taco Salad Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Lettuce, Tomato, & Onion Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Taco Sauce Sour Cream Diet - Fruited Gelatin</p>	<p>19</p> <p>Bratwurst Hoagie Bun Marinara Sauce with Peppers and Onions Coleslaw Seasonal Fruit</p>	<p>20</p> <p>Turkey Noodle Bake Green Beans Mixed Green Salad Hot Spiced Pears</p>
<p>24</p> <p>Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Applesauce</p>	<p>25</p> <p>Hamburger Lettuce, Tomato, & Onion Baked Beans Potato Salad Seasonal Fruit</p>	<p>26</p> <p>Sliced Turkey & Swiss on Rye Bread w/ Lettuce/Tomato/Onion Green Pea Salad Peaches w/Cottage Cheese Strawberry Shortcake Cookie Diet - Vanilla Wafers</p>	<p>27</p> <p>Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Seasonal Fruit</p>



September Activities

September is National Senior Center Month

3-Sep	4-Sep	5-Sep	6-Sep
Closed for Holiday	Skip-Bo 10:30 Pinochle 12:30 Hand & Foot Card Game 12:30	Blood Pressure 11:00-12:00 Craft Class 1:00	Billiards 9:30 Skip Bo 10:30 Bingo after Lunch
10-Sep Sit & Stand Exercise Class 10:00 Movie after lunch "The Magnificent Seven" Bridge 12:30 Writing Class 12:30	11-Sep Skip-Bo 10:30 Pinochle 12:30 Hand & Foot Card Game 12:30	12-Sep Hurricane Family Pharmacy Presentation Craft Class 1:00	13-Sep Billiards 9:30 CNS Presentation Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Knitting/Crochet 1:00
17-Sep Sit & Stand Exercise Class 10:00 Hurricane Police Dept Presentation Bridge 12:30 Writing Class 12:30	18-Sep Skip-Bo 10:30 Pinochle 12:30 Hand & Foot Card Game 12:30	19-Sep Rep. from Veteran's Administration Craft Class 1:00	20-Sep Billiards 9:30 Skip Bo 10:30 Bingo after Lunch
24-Sep Sit & Stand Exercise Class 10:00 Utah Legal Services 10:00-2:00 Bridge 12:30 Writing Class 12:30	25-Sep Picnic @ Grandpa's pond- Please join us there center will be closed 10:30-2:30.	26-Sep Craft Class 1:00 Bereavement Support Group 2:00	27-Sep Billiards 9:30 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00



September

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BUS GRADES
 LUNCH MUSIC
 PENCILS RECESS
 SPORTS TEACHERS
 ART
 HOMEWORK
 PAPER
 SCHOOL

