



# ST. GEORGE ACTIVE LIFE CENTER

For Active Adults



60+ Forever Young

## CENTER INFORMATION

245 N. 200 W.  
St. George, UT 84770  
phone: 435.634.5743  
web: [coa.washco.utah.gov/st-george/](http://coa.washco.utah.gov/st-george/)

## HOURS

Tuesday -Friday  
9:00 am - 4:00 pm  
(Closed Saturday thru Monday)

## LUNCH SERVED

Tuesday -Friday  
11:30 am -12:30 pm  
Suggested Donation \$3.00

## THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday  
9:30 am - 1:30 pm  
(Closed Saturday thru Monday)  
We take donations!

## CENTER STAFF

Supervisor: Jeanie Johnson  
Meals on Wheels: Linda  
Dial-a-Ride: Deanna Bringhurst  
Director: Chris Holliday



## Holiday Schedule

December 24th—CLOSED (Meals on Wheels will still be delivered)

December 25th—CLOSED

December 31st—OPEN UNTIL 1:00

January 1st—CLOSED

## HEAR YE, HEAR YE, CHRISTMAS IS COMING TO THE ST. GEORGE ACTIVE LIFE CENTER THRIFT SHOPPE!

Santa has provided the Shoppe withal kinds of Christmas joy: gifts, linens, ornaments, cards, figurines, and other surprises will be available. Ho ho ho...hope to see you buying some of these North Pole bargains. All proceeds from the sale go into projects and programs at the Center.

Date: December 4th—13th

Time: 10:00 AM—1:00 PM

Place: Lobby



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## 2 This Month

### AARP Driver Safety Class

December 13th at 9:00am-1:00pm. For more information, contact Victor Lorch at (435)-772-5620. Class size is limited. NO WALK INS!

**Chair Massage** - 1st Friday of the month from 11:00 am - 12:00 pm, Front Lobby.

**Dixie Poets** - 1st and 3rd Tuesday at 1:30--3:30pm

### Free Attorney Service

Wednesday, December 4th at 2:00 pm,  
Thursday, December 12th at 1:30 pm, December 19th at 1:30 pm. Please make an appointment with Linda.

### Ladies Bridge

3rd Thursday of each month from 12:00—4:00 pm.

### Parkinson's Caregivers Group

For caregivers only, please. 2nd Wednesday of the month at 1:00 pm.

### Parkinson's Meeting

For caregivers and people with Parkinson's. 3rd Wednesday of the month at 10:30 am.

## LECTURES AND EVENTS

### Snow Canyon High School Jazz Band

Wednesday, December 11, 11:30 am (lunch)

### Snow Canyon High School Madrigals

Thursday, December 19, 11:30 am (lunch)

### Christmas Dinner

Friday, December 20, 11:30 AM—1:00 PM.

### Dial-A-Ride

Need a ride to a medical appointment, to pick up a prescription, shopping or to come to the Senior center for lunch?

### CALL DIAL-A-RIDE

**435-634-5743 OPT 1**

Between 8:00 am - 12:00 pm

or

Leave a message anytime!

Please State Clearly

- 1) First & last name, telephone number, and home address.
- 2) Date & time you would like to be picked up at home.
- 3) Destination name, with complete address.
- 4) Appointment time (if applicable).
- 5) Time you would like to be picked up and taken home.
- 6) Any special condition such as mobility aids or personal attendant travelling with you.

Transportation Available

Tuesday through Friday

9:30 am—2:30 pm

**PLEASE SCHEDULE AT LEAST  
THREE DAYS IN ADVANCE!**



Become a Healthier YOU!

FREE

### DIABETES & PREDIABETES FORUM

MONTHLY ON  
2ND THURSDAY  
6-6:50 PM

620 South 400 East, St George, UT

Learn, Share, Discuss  
with Local Experts



[swuhealth.org/diabetes](http://swuhealth.org/diabetes)



## Our Feature Film

**Thursday, December 12th, 12:45 pm**

Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome

to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black!

Released 1954.



## SHOO THE FLU: AVOIDING THE FLU BUG

Many people think the flu is more of an annoyance than a serious health risk. For older adults, however, coming down with the virus can be dangerous. In a typical flu season, seniors make up 85 percent of flu-related deaths and almost 70 percent of hospital influenza admissions.

Receiving the flu shot before the season ramps up is one of the best methods to avoid being bitten by the bug. It is, however, just one of several prevention measures seniors and their family members should take.

### 4 Ways to Stay Healthy During Flu Season

Wash your hands frequently. Good handwashing hygiene is important all year round, but especially during flu season. The flu virus can linger on door-knobs, handrails, drinking fountains, and in other public places. By washing your hands often, you lower your risk for catching the bug. Use hot, soapy water to scrub your hands throughout the day. Experts say you should wash hands long enough to sing a chorus of Yankee Doodle Dandy. Keep small bottles of alcohol-based hand sanitizer in your purse, desk, and car for when you don't have access to hot water and soap.

Practice healthy self-care. When your immune system is healthy and strong, you are better able to fight off viruses. Exercise, a healthy diet, and a good night's rest are especially important during flu season. Managing stress by meditating, walking, or swimming also helps keep your immune system in good shape.

Limit personal contact. The flu virus can be easily passed from one person to another through a handshake, hug, or other close interaction. Sometimes people might not even know they have the bug. By limiting personal contact during flu season,

you may reduce your risk of catching the flu. Opt for a wave or fist bump if you don't want to appear unfriendly.

Avoid touching your face. Most of us don't realize how often we touch our face (especially our eyes, mouth, and nose) throughout the day. If you've picked up the virus on your hands and touch your face, your risk of contracting the flu soars. Being more conscious about not touching your face could help lower your flu risk.

### When to Call the Doctor

Despite your best flu prevention efforts, you might find yourself feeling a little rough. Some believe it's pointless to call the doctor because they think there is no treatment for the virus. In fact, there are prescription antiviral drugs that lessen the severity of flu symptoms and shorten the length of time you are sick.

The catch is that antiviral medications must be taken at the earliest stages of the flu. That means you need to call your physician immediately if you feel like you've been bitten by the bug.

Article courtesy of <https://www.lpseniors.com/blog/>





**January 14 & 15, 9 AM – 6 PM**

**DIXIE CONVENTION CENTER**  
 1835 Convention Center Dr  
 St. George, UT 84790

**FREE ADMISSION!**

#### **ACTIVITIES INCLUDE**

- Bingo
- Vintage Car Show
- Pickleball Lessons
- Genealogy Roots Education
- Massage Station
- Concessions
- Cardio Drumming

#### **HEALTH SCREENINGS INCLUDE**

- Heart Health
- Blood Sugar
- Diabetes & Sleep Apnea
- Bone Density
- Blood Pressure & BMI
- Flu Shots

#### **RESOURCES INCLUDE**

- Housing Options
- Care Services
- Government Resources
- Financial Help

**Get more info at: [SeniorExpo.org](http://SeniorExpo.org) or call 1-833-MY-SENIOR**

#### **THE DEMENTIA CARE CONFERENCE**

**January 15, 10 AM–3:30 PM at the Senior Expo**

Find resources and learn strategies to care more effectively for your loved one and yourself.

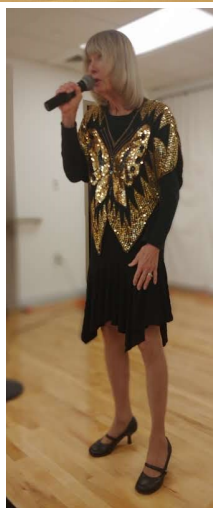
To register call Memory Matters **435-319-0407**

#### **PLATINUM SPONSOR**





# 6 Photo Fun







FREE ONLINE COURSE

## STEPS TO A HEALTHIER YOU

ANYTIME  
AT YOUR OWN PACE  
EASY TO FOLLOW

Short modules, encouraging support, personalized action steps, incentive upon completion

Start Today!



[swuhealth.org/diabetes](http://swuhealth.org/diabetes)

Have you always wanted to learn to play Mahjong? What is Mahjong, you may ask? Mahjong is a tile-based game that was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. It is commonly played by four players.



We're starting a new class with an instructor on Tuesdays at 1:00 PM in the game room upstairs. See you there!

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Acrylics Painting	Learn interesting techniques to paint photo-realistic style art, using acrylic paints. All levels welcome.	Wednesday	1:00—3:30	\$2.00
Arthritis Foundation Exercise Program	Activities also include endurance-building activities, balance exercises, and relaxation techniques.	Tuesday	11:00—12:15	\$1.00
Ballet	Beginning ballet consists of barre exercises to improve core strength, flexibility, and coordination.	Thursday	10:30—11:30	\$1.00
Billiards (open play)	We have two billiards tables available.	Tuesday—Friday	9:00—4:00	\$1.00
Bingo (60+ only)	Join us for fun rounds of bingo! You must be 60 or older to play.	Friday	10:00—11:30	—
Blood Pressure/ Sugar Screening	Please be fasting for these tests.	Thursday	9:00—11:00	—
Cardio Dance	This is an aerobic-style class with low-impact dance moves.	Tuesday	1:30—2:30	\$1.00
Cardio Drumming	This fun class is a full-body cardio and core strengthening workout, complete with rhythmic drumming.	Friday	9:15—10:15	\$1.00
Cardio Fit	Cardiovascular fitness moves with basic dance steps and light hand weights.	Thursday	9:15—9:45	\$1.00
Ceramics	Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome.	Wednesday (instructor) Tues/Thurs/Fri (open)	12:30—3:30 10:00—3:30	\$2.00
Circle of Friends	Circle of Friends is a discussion group. Taboo subjects are politics & religion.	Thursday	10:00—11:00	\$1.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
Drawing with Pencil	This group uses graphite and color pencils. There is no instructor for the course currently.	Thursday	9:30—11:30	\$1.00
Drawing Technique for Painters	This group uses graphite pencil and paper. Instruction and exercises will improve drawing or painting ability.	Friday,	10:00—12:00	\$1.00
Five Crowns Card Game	Five Crowns is a progressive rummy-style game that has five suits.	Wednesday	12:30—2:00	\$1.00
Hand and Foot Card Game	A Canasta variant involving four to six decks rather than two and is played by teams of two players.	Wednesday and Friday	9:00—11:30	\$1.00
Knitting and Crocheting	Meet other like-minded people and turn your yarn into something spectacular. Any Handiwork.	Tuesday	1:00—3:00	\$1.00
Line Dancing— Advanced	This is the most difficult level of line-dancing classes we offer.	Thursday	1:30—3:30	\$1.00
Line Dancing— Beginning	We do all kinds of line dances to all different kinds of music. Tempos range from the cha-cha to the waltz.	Wednesday	9:00—10:30	\$1.00

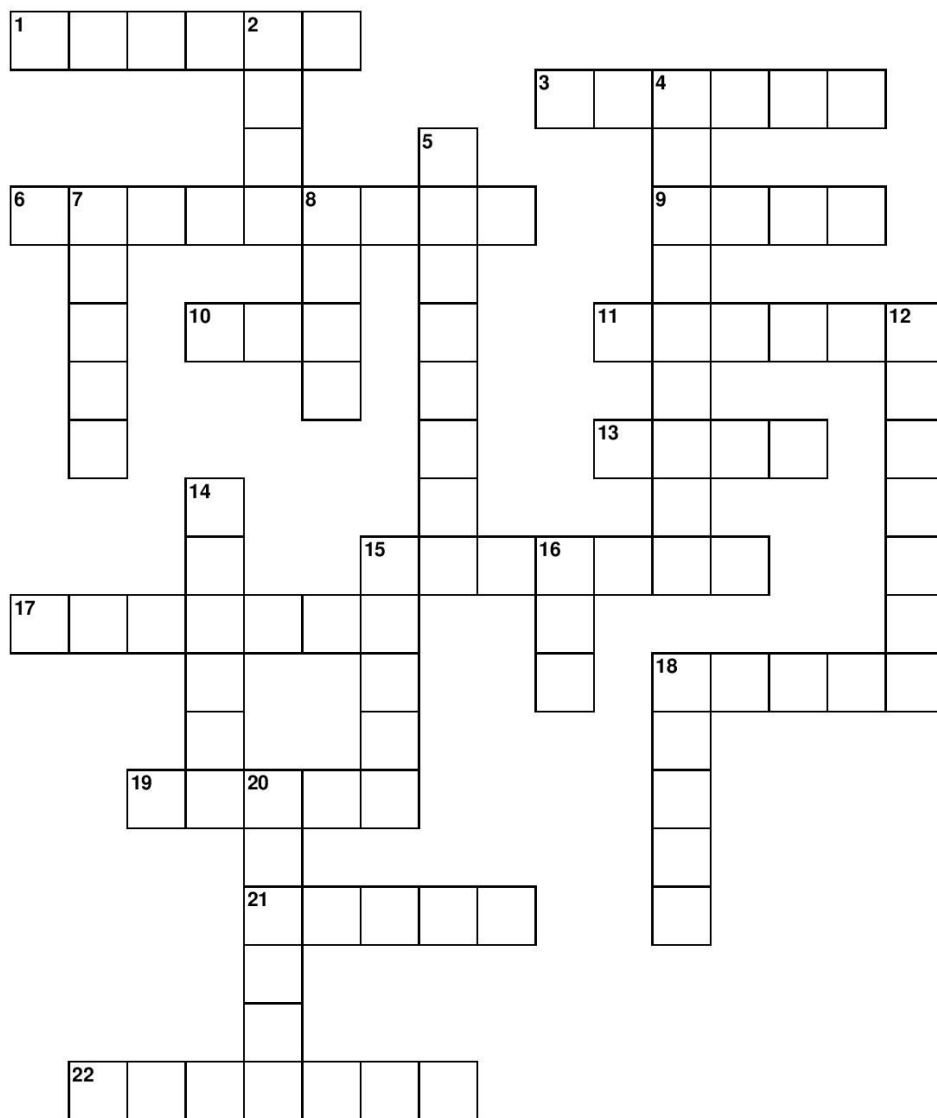


# Activities List

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CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00
Long-term Medical Question	Get some answers to your questions regarding long term medical care and insurance.	Tuesday	12:30	\$1.00
Mahjong	Learn to play Mahjong, the ancient Chinese tile game.	Tuesday	1:00	\$1.00
Mat-less Yoga Stretch	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Thursday	10:00—10:45	\$1.00
Oil Painting	This class is for all levels of painters. Work on projects, learn new techniques.	Tuesday	9:00—3:00	\$2.00
Party Bridge	A trick-taking game using a standard 52-card deck.	Wednesday & Friday	12:00—3:00	\$1.00
Pickleball	Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.	Wednesday—Friday No Tuesday play	1:30—4:00	\$1.00
Pinochle	A trick-taking card game typically for two to four players and played with a 48 card deck.	Wednesday & Thursday	12:30—3:00	\$1.00
Strength Training	This class is a cardio routine broken up with sections of weights	Tuesday	2:30—3:30	\$1.00
Social Singles	This is a group for planning friendship-based outings with other seniors.	Friday	12:30—1:30	\$1.00
Stretch Class	Gentle stretching for the entire body, head to feet.	Wednesday Friday	9:00—10:00 10:15—11:15	\$1.00
Table Tennis	No class 3rd Tuesday of the month. Paddles are provided. We have three tables available.	Tuesday	9:00—12:00	\$1.00
Tai Chi	This is a great class for beginners and involves gentle stretching, breathing, and meditation in motion.	Wednesday	10:30—11:30	\$1.00
Tap—Beginning	This class is for beginners and people who have never taken a tap class.	Wednesday	12:00—1:00	\$1.00
Tap—Intermediate	This class covers the basic steps of tap dancing, combinations of basic steps used in floor work, and floor exercises.	Wednesday	1:00—2:00	\$1.00
Tap—Advanced	A more advanced level than Basic. Participants in this class need a prerequisite knowledge of tap dancing.	Wednesday	2:00—4:00	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$1.00
Wii Bowling	Players interact with the gaming system by a remote control to simulate playing sports or engaging in exercise.	Thursday	1:00—2:00	\$1.00
Yoga	Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind.	Tuesday & Thursday	9:00—10:30	\$1.00
Yoga (Gentle Yoga Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	8:15—9:15	\$1.00

## HAPPY HOLIDAYS



By Evelyn Johnson - www.qets.com

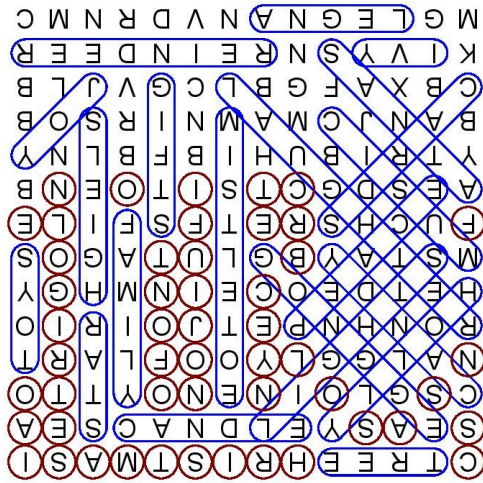
Answers on  
Page 11

## ACROSS

- 1 Circular band of flowers or foliage
- 3 Parents and their children
- 6 Birthday of Jesus Christ
- 9 Frozen form of precipitation that falls as ice crystals formed into flakes
- 10 New Year's \_\_\_\_\_
- 11 Light horse-drawn cart
- 13 Heavenly body visible from earth as point of light
- 15 Hollow brick structure for passing smoke from a fire into the open air
- 17 African-american festival celebrating family, community, and culture
- 18 Confection made with sugar, flavorings, and fillings
- 19 Metal objects that make pleasant sounds when hit
- 21 Present
- 22 Great love or devotion

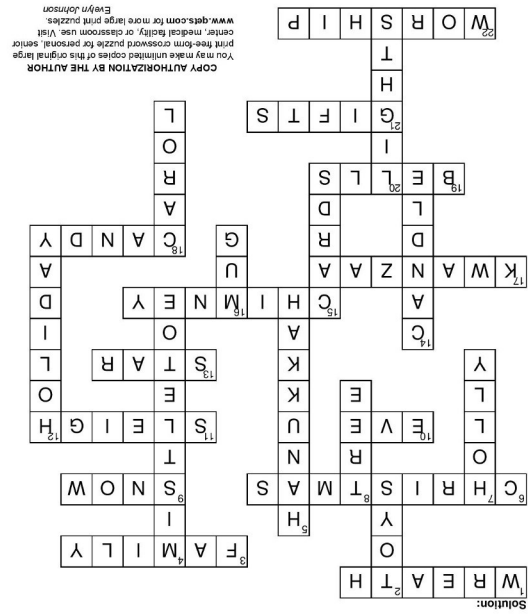
## DOWN

- 2 Used in play by children
- 4 Parasitic plant with green leaves, white berries, and yellow flowers
- 5 Eight-day festival celebrated by lighting the menorah
- 7 Shrub with shiny dark green leaves, and berries
- 8 Pine
- 12 Day on which ordinary business activity is suspended
- 14 Long piece of wax with a wick that is burned for light
- 15 Pieces of stiff paper used to send greetings
- 16 Tall pottery drinking cup with a handle
- 18 Christmas hymn
- 20 Holiday decoration with illuminated bulbs



## MERRY CHRISTMAS

HIDDEN QUOTATION  
BY  
Winston Churchill



## HAPPY HOLIDAYS

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www.qats.com for more large print puzzles.  
Evelyn Johnson



## MERRY CHRISTMAS

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.



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

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

Angel  
Candle  
Candy  
Cards  
Eggnog  
Family  
Gifts

Holly  
Ivy  
Joy  
Laughter  
Lights  
Mistletoe  
Music

Peace  
Reindeer  
Santa  
Sleigh  
Star  
Toys  
Tree

Answers  
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The Snow Canyon High School Madrigals will be performing for us on December 19th during our lunch hour.

The Snow Canyon High School Jazz Band will be performing for us on December 11th during our lunch hour.



## CRAZY FOR CRANBERRIES



Late fall signals the start of cranberry season, as the crimson-colored berries begin making appearances on many holiday tables.

Because of their high nutrient and antioxidant content, cranberries are considered a super food. While low in calories (only 25 calories in half a cup), the ruby-red beauties are high in vitamin C, vitamin A, and vitamin K. Plus, cranberries can help combat urinary tract infections, liver disease, and high blood pressure as well as eye and digestive issues.

When buying cranberries, give the bag a good look to make sure there aren't any soft or shriveled berries or that there isn't liquid inside the bag. Before using, rinse and remove any unusable berries. Because of their limited seasonal availability, consider purchasing and freezing bags of berries to use a few months down the road.

With Thanksgiving and Christmas approaching, cranberries will be popping up in everything from salads and baked goods to main dishes and desserts, not to mention cranberry sauce! But store-bought varieties can be laden with sugar. So we offer a slimmed-down version of cranberry sauce that gives you all of the health benefits of cranberries but without the guilt. Not only is cranberry sauce good with turkey, it's a great complement to cooked pork and chicken as well!

#### Low-Sugar Cranberry Sauce

1 package (12 ounces) fresh cranberries, rinsed and drained

3/4 cup maple syrup

1/2 cup water

1 tablespoon freshly grated orange zest

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon fresh lemon juice

1/4 teaspoon salt

1/2 teaspoon vanilla

Combine first eight ingredients in a medium saucepan and bring to a boil. Reduce heat. Simmer for 10-15 minutes, stirring frequently, until cranberries pop and sauce begins to thicken. (You can use a potato masher to gently break up the berries for a smoother sauce.)

Remove from the heat. Stir in the vanilla. Let cool; cover and refrigerate for up to 2 weeks.

Serve chilled. Yield: 3 cups.

Article courtesy of <https://www.lpseniors.com/>



Please join us for Christmas dinner on Friday, December 20, 2019, at 11:30-1:00 PM. We will enjoy a delicious roast beef dinner with all the trimmings. Entertainment provided by Jeannie Taylor and Friends, and the Cardio Drummers!

We hope to see you there!



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Turkey Pot Pie Buttered Corn Baked Rice Mixed Green Salad Biscuit Seasonal Fruit	<b>4</b> Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit	<b>5</b> French Dip Roast Beef w/ Au Jus Sliced Swiss Cheese Crinkle Cut Fries Coleslaw Hoagie Half Bun Cinnamon Applesauce	<b>6</b> Country Fried Steak w/ Gravy Mashed Potatoes Sliced Carrots Creamed Peas Wheat Roll Ambrosia Salad
<b>10</b> Baked Chicken Breast w/ Cacciatore Sauce Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears	<b>11</b> Meatballs w/Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges	<b>12</b> Smoked Turkey & Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gela- tin	<b>13</b> Beef Spaghetti Sauce over Spaghetti Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote
<b>17</b> Salisbury Steak w/ Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit	<b>18</b> Roasted Turkey Breast with Gravy Mashed Spiced Yams Broccoli & Cauliflower Three Bean Salad Texas Bread Tropical Fruit	<b>19</b> Baked Chicken Breast w/ Alfredo Sauce Fettuccini Noodles Zucchini & Tomatoes Mixed Green Salad Breadstick Apple Crisp	<b>20 <u>Christmas Meal</u></b> Roast Beef w/Gravy Mashed Potatoes Green Beans w/Onions Mixed Green Salad Wheat Roll Strawberry Poke Cake
<b>24</b> Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches <b><u>Meals on Wheels            Only—No Lunch            at the Center</u></b>	<b>25 Closed for            Christmas</b> 	<b>26</b> Potato Crusted Pollock Rice Florentine Mixed Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pud- ding	<b>27</b> Homemade Meatloaf w/ Gravy Mashed Potatoes Garden Vegetables Mixed Green Salad Wheat Roll Citrus Fruit Cup
<b>31</b> Glazed Ham Black Eyed Peas Cabbage Mixed Green Salad Cornbread Applesauce Strawberry Shortcake	<b>Lunch is served            Tuesday-Friday,            from 11:30 am -            12:30 pm.</b>	<b>A suggested            donation of \$3.00 is            requested from those            people 60 and older.            Persons under 60            can enjoy a meal for            \$7.00</b>	<b>Milk &amp; bread served            with all meals. Salad            Bar available every            day in the dining            room.</b>