



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: [http://
coa.washco.utah.gov/st-george/](http://coa.washco.utah.gov/st-george/)

Facebook: [https://
www.facebook.com/
StGeorgeActiveLifeCenter/](https://www.facebook.com/StGeorgeActiveLifeCenter/)

HOURS

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

LUNCH AVAILABLE FOR PICKUP

Tuesday -Friday
11:30 am - 12:30 pm
Suggested Donation \$3.00
Call 435-922-2755 to reserve

THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday
9:30 am - 1:30pm
We take donations!

CENTER STAFF

Supervisor: Jeanie Johnson
Meals on Wheels: Linda
Dial-a-Ride: Deanna Bringham
Director: Jacob Browning



December

A Modern Christmas Poem (with apologies to Clement Clark Moore)

'Twas the day before Christmas, when all through the town
Businesses were shuttered, some even closed down;
The stockings were hung by gas fireplaces with care,
With hope that coronavirus soon would disappear;

The children were nestled all snug in their masks,
And were loaded on busses to attend their school class;
Mamma at her laptop, and I in the other room,
Had just settled down for a long afternoon Zoom.

When out in the 'hood there arose such a clatter,
I sprang from my desk to see what was the matter.
Away to the window I flew like a flash,
Tore open the curtains and threw up the sash.

Light reflected off the windshield of a car in the road
And blinded my eyes like a laser on a barcode,
When, what to my watering eyes should appear,
But a bright red pickup truck, driven by a wild charioteer.

The little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than lizards up the driveway he came,
And he honked, and he shouted, and called us by name;

"Now, PARENTS! now, CHILDREN! now, NEIGHBORS and FRIENDS!
On, PETS OF ALL SIZES, whose love never ends!
To the top of the porch! to the top of the wall!
You stay inside! Hide away! Hide away all!"

(Continued on page 3)

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2 This Month

All activities that would normally take place inside our building are on hold until further notice,

To reserve a Christmas meal or New Year's meal for pickup, please call 435-922-2755 and leave your name, phone number, and number of meals. Pickup for Christmas meals will be December 23rd from 11:30—1:00. New Year's meal pickup will be December 30th from 11:30 to 1:00.



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

435-256-6343

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!**



As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the patio St. Nick drove his red truck,
With a bed full of gifts. Wow, what great luck!

And then, in a twinkling, I heard his door open,
And a scuffle and grunt as he set into motion.
As I drew in my head, and was turning around,
Through the doorway, St. Nicholas came with a bound.

He was dressed all in denim, from his head to his foot,
And his clothes were all dusted with red dirt and soot;
A bag full of gifts he had flung on his back,
And he looked like a sales person just opening his pack.

His eyes - how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
I gasped when I saw him not wearing a mask;
And quickly took three very large steps back.

The stump of a pipe he held tight in his teeth,
And the smoke made it really quite hard to breathe;
He had a broad face and a little round belly,
That shook when he coughed like a bowlful of jelly.

He was chubby and plump, his clothes were quite tight,
And I laughed when I saw him (but not out of spite).
A wink of his eye and a tilt of his head,
Gave me pause while I wondered, had I been misled?

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
He sneezed...then he coughed...and I froze;

He looked at me sideways, and picked up his pack,
And walked out the door without eating his snack.
I heard him exclaim, as he drove out of sight,

"DON'T WORRY I'M NOT SICK, IT'S JUST HAYFEVER,
AND TO ALL A GOOD-NIGHT!"

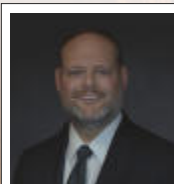
(Poem adaptation by
Michelle Davis)



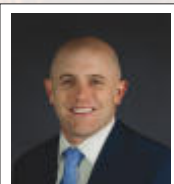
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Cataract/Lasik
Surgeon



Jayson Edwards, M.D.
Corneal/LASIK/Cataract
Surgeon



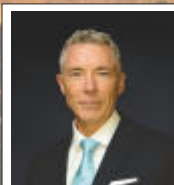
Derrek Denney, M.D.
Cataract/Lasik
Surgeon



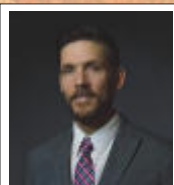
Joshua Schliesser, M.D.
Pediatric Eye Specialist/
Surgeon



Jeffrey Ricks, O.D.
Optometrist



Jason Hauck, O.D.
Optometrist



Matheson Harris, M.D.
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A 4C 05-1049

ORANGE-GLAZED CRANBERRY BREAD (FROM SALLY'S BAKING ADDICTION)

**Ingredients****STREUSEL**

1/4 cup (31g) all-purpose flour (spoon & leveled)
 2 Tablespoons (30g) granulated sugar
 1/2 teaspoon ground cinnamon
 3 Tablespoons (45g) unsalted butter, cold and cubed

BREAD

2 cups (250g) all-purpose flour (spoon & leveled)
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 large egg, at room temperature
 1/2 cup (105g) packed light or dark brown sugar
 1/2 cup (100g) granulated sugar
 1 cup (240ml) buttermilk, at room temperature*
 1/3 cup (80ml) vegetable oil (or melted coconut oil)
 1 teaspoon pure vanilla extract
 2 teaspoons orange zest
 1 cup (110g) cranberries, fresh or frozen (do not thaw)*
 optional: 1/2 cup (65g) chopped pecans or chopped walnuts

GLAZE

1 cup (120g) confectioners' sugar
 1–2 Tablespoons orange juice

Instructions

1. Preheat oven to 350°F (177°C). Spray a 9×5 inch loaf pan with nonstick spray.
2. Make the streusel first: Whisk the flour, sugar, and cinnamon together in a medium bowl. Cut in the cold butter with a pastry cutter, your hands, or two forks until mixture resembles pea-size crumbs. It's important to keep the streusel cold, so place in the refrigerator (covered or uncovered) until ready to use in step 4.
3. Make the bread: Whisk the flour, baking soda, and salt together in a large bowl. In a medium bowl, whisk the egg, brown sugar, and granulated sugar together until combined. Whisk in the buttermilk, oil, vanilla, and orange zest. Pour the wet ingredients into the dry ingredients, then whisk to completely combine. Avoid over-mixing. Fold in the cranberries and nuts (if using).
4. Pour the batter into prepared loaf pan. Top evenly streusel, pressing the streusel down gently into the top of the bread so it sticks.
5. Bake the bread for 45 minutes to 1 hour. Cover loosely with foil about halfway through to ensure even browning. Poke the center of the bread with a toothpick. If it comes out clean, the bread is done. Oven times will vary between ovens. My bread usually takes 1 hour. Cool bread completely in the pan set on a wire rack.
6. Make the glaze: In a small bowl, whisk the confectioners' sugar and orange juice together. Add more orange juice depending how thick you want the glaze. Drizzle over cooled bread.
7. Slice and serve. Cover and store leftover bread at room temperature for 1 day or in the refrigerator for up to 1 week.

To make muffins: Grease a 12-count muffin pan or line with liners. Prepare streusel and batter in steps 2 + 3. Spoon the batter evenly into each liner, filling each to the top. Press streusel into the tops of each. Bake the muffins for 5 minutes at 425°F (218°C) then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 15-17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 20-22 minutes, give or take. Cool muffins for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling. Makes 18 muffins.

Christmas Ham with Raspberry Mustard Sauce (from Food Network)



Ingredients

- 1 cup of raspberry preserves
- 1/2 cup of Dijon mustard
- One fully-cooked bone-in ham

Instructions

1. Preheat the oven to 325 degrees F. Mix together the preserves and mustard in a small bowl and set aside.
2. Score the surface of the ham in a diamond pattern, about 1/8 inch deep. Bake according to the package instructions, 2 1/2 hours or longer. About 30 minutes before the cooking time is up,
3. remove the ham from the oven and brush the glaze onto it. Cook until it's nice and glossy. Repeat with another layer of glaze if desired.
3. Serve the remaining glaze in a dish alongside the ham.



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6 P h o t o s

The Photos of Christmases Past



Medicare Counseling

Senior Health Insurance Information Program (SHIP) offers FREE Medicare counseling.

Learn how to understand Medicare Benefits and Plans.

Let AAA-Five County Medicare Counselors review your future or present Medicare plan. Find out if you have the best plan at the best price.

- Review Medicare Advantage, Prescription Drug and Medigap Supplement plans.
- How does your plan stack up against other plans out there?
- Is the cost going up next year?

Learn about Medicare Free Services.

Welcome to Medicare, Annual Wellness Visits, and other services are available at NO cost to you!

What Medicare shots are available through your doctor or pharmacist at NO cost?

Flu, pneumococcal and Hepatitis B. You pay nothing if your provider accepts assignment from Medicare.

Learn about Medicare covered preventive medical services.

Your doctor can do Free Screenings for Lung, Prostate, Breast, Cervical, Colorectal Cancer. Also, other screenings for Mental health issues, Diabetes, glaucoma, Cardiovascular, Bone density issues and many more.

Learn what subsidies are available to lower your healthcare costs. SHIP counselors will confidentially work with you, government agencies and providers to assure your healthcare program is best for you now and in the future.

PREVENT Medicare Fraud. The Senior Medicare Patrol (SMP) will help you with billing issues, scams, identity theft and all forms of Fraud. **Visit for more information. Call 435-673-3548 or 435-867-6020 to speak to a AAA-Five County Medicare Specialist.**

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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	11:00—12:15	\$1.00
Billiards (open play)	We have two billiards tables available.	Tuesday—Friday	2:00—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 Drumming	This fun class is a full-body cardio and core strengthening workout, complete with rhythmic drumming.	Thursday	9:00—10:00	\$1.00
Cardio Floor & Strength Training	Cardiovascular fitness moves with basic dance steps and light hand weights.	Tuesday	1:30-2:25	\$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
Chess Club	Our new chess club welcomes every player of any skill.	Friday	1:00 —4:00	\$1.00
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	12:00—1:30	\$1.00
Grief Support Group	A safe place to express feelings and thoughts as well as learn healthy coping mechanisms.	Wednesday	2:00—3:30	\$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
Healthy Posture	This is an exercise class to help with good posture.	Tuesday	2:30—3:30	\$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

9

LASS	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	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Wednesday (NEW DAY AND TIME)	10:30—11:30	\$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	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
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.	Thursday	10:00—11:00	\$1.00
Table Tennis	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	12:30—1:30	\$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	1:30—2:30	\$1.00
Tap—Advanced	A more advanced level than Basic. Participants in this class need a prerequisite knowledge of tap dancing.	Wednesday	2:30—3:30	\$1.00
Ukulele	Learn to play the ukulele with an experienced instructor.	Thursday	2:00-3:00	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$2.00
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	9:00—10:30	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	9:00-10:00 (NEW TIME!)	\$1.00

ACROSS

- 1) WWII investment
- 6) Sri Lankan language
- 11) It may be seen to the left of venous
- 16) Quashed
- 18) Psyched
- 20) Frightened
- 21) Frightens
- 22) Bagfuls for 24-Across
- 23) Poet Levortov
- 24) His personal Canadian postal code is H0 H0 H0
- 26) With 71-Across, holiday classic
- 28) Kiss and caress, in Kent
- 29) Cousin of the Vulcan mind meld
- 31) It's bonded in bales
- 32) Etta of old comics
- 33) Word before and after "is"
- 35) Concert shirt
- 37) Indiana county or its seat
- 39) L.A.'s ___ Center
- 41) Shine, in ads
- 42) Do-it-yourself mover
- 44) Columnist Hentoff
- 45) UV index monitor
- 48) Prepared with mixed vegetables, in Chinese cooking
- 50) Ivy support
- 52) Parish leader
- 54) Wide-eyed look
- 55) Seasonal hangings
- 57) It might accompany a "meh"
- 58) Hot-and-cold fits
- 59) Cartoon shopkeeper
- 60) Old map abbr.
- 61) Monthly payment that's often more than the prin.
- 63) Sleek, in car talk
- 68) Last ones to deal with
- 69) Impact sound
- 71) See 26-Across
- 75) Longtime rival of Tiger
- 77) Longhorn rivals
- 80) Climber's target
- 81) Futile
- 85) Team for 24-Across
- 88) Sharable PC file
- 89) Things to open
- 91) Fort near Fayetteville
- 92) ___ bonding
- 94) Tan relative
- 96) Descriptively named support
- 97) From that time
- 98) They often include ages
- 99) Maneuverability
- 100) Speak
- 101) Embellishes
- 103) UPS carton phrase
- 105) "Bearing gifts, we traverse ___"
- 108) Sets on tracks
- 112) Prettify with paper
- 116) Sweet-scented flower
- 118) Cry of revelation
- 119) Resonant barbershop sound
- 121) ___ out a living
- 122) Bank deposit
- 123) Type of garden
- 124) ___-bitty
- 125) Trouble
- 126) Narc's employer
- 127) Narc's assignment
- 128) To this time
- 129) Julia's "Ocean's Twelve" role
- 130) Rev (up)

Solution on page 11

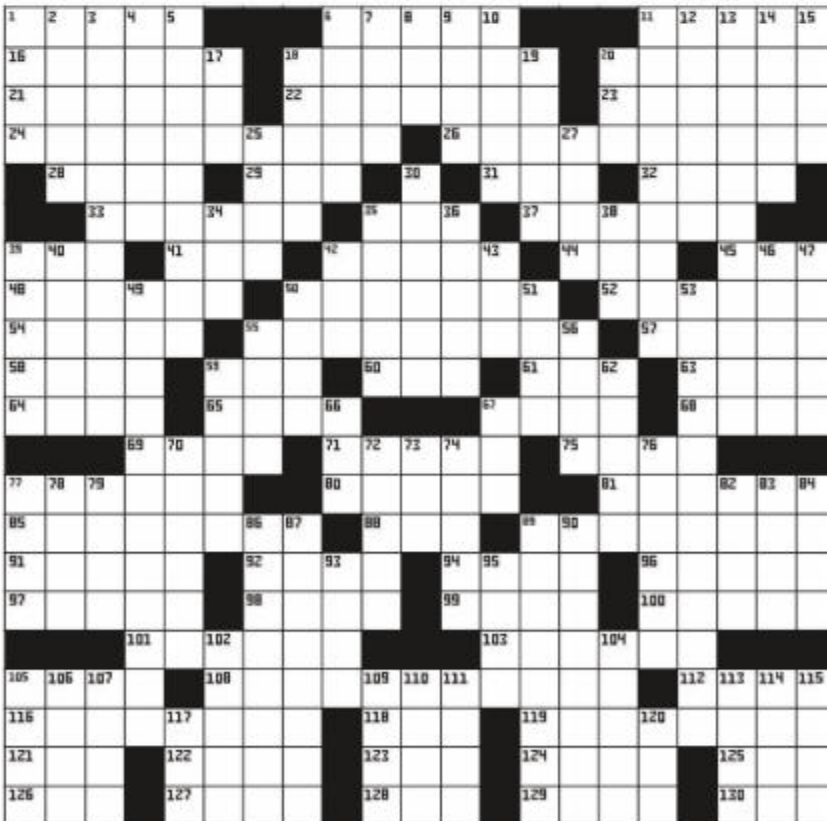
LA Times, Sun, Dec 25, 2016 -

By Nora Pearlstone / Ed. Rich Norris

Edited by Rich Norris

DOWN

- 1) Spacewalks, briefly
- 2) Lugosi and Karolyi
- 3) Classic 71-Across
- 4) Popular virus remedy
- 5) Rabble-rouser
- 6) Jam on the road
- 7) Dance and drama
- 8) Got together
- 9) Concept
- 10) Sudden move
- 11) Winter pastime gear
- 12) City on the Loire
- 13) Attend to a holiday symbol
- 14) Found a new table for
- 15) Picnic drinks
- 17) U.S. Army medal
- 18) Instant
- 19) "Nonsense!"
- 20) Star Wars initials
- 25) Small construction piece
- 27) NFL coach Rex
- 30) Bailiwicks
- 34) German university city
- 35) A.L. West team, familiarly
- 36) "Elements of Algebra" author
- 38) Prevent
- 39) Syrian leader
- 40) Expenses
- 42) Caterer's vessel
- 43) Author Yutang
- 46) Really comes down
- 47) One may end in "ese"
- 49) Holiday mailing
- 50) Indisputable
- 51) Slowly emerge from sleep
- 53) Title annual holiday character since 1965
- 55) Slanted page?
- 56) Barbershop sound
- 59) Mistreatment
- 62) Sierra Nevada vacation mecca
- 66) TV monitor
- 67) E.T. from Melmac
- 70) Equivocated
- 72) Suisse peaks
- 73) Relieved
- 74) Bid
- 76) "Whew!"
- 77) Some Wall St. traders
- 78) English singer Halliwell
- 79) Composer ___ Carlo Menotti
- 82) Draft category
- 83) "Right now!"
- 84) Salinger title choir singer
- 86) Gets mixed up in
- 89) Outlaw
- 90) Ponder
- 93) Drop in the stadium
- 95) Toledo thing
- 102) ___ vincit amor
- 104) Classroom exchanges
- 105) Allowed to ripen, as cheddar
- 106) Art expert's discovery
- 107) Bailiwick
- 109) Likely to loaf
- 110) What you once were?
- 111) Carry on
- 113) Where no one can sit in front of you
- 114) Tiny bit
- 115) Single animal-shaped candy?
- 117) PC backup key
- 120) Mac OS part: Abbr.



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WINTER

Solution on page 11

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.

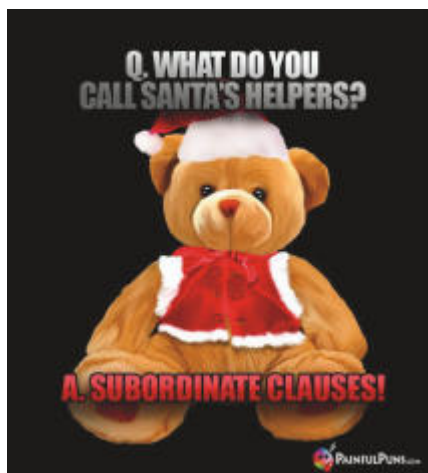
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W O N S L A U E G H T E B E
S S R S T O O B L I S L T T
K H L E S L U Y N C I T H A
A A T E E D R Y Y Z I R I N
T V E V D E A R Z S S C F R
E S O W V R A A W R N E I E
S H W L G U R E I E O T R B
S N I I N D A T E B W I E I
F S R A N T F R O M S H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

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By Evelyn Johnson - www.qets.com

Blizzard	Gray	Skis
Blue	Hibernate	Sled
Boots	Icicle	Snow
December	January	Snowstorm
February	Shovel	Sweater
Fireplace	Silvery	White
Frozen	Skates	Winter



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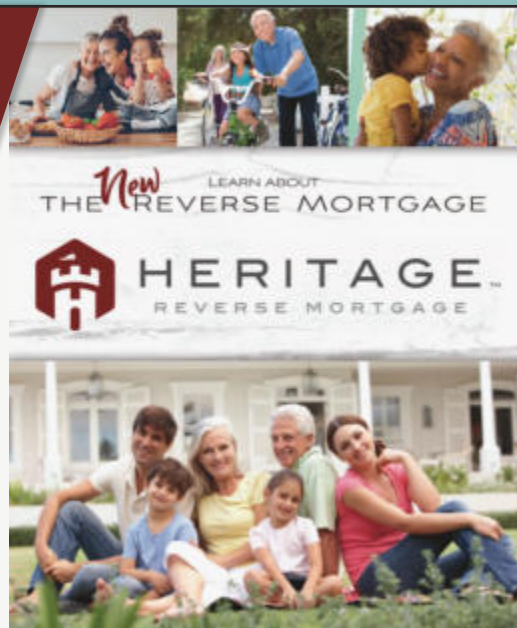
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Top-rated Christmas Movies You Probably Haven't Seen and Where to Watch Them



AMAZON PRIME (Free with Prime Membership)

1. **A Christmas Tree Miracle** (2020) - A dysfunctional family is reminded of the true meaning of Christmas as they learn that miracles do come true ... if you believe! A warm-hearted holiday tale for the whole family.
2. **A Christmas Snow** (2011) - Kathleen has carried around the unwanted memory of her father abandoning her and her mother on Christmas Eve. For the past 30 years, she refuses to celebrate Christmas in any fashion. But a snow storm brings her face to face with the hurts of her past, she will have to choose; letting go and grabbing hold of a life changing forgiveness or continuing to carry her pain and bitterness with her.
3. **The Christmas Lodge** (2014) - During a weekend trip to the mountains, Mary finds herself at the now run-down lodge where she spent the holidays with her family growing up. She is determined to restore the building to its former glory. Inspired by her grandfather and guided by her grandmother in heaven, Mary throws herself into the project.
4. **Stick Man** (animated) (2015) - A half-hour animation based on the much-loved children's picture book. Stick Man tells the tale of a happy-go-lucky father's epic adventure across the seasons as he runs from a playful dog, gets thrown in a river, escapes from a swan's nest and even ends up on top of a fire. Will he get back to his family in time for Christmas?
5. **The Spirit of Christmas** (2015) - 12 days before Christmas, Kate is trying to close the sale of a his-

- toric inn, only to find Daniel, the ghost of a man who died a century ago. He needs her help to unravel the mystery of his annual holiday haunting.
6. **Mariah Carey's All I Want for Christmas is You** (animated) (2017) - Based on her iconic Christmas song, this all-new movie features Mariah Carey's music and narration in a loving story about little Mariah's Christmas wish for a puppy.
7. **Coming Home for Christmas** (2013) - A young woman wants to reunite her estranged family for the holidays.
8. **Christmas Miracle** (2012) - Due to unforeseen road closure, eight strangers are forced to take refuge in an abandoned church during a snowstorm. During their time together, they learn from one another how to manage through various personal dilemmas, and that despite their differences, by working together, they can make even the most unlikely miracles happen.

NETFLIX

1. **The Christmas Chronicles, Part I and II** (2018, 2020) - A pair of siblings team up with Santa to save Christmas in this original and the brand new sequel, starring Kurt Russell and Goldie Hawn.
2. **Klaus** (animated) (2019) - As a new retelling of the story of Santa Claus, this film is creative and interesting, with enough touching moments and heartwarming scenes to make any grinch smile; it was nominated for an Academy Award.
3. **Holiday Rush** (2019) - A successful radio DJ (and recent widower) is ready to celebrate the holidays

with his four spoiled children—until he loses his job and has to cut back during the season of giving. This family-focused movie has a heartfelt, encouraging message about what really matters during the holiday season.

4. **Holiday in the Wild** (2019) - For a slightly atypical Christmas movie, watch this film about a woman who sends her son off to college and plans a second honeymoon for herself and her husband—only to go on the trip alone after her husband announces his plans to leave her. While on safari, the former vet rediscovers her love for animals and ends up staying longer than expected on an elephant sanctuary, where she channels a powerful message for elephant conservation (and meets a dashing man, of course).
5. **Jingle Jangle** (2020) - An imaginary world comes to life in a holiday musical tale of an eccentric toymaker, his adventurous granddaughter, and a magical invention that has the power to change their lives

forever.

6. **Dolly Parton's Christmas on the Square** (2020) - Christmas comes to a screeching halt when a cold-hearted woman tries to sell her hometown's land. Can magic, music, and memories change her mind?
7. **Holidate** (2020) - Fed up with being single on holidays, two strangers agree to be each other's platonic plus-ones all year long, only to catch some real feelings along the way.
8. **The Great British Baking Show ~Holidays~** - Three seasons of special holiday bakes in the tent, with judges Paul Hollywood and Prue Leith. Season 3 coming December 4th!
9. **The Grinch** (animated) (2018) - An animated retelling of Dr. Seuss's classic story, starring Benedict Cumberbatch, Angela Lansbury, and Rashida Jones.



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16 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER December 2020			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4
Swedish Meatballs Egg Noodles California Vegetables Mixed Green Salad Dinner Roll Fruit Cocktail Milk Margarine Ranch Salad Dressing	Glazed Ham Baked Sweet Potato Garden Vegetables Mixed Green Salad Cornbread Seasonal Fruit Baked Cookie Milk Margarine Ranch Salad Dressing Diet - Vanilla Wafers	Hawaiian Chicken Haystack Peas & Carrots Basmati Rice Asian Coleslaw Chow Mein Noodles Pineapple Tidbits Milk Margarine	Beef Spaghetti Green Beans Mixed Green Salad Garlic Texas Bread Applesauce Milk Margarine Ranch Salad Dressing
8	9	10	11
Turkey Pot Pie Whole Kernel Corn Buttered Rice Mixed Green Salad Biscuit Seasonal Fruit Milk Margarine Ranch Salad Dressing	Vegetable Lasagna Bake Capri Vegetables Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Buffalo Chicken Lettuce and Tomato Sweet Potato Fries Coleslaw Hamburger Bun Cinnamon Applesauce Milk Ranch Dressing	Country Fried Steak with Country Gravy Mashed Potatoes Sliced Carrots Green Peas Dinner Roll Fluffy Fruit Salad Milk Margarine Diet - Mix Fruit
15	16	17	18
Cacciadore Chicken Penne Pasta Italian Vegetables Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine Ranch Salad Dressing	Teriyaki Meatballs Fried Rice Japanese Vegetables Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing	Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Gelatin Milk Margarine Diet - Sugar-Free Gelatin	Baked Chicken with Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
22	23	24	25
Salisbury Steak with Brown Gravy Brown Rice Green Peas Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine	Christmas Day Meal Sliced Turkey with Gravy Whipped Potatoes Green Beans & Onions Mixed Green Salad Dinner Roll Strawberry Poke Cake Milk Margarine Ranch Salad Dressing Diet - Mix Fruit	Home Delivery Meal Only Beef Chili with Beans Shredded Cheese Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Closed Holiday
29	30	31	
Cilantro Lime Chicken Spanish Rice Black Beans Corn Relish Tortilla Peaches Milk	New Year's Day Meal Sliced Ham Black-Eyed Peas Cabbage Mixed Green Salad Cornbread Applesauce Baked Cookie Milk Margarine Ranch Salad Dressing Diet - Mixed Fruit	Home Delivery Meal Only Creole Beef Buttermilk Potatoes Mixed Vegetables Texas Bread Tropical Fruit Milk Margarine	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Call 435-922-2755 24 hours in advance to reserve a meal for pickup.