



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/

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



February



The AARP will again be preparing tax returns at the St. George Active Life Center. Electronic return filing will be free. Tax specialists will be available Tuesday through Friday, beginning on February 4th and ending on April 15th (except March 27th). Please plan to be at the center by 9:00 AM to get on the list for the day. Returns are prepared on a first come, first serve basis. Please bring all the documents and copies that the tax specialist will need to complete your forms.

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2 This Month

AARP Driver Safety Class

February 14th at 9:00 am—1:00 pm. For more information, contact Victor Lorch at (435) 772-5620. Class size is limited. NO WALK INS!

Chair Massage

1st & 3rd Friday of the month from 11:00 am—12:00 pm, Front Lobby.

Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

Free Attorney Service

Wednesday, February 5th @2:00 pm; Thursday, February 13th at 1:30 pm; Thursday, February 27th 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

PLEASE NOTE NEW DAY AND TIME! For caregivers only, please. 2nd Friday of the month at 11:30 pm.

Parkinson's Meeting

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

LECTURES AND EVENTS

Valentine's Day Waffles

Friday, February 14th, 9:00—11:00 am.

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!**



Our Feature Film

Thursday, February 13th, 12:45 pm

During the 1850s, Milly (Jane Powell), a pretty young cook, marries Adam (Howard Keel), a grizzled woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered brothers, all of whom live in his cabin. She promptly begins teaching the brothers proper behavior, and most importantly, how to court a woman.

But after the brothers kidnap six local girls during a town barn-raising, a group of indignant villagers tries to track them down.



Closed captioning!



Setting Goals for a Healthier Year



As a shiny, new year begins, many older adults resolve to live healthier lives. This resolution can be hard to stick with because it is so broad. If you are looking to start 2020 on healthier footing, setting specific goals might be the best way to do so.

For seniors, living a healthier life means eating well, staying active, and living a purpose-driven life. We have a few ideas for personal goals that will set you up for success!

1. Volunteer your time. Seniors who donate their time and talents to a charitable organization receive more than they give. Volunteering is linked to better health and a longer life. According to a study conducted by the Corporation for National and Community Service, adults over 60 who volunteer report lower disability and higher well-being as compared to those who do not volunteer.

If you aren't already involved with a non-profit organization, think about what causes are important to you. Find an agency with a mission that aligns with your interests. If you lost a loved one to Alzheimer's disease, for example, connect with a local chapter of the Alzheimer's Association. If animals are your passion, research organizations committed to our furry and feathered friends.

2. Maintain a strong social network. As we grow older, our social networks can shrink. Friends might move away to be closer to their children or relocate to a warmer climate once they retire. It's important to maintain a strong

network of friends at every age, including during retirement. Research shows that those who are isolated and lonely.

If your social circle has decreased, resolve to meet new people and build new friendships in 2020. Join a fitness club that has programs for older adults or check out the local senior center. Take a continuing education class at your local community college or Cooperative Extension office. Investigate senior groups at your church or synagogue.

3. Adopt the Mediterranean Diet. Cooking for one or two people can seem like a bother, but nutrition plays a key role in aging well. You might want to consider adopting a Mediterranean Diet, such as that followed by residents around the world.

Blue Zone residents experience lower rates of heart disease and fewer incidences of dementia than those who live in other areas of the world. A Mediterranean style of eating requires less cooking. It relies on fresh fruits and vegetables, nuts, legumes, and lean protein sources.

4. Get moving. Many people understand the importance of exercising most days of the week. New research highlights the difference between activity and exercise. Both are important in helping to ward off problems like heart

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disease and diabetes.

Commit to moving throughout the day and avoid sitting for long periods of time. This activity is just as important as exercising. In fact, we now know that is just as dangerous for your health as smoking!

5. Connect with your spirit. The older you get, the more likely you will develop an interest in your spiritual side. This doesn't always equate to joining a church or synagogue. Some seniors find gardening to be a method of connecting with the spirit. Others find it in hobbies like meditation, art, yoga, or even music.

As you set resolutions for the coming year, think about what you were doing when you felt most connected to your inner voice. Resolve to spend more time doing just that in 2020!



Become a Healthier You
FREE FORUM

HEART HEALTHY EATING WITH DIABETES

THURSDAY, FEB 13TH

6:00-6:50 PM

Public Health Department
620 South 400 East, St George

Presentation by
Mallory Spendlove, MDA, RDN, CD
SWUPHD Project Coordinator

Hosted by



swuhealth.org/diabetes

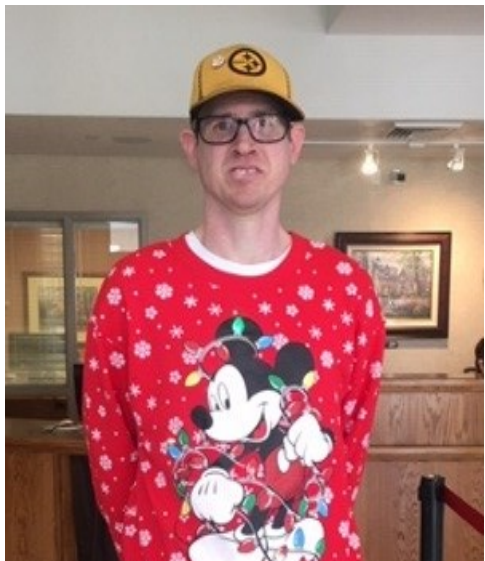
6 Photo Fun



Thank you to everyone who brought gifts for the Angel Tree recipients!



Thank you to the Rotary Club for providing gifts to our Meals-on-Wheels clients!





**11TH ANNUAL
CELEBRATING WELLNESS**

**HEALTH
EXPO**

- * Booths
- * BBQ Lunch
- * Free Health Screenings
- * Prize Drawings

Friday

MARCH 27, 2020 9 AM - 1 PM



Valentine's Day Waffles

Join us on Valentine's Day, February 14th, for our annual waffle breakfast, served in the lobby from 9:00AM—11:00 AM!



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
Grief Support Group	A safe place to express feelings and thoughts as well as learn healthy coping mechanisms.	Wednesday	2:30—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
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

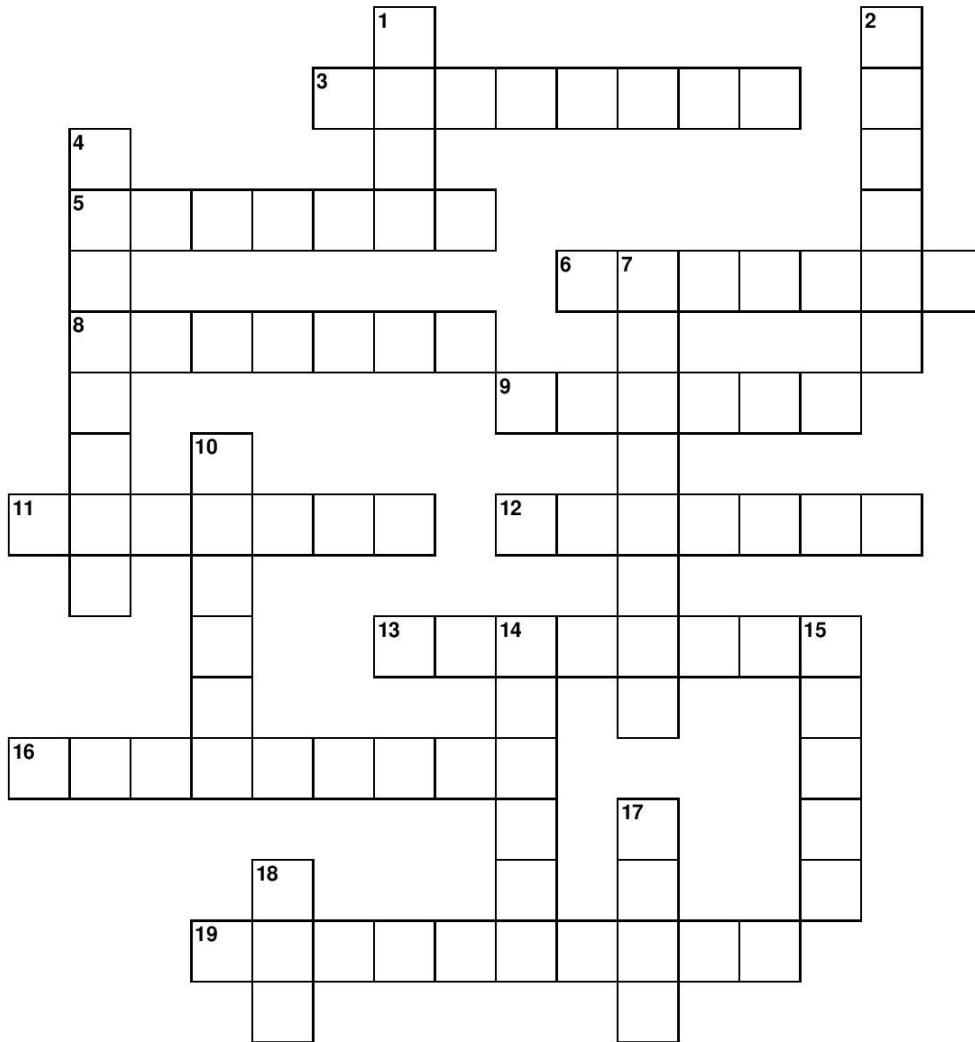
Activities List

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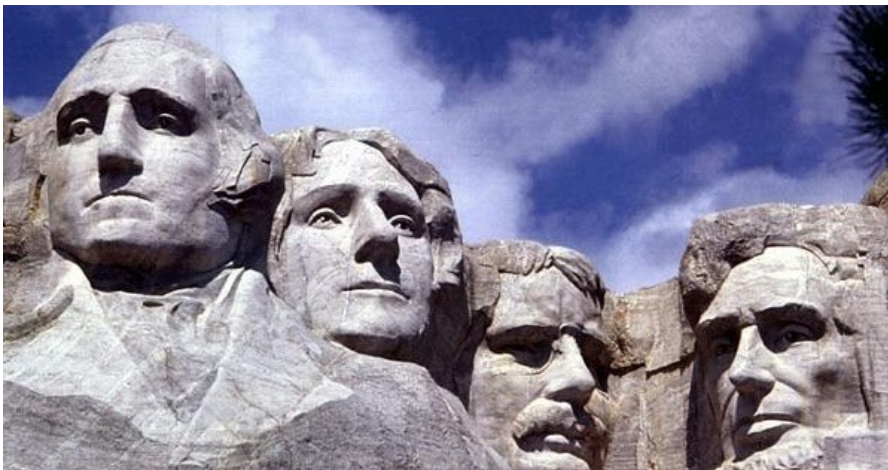
CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00
Long-term Medical Question	Get some answers to your questions regarding long term medical care and insurance.	Tuesday	12:30	\$1.00
Mahjong	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	\$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 & Thursday	9:00—10:30	\$1.00
Yoga (Gentle Yoga Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	8:15—9:10 & 9:15—10:10	\$1.00

Solution on page 11

PRESIDENT'S DAY



By Evelyn Johnson _ www.qets.com

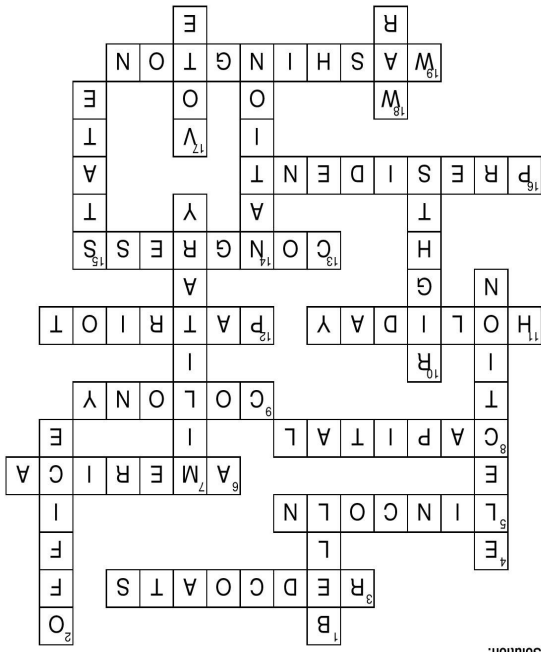


ACROSS

- 3 British soldier in colonial America
- 5 Sixteenth President of the United States
- 6 United States of America
- 8 City where the central government of a nation is located
- 9 Territory governed by a distant country
- 11 Day on which ordinary business activity is suspended
- 12 One who supports his or her nation and its interests
- 13 Formal assembly of representatives
- 16 Chief executive officer of a republic
- 19 First President of the United States

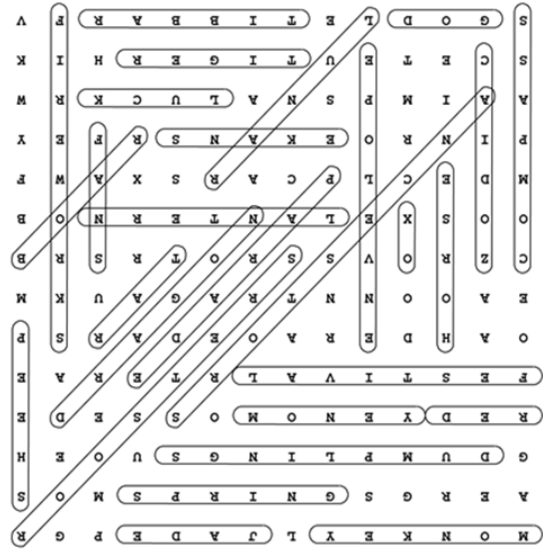
DOWN

- 1 Makes a ringing sound when struck with a hard object
- 2 Position of trust or responsibility
- 4 Process of selecting a person for office by voting
- 7 Pertaining to warfare or preparation for war
- 10 Bill of _____
- 14 People living under its own independent government
- 15 Specific area of land
- 17 Formal expression of preference in an election
- 18 Armed fighting between nations



PRESIDENT'S DAY

Solution:



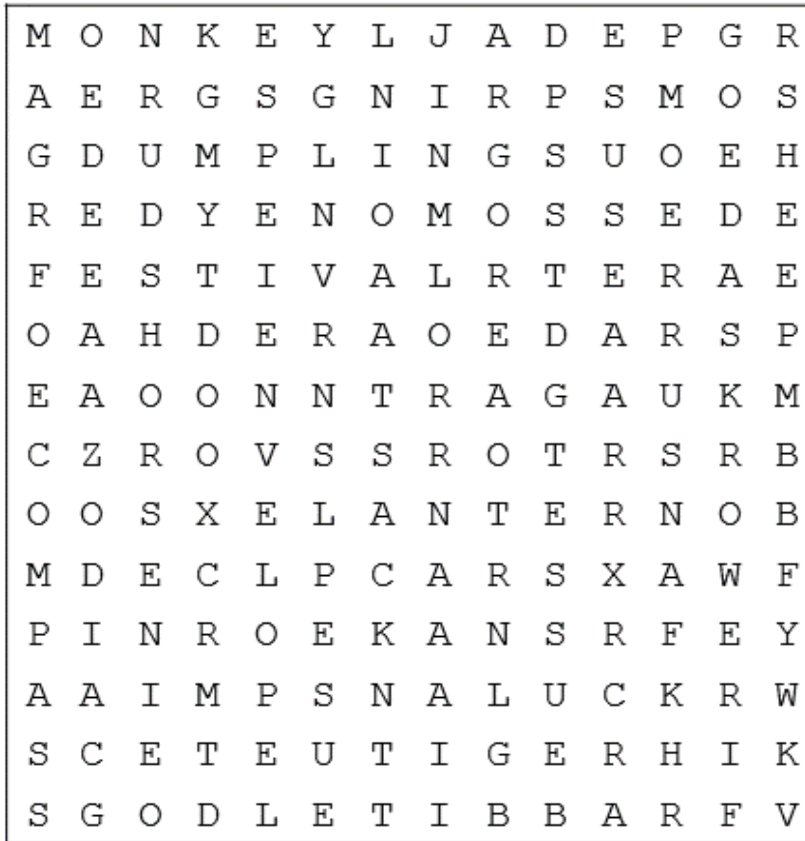
Chinese New Year
Chinese Lunar New Year

Solution on page 11



Chinese New Year

Chinese Lunar New Year



ANCESTORS
BOAR
COMPASS
DOG
DRAGON
DUMPLINGS
ENVELOPE
FANS
FESTIVAL
FIREWORKS

HORSE
JADE
LANTERN
LUCK
LUNAR
MONEY
MONKEY
OX
PARADE
RABBIT

RAT
RED
ROOSTERS
SHEEP
SNAKE
SPRING
TIGER
ZODIAC



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I got called pretty today.
Well, actually, the full statement was, "You're pretty annoying," but I only focus on the positive.

I was going to quit all my bad habits for the new year ...
... but then I remembered that nobody likes a quitter.

8 TIPS FOR CUTTING HOME ENERGY COSTS



Depending on where you live, energy costs may be taking a big bite out of your retirement budget. Warm, humid climates, which require the use of an air conditioner, often mean high electric bills. At the same time, living in a cold, northern climate also results in high gas bills. Fortunately, there are simple steps you can take to cut home-energy expenses.

Here are a few tips you can use to lower your energy expenses.

1. Schedule a home-energy audit. To figure out if hot or cold air is escaping from your house, you'll likely need a professional energy audit. Check with your local utility company to see if they offer this service. An audit can help you identify problem spots where air is escaping, such as around your doors, windows, or fireplace. You can also visit the Residential Energy Services Network (RESN) online to find a home energy professional near you.

2. Call the plumber. It isn't just hot air leaking out of your house that can cause energy costs to increase. A leaky faucet or a noisy toilet that won't turn off can run up your energy costs too. Take a walk through your house and make a list of tasks that need to be repaired. Plumbers often have a minimum service fee so it makes financial sense to get as much done in one visit as possible.

3. Dress for the season. Sometimes older adults take medications for a chronic health condition that may cause them to feel cold. Instead of turning up the thermostat during the winter months, add more layers of clothing. Doing this will save energy by keeping your thermostat down. Energy experts say you can save as much as 10 percent for every degree you lower the thermostat.

4. Switch to LED lightbulbs. If you haven't already done so, consider switching from standard to LED lightbulbs. They last much longer and experts say they are 90 percent more efficient than traditional bulbs. You'll save money and have fewer burned-out bulbs to contend with!

5. Replace old appliances. As your budget permits, create a plan for replacing older, less efficient appliances. Start with appliances that are used most frequently, such as the stove, refrigerator, washer, and dryer. Be sure to ask the retailer if there are any rebates available for the appliances you replace.

6. Lower the temperature on your water heater. Many people forget just how often they rely on their water heaters. From laundry to dishwashing, water heaters often consume a lot of power. According to the Department of Energy, lowering the temperature on your water heater from the standard 140°F to 120°F can reduce water heating costs by 4 to 22 percent each year.

7. Unplug appliances and devices. Most of us have electronic devices and appliances in our homes that we keep plugged in but rarely use. Or we leave chargers plugged in even after disconnecting the device, such as a cell phone or laptop. This can lead to higher electric bills and, in some cases, increase the risk for fire. Go through your home, room by room, and identify household items you can unplug.

8. Install fans. If you don't have attic or ceiling fans, consider adding them. Attic fans can remove hot air from your home during summer months quickly and cost effectively. Ceiling fans keep air circulating year-round, helping to lower energy costs. With both of these cooling devices, you'll find yourself using air conditioning much less often.

Sweet Potatoes: not just for Thanksgiving anymore

We've all had sweet potato pie at Thanksgiving, loaded with delicious (but not very healthy) marshmallows and brown sugar. It's the new year, and we all want to eat better, and maybe lose a couple of pounds. That doesn't mean you have to give up sweet potatoes, though. Sweet potatoes are a whole food that pack a powerful nutritional punch. In one medium potato, you get over 400 percent of your daily vitamin A requirement. They are also high in fiber and potassium and are a great source of beta-carotene, a powerful antioxidant that gives orange fruits and vegetables their vibrant color.

They are delicious roasted whole in the oven (or even the microwave). Heat oven to 350 degrees. Poke the potato with a fork a few times. Place on a cookie sheet and place on the middle rack of the oven. Cook 45 minutes or until they are soft on the inside. Slice open on one side, and add your favorite potato toppings. Enjoy!



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Salisbury Steak w/Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Wheat Roll Peaches</p>	<p>5</p> <p>Roasted Turkey Breast Turkey Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Wheat Roll Grapes</p>	<p>6</p> <p>Homemade Meatloaf Brown Gravy Country Potatoes Capri Vegetable Blend Carrot Raisin Salad Wheat Roll Seasonal Fruit</p>	<p>7</p> <p>Pulled BBQ Chicken Baked Beans Coleslaw Wheat Bun Apple Raisin Compote</p>
<p>11</p> <p>Pork Carnitas California Vegetables Refried Beans Mexican Corn Salad Flour Tortillas Applesauce</p>	<p>12</p> <p>Beef Lasagna Italian Vegetable Blend Mixed Green Salad Garlic Texas Bread Pears</p>	<p>13</p> <p>Sliced Turkey Pastrami Sliced Swiss Cheese Lettuce & Tomato Minestrone Soup Cucumber Salad Wheat Bun Seasonal Fruit</p>	<p>14 <u>Valentine's Day</u></p> <p>Roast Beef w/Gravy Whipped Potatoes Sliced Carrots Mixed Green Salad Dinner Roll Cranapple Crisp</p> 
<p>18</p> <p>Beef Spaghetti Sauce Spaghetti Noodles Zucchini Tossed Green Salad Garlic Texas Toast Seasonal Fruit</p>	<p>19</p> <p>Potato Crusted Pollock Crinkle Cut Fries Key Largo Vegetables Coleslaw Wheat Roll Pineapple Tidbits</p>	<p>20</p> <p>Ground Beef Stroganoff Over Egg Noodles Brussels Sprouts Parslied Carrots Cornbread Seasonal Fruit Chocolate Chip Cookie</p>	<p>21</p> <p>Sweet Chili Coconut Chicken Breast Jasmine Rice Whole Kernel Corn Mixed Green Salad Wheat Roll Tropical Fruit Cocktail</p>
<p>25</p> <p>Hawaiian Chicken Hay-stack Buttered Rice Oriental Vegetables Pineapple Tidbits</p>	<p>26</p> <p>Beef Taco Soup Baked Potato Mixed Green Salad Tortilla Chips Mango</p>	<p>27</p> <p>Glazed Ham Sweet Potato Hash Cabbage Sliced Beets Cornbread Fluffy Fruit Salad</p>	<p>28</p> <p>Beef Shepherd's Pie Mixed Green Salad Dinner Roll Hot Spiced Fruit</p>
		<p>Lunch is served Tuesday-Friday, from 11:30 am - 12:30pm.</p>	<p>A suggested donation of \$3.00 is requested from those people 60 and older. Persons under 60 can enjoy a meal for \$7.00</p>