



Senior Citizens Activity Center

NEWSLETTER



**We're
NOT
Your
Grandma's
Senior
Center !!!**

Center Information

PHONE:
(435) 634-5743

HOURS:
Tuesday — Friday 9-4

ADDRESS:
245 N. 200 W.
St. George, UT 84770

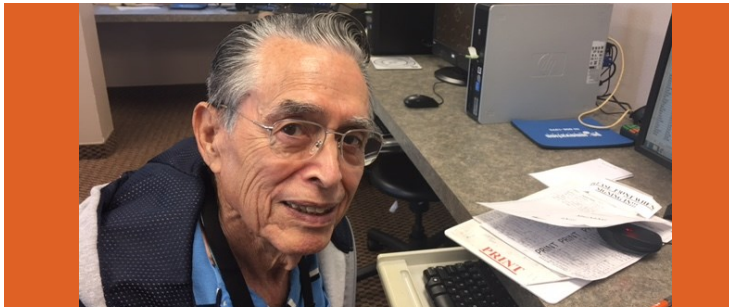
Open 9:00 am to 4:00 pm
Tuesday thru Friday

(Closed Saturday thru Monday)

Lunch Served:
Tues. - Thurs. 11:30 am - 12:45 pm
Friday (Brunch) 10:30 am - 11:45

Visit Our Website For More Information | coa.washco.utah.gov/st-george/

VOLUNTEER OF THE MONTH



Jess Vargas is our Volunteer of the month for November! You can find him in the Computer Lab on Tuesday mornings. Jess has been volunteering here at the center for approximately 12 years. Jess has also volunteered with Youth Court and also assists in helping Seniors enroll in Medicare.

Jess was born in Lompoc, California but has lived in Redondo Beach, Lakewood and Torrance California. He worked with Lockheed Martin for 40 years. Jess and his wife had been looking in different areas for a retirement home and fell in love with the St. George area. They have resided here ever since. Jess has 3 children, 9 grandchildren and 4 great grandchildren.

We asked Jess if he had a favorite movie, and he said "The Sting" starring Robert Redford and Paul Newman.

There are a couple of things that Jess likes to do in his spare time. He likes to get out and hike, loves wood work and enjoys the computer. Back in the 50's Jess also was the drummer in a band, some of the music they played included Jazz, Latin and Swing. Some of his fondest memories when he was a kid growing up were playing with his goats during the Depression era and going swimming at the beach. Jess and his wife have traveled to different states: Virginia, Washington D.C. and also has traveled to Guadalajara, Jalisco Mexico.

MONTHLY EVENTS

FINANCIAL SERVICES - Tuesday, November 8th from 11:00 am to 12:00 pm. Make an appointment with Linda.

FREE ATTORNEY SERVICE - Wednesday, November 2nd @ 2:00, Thursday, November 10th @ 1:30 pm, and Thursday, November 17th @ 1:30 pm. Make an appointment with Linda.

FOOT DOCTOR - Donation \$5.00. Priority given to those with Medicaid. Make an appointment with Linda.

PARKINSON'S MEETING - 3rd Wednesday of the month at 10:30 am.

AARP DRIVER SAFETY CLASS -Friday, November 4th @ 9:00 am-1:00 pm. For more information contact Victor Lorch at (435)772-5620. Class is limited, NO WALK INS!

CHAIR & HAND MASSAGE - 1st & 3rd Friday of the month from 10:15 am - 11:15 am, Front Lobby

CHOLESTEROL SCREENING - 1st Thursday of the month from 9:00 - 11:00. Fee \$20.00

DIXIE POETS - 1st and 3rd Tuesdays of the month from 2:00 - 4:00 \$1.00 donation

Would you like to receive this newsletter electronically? Just stop by the front desk at the Senior Center and provide us with your current e-mail address.

Center Supervisor: Jeanie Johnson

Center Secretary/Meals On Wheels: Linda Martin

Dial-a-Ride: Brenda Legg

Director: Chris Holliday

Movie of the Month



Free Movie
Thursday November
10th (Me Before You)
at 12:45

Young and quirky Louisa "Lou" Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.

DANCE



St. George
Senior Center
November 15th
6:30 to 9:30

\$8.00 per person

Pre-tickets sales

Or at the door.

Fundraiser for
Meals-on-Wheels

St. George Utah Senior Citizen Center | 3

INSULIN & CARB COUNTING EDUCATION

Join us for a **FREE** educational event to help you better understand:

➡ How to correctly use Long-Acting vs Short Acting Insulin.

➡ How food choices impact your blood sugar and how you can better manage your Diabetes with carb counting.

A question and answer session will follow the event.



**Wednesday
November 30th
11 am
at the Senior Center**



New Chess Club Forming at the Senior Center. We meet on Fridays from 12 to 3:00!

Improve your physical and mental health! Studies have shown that playing chess:

1. Improves the quality and speed of neural communication in the brain.
2. Improves both sides of the brain with object and pattern recognition.
3. Prevents Alzheimer's, depression and anxiety based upon a study of 488 seniors at the Albert Einstein College of Medicine.
4. Increases attention, planning, reasoning according to the Center for Cognitive Neuroscience in France.
5. Helps in the rehabilitation of stroke patients, stimulating calm.

President Ronald Reagan said "Chess is unique in that it provides pleasure and relaxation, while also stimulating and developing the mind."

All are welcome! We will teach you, help you and improve your chess abilities. Our goal is to have fun and get better. We have boards and sets.

I have taught thousands of people, including seniors, how to play and how to improve your openings, tactics and end game skills. Please feel free to call

Michael J. Kruse 435-703-8001

DIVISION OF SERVICES FOR THE VISUALLY IMPAIRED

Join us November 15th 11:30 am

Marnie West a Transition Specialist from Salt Lake City, will be presenting about the low vision services for the Blind and Visually Impaired. They work with people who are blind or have low vision to help them find optical and non optical aids to assist with independence. Whether someone is just starting to lose vision or they have been blind or visually impaired their entire lives, Marnie will have information to help you.

Marnie will discuss the process and answer any questions that you may have. She will also be talking about the Red Rock Center for Independence and their Older Blind Specialists and the services they provide.



With so many old things coming back into style these days, I can't wait for loyalty, manners, morals, kindness, and talking face-to-face to become the next new trend.

womenafter50.com

**JOIN US FOR OUR THANKSGIVING DAY DINNER
NOV. 22ND 11:30 TO 12:45**



**St George Senior Center
Suggested \$3.00 Donation**

While this is not a requirement, could you please help out our kitchen staff prepare for this Thanksgiving meal Please call our front desk ... (435) 634-5743 and let them know you plan on attending.

Message from our Advisory Board

Can you believe it's October already? Where do the days go? Don't look now, but pretty soon you'll see the early signs of Thanksgiving and even....and I hate to say it.....Christmas!

Well, until then, head on down to the Senior Center. Have you visited the Thrift Store recently? Newly remodeled with fabulous merchandise. You are missing out on some great deals. Sometimes they even have a "FREE for the taking" table outside the computer room. And since we said Christmas is coming, maybe start shopping early?

And speaking of the computer room, they are ready and able to help you set up your new tablet or get on Facebook to see that new grandbaby. And shortly, they'll be taking their training classes to get up to date on all the Medicare Drug plans and Medicare Advantage plans for 2017.

Have you tried any of the activities offered every day at the Senior Center? Yoga, Zumba, Ceramics, Acrylics, Bridge, Pickle ball, Line Dancing, Tap, Tai Chi, Table Tennis, and the list goes on!

How about popcorn and a movie? September's movie was fantastic so don't miss out in November. Need a refresher on Driver Safety? Check out the AARP class. And who doesn't like a massage? Chair and hand massages every first and third Friday.

"Fall" into the Saint George Senior Center. See you soon.

Article submitted by Cynthia Stewart



Visit our “Thrift Shoppe” (inside on the first floor)

Hundreds of older adults are served by our Senior Center. Patrons gather to share interests, develop new skills and enjoy the company of their peers.

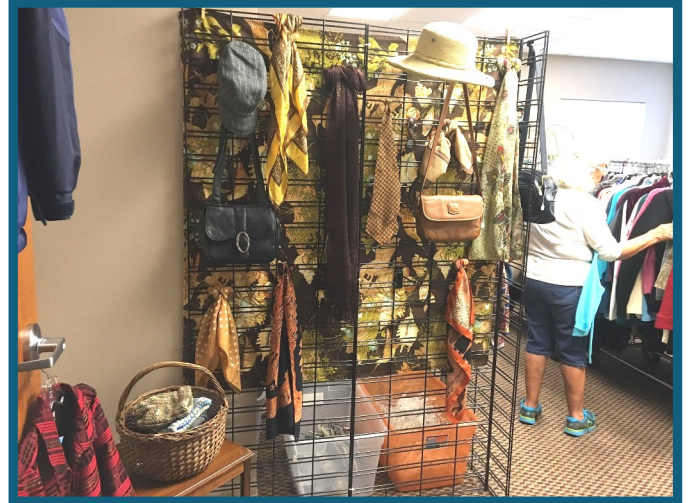
Our “Thrift Shop” with your purchases and donations help with many of the extra activities we hold at the center as well as

additional monies for extra projects for the center.

WE NEED AND RELY ON YOUR DONATIONS TO OUR THRIFT SHOP.

If you have any gently used clothes, purses, jewelry or home items we appreciate your donations. Just bring them into the front lobby and our staff will help you with your items.

Our store is not large enough to accept large furniture, books or medical equipment.



St. George Senior Center

November 2016

Activities

WEEKLY CLASSES	DAYS	TIME	
ACRYLICS	WEDNESDAY	1:00 PM-3:30 PM	\$2.00
ARTHRITIS FOUNDATION EXERCISE PROGRAM	TUESDAY	11:00 AM-12:15 AM	\$1.00
BASIC ZUMBA	TUESDAY	1:30 PM- 2:30 PM	\$1.00
BASIC ZUMBA	THURSDAY	10:00 - 10:45 AM	\$1.00
BINGO	FRIDAY	11:30 AM-1:00 PM	FREE
BLOOD PRESSURE-SUGAR SCREENING(fasting)	THURSDAY	9:00 AM-11:00 AM	FREE
CERAMICS	WEDNESDAY	1:00 PM- 3:00 PM	\$2.00
CERAMICS	THURSDAY	10:00 AM-11:30	\$2.00
COMPUTER SUPPORT	TUES - FRIDAY	9:00 AM - 11:30 AM	\$2.00
GENTLE YOGA	FRIDAY	8:15 AM-9:15 AM	\$1.00
GENTLE YOGA	FRIDAY	9:20 AM-10:20 AM	\$1.00
HAND & FOOT CARD GAME	WEDNESDAY	9:00 AM-11:30 PM	\$1.00
KNITTING & CROCHETING	TUESDAY	1:00 PM-3:00 PM	\$1.00
LINE DANCING - BEGINNING	WEDNESDAY	9:00 AM-10:30 AM	\$1.00
LINE DANCING - INTERMEDIATE	TUESDAY	9:00 AM-10:30 AM	\$1.00
LONG TERM MEDICAL QUESTIONS	TUESDAY	12:30 PM	FREE
OIL PAINTING CLASS	TUESDAY	9:00 AM-3:00 PM	\$2.00
PARTY BRIDGE	WED & FRI	10:45 AM-3:00 PM	\$1.00
PICKLE BALL	TUESDAY	2:30 PM - 4:00 PM	\$1.00
PICKLE BALL	WED & THURS	1:30 PM - 4:00 PM	\$1.00
PICKLE BALL	FRIDAY	12:30 - 4:00 PM	\$1.00
PINOCHLE	WED & THURS	12:30 PM-3:00 PM	\$1.00
POWER BARRE	TUESDAY	12:30 PM	\$1.00
REMINISCING RAINY DAYS WITH YOUR PEERS	TUESDAY	1:00 PM	FREE
SQUARE DANCING	THURSDAY	6:30 PM - 9:30 PM	\$4.00
TABLE TENNIS(NO CLASS ON THE 3RD TUESDAY)	TUESDAY	9:00 AM - 12:00 PM	\$1.00
TABLE TENNIS	FRIDAY	2:00 PM- 4:00 PM	\$1.00
TAI CHI	WED & FRI	10:30 - 11:30 AM	\$1.00
TAP BASIC PLUS	WEDNESDAY	1:30- 2:30 PM	\$1.00
TAP BASIC	WEDNESDAY	12:30 PM- 1:30 PM	\$1.00
WATERCOLORS	THURSDAY	1:00 PM	\$2.00
WIDOW/SINGLE SUPPORT GROUP	WEDNESDAY	1:00 PM	\$1.00
Wii BOWLING	THURSDAY	1:00 PM-2:00 PM	\$1.00
YOGA	TUES & THURS	9:00 AM - 10:30 AM	\$1.00
ZIRCUIT	TUESDAY	2:30 PM	\$1.00
ZIRCUIT	THURSDAY	9:15 AM - 9:45 AM	\$1.00

November 2016

Tuesday	Wednesday	Thursday	Friday
1	2	3	4
<p>Sweet and Sour Chicken Fried Rice Green Peas Mixed Green Salad Mandarin Oranges</p>	<p>Roast Beef w/Gravy Whipped Potatoes California Vegetable Blend Mixed Green Salad Pears</p>	<p>Chicken and Noodle Casserole Green Beans Mixed Green Salad Seasonal Fruit</p>	<p>Sliced Ham and Blueberry French Toast Bake <i>or</i> Beef Lasagna Bake Capri Vegetable Blend Salad Bar Fruit and Yogurt Bar</p>
8	9	10	11
<p>Pork Loin w/Brown Gravy Au Gratin Potatoes Broccoli Mixed Green Salad Warm Spiced Fruit</p>	<p>Chicken Cordon Bleu Casse- role Baked Potato Mixed Vegetables Mixed Green Salad Seasonal Fruit</p>	<p>Teriyaki Meatballs Fried Rice Sliced Carrots Mixed Green Salad Apple Crisp Diet - Warm Apples</p>	<p style="text-align: center;"><u>Closed for Holiday</u></p> <div style="text-align: center;">  <p>Veterans Day</p> </div>
15	16	17	18
<p>Florida Glazed Chicken Wild Rice Club Spinach Mixed Green Salad Pears</p>	<p>Stuffed Salmon Corn Casserole Baby Glazed Carrots Coleslaw Tropical Fruit</p>	<p>Sliced Turkey Breast w/Gravy Mashed Potatoes Capri Vegetable Blend Mixed Green Salad Seasonal Fruit</p>	<p>Scrambled Eggs and Sausage <i>or</i> Meatballs w/Spaghetti Sauce Spaghetti Green Beans Salad Bar Fruit and Yogurt Bar</p>
22	23	24	25
<p style="text-align: center;"><u>Thanksgiving Holiday Meal</u></p> <p>Sliced Turkey Breast w/Gravy Dressing Mashed Potatoes Green Bean Casserole Mixed Green Salad Pumpkin Pie Diet - Mixed Fruit</p>	<p>Homemade Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Mixed Green Salad Fruit Cocktail</p>	<p style="text-align: center;"><u>Closed for Holiday</u></p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><u>Closed for Holiday</u></p> <div style="text-align: center;">  </div>
29	30	<p style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">GIVE THANKS</p> <p style="font-size: 0.8em; font-weight: bold; color: #C0504D;">FAMILY • FRIENDS • GRATITUDE</p>	<p style="text-align: center;"><i>A suggested donation of \$3.00 is requested from seniors 60 and older.</i></p> <p style="text-align: center;">.....</p> <p style="text-align: center;"><i>Persons under 60 can Enjoy a meal for \$7.00.</i></p> <p style="text-align: center;">.....</p> <p style="text-align: center;"><i>Milk and Bread served with all meals.</i></p>

Check out the Art Center!



COME PAINT WITH US!!

ACRYLIC PAINTING CLASS

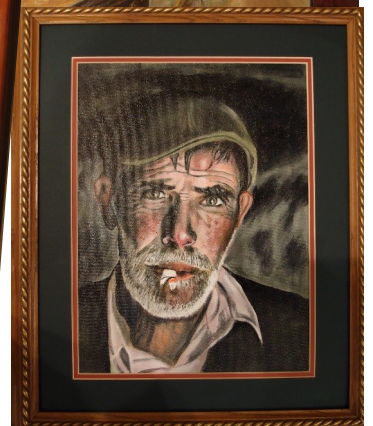
Class meets Wednesdays 1-4 pm

One of our wonderful art instructors, John, says “This class is designed to produce realistic paintings without the ability to draw. This technique does not require ‘talent’ or prior art experience. We paint from supplied photographs and learn color mixing and brush work. The finished paintings are very realistic and many of our painters have won awards in local art shows.”

A list of materials will be provided on the first day you attend our class.



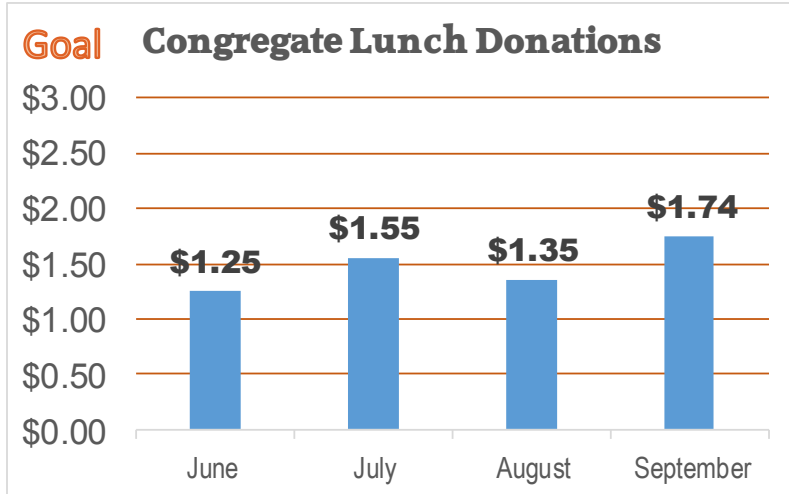
CHECK OUT
OUR
HANDIWORK!



Instructor spotlight **John Laub**

John has lived here in St George for 11 years. After receiving a BFA in Graphic Design in 1970 from the University of Georgia, John joined the Air Force as an illustrator. More of his credits include 10 years of advertising work and approximately 300 portraits.





On the chart to the left you will see how much has been donated per meal served for the last four months shown in blue. Please remember to donate for your lunch. It is a suggested donation of \$3.00 per meal. If you can donate more than \$3.00 it would be appreciated. For those that that cannot donate the full \$3.00, please put any amount that you can afford in the donation box and that will be great!

We need your support with Donations for the Meals so we can continue the Nutrition Program here at the center. *Thanks you for your help.*

PROTECTING YOUR GENEROSITY FROM SCAMMERS AND FRAUDSTERS

Dr. Matt Eschler will talk with you about protecting yourself and your loved ones from scammers and fraudsters. Please join us for goodies and give-aways.

Most people like to make a donation to a favorite charity or a cause that is near and dear to their hearts, when

and if they can afford it. But as devious people become more unscrupulous in the ways they steal and defraud people, it becomes even more important for decent people to protect their kindness and generosity from being taken advantage of. Elderly people may share more easily than others to people who have solicited them for donations through mail or phone calls in which someone is trying to get money. This can put you in a great place to be defrauded out of some of your retirement or Social Security money.

You can contact the Better Business Bureau for legitimate charities. Likewise, the BBB can alert you or your loved one to a possible scam before a donation is made. Here are some signs of a charity scam that you can share with others. Be suspicious of someone asking for money:

Refuses to give you or your loved one detailed information about the organizations, its mission, specific costs and how the money being collected will be used

Won't provide proof that a contribution is tax-deductible

Uses a name that sounds like, or closely resembles a more reputable organization

Calls thanking you for past support or donations, especially if you don't remember making one.



Often this trick is used to dupe someone into thinking they've given once, so why not again?

They use high-pressure tactics to elicit a donation, instead of respecting one's request for more information being mailed to them, or having more time to research and think about it;

Requests for donation to be made in cash, or worse yet, wants the money wired to them, especially if overseas;

Offers to send a courier or delivery service to your door in order to collect the donation.

Guarantees you will win a sweepstakes contest in exchange for making a contribution.

Makes you think a loved one, Son, daughter or grand child is in jail and you need to bail them out.

Don't let your kindhearted generosity get the better of you when it comes to scammers and fraud.

Dr. Eschler will be speaking at our Center on November 18th at 11:45. Room 1