



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/

Facebook: <https://>

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

[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 Bringhurst

Director: Jacob Browning



October

THE WAY THINGS ARE... AND THE WAY THINGS COULD BE

Well, here we are, six months into the pandemic and we're settling into our new normal. Most classes and activities are up and running, but we're wearing masks and going through hand sanitizer like it's going out of style. The only major event still not open is lunch in the dining room. At this point, we do not have plans to open the dining room until after the new year. However, remember that we're still doing drive-through lunch pickup Tuesday through Friday, from 11:30 to 12:30. It's the same menu that we would be enjoying in the dining room, but in convenient disposable trays so no one has to wash dishes. To reserve your lunch for pickup, call 435-922-2755 and leave a message with your name, phone number, and the date(s) you want to pickup a lunch. So, check the monthly menu and see what meals sound good to you and give us a call.

Need a flu shot? How about a pneumonia or shingles vaccine? Hurricane Family Pharmacy will be here on October 15th from 11:00—1:30.

We've been considering adding some new activities that can be done while physically distancing. One of the ideas we've been discussing for a while is a community garden behind the center. But, we need help. We are in search of some master gardeners to help us design a productive space as well as community members who are interested in being responsible for a plot of ground. If you're interested in participating, please fill out the form on page three and turn it in to us, or you can call and give us your name and phone number and what you're interested in doing.

We've got a few other ideas in addition to the garden, so check out the survey on page three and let us know what you think.

(Continued on page 3)

IN THIS ISSUE

Page 2	Monthly Events	Page 8	Activities List
Page 3	Cover Story Continued	Page 10	Fun & Games
Page 4	Your Health	Page 14	Home & Lifestyle
Page 6	Recipe	Page 16	Monthly Lunch Menu
Page 7	Medicare Info		

2 This Month

AARP Driver Safety Class has been canceled indefinitely.

Chair Massage

SUSPENDED UNTIL FURTHER NOTICE

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, October 7th at 2:00 pm; Thursday, October 8th at 1:30 pm; Thursday, October 22nd 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

Second Friday of the month from 11:30—12:30 pm.

Parkinson's Meeting

For caregivers and people with Parkinson's. 3rd Wednesday of the month at 11:00 am.

Monthly Events

FLU Shot and Other Vaccines

Need a flu shot? Hurricane Family Pharmacy will be here on October 15th from 11:00—1:30.

Medicare Supplement Insurance Seminar

Join us to learn of the 2021 changes and improvements in the United Healthcare Medicare Advantage, Supplement (MediGap) and Part D plans available in the area. SelectHealth, Humana, and Aetna plans are also available. Friday October 9th from 10:30 to 11:30.

Everything You Want to Know About Wills and Trusts

October 16th from 1:30 to 2:30.

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!**



(Continued from page 1)

SURVEY (TO BE TURNED INTO THE CENTER):

- ◇ I am a master gardener and would like to help design the new community garden.
- ◇ I am interested in having a plot of land to grow my own fruits and vegetables.
- ◇ I would be interested in a book club with monthly meetings.
- ◇ I am interested in playing Bingo using Zoom (a web-based meeting place where participants can interact and see each other's faces). A computer, tablet, or smart phone is required to use Zoom.
- ◇ I would be interested in participating in _____ on Zoom (insert class/activity).
- ◇ Have another idea? Let us know! We're taking suggestions!

Name: _____

Phone number: _____

STUDY: AN ACTIVE SENIOR LIFESTYLE ADDS 5 YEARS TO YOUR LIFE



For the most part, when it comes to health basics, we know what is bad for us, and we know the implications. But do we know what's good for us?

Most of us have seen the Surgeon General's warning on the side of a pack of cigarettes. Older adults have been around long enough to know that smoking, heavy drinking, and overindulging in the wrong foods take a toll on one's health.

But we don't often stop to consider that the opposite also is true. Science has increasingly shown that an active senior lifestyle, combined with healthy choices, can literally add five or more years to one's life.

The Healthy Living Boost

One research team looked at the difference in life expectancy between active and inactive individuals. The team considered self-reported data on leisure-time physical activities and body mass from nearly 650,000 people over the age of 40 and found that being active really does make a difference.

"A physical activity level equivalent to brisk walking for up to 75 minutes per week was associated with a gain of 1.8 years in life expectancy," the team writes. Being active at the level recommended by the World Health Organization, meaning a minimum of 150 minutes of brisk walking per week, was associated with an overall gain of life expectancy of 3.4 years to 4.5 years.

The authors conclude that even a modestly active lifestyle can add years to one's life, with high levels of activity adding even greater health benefits.

Healthy activity can take many forms. For instance, some studies have shown powerful benefits around yo-

ga and tai chi. "Yoga has a powerful effect on stress and hypertension and can help people reduce the amount of medication they need," says Amy Wheeler, yoga professor at California State University at San Bernardino. In a review of 17 studies published in Evidence-Based Complementary and Alternative Medicine, researchers reported "significant reductions" in blood pressure based on three basic elements of yoga practice: postures, meditation, and breathing. It may be that yoga's slow, controlled breathing helps manage blood pressure levels.

Some seniors in fact are advocating for more activity in their communities. Older adults in Falmouth, Massachusetts, for example, have been petitioning for pickleball in their local senior center. A team sport somewhat like tennis, pickleball involves players volleying a ball back and forth over a net using a wooden racquet.

It's important to note that "activity" need not mean a lap around the block. For many older adults, vigorous daily exercise is not an option, but there are other forms of activity that can be just as important in maintaining health and prolonging life.

The non-profit senior service organization Eskaton advocates an active social life as a way to add years to one's life. Maintaining friendships and engaging in social encounters can help older adults stay mentally sharp, reduce stress, and enhance their overall level of wellness.

All this relates directly to the choices that older adults make about their living situation and lifestyle.

The Active Senior Lifestyle

For many older adults who live on their own, remaining active can be a challenge. Social ties are harder to maintain, and it may not always be easy to get out of the house, even to just do one's usual chores.

Nor has the traditional senior community been historically perceived as conducive to an active lifestyle. Many believe the "retirement community" or "nursing home" to be a lackluster environment, with little opportunity to engage in life's many diversions.

Still, the data make it clear that some level of activity is vital to an older person's well-being.

Fortunately, the rise of a new style of senior community is changing the equation for many older Americans. The idea of assisted living as a vibrant, enriching experience, while still new to many, is beginning to take hold.

In this re-envisioned community lifestyle, older adults engage in a range of meaningful activities, including art, music, and culinary experiences. They socialize and experience a wide degree of freedom in choosing their

varied daily activities.

That kind of dynamic environment is vital for long-term well-being. "People get into middle age, and their health begins to ratchet down, often due to specific diseases that frequently occur due to poor lifestyle," says Dr. Mike Joyner, a physician-researcher at the Mayo Clinic in Rochester, Minnesota.

With the evidence mounting that longevity and activity are intimately tied together, today's older Americans are fortunate to have a wide variety of community settings in which they are able to enjoy a sense of renewed purpose in their later years. An active senior lifestyle is easily within reach for those willing to seek it out—read through our blog post on healthy living for older adults.

Article courtesy of <https://www.vitalityseniorliving.com/resources-for-seniors/study-an-active-senior-lifestyle-adds-5-years-to-your-life/>.

6 Recipe

Healthy Fall Pumpkin Chili Recipe (from chewoutloud.com)



INGREDIENTS

- 2 TB olive oil
- 1 onion, diced
- 7 cloves garlic, chopped
- 1 tsp sugar
- 1 TB chili powder
- 1 TB ground cumin
- 1 tsp pumpkin pie spice
- 2 tsp oregano
- 2 tsp ground coriander
- 1 lb. ground turkey
- 3 TB tomato paste
- 2 green + 1 orange/yellow bell pepper, seeded and chopped
- 2 cans (14.5 oz. each) fire-roasted tomatoes, with juices
- 3 cups chicken or turkey broth
- 2 (14 oz. each) cans black beans, rinsed well and drained
- 1/2 cup pure pumpkin puree
- kosher salt and freshly ground black pepper
- shredded cheddar cheese for topping, optional

INSTRUCTIONS

In a large heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.

Add ground turkey to pot and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.

Add bell peppers, fire-roasted tomatoes with juices, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.

NOTES

Chili keeps well; simply cover and chill in fridge. Reheat by bringing back to simmer on stovetop. Make it meatless by using veggie broth and omitting turkey.

Prep Time: 20 mins, Cook Time: 40 mins, Total Time: 1 hour, Yield: 8-10

CENTER STAFF NOTES AND SUGGESTIONS:

1. Any beans you have will work. We used cannellini beans because that is what we had in the pantry.
2. Don't skip the pumpkin pie spice. If you don't have it, you can make your own blending cinnamon, cloves, nutmeg, cloves, and ground ginger.
3. We also used twice as much pumpkin that the recipe calls for. It was extra delicious!
4. Freeze the leftover in serving size containers for easy fall meals.

Wheelchair Scams

Wheelchair scams are common type of durable medical equipment (DME) fraud. Mechanical and motorized wheelchairs can assist a beneficiary who has a chronic ailment or disability that prevents them from freely moving.

The power wheelchair industry has grown into an almost billion dollar per year industry. You've probably seen commercials on TV offering wheelchairs at "little or no cost to you."

Be aware; the Medicare rules stipulate that you must have a legitimate need before obtaining these devices, and a Certificate of Medical Necessity must be signed by your doctor.

Do not let anyone talk you into stockpiling equipment for later use. If you do need the equipment, it should only be ordered through your regular family physician.

If someone calls and tries to threaten or pressure you into something, simply hang up the phone.

Be aware that you are responsible for 20% of the final amount, including potentially unnecessary add-ons and accessories, for the device ordered. Frequently the scammers do not explain this.

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	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 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	1:30—3:00	\$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
Healthy Posture (NEW)	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

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	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Wednesday (NEW DAY AND TIME)	10:30—11:00	\$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	12:00—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
Ukulele	Learn to play the ukulele with an experienced instructor.	Thursday	2:00	\$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

 FreeDailyCrosswords.com

16th September

ACROSS

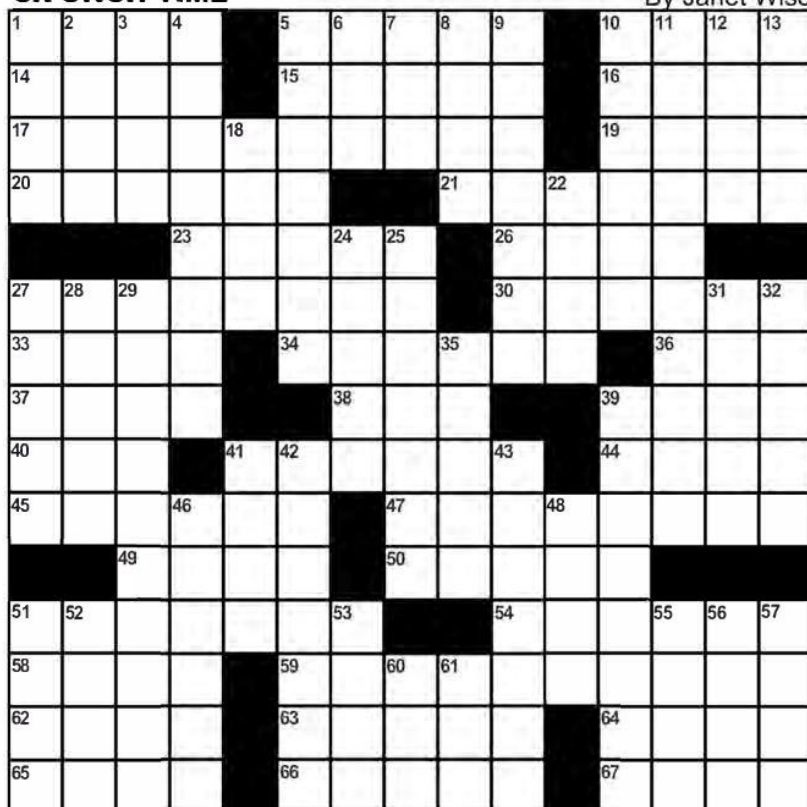
- | | |
|------------------------------------------|-------------------------------------|
| 1) They give a hoot | 39) Desertlike |
| 5) Put in the fridge | 40) Hept- plus one |
| 10) Not a nice film | 41) Saint Francis' home |
| 14) Pullman track | 44) Warm, on a hunt |
| 15) Flood embankment | 45) Life force |
| 16) Middle word of Descartes' conclusion | 47) Pours down |
| 17) Uneasy, eerie sensation | 49) The end, musically |
| 19) Frigid | 50) Catch for a Florida fisherman |
| 20) From the mountains of Peru | 51) Periodic payment |
| 21) Dustin Hoffman movie | 54) Chicken part |
| 23) Defeated king of Troy | 58) Be a good couch potato |
| 26) They're "company" | 59) Orchard grumps? |
| 27) Completely surround | 62) Tablet company |
| 30) Like some teas | 63) Mitigator |
| 33) Empty truck's weight | 64) Small amount of Greek? |
| 34) Causes to attack | 65) Fancy dressers of 1960s London |
| 36) Feel remorse over | 66) Wanda of "Curb Your Enthusiasm" |
| 37) Small margin of victory | 67) Sign of sorrow |
| 38) Grand ____ (wine phrase) | |

DOWN

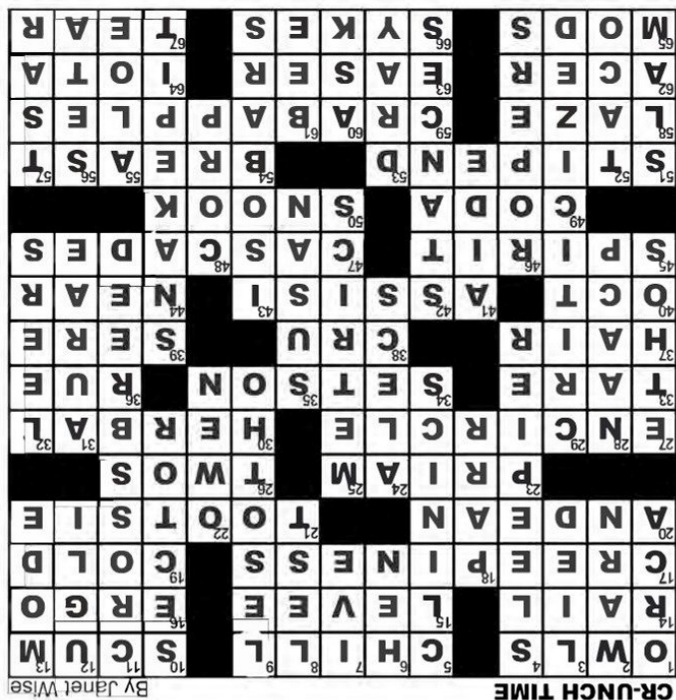
- 1) Ocean predator
- 2) Alert of danger
- 3) Emulated Pinocchio
- 4) More heavy-eyed
- 5) Places for nonresident patients
- 6) Lobster's mother
- 7) "So ____ heard!"
- 8) "____ We Forget"
- 9) Basutoland, today
- 10) Military zone
- 11) Mix, as dogs
- 12) Jamaican tangelo
- 13) A la ____ (with ice cream)
- 18) A wife of Henry VIII
- 22) Wilson of "The Grand Budapest Hotel"
- 24) Baldwin and Templeton
- 25) Art of writing verse
- 27) Guiding beliefs of a group
- 28) Racial equality org.
- 29) Found fault with
- 31) Enveloping qualities
- 32) Impolite glances
- 35) Emmy winner Lucci
- 39) Trouble spot for Indiana Jones
- 41) Prime minister's assistant
- 42) Batting coach's concerns
- 43) Weather map lines
- 46) Lasso wielders
- 48) Part of BBC (Abbr.)
- 51) Grand ____ home run
- 52) Shell food?
- 53) Heavy low cart
- 55) Shower gel ingredient, often
- 56) ____ record (make history)
- 57) Ivan the Terrible's title (Var.)
- 60) Seek answers
- 61) Royal jelly producer

CR-UNCH TIME

By Janet Wise



Solution on page 11



HALLOWEEN

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.

```

A T S O H G K G R A N N D
M C A N D Y S N O T I H E
K W I T C H A E I K R P R
E C B A T T M E P G C N G
N D A R S U S M N A H O R
H E E L T D U E T R C T A
O A Y S B P E E S E A E V
T N O K T W ' T K B C L E
N C O W O R W H O O K E S
Y O U L N O I A R T L K T
E O L O N H P C A C E S O
L A O L O W E S K O E N N
H M Y R A C S B O O L B E

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By Evelyn Johnson - www.qets.com

Bat
Black
Boo
Cackle
Candy
Cat
Costume

Ghost
Gravestone
Halloween
Mask
Moon
Night
October

Pumpkin
Scary
Skeleton
Spooky
Treat
Trick
Witch

Vagaries of English Language!

Ever wonder why the word funeral starts with FUN?

Why isn't a fireman called a water-man?

How come lipstick doesn't do what it says?

If money doesn't grow on trees, how come banks have branches?

If a vegetarian eats vegetables, what does a Humanitarian eat?

How do you get off a non-stop flight?

Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?

Why do we put cups in the dishwasher and the dishes in the cupboard?

Why do doctors 'practice' medicine? Are they having practice at the cost of the patients?

Why is it called 'rush hour' when traffic moves at its slowest then?

How come noses run and feet smell?

Why do they call it a TV 'set' when there is only one?

What are you vacating when you go on a vacation?

Did you know that if you replace "W" with "T" in "what, where, and when," you get the answer to each of them.

EVERYTHING YOU WANT TO KNOW ABOUT WILLS AND TRUSTS



It used to take between five and six months to travel from Missouri to California by wagon. Today, the same trip can be made by jet in four and a half hours. Both modes of transportation can get you to your destination, but would you even consider making that trip by wagon today? Trusts are the estate planning equivalent of the jet, while wills are more like the wagon. Come join us **October 16 at 1:30 pm** for an entertaining presentation on wills, trusts, and other estate planning tools presented by local estate planning attorney Jason Dixon.

At this presentation, you'll learn:

- How to avoid common estate planning mistakes.
- The difference between wills and trusts—why one is generally better than the other.
- How to keep your affairs private and your loved ones out of court if you become disabled and can't speak or act for yourself.
- All about probate and what steps you can take now to help your family avoid this expensive and time-consuming legal process when you're gone.
- How to create a long-term care plan before it's needed so that you are able to stay as independent as possible and in complete control of your decisions as you age.
- Why owning assets jointly or putting property in a child's name is likely a huge mistake—and what to do instead to accomplish your goals in a secure way.
- Easy strategies to protect your children's inheritance

from being seized if they get divorced, sued or file bankruptcy in the future.

- How to preserve your estate for your children should you pass away and your surviving spouse gets remarried (without a plan, your family's inheritance will legally go to the new husband or wife!).
- How parents (and grandparents!) of children with special needs can plan for a lifetime of care without jeopardizing eligibility for important benefits like Medicaid or Supplemental Security Income (SSI).

We look forward to seeing you there!



Jason Dixon, estate planning attorney

Staying Active While Staying Home

Lifestyle exercise is an exercise program for people who are too busy to exercise. Lifestyle exercise simply involves choosing to handle everyday activities in such a way that they become small exercise opportunities. Parking at the far end of the parking lot at work so that you have to walk a little more to get inside, exiting mass transit several stops before your destination and walking the rest of the way, or taking a ten or fifteen minute walk with a colleague during lunch are all examples of lifestyle exercise. Other ways you can painlessly introduce a little lifestyle exercise in your daily life include:

- Mowing your lawn
- Raking leaves
- Carrying groceries to your car and into your house
- Walking instead of driving your car
- Taking the stairs instead of riding in an elevator
- Making time to play catch with your pets or grandchildren
- Turning on your favorite music and dancing up a storm
- Cleaning out the garage or attic
- Washing your car by hand
- Gardening and yard work
- Painting your home
- Washing your windows, inside and out.
- Going for a walk (Buy a pedometer and walk 10,000 steps a day)



16 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER

October 2020



Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>		1	2
		<p><i>Fish Tacos</i> Potato Crusted Fish Spanish Rice Black Beans Coleslaw Corn Tortilla Applesauce Milk Taco Sauce</p>	<p>Swiss Steak Au Gratin Potatoes California Vegetables Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Dressing</p>
	6	7	8
			9
<p>Cacciatore Chicken Penne Pasta Italian Vegetables Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine Ranch Salad Dressing</p>	<p>Teriyaki Meatballs Fried Rice Japanese Vegetables Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing</p>	<p>Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Gelatin Milk Margarine Diet - Sugar-Free Gelatin</p>	<p>Baked Chicken with Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>
13	14	15	16
<p>Salisbury Steak with Brown Gravy Brown Rice Green Peas Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Sliced Ham Mashed Spiced Yams Winter Vegetables Beet Salad Wheat Bread Tropical Fruit Cocktail Milk Margarine</p>	<p>Beef Chili with Beans Shredded Cheese Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Alfredo Chicken Fettuccini Noodles Garden Vegetables Mixed Green Salad Garlic Texas Toast Apple Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Peaches</p>
20	21	22	23
<p>Cilantro Lime Chicken Spanish Rice Black Beans Tortilla Peaches Milk</p>	<p>Creole Beef Buttermilk Potatoes Mixed Vegetables Texas Bread Tropical Fruit Milk Margarine</p>	<p>Potato Crusted Fish Macaroni & Cheese California Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pudding Milk Tartar Sauce Diet - Vanilla Wafers</p>	<p>Homemade Meatloaf with Brown Gravy Mashed Potatoes Parslied Carrots Mixed Green Salad Dinner Roll Citrus Fruit Cup Milk Margarine Ranch Salad Dressing</p>
27	28	29	30
<p>Swedish Meatballs Egg Noodles California Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Glazed Ham Baked Sweet Potato Garden Vegetables Mixed Green Salad Cornbread Seasonal Fruit Baked Cookie Milk Margarine Ranch Salad Dressing Diet - Vanilla Wafers</p>	<p>Hawaiian Chicken Haystack Peas & Carrots Basmati Rice Asian Coleslaw Chow Mein Noodles Pineapple Tidbits Milk Margarine</p>	<p>Halloween Meal BBQ Pork Baked Beans Coleslaw Hamburger Bun Pineapple Tidbits Baked Cookie Milk Diet - Vanilla Wafers</p>