



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

Tuesday -Friday

11:30 am -12:30 pm

Suggested Donation \$3.00

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



September 2021

MOVIE OF THE MONTH IS BACK!

It has been one and a half years since we had a Movie of the Month showing at the St. George Active Life Center, so we're very excited to bring back this popular event. Movie day is the second Thursday of every month, right after lunch, at 12:45 PM. We show the movies on the really large television set in the bingo/recreation room (with closed captioning). We'll pop the corn and you bring the dollar store candy and seat cushions. This month's selection is a star-studded new release called "Queen Bees." Ellen Burstyn, Ann-Margaret, Loretta Devine, Jane Curtin, James Caan, and Christopher Lloyd make up the ensemble. The story is set in a retirement home, and has been lovingly called the senior living edition of "Mean Girls." We hope you'll join us for this fun comedy.



DIAL-A-RIDE SERVICE HAS NEW OPERATING HOURS

Beginning in September, you will be able to schedule doctor appointments and shopping trips for later in the day. We will be doing pickups starting at 9:30 and ending at 3:00. There are just a few things to remember when requesting a ride:

1. Are you already set up in our database so we have your information and signed waiver? If not, call us or stop by to take care of that first.
2. Are you calling at least a few days before you need a ride?

IN THIS ISSUE

Page 3	Dial-a-Ride Information	Page 10	Fun & Games
Page 4	For Your Health	Page 14	Home & Lifestyle
Page 5	Medicare Info	Page 18	Art Therapy
Page 7	Monthly Events	Page 20	Monthly Lunch Menu
Page 8	Activities List		



INDEPENDENT * ASSISTED * MEMORY CARE

Our community features an environment rich in daily activities; all day restaurant style dining; 24-hour staffing & emergency response; shuttle and appointment transportation; housekeeping & laundry services; beauty salon & barber shop; gym & exercise programs; library & garden areas!



134 W 2025 S • St. George, UT 84770
435-628-1117 • www.stellarliving.com



For ad info. call 1-800-950-9952 • www.lpcommunities.com

St. George Utah Senior, St. George, UT

A 4C 05-1049

3. You can call 435-256-6343 to leave a message for Deanna, our Transportation Coordinator.

When you leave a message, please state clearly:

- 1) First and last name, telephone number, and home address.
 - 2) Date and 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 from your appointment
 - 6) Any special condition such as mobility aids or personal attendant travelling with you.
4. There is a suggested donation of \$3.00 one way, or \$5.00 round trip, cash or check only.

If you've never met Deanna in person, here's a picture of her so you can put a face with the voice.



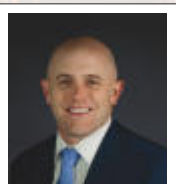
ZION EYE INSTITUTE



Jason Ahee, M.D.
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.
Oculofacial/Reconstructive
Surgeon



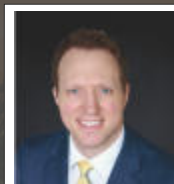
Jason Wickens, M.D.
Vitreoretinal
Surgeon

Zion Eye Institute

New Full-Time
Retinal Specialist

**Accepting
New Patients**

At Our St. George,
Cedar City,
and Mesquite Locations.



Rick Nordgren, M.D.
Vitreoretinal
Surgeon

435-656-2020

www.zioneye.com



4 For Your Health

HAVE YOU MET LARRY, OUR NEW FITNESS INSTRUCTOR?



Larry is happy to be at the St. George Active Life Center teaching Vital Life Fitness and Stretch/Relaxation classes. He has been a health and fitness professional for over 20 years, starting his career in New York City as a massage therapist before becoming a certified personal trainer and health coach. He relocated to California and ran a successful fitness/wellness business before

moving to the St. George area in 2020. Over the years he has helped countless people get healthier, stronger, more flexible, and live better qualities of life. Join him on Tuesday afternoons to get stronger and healthier while having fun in his Vital Life Fitness class and then stay for Stretch/Relaxation to work out those kinks and feel better for the rest of your week!

Larry's Classes (Tuesdays at 1:30 and 2:30)

1) Vital Life Fitness - Strength/ resistance training is one of the best things you can do to avoid injuries, prevent osteoporosis, and keep your metabolism revving so you look and feel great. In this class you'll be doing strength training to get stronger, improve your posture and cardiovascular health, learn the best exercises to do at home to stay fit, and above all have fun! Please bring a water bottle.

2) Stretching and Relaxation - Feeling stiff and not as flexible as you used to be? Neck and back tightening up making you feel achy and tense? You can change that! In this class you'll get more limber and learn some great techniques to help melt those aches and tension away. Please bring your own mats and be ready to relax!

MEDICARE OPEN ENROLLMENT: DON'T SET IT AND FORGET IT. SET A MEETING AND SAVE!

Each year, Medicare beneficiaries have the opportunity to change their Medicare Prescription Drug plans and Medicare Advantage Plans during the annual Open Enrollment Period, held between October 15th and December 7th. During this time, Medicare beneficiaries may notice an increase in Medicare related advertisements and it may be difficult to know where to turn for unbiased, objective assistance.

The Area Agency on Aging – Five County is here to help. Staff and volunteers with the State Health Insurance Assistance Program (SHIP) can help local Medicare beneficiaries navigate the options available in our area. Medicare counselors with the SHIP program can provide benefits explanations and plan comparisons for all of the Medicare Part D and Medicare Advantage Plans available in Southwest Utah.

Every Medicare beneficiary with a Medicare Advantage Plan or Medicare Prescription Drug Plan could benefit from a plan review. This plan review takes only a few minutes to complete and could result in hundreds of dollars in savings.

Prescription drug plans and Medicare Advantage Plans can change their premium amounts, copays, deductibles, formularies and In-Network from year to year so even the plan that was best last year may not still be the best option. And because everyone's situation is unique, the "best" plan for one person may not be the same for their friend, neighbor or even spouse.

Don't miss your chance to make sure your Medicare coverage meets your current needs. Check our website: www.areaagencyonagingfivecounty.org in early October for more information or contact the SHIP program at 435-673-3548.





TURNING 65 IN UTAH

We Make Medicare EASY!

Serving Medicare Eligible • Under age 65 with a disability
Seniors • Veterans • TRICARE for Life • Dependents with CHAMP/VA

435-708-1938 • 337 So. Main St. Suite B-10, Cedar City, UT 84720
harold@turning65inutah.com • www.turning65inutah.com

**Medicare Part A & Part B
Medicare Advantage Plans
Medicare Supplement Plans
Prescription Drug Plans**





O V A T I O N™

by A V A M E R E

Sienna Hills

You Deserve an Ovation

Now Accepting Reservations
Villas | Independent | Assisted | Memory Care

OvationSiennaHills.com | 435.429.0000



6 For Your Health

SUPPORT FOR HEARING LOSS IS AVAILABLE



"I want to take the opportunity to introduce myself to you. My name is Diane Stidham and I am working as a Hard of Hearing Specialist for the state of Utah in St George and surrounding communities. I want you to know about the many free services the state has to support those with all levels of hearing loss.

"Here is a short list:

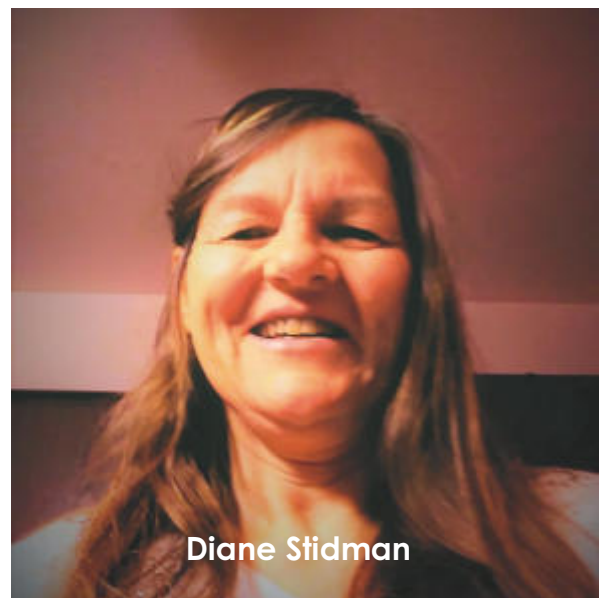
- Classes on topics such as:
 - ~ Thriving with Hearing Loss (4 weeks)
 - ~ Lipreading (4 - 18 weeks)
 - ~ Hearing aid education - what to expect and support
 - ~ Hearing loss and Grief
 - ~ Let's support each other in our hearing loss journey (support group format intended to create strength and gather ideas for coping)
- Online conversational sign language classes
- We also loan out for a thirty day trial hearing assistive listening devices such as: personal amplifiers, landline amplified telephones, bed shakers, TV headset/amplifiers etc.
- Educational experiences in our office with guest speakers.
- We have a demo room where you can come in and try out several different amplified and captioning phones and ask questions. I can also help with apps for cell phones to assist those with hearing loss.

"I am all about giving personal help and providing resources as our world is changing rapidly along with the

assistive listening technologies in our world. Please give me a call, and we can do a one on one session in my office or in your home to see what can benefit you in learning about hearing loss. Again, every service is free and your families and friends are welcome to participate along with you!!

"My contact info:

Diane Stidham
dstidham@utah.gov
435-216-8608 (text and voice)
1067 East Tabernacle Street suite 10
St George, UT 84770



"Hopefully we'll meet soon!"

The September class has been canceled. AARP Driver Safety Class will resume on October 8th. For more information and to register for the class, contact Victor Lorch at (435) 772-5620.

Parkinson's Meeting

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

LECTURES AND EVENTS

Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

Free Attorney Service

Wednesday, September 1st at 2:00 pm;
Thursday, September 9th at 1:30 pm; Thursday, September 23rd at 1:30 pm. Please make an appointment with Linda.

Long-term Medical Question

Get some answers to your questions regarding long term medical care and insurance, 1ST Wednesday of month 12:30



CARE FOR ALL SEASONS
Healthcare & Rehabilitation
★★★★★
5-STAR MEDICARE RATING 2018

- Certified • Most insurances accepted, including Medicaid
- Private rooms and bath • Physical, occupational and speech therapy in a rehabilitation-oriented setting • 24-hr. nursing care • Wound care certified • Therapeutic Recreational Activities

CONVENIENTLY LOCATED IN DOWNTOWN ST. GEORGE
242 N. 200 WEST • 435-628-1601
www.seasonshealthgroup.com



ST. GEORGE Musical Theater
2021 SEASON

SOUTHERN UTAH'S PREMIER COMMUNITY THEATER
Showtimes at 7:30pm, Matinee at 2pm
Historic Opera House 212 N. Main St. • St. George, UT.



THE SECRET GARDEN
JAN. 14TH - FEB. 20TH



BEST OF BROADWAY 2
MAR. 4TH - APR. 10TH



HIGH SCHOOL MUSICAL
AUG. 19TH - SEPT. 18TH



THE 39 STEPS
OCT. 7TH - OCT. 30TH



ANNIE GET YOUR GUN
APR. 29TH - MAY. 29TH



SOUTH PACIFIC
JUNE 24TH - JULY 24TH



WHITE CHRISTMAS THE MUSICAL
NOV. 18TH - DEC. 18TH

PURCHASE TICKETS AT SGMT.ORG

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	10:45-12:00	\$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—3:55	\$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 sugar screening test.	Thursday	9:00—11:00	-
Bunco (game)	Bunco is a parlor game, The object is to score points while taking turns rolling three dice in a series of rounds.	First Tuesday of the month	1:00-3:00	\$1.00
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
Ceramics	Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome.	Tues/Wed/Thurs/Fri (open) no instructor	9:00—3:55	\$2.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
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
Gym Workout	The exercise room with upgraded equipment is open for use all day.	Tuesday—Friday	9:00 — 3:55	\$1.00
Hand and Foot/ Rummikub/Skip-Bo	Popular multi-player games. Pick your favorite!	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
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$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

Activities List

9

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
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
Rummikub	Rummikub Game Day!	2nd & 4th Tuesdays	1:00—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
Stretch and Relaxation	Get more limber and learn some great techniques to help melt those aches and tension away. Please bring your own mats and be ready to relax!	Tuesday	2:30—3:30	\$1.00
Table Tennis—Advanced	Paddles are provided. We have tables available.	Tuesday	9:00—12:00	\$1.00
Table Tennis—Beginning	Paddles are provided. We have tables available.	Wednesday	9:00—11:00	\$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
Tai Chi (5 County)	Teaches basic elements of Tai Chi. Sign up with 5 County (see page 14)	Thursday	12:30—1:30	Free
Tap—Beginning	Welcome back tap students	Wednesday	12:30—1:30	\$1.00
Tap—Intermediate	Welcome back tap students	Wednesday	1:30—2:30	\$1.00
Tap—Advanced	Welcome back tap students	Wednesday	2:30—3:30	\$1.00
Tie Quilt Circle	Make new friends while tying quilts for humanitarian services.	Thursday	12:00—3:00	\$1.00
Ukulele Class	Class will be practice sessions for the summer.	Thursday	2:00-3:00	\$1.00
Vital Life Fitness	Strength/ resistance training is one of the best things you can do to avoid injuries, prevent osteoporosis, and keep your metabolism revving.	Tuesday	1:30-2:30	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$2.00
Yoga	Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind.	Tuesday	9:00—10:00	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	9:00—10:00	\$1.00
Zumba	A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.	Friday	10:00—11:00	\$1.00

 FreeDailyCrosswords.com

Solution on page 11

ACROSS

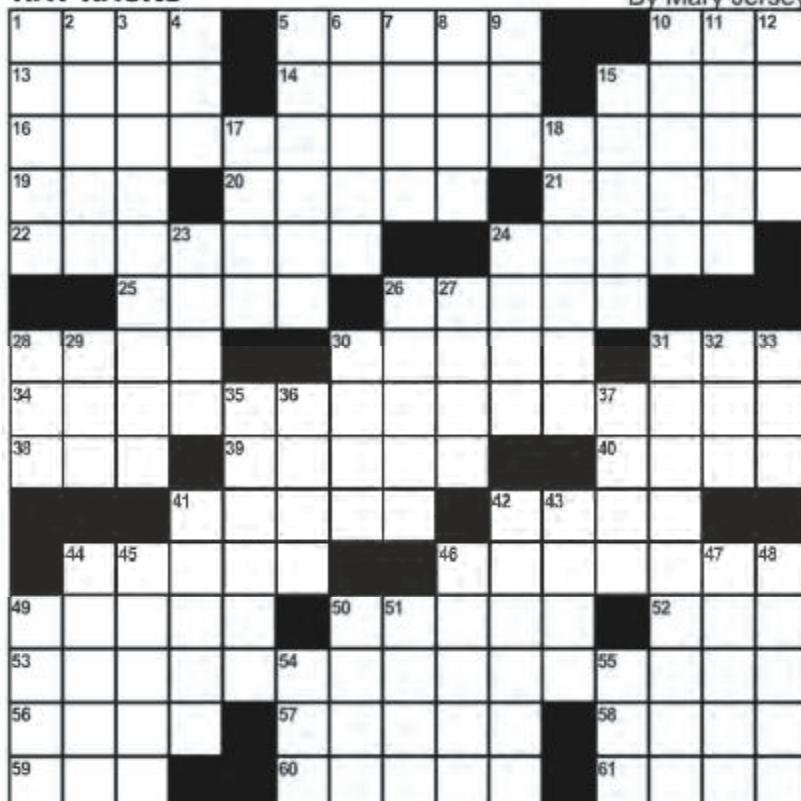
- | | |
|--------------------------------------|---------------------------|
| 1) "Silence!" | 38) Filming locale |
| 5) Santa in California? | 39) Santa Fe brick |
| 10) Part of a nucleus | 40) Leaders of the pack |
| 13) Bismarck's first name | 41) Finger-choosing call |
| 14) Boring tool | 42) Hack's due |
| 15) Hen home | 44) Hacks' vehicles |
| 16) Daydreamer's state | 46) Predatory critter |
| 19) Vessel with a spigot | 49) Make the transition |
| 20) Lobster companion | 50) Maker of big bucks |
| 21) Come next | 52) One-many link |
| 22) Core group? | 53) Make no detours |
| 24) Rock tour info | 56) Get the pot started |
| 25) Crystal-ball gazer | 57) Usher's walkway |
| 26) It may be wood-burning | 58) Tuna another way? |
| 28) Bear with a big chair | 59) Impart a new color |
| 30) Apart from any others | 60) Ten-speed alternative |
| 31) Biological blueprint | 61) Shameless joy |
| 34) Try to see things the other way? | |

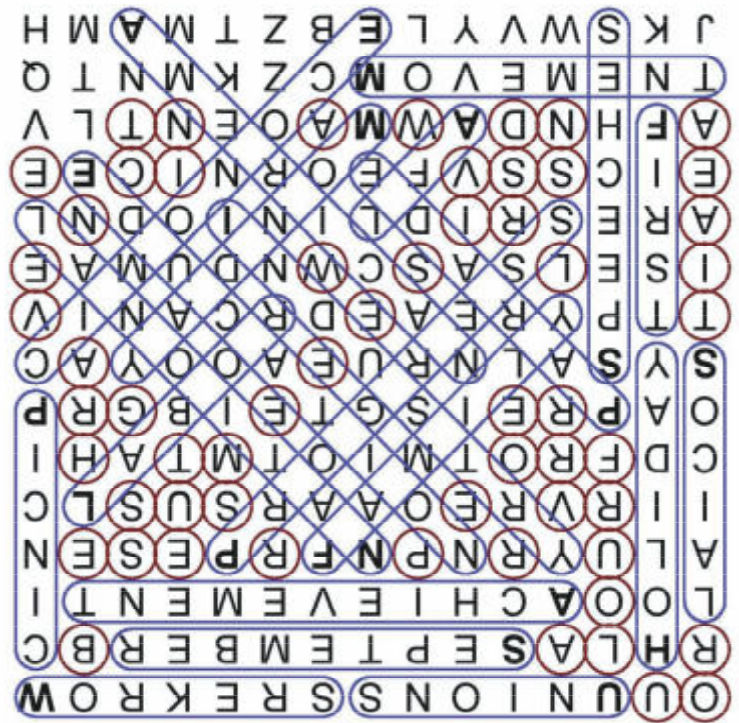
DOWN

- 1) Mundane
- 2) Many wombs
- 3) Holds to one's decision
- 4) Brick carrier
- 5) Slow gallop
- 6) Troubadour's instruments
- 7) Turkish title of honor (Var.)
- 8) Smell and then some
- 9) A jump shot forms one
- 10) Wake from sleep
- 11) Knotty situation
- 12) Part of a church
- 15) Short narrative or tale
- 17) Man or Fly
- 18) Rake take
- 23) Campus big wheel
- 24) "Finished!"
- 26) Ones guilty of disorderly conduct?
- 27) Muscle condition
- 28) They go below signatures, for short
- 29) Stopped fasting
- 30) Shakespearean "shortly"
- 31) Dishonest
- 32) Aberdeen denial
- 33) Some feature jingles
- 35) Ray of The Kinks
- 36) Horace wrote many
- 37) Medical motto word
- 41) Give off
- 42) Like Dracula
- 43) Foot curve
- 44) Smaller than small
- 45) Playing marble
- 46) Lightweight fabric
- 47) Zero of the population
- 48) Rich cake
- 49) Edible herring
- 50) Vivacity
- 51) Coarse file
- 54) Scot's head-coverer
- 55) G.I.'s ID

HAT RACKS

By Mary Jersey





Are you turning 65?
Call your local licensed Humana sales agent.

Humana

Y0040_GHHHXDFEN20_BC_C



Stephen Leigh
385-274-9120
(TTY: 711)

Monday – Friday
8 a.m. – 5 p.m.

AFFORDABLE FUNERALS & CREMATIONS

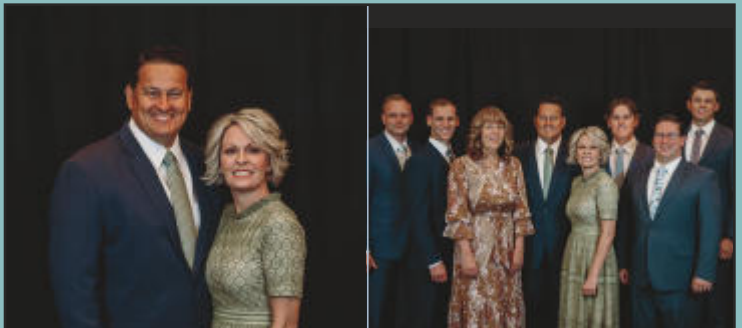
"SERVICE ABOVE PROFITS."

BETTER VALUE & PERSONAL SERVICE

- > Free Preplanning Consultation
- > Quality Full Service Funerals Starting at \$4300 (Includes casket & vault)
- > Funerals are Expensive, but We are Affordable
- > Let Us Help Honor You or Your Loved One

WINNER ~BEST OF~
UTAH STATE 2018, 2019
SOUTHERN UTAH 2021

157 E. RIVERSIDE DR #3A 435-680-7035



Hughes MORTUARY

We accept all pre-arranged funeral plans from any mortuary, potentially saving you thousands of dollars

Cremation Packages Starting At **\$795***
*Prices subject to change. Certain Restrictions Apply.

Complete Traditional Funeral Package
Includes: Casket, Vault, Services, Programs & Digital Recording
\$4,495*
*Prices subject to change. Certain Restrictions Apply.

Quality funeral care at affordable prices
St. George (435) 674-5000 | Cedar City (435) 867-5566

LABOR DAY

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.

```

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

By Evelyn Johnson - www.qets.com

Achievement

AFL

American

Economic

Education

Family

First

Holiday

Industry

Labor

Monday

Movement

National

Parade

Picnic

Progress

September

Social

Speeches

Unions

Workers

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251



SPRING GARDENS

St. George

An Avista Senior Living Community

A vibrant community where kindness is at the core

2654 E Red Cliffs Drive • St. George, UT 84790

435-236-6144



ASSISTED LIVING • MEMORY CARE • INDEPENDENT LIVING

MY CHOICE IS



summit
HOME HEALTH & HOSPICE

CALL
TODAY FOR A
FREE
ASSESSMENT

(435) 359-4599

- Allow patient to remain at home
- Physical and psychosocial care
- Communicate with physician, patients and caregiver

Serving Washington and Iron County

Is a Reverse Mortgage Right for You?

Call **TODAY FOR A FREE DVD**
on the facts about Reverse Mortgages



Call today 435-359-9000
or visit us at
www.heritagereversemortgage.com

Trevor Carlson



Heritage NMLS#1497455
Trevor's NMLS #267962

*homeowner is responsible for paying normal home expense for Taxes, Insurance, HOA, etc.



LEARN ABOUT
THE *New* REVERSE MORTGAGE



HERITAGE
REVERSE MORTGAGE



DIXIE HOME
REHAB • PALLIATIVE • HOSPICE

Personalized care, education,
and solutions for patients, family
members, and caregivers all
within the comfort of your home.

Our services are 100% paid by
Medicare or insurance.
No out-of-pocket expenses, ever!

Locally Owned and Operated &
Available 24/7

www.dixiecare.com



Dixie Home Rehab offers skilled home health services and is the only company in Southern Utah that specializes in therapy-driven care for orthopedic patients. We are the area's highest-rated rehab service and employ the most experienced staff in the region.

Phone: 435-628-8347

Dixie Palliative bridges the gap between home health and hospice. We work closely with patients' physicians to coordinate optimal and ongoing treatment for serious, chronic, and life-threatening illnesses.

Phone: 435-673-2051

Dixie Hospice provides complete and uninterrupted home health care for as long as the patient requires.

Signs that hospice may be needed:

Weight Loss • Terminal Illness • Rapid Physical and/or Functional Decline & Disease Progression • Increased Visits to the ER, Hospital or Doctor • Increased Dependence for ADLs (at least 2) • Progression of Cognitive Impairment • Progression Pressure Ulcers in Spite of Optimal Care • Recurrent UTIs & Other Infections • Recurrent Falls

Phone: 435-627-2724



For ad info. call 1-800-950-9952 • www.lpcommunities.com

St. George Utah Senior, St. George, UT

F 4C 05-1049

14 Home & Lifestyle

FOCUS ON CLASSES AND ACTIVITIES

If you have not looked at the class list in the newsletter lately (pages 8-9), there are some additions that you may be interested in. Have a look and let us know if you have any questions.



TABLE TENNIS

We now have TWO Table Tennis classes each week:

- Advanced, on Tuesdays from 9:00—12:00
- Beginning, on Wednesdays from 9:00—11:00

We have paddles available if you don't have your own.



CARD GAMES

We have added some card games. Our list now includes Bunco, Five Crowns, Hand and Foot, Bridge, Pinochle, Rummikub, and Skip-Bo. New players are always needed and welcome.!



TAI CHI

Five County Association of Government is teaching a beginning Tai Chi class that covers fundamentals. We still have our original Tai Chi class as well.

(Continued on Page 15)

FOCUS ON CLASSES AND ACTIVITIES (CONT'D)



(Continued from page 14)

There's a new quilting group meeting at the center called Tie Quilt Circle. They meet every Thursday from 12:00 to 3:00. They are looking for people to join in their mission to make new friends and tie quilts for humanitarian services.

(Continued on page 16)

Cynthia Stewart
Licensed Agent

435-862-7153

Solutions For Seniors

169 West 2710 South Circle #202
Saint George, UT 84790
solutions4LTC@gmail.com

Welcome NEIGHBOR!

You should REVIEW
your HEALTH coverage if:

- You're 65 this year or next
- You've MOVED to the area recently
- You're RETIRING and leaving your employer coverage

Get the **BENEFITS** that work for YOU!

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Bill Clough** to place an ad today!
wclough@lpicommunities.com or **(800) 950-9952 x2635**

The Wentworth
at The Meadows
Assisted Living & Memory Care

Personalized Living to Meet Your Needs!

950 S. 400 E. • St George, UT
435-628-0090 • www.meadowsstgeorge.com

Come home to Primrose!

Community isn't part of our name by accident. Primrose Retirement Community is where your neighbors are your friends.

Give us your to do list so you can experience retirement as it should be.
Enjoy the Primrose lifestyle with a variety of activities and maintenance free living!

It's much more than a retirement community, it's home.

COMING SOON to the beautiful Stucki Farms Development!

PRIMROSE
RETIREMENT COMMUNITIES

**Call now to reserve
your home!**

(435) 565-4197

PrimroseRetirement.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

St. George Utah Senior, St. George, UT

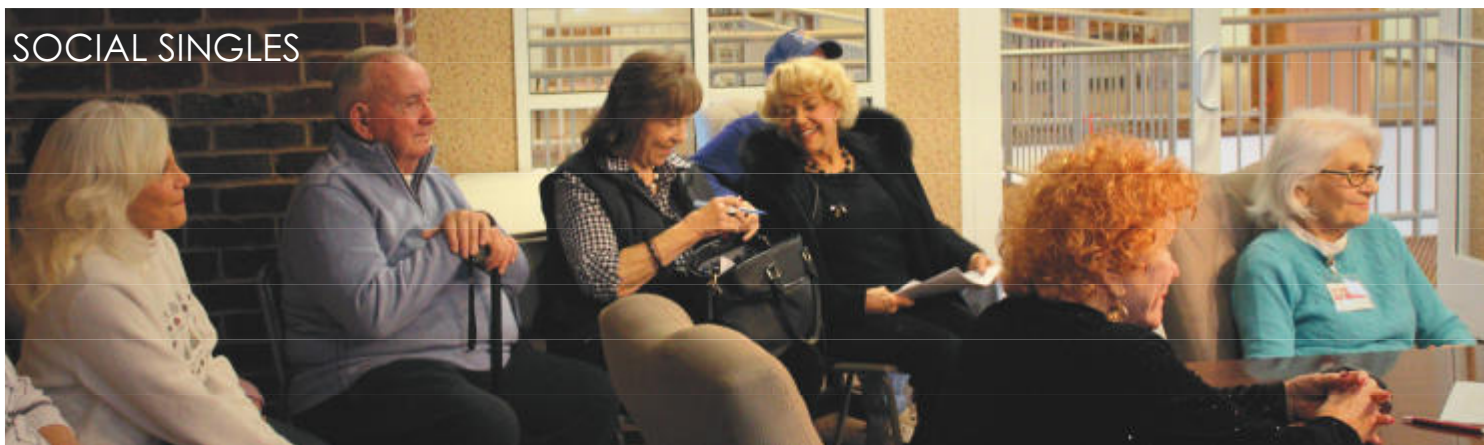
G 4C 05-1049

16 Home & Lifestyle

FOCUS ON CLASSES AND ACTIVITIES (CONT'D)



Remember back in the day, before the internet and online gaming, when nickel arcades were abundant and popular? Well, now you can relive your youth before and after your classes. We have an arcade game that has multiple games on it, including some of our old favorites like Millipede, Tetris, Space Invaders, and Asteroids. And, we have a new pinball machine, starring Clint Eastwood as Dirty Harry! Both machines are very fun. And free to play. (Donations gratefully accepted, though.) Both machines are on the second floor in the lobby area near the Art Room.



Social Singles is a group of 60+ singles who are always looking for new friends to share fun times with. They meet every Friday at 12:30 in the Conference Room on the second floor to plan events for the following week. In the past, the Social Singles group has enjoyed picnics, movies, lunches, concerts, hikes, going to the Elks Club, and other special outings. Bring friends who are also looking to spice up their social lives. New members and new ideas for activities are always encouraged. Fridays are a fun day at the Center, with bingo or Zumba at 10:00, a delicious lunch, and then Social Singles.



Interested in learning the fine art of billiards? Bob Hood is giving free lessons. Call him at 435-216-6957 to arrange a time to meet. We have two pool tables available for open play from 9:00 AM until 3:55 PM.



SENIOR EXPO

by Agibly™

FREE

ACTIVITIES | HEALTH SCREENINGS | RESOURCES

DIXIE CONVENTION CENTER

October 21-22, 2021 | 9 AM - 4 PM | St. George, Utah

We continue to monitor COVID-19 and will follow the guidance of local health agencies and the CDC to ensure the health and safety of attendees. If we deem Senior Expo by Agibly to be unsafe or are prohibited from hosting the live event, we will

Independent Living ❖ Assisted Living ❖ Memory Care




**LEGACY
VILLAGE**
St. George

Call for more information
and reserve your place today!

Jill Roundy
(435) 669-1677



COMING FEBRUARY 2022 TO ST. GEORGE, UTAH

www.legacyvillagestgeorge.com



For ad info. call 1-800-950-9952 • www.lpcommunities.com

St. George Utah Senior, St. George, UT

H 4C 05-1049



DIRECTED BY BONNIE REYNOLDS



HIGH SCHOOL MUSICAL

ON STAGE!

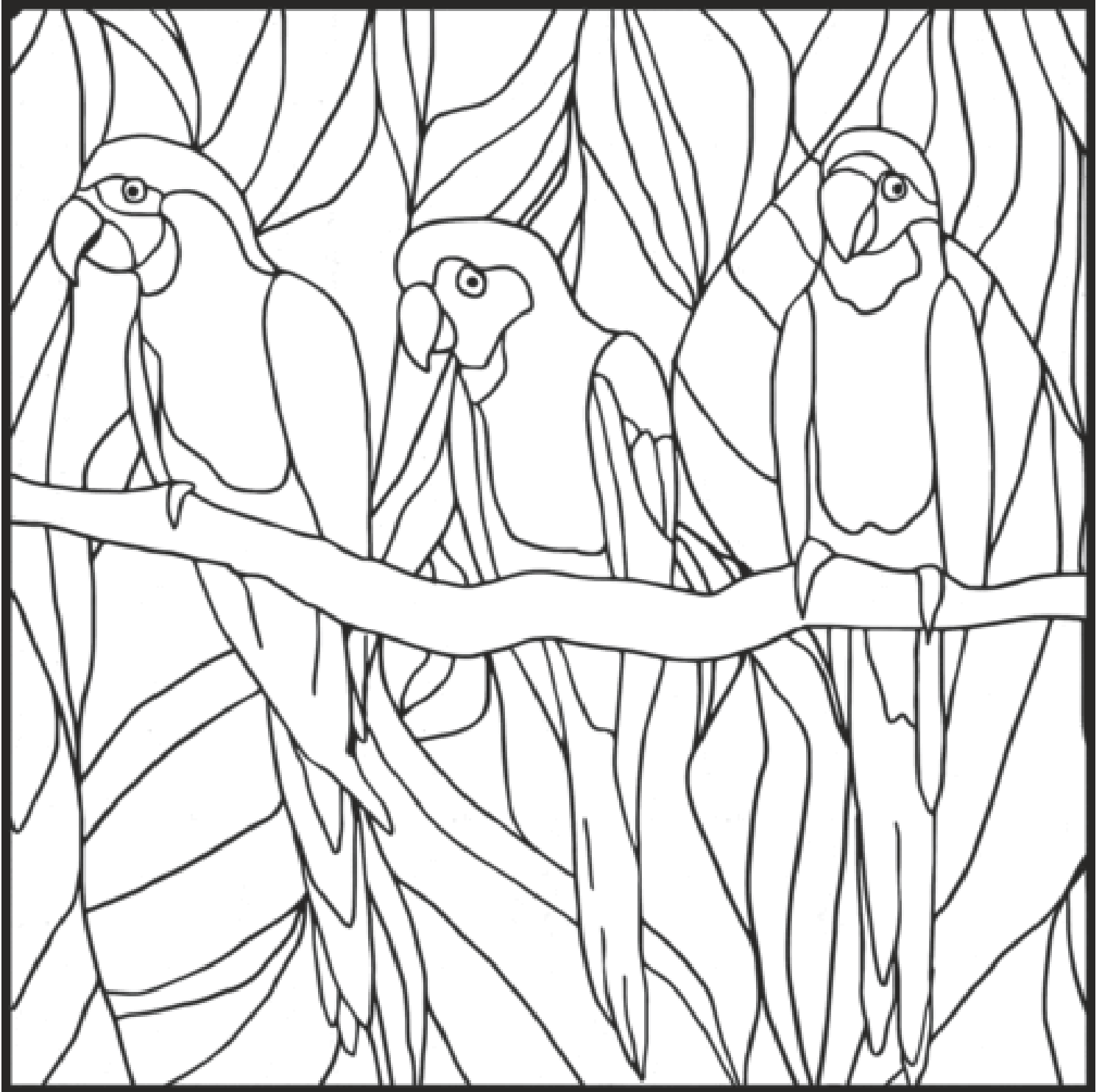
AUG 19TH - SEPT 18TH | MON, THUR-SAT 7:30^{PM}

CHOREOGRAPHY: GEOFF REYNOLDS MUSIC DIRECTOR: BROOKE HURDMAN

TICKETS \$23 | SGMT.ORG | GROUP SALES: 435-216-8001

CALL FOR TICKETS 435-628-8755 (THURS - SAT AFTERNOONS)

PRESENTED BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI).



COLOR THIS PAGE!

20 Monthly Menu

St. George Active Life Center September 2021

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>	<p>1</p> <p>Beef Chili w/ Beans Baked Potato California Veg Blend Wheat Bread Fresh Seasonal Fruit Milk Margarine Sour Cream Shredded Cheese</p>	<p>2</p> <p>Pork Roast w/ Lemon Caper Sc Glazed Beets Green Beans Brown Rice Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>	<p>3</p> <p>Teriyaki Chicken Breast Japanese Veg Blend Napa Cabbage Jasmine Rice Dinner Roll Ambrosia Salad Milk Margarine</p>
7	8	9	10
<p>Labor Day Meal</p> <p>Beef Patty on Hamburger Bun Crinkle Cut Fries Fresh Watermelon Milk Ketchup Mustard Lettuce Tom Onion Pickle</p>	<p>Chicken Salad on Croissant Beet Salad Grapes Oatmeal Raisin Cookie Milk Lettuce Tomato Onion Diet - Vanilla Wafers</p>	<p>Cheesy Pizza Bake Italian Veg Blend Spinach Salad Garlic Texas Bread Tropical Fruit Milk Salad Dressing</p>	<p>Glazed Ham Cut Yams Mixed Vegetables Macaroni Salad Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>
14	15	16	17
<p>Breaded Chkn Cordon Bleu Green Beans Spinach Salad Rice Pilaf Wheat Bread Tropical Fruit Milk Margarine Salad Dressing</p>	<p>Sloppy Joe Tater Tots Coleslaw Wh Wht Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup Diet - Vanilla Wafers</p>	<p>Turkey Tetrazzini Stewed Tomatoes Capri Veg Blend Texas Bread Fresh Seasonal Fruit Milk</p>	<p>Homemade Meatloaf w/ Gravy Mashed Potatoes Parslied Carrots Creamed Peas Dinner Roll Pineapple Tidbits Milk Margarine</p>
21	22	23	24
<p>BBQ Pork Spinach Greens Coleslaw Macaroni and Cheese Cornbread Strawberry Gelatin w/ Fruit Milk Margarine Diet - Fruited Gelatin</p>	<p>Honey Lime Chicken Breast Cabbage and Carrots Sugar Snap Peas Buttered Rice Dinner Roll Grapes Milk Margarine</p>	<p>Swiss Steak California Veg Blend Whole Kernel Corn Egg Noodles Wheat Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>Turkey Shepherd's Pie Garden Vegetable Blend Spinach Salad Dinner Roll Hot Spiced Apples Milk Margarine Salad Dressing</p>
28	29	30	1
<p>Hawaiian Chicken Haystack (White Rice) (Tomatoes and Green Peppers) Cucumber Salad Pineapple Tidbits Milk</p>	<p>Pot Roast w/ Gravy Mixed Vegetables Spinach Salad Mashed Potatoes Wheat Bread Fresh Seasonal Fruit Milk Salad Dressing Margarine</p>	<p>Potato Crusted Pollock Black Beans Coleslaw Corn Tortilla Spanish Rice Applesauce Milk Taco Sauce</p>	<p>Meatballs w/ Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Texas Bread Peach Crisp Milk Diet - Hot Peaches</p>