



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 Bringhamst

Director: Jacob Browning



July 2021

ICE CREAM, AND BLOOD DRIVES, AND CLASS UPDATES, OH MY!

July is shaping up to be a busy one here at the center. In addition to our regular classes and events, we have a few events and updates that you may be interested in:

1. July 6th—We will have an Ice Cream Social following lunch. That's the day of our Independence Day celebration, too, so plenty of good things to eat that day.
2. July 9th—The Red Cross is holding a blood drive here from 10AM to 3PM. Come give blood if you can.
3. The Zumba instructor is on vacation for a couple of weeks, so class will be cancelled on July 9th & 16th.



American Red Cross



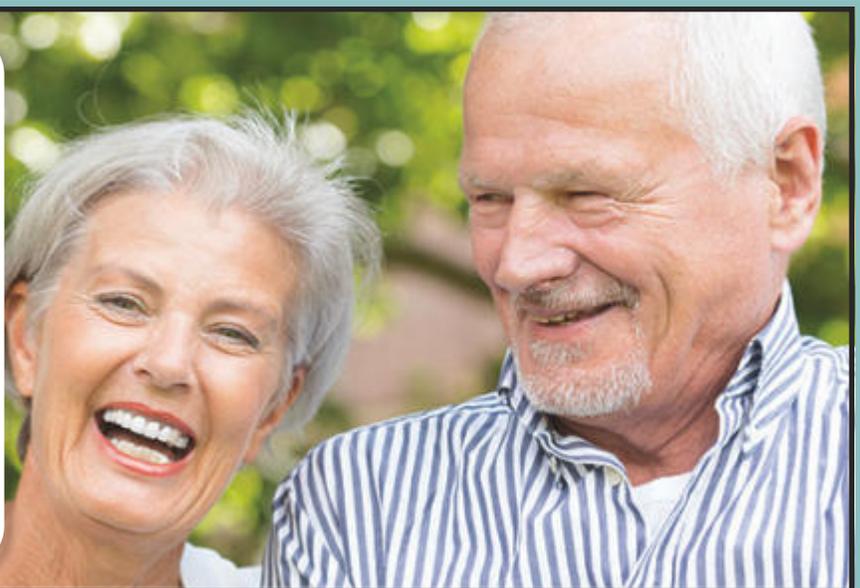
4. Derek Applegate's class, "The Mindset of Happiness and Joy," will continue to run through the month. The "Love One Another" class will continue on Thursdays through August. (See page 7 for days and times.)

5. The Ukulele Instruction class will be switching to practice sessions through the summer. Instruction will begin again later this year.
6. We have a new fitness instructor, Larry, who is teaching Vital Life Fitness and Stretch & Relaxation. If you haven't checked out his classes yet, you should.
7. We now have Bunco on the first Tuesday of the month from 1:00-3:00.



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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!



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Need a ride to a medical appointment, to pick up a prescription or groceries?

CALL DIAL-A-RIDE

435-256-6343

Between 8:00 am—12:00 pm, or leave a message anytime!



Transportation Available
Tuesday through Friday
9:30 am—2:30 pm

**PLEASE SCHEDULE AT LEAST
THREE DAYS IN ADVANCE!**

SUGGESTED DONATION:

\$3.00 ONE WAY, or \$5.00 ROUND TRIP.

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.

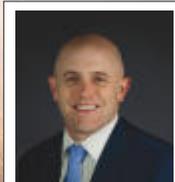
ZION EYE INSTITUTE



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



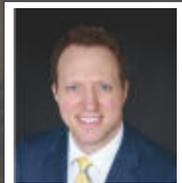
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4 For Your Health

MOTIVATED TO MOVE



Movement is an essential part of every function and process within our bodies. Movement is not only about losing or maintaining a healthy weight, but strength, endurance, even our thought processes, emotions, understanding, and decision making are affected by lack of movement. Just 15 – 30 minutes of continuous movement a day can improve your overall health, helping to reduce the risks of heart disease, high blood pressure, diabetes, and other diseases.

If 15 to 30 minutes seems challenging, don't fret. Even just a few minutes of physical activity is better than none at all. Start with 5- or 10-minutes and slowly increase your time. The more you exercise, the more energy you'll have, building on those small successes will have you reaching your goal before too long. The key is to commit to some type of physical, daily activity. As moving becomes a habit, you can slowly add extra minutes and try different kinds of activities.

New to movement? Don't concentrate on whether it is a marathon or a sprint, instead focus on putting one foot in front of the other, literally. More importantly, think creatively, the more fun the activity, the more likely it is to become a part of your regular daily routine. Look beyond the typical idea of exercise, while biking, jogging, and Zumba are all fabulous ways to move, they might not be the best option for you. Mini golf, swimming, Wii Sports, or gardening might be more your speed; whatever you enjoy, find ways to do it more often. Variety is the spice of life and an excellent mantra for staying motivated to move!

Studies show, even a small amount of movement each day, can:

- Boost your mood
- Improve your sleep

- Sharpen your focus
- Reduce your stress
- Enhance memory
- Help maintain a healthy weight
- Give you more over-all energy

Here are a few simple ways to incorporate movement into your day:

- Set an alarm to remind you to get up every hour, even if it is just for a stroll around your kitchen table or to get the mail.
- March in place while watching your favorite television program.
- Grab a friend and catch-up while you walk around a local park or track.
- Stretch throughout the day, incorporate stretching into your morning and evening routines. Not only is stretching a great way to wake up the muscles, but it is also a fabulous way to wind down to prepare for bed.
- Be inefficient — put away the laundry one towel at a time, make extra trips with the groceries, or consider that trip back into the room for what you forget an opportunity to increase your step count and not a sign of aging.

The benefits of being active are far too good to pass up. With a small investment of your time and the willingness to make it a priority, and a habit, in your daily life, you will reap great rewards. Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. The case for getting up and moving the body is strong, and hopefully, it has motivated you to integrate more movement into your life.

Have you received a call about qualifying for "free" back braces through Medicare? Or worse yet, have you actually had braces mailed to you and you aren't sure how or why?

Scam artists are calling Medicare beneficiaries, pretending to work with Medicare or their doctor stating they qualify for a brace. They just need the beneficiary to confirm their Medicare number. They then ship braces, sometimes in bulk, to the beneficiary. This can be a nightmare situation. Getting medical equipment you don't need may disqualify you from getting it down the road when you do need it. If you have received medical equipment you did not order or do not need, contact the Senior Medicare Patrol at (435) 673-3548.

Stay safe and alert!



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BRUSH UP ON YOUR FIRE PREVENTION PREPARATIONS



Home fires are a concern for people everywhere. Fire weather is here, so your home may be at higher risk from wildfires. Be prepared using the following tips.

Important Fire Safety Tips for Families

This fire prevention checklist will make it easier to conduct a safety audit of your home:

Monitor the stove: Don't leave food unattended on the stove. Never leave the house while something is cooking, or go into another room without setting a timer. It's too easy to forget about the food if you get busy working on another project or watching a television show. If it cooks too long and ignites, the fire can quickly spread.

Utilize a cooking safety device: If you are worried that an aging parent, especially one with memory loss, might forget they are cooking or neglect turning off burners, there are tools that can help. CookStop, for example, is a device you can install that detects movement in the kitchen. If there hasn't been any in a determined amount of time, it will turn off the stovetop.

Keep the cooking area clear: Another prevention tip is to check the area surrounding the stovetop. Be sure it is free of anything that could drop onto a burner and catch fire. This includes curtains and kitchen towels. What you wear while cooking also matters. Loose-fitting sleeves might fall against the burner and cause the top to catch on fire. Blouses or tops with tight-fitting sleeves are usually better.

Install smoke alarms: Every level of your house should have at least one smoke alarm. Bigger homes usually need more. Make sure one is placed outside the room where you or your older loved ones sleep. Routinely test alarms to make sure they are working. Mark it on your calendar to change batteries at least twice each year.

Use space heaters with caution: We sometimes rely on small space heaters to warm up the rooms we tend to spend the most time in. If you or family members use one, be sure to read and follow the directions on the heater. That generally means to keep the heater at least three feet away from furniture, curtains, and other potentially flammable items. Turn it off before going to bed at night.

Keep essentials handy: Keep those items you need to make a quick escape, such as a cell phone, eyeglasses, and slippers, at your bedside. Also keep in mind that if your loved one uses an assistive device, such as a cane or walker, make sure to place it in an easy-to-reach spot by their bed.

Close the door: Fire prevention professionals also suggest closing your bedroom door while you are sleeping. If a fire does break out overnight in another area of the house, the door will act as a barrier and give you more time to escape through a window.

Maintain a non-combustible area within 3 feet of a house: This can include pavement, rocks, gravel, and irrigated non-woody plants like lawn, small flowers, and low ground covers. Do not use flammable mulches or allow dead plant material to accumulate. Throughout this zone use noncombustible areas like gravel beds and structures like retaining walls to create firebreaks between groups of plants and other flammable materials. Keep tree crowns at least 10 to 15 feet horizontally from structures, chimney outlets, and power lines.

One final safety measure is to **plan escape routes** from every room in the home, and help family members do the same. Practice evacuating from the house just as you would in case of a fire. Do so on a regular basis.

AARP Driver Safety Class—canceled until October 2021. For more information, contact Victor Lorch at (435) 772-5620.

Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

Free Attorney Service

Wednesday, July 7th at 2:00 pm; Thursday, July 8th at 1:30 pm; Thursday, July 22nd at 1:30 pm. Please make an appointment with Linda.

Ladies Bridge

3rd Thursday of each month from 12:00—4:00 pm.

Long-term Medical Question

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

Parkinson's Meeting

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

LECTURES AND EVENTS

Love One Another Class

Taught by Pat Sapio, this event will be held May through August. Starting Thursday May 6th @10:00 -11:30 am. \$1.00 Donation

The Mindset of Happiness and Joy

Tuesdays, June 8th - July 27th, 10-1:30 AM
This course will teach the principles of mind, consciousness, and thought. A new perspective on psychology, mindset, motivation, and how habits are formed and changed. Knowing how these principles work in our everyday lives will help shape our mindsets to live a more fulfilling and joyful life. (Instructor: Derek Applegate)



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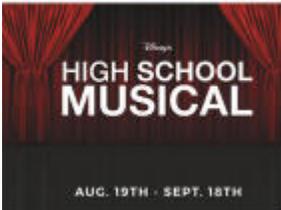
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MAR. 4TH - APR. 10TH



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



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	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
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00

Activities List

9

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
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
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	Paddles are provided. We have 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
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	Will resume in September	Wednesday	12:30—1:30	\$1.00
Tap—Intermediate	Will resume in September	Wednesday	1:30—2:30	\$1.00
Tap—Advanced	Will resume in September	Wednesday	2:30—3:30	\$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
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—10:00	\$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 (no class 9th & 16th)	10:00—11:00	\$1.00

ACROSS

- 1) Camels' features
- 6) Dog's name in kiddie literature
- 10) Bummed
- 13) Blue shade
- 14) Quite strange
- 16) Fury
- 17) Old-time steamboat
- 19) Mafia boss
- 20) Hymn of praise
- 21) Unassuming
- 23) "___ got the whole world ..."
- 26) Gangster's pistol
- 27) Difficult pills to swallow
- 28) Having less rainfall
- 30) Of a sickly, yellow hue
- 31) It's groovy to a carpenter
- 32) Walk furtively
- 34) Altar avowal
- 37) Quite expensive
- 39) Bovine bellow
- 40) Disgust
- 42) ___ out (dress up)
- 43) Rodeo activity
- 46) Make agitated
- 47) Hardy companion?
- 49) Makeshift abode
- 51) Watergate, e.g.
- 53) Part of HBO
- 54) Tank contents
- 55) News channel guest
- 56) Beef-filled
- 58) Circle segment
- 59) They may lead to shortcuts
- 64) Trash-bag closer
- 65) Provide with shelter
- 66) Pond growth
- 67) "Emergency!"
- 68) Digs made of twigs
- 69) Baseball, e.g.

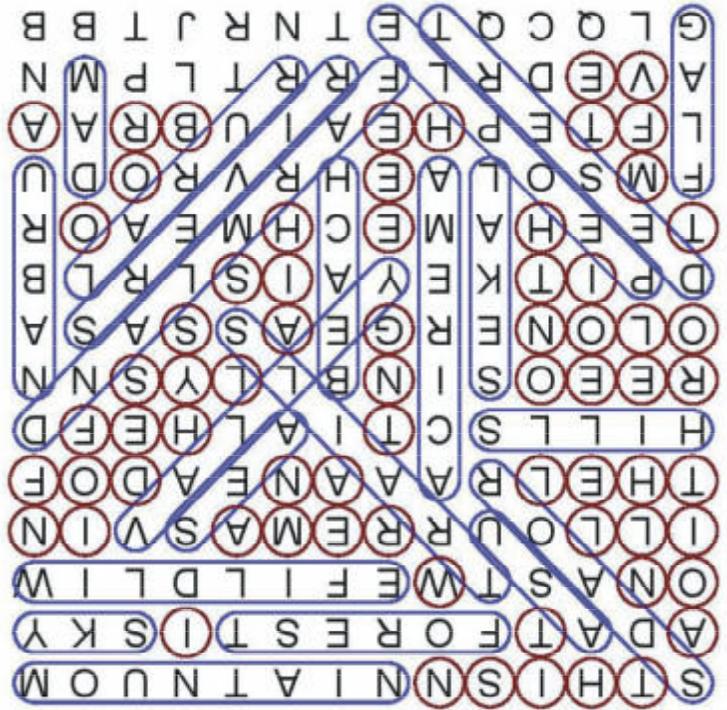
DOWN

- 1) Is suffering from
- 2) Submachine gun
- 3) Kind of wrestling
- 4) Get ready for, for short
- 5) It's treated in a plant
- 6) Perspiration
- 7) Ball ___ hammer
- 8) Van Gogh medium
- 9) Vocalist's vibration
- 10) Driving recklessly, in a way
- 11) Jumped to one's feet
- 12) Significant impressions
- 15) More whimsical
- 18) The Tin Man wanted one
- 22) Entertaining couple
- 23) Possessed, old-style
- 24) Muse who inspires poets
- 25) Some furtive looks
- 27) Twirler's need
- 29) Unknown Jane
- 30) Overindulge
- 33) Incite to action
- 35) Mouth of the Mississippi
- 36) Blue Bonnet, et al.
- 38) Easily offended
- 41) Influential interval
- 44) "Ontario" anagram
- 45) Exult in victory
- 48) Up-coming link
- 50) Added attractions
- 51) Minor arguments
- 52) Knick-knack
- 53) Attacked on all sides
- 56) Cluttered condition
- 57) Shrill bark
- 60) Up for payment
- 61) Psych 101 subject
- 62) Cigarette substance
- 63) Address a fracture

THIS WHAT GOES UP?

By Janet Wise

1	2	3	4	5		6	7	8	9		10	11	12
13						14			15		16		
17					18						19		
			20						21		22		
23	24	25		26				27					
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55							56			57			
58				59		60					61	62	63
64				65						66			
67						68					69		



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USA

Solution on page 11

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

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By Evelyn Johnson - www.qets.com

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F 4C 05-1049

AMERICAN FLAG ETIQUETTE



The American flag symbolizes our nation's history and freedom. For older adults who served or those with loved ones who served in the military during a period of war, Old Glory can be especially meaningful. For them the flag also represents the pride, sacrifice, courage, and determination of our soldiers. Many Americans honor Independence Day by flying the American flag at their home or place of business. Before you put your flag out, take time to learn more about the etiquette that applies to displaying and caring for the American flag.

Rules for Displaying the American Flag

Keep the flag clean. Unless the flag is made of an all-weather material, take care to hang the flag in a location where it will be protected and kept clean. If that isn't possible, be sure to bring the flag indoors during bad weather.

Hours of display. Many people are surprised to learn that the flag should only be flown from sunrise to sunset. If there is outdoor lighting that can showcase the flag, it can be flown at night.

Prominence of the American flag. When several flags will be displayed in a row, the American flag should always be placed on the viewer's left. If state and local flags will be flown, the American flag should be displayed higher than the others.

Hanging on a wall. When hanging a flag either horizontally or vertically against a flat surface, the stars should be in the top left corner.

Show respect. As a sign of respect, the flag should never be allowed to touch the ground. It should also be allowed to fly freely and not be fastened or tied back.

Not a decoration. The American flag should never be used as a decoration. If you are decorating for a holiday celebration, use red, white, and blue bunting instead of the flag.

Including the American Flag in a Parade or Procession

If you are planning or participating in a parade or procession that will include the American flag, here are two important rules to know:

If the American flag will be carried during a procession or parade, ask the audience to stand, face the flag, and place their hand over their heart. Also ask men and boys to remove their hats.

If you are setting up the stage for a program or presentation, place the flag to the right of the speaker, behind and above where they will stand.

Finally, it's important to follow proper flag disposal rules if the flag becomes tattered or torn. The American flag should never be thrown in the trash. There is a flag disposal box at the back of our property near the community garden and the American Legion building.

MEXICAN STREET CORN RECIPE (ELOTES MEXICANOS)



Add 1 teaspoon of salt, bay leaves, and thyme (or epazote if that is what you are using) to boiling water and then add the corn on the cob and cook for approximately 30 minutes.

Strain the water from the corn and cover each corn on the cob with lime juice and additional teaspoon of salt (you can use more if necessary).

Cover in mayonnaise and then roll each corn on the cob in the queso fresco and sprinkle with chili powder.

- Recipe from mylatinatable.com.

Ingredients

- 8 Corn on the cob
- 1-2 tbsp lime juice
- 2 tsp salt separated into two portions of 1 tsp.
- 1/2 cup mayonnaise
- 1 cup queso fresco (queso cotija also works)
- 1/4 cup chili powder
- 1-2 bay leaves
- 1-2 tsp dried thyme (If you can find epazote in a Mexican market in the USA, use that instead of the bay leaves and thyme.)

Instructions

Cynthia Stewart
Licensed Agent

435-862-7153

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TOP SIX SUMMER VEGETABLES TO FILL YOUR CART



And in addition to the tasty goodness that comes from the powerful produce, they are also packed with vitamins and antioxidants that will keep your body (and that of your family!) growing strong.

If you're looking for a way to add a variety of veggies to your diet in a tasty and nutritious way, a trip to your local farmer's market or corner grocery store is all that's needed — read on for six vegetables you **MUST** try this summer!

Squash

From the tender strings of spaghetti squash to the crisp snap of a freshly grown summer squash, this tasty vegetable grown on the vine can be prepared sautéed, steamed, grilled, baked, or served raw for fresh salads and easy dipping veggie trays.

Beans

Readily available by the plentiful pound, there's nothing like fresh, crispy beans for a healthy snack, mixed in with a vegetable medley, or grilled for a tasty twist. From simple green to waxed yellow, you'll find a variety of beans that offer different textures and flavors to suit your palate. You can also choose to pickle them in jars to enjoy well into the year!

Okra

Okra, a traditionally southern U.S. plant, is rich in vitamin A and low in calories, which makes it a great addition to any diet. It has a mild taste and a unique texture, with peach-like fuzz on the outside. Use it for soups, stews, sautéed and even pickled! If you have too much, you can put the uncut/uncooked pods into freezer bags and keep them frozen until ready to eat.

Peppers

Pepper varieties can be divided largely into three categories: sweet, hot, and chilies. From the sweet taste of a red bell pepper, to the mild to hot sting of a jalapeño and habanero, there are dozens of different varieties to suit everyone's tastes (and levels of heat!). Eat them raw, grill them as a main dish, stuff them with cheese, sneak them in sauces, or can them to enjoy throughout the year.

Cucumbers

A well-known cold snack, one cup of cucumber with its peel is a mere 16 calories, and accounts for about 4% of daily potassium, 3% of daily fiber and 4% of daily vitamin C. A favorite of both young and young at heart, eat it mixed in cold salads, cut lengthwise and salted, pickled for an easy snack, or even added to mojitos for a refreshing summer drink.

Corn

Got a hankering for corn on the cob? Put the kids to work shucking these sweet veggies and cook them on the grill or boil them on the stove. Add butter and salt, or try traditional Mexican Street Corn with crema, mayonnaise, cotija cheese, fresh lime, and ground chipotle pepper (see recipe page 18).

Loaded Peppers with Corn, Black Beans and Pepper Jack Cheese (yields 4)

4 medium-sized bell peppers, tops cut off and cleaned of seeds

1 can of black beans, rinsed

2 ears of corn, kernels stripped off

1 cup of grated Pepper Jack Cheese

3 green onions, thinly sliced

2 tsp. chili powder

A few dashes of hot sauce (to taste)

Salt and pepper (to taste)

Preheat oven to 350 degrees. In a large pot, bring water to a boil and steam peppers until tender, 5 to 7 minutes. Drain and let cool. Once cool, arrange in a large glass baking dish.



To prepare your stuffing, combine black beans, corn, 1/2 cup Pepper Jack cheese, 2 green onions, chili powder, and hot sauce in a large bowl, and season with salt and pepper to taste.

Spoon black bean mixture into bell peppers and sprinkle with more cheese. Bake until cheese is melted, and mixture is warmed through, approximately 7 to 10 minutes, and sprinkle with the remaining green onion. Enjoy a delicious meal with friends and family!

- Recipe from Delish.com

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SGMT OPENS "SOUTH PACIFIC"

The poster features a vibrant sunset background with a large yellow sun partially obscured by the silhouette of a ship on the horizon. A palm tree is on the left side. The text is arranged as follows:

ST. GEORGE Musical Theater

Rodgers & Hammerstein's

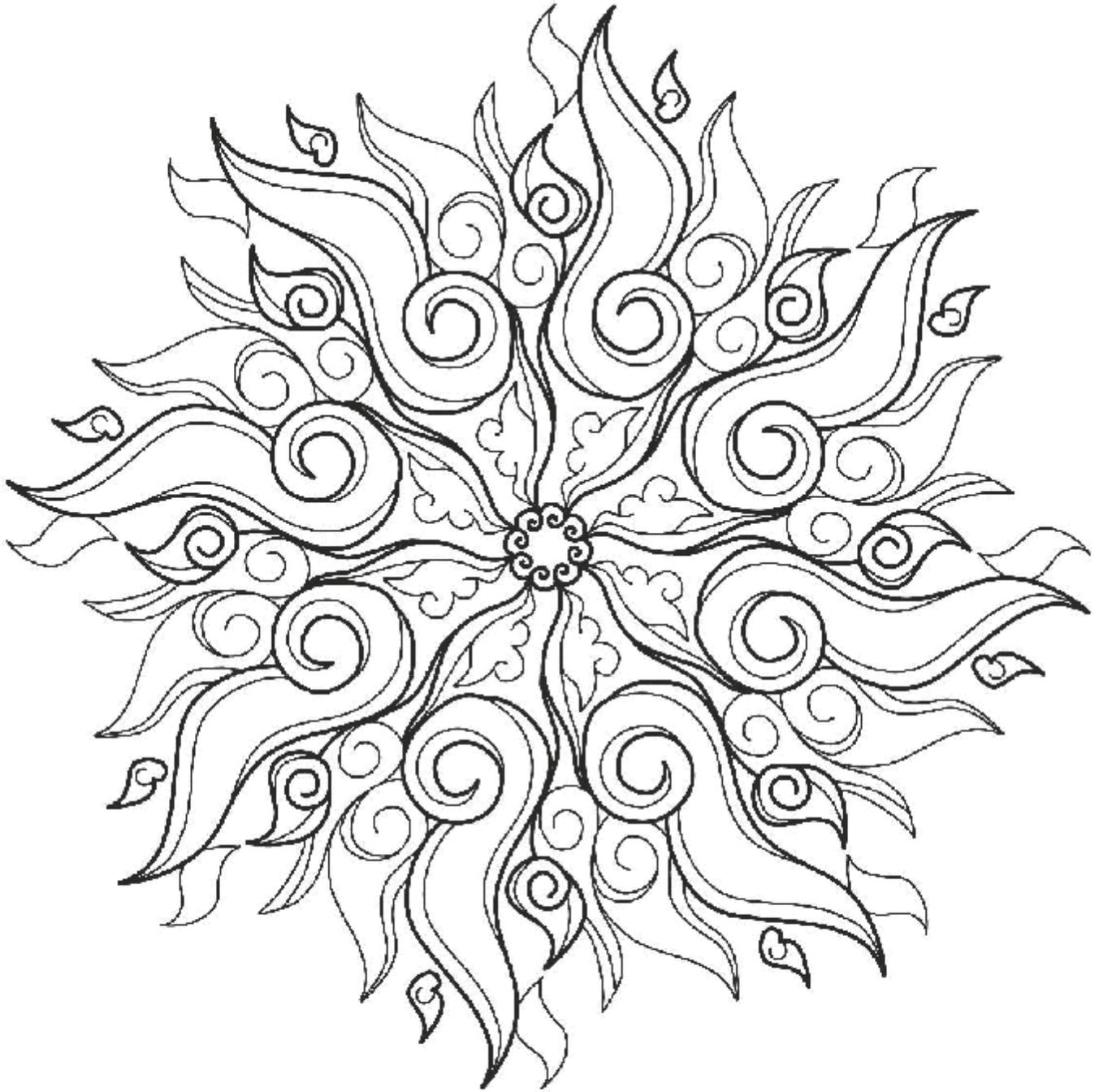
SOUTH PACIFIC

DIRECTED BY NORM LISTER

An Enchanted Evening Awaits!

JUNE 24TH - JULY 24TH | MON, THUR-SAT 7:30PM
TICKETS \$23 | SGMT.ORG | GROUP SALES: 435-628-8755
CHOREOGRAPHY: AMI KAWAILANI MUSIC DIRECTOR: NORM LISTER
PRESENTED BY ARRANGEMENT WITH CONCORD THEATRICALS ON BEHALF OF THE RODGERS & HAMMERSTEIN ORGANIZATION

After a completely sold-out run of "Annie Get Your Gun," St. George Musical Theater opens "South Pacific," the Rodgers and Hammerstein classic, on June 24th. Featuring such beloved songs as "Some Enchanted Evening," "Younger Than Springtime," "I'm Gonna Wash That Man Right Outa My Hair" and many others, the show tells the story of island romance during the U.S. occupation at the peak of WWII. Based on the anecdotes of a real-life U.S. Navy commander who was stationed on an island, the musical follows two intercultural love stories: Nellie, a spunky nurse from Arkansas, falls in love with Emile, a French plantation owner, while U.S. Lieutenant Cable falls for a beautiful island native named Liat. Both Americans find themselves struggling to reconcile their own cultural prejudices with their amorous feelings, all the while under the dark cloud of a war that is coming ever closer to their island paradise. Despite some serious themes, the light-hearted musical is upbeat, fun and features a bevy of timeless songs! General Admission seating is still in effect but masks are optional! Tickets are \$23 and are available at SGMT.ORG. For Group Tickets (15 or more) or questions call (435) 628-8755.



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20 Monthly Menu



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>Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Hot Pineapple Tidbits Milk Mustard</p>		<p>1 2</p> <p>Tater Tot Casserole Parslied Carrots Mixed Green Salad Garlic Texas Bread Peach Crisp Milk Salad Dressing Diet - Hot Peaches</p>	
6		7		8		9	
<p>Independence Day Meal</p> <p>Chili Cheese Dog Tater Tot Coleslaw Hot Dog Bun Apple Blueberry Crisp Milk Ketchup Mustard Diet - Apple Slices</p> <p>Ice cream social!</p>		<p>Sloppy Joe Tater Tot Coleslaw Wh Wht Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup Diet - Vanilla Wafers</p>		<p>Turkey Tetrzzini 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>	
13		14		15		16	
<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>	
20		21		22		23	
<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>Pioneer Day Meal</p> <p>Bratwurst w/ Sauerkraut Tater Tot Coleslaw Hot Dog Bun Apple Crisp Milk Ketchup Mustard Diet - Apple Slices</p>		<p>CLOSED <i>Pioneer Day (observed)</i></p>	
27		28		29		30	
<p>Sliced Tky Breast w/ Gravy Green Beans and Onions Mixed Green Salad Mashed Potatoes Texas Bread Citrus Fruit Cup Milk Salad Dressing</p>		<p>Beef Chili w/ Beans Baked Potato California Veg Blend Wheat Bread Fresh Seasonal Fruit Milk Margarine Sour Cream Shredded Cheese</p>		<p>Pork Roast w/ Lemon Caper Sc Glazed Beets Green Beans Brown Rice Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>		<p>Teriyaki Chicken Breast Japanese Veg Blend Napa Cabbage Jasmine Rice Dinner Roll Ambrosia Salad Milk Margarine</p>	

TRIO