



# 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/](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



## November 2021

### MORE ZUMBA FOR EVERYONE!

We are now having Zumba classes twice a week! Fridays at 10:00 and Tuesdays at 10:30. The Tuesday class will be followed by a stretch class taught by everyone's favorite Zumba instructor, Claudia.

November brings the start of the holiday season, so we'll be closed on Thanksgiving and the following Friday. We will also be closed on Thursday, November 11th, Veterans' Day. The movie of the month will be the following Thursday, the 18th.

And don't forget to come shop the Christmas Bazaar. The Thrift Shoppe will be selling holiday decorations and some homemade treats. Bring cash or checks, no credit cards.

## Thrift Shoppe's Christmas Bazaar

### November 30th, 9:00 to 3:30

### We will have holiday decorations, candy, and bakery items!

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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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St. George Utah Senior, St. George, UT A 4C 05-1049

Beginning in September, we are 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 three days before you need a ride?
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.
5. The Dial-a-Ride office is open from 8 am to 12:00 pm.



## ZION EYE INSTITUTE



**Jason Ahee, M.D.**  
Cataract/Lasik Surgeon



**Jayson Edwards, M.D.**  
Corneal/LASIK/Cataract Surgeon



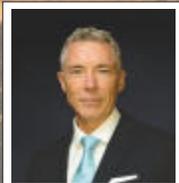
**Derrek Denney, M.D.**  
Cataract/Lasik Surgeon



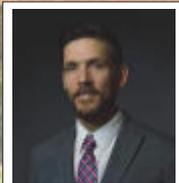
**Joshua Schliesser, M.D.**  
Pediatric Eye Specialist/ Surgeon



**Jeffrey Ricks, O.D.**  
Optometrist



**Jason Hauck, O.D.**  
Optometrist



**Matheson Harris, M.D.**  
Oculofacial/Reconstructive Surgeon



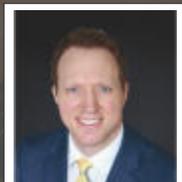
**Jason Wickens, M.D.**  
Vitreoretinal Surgeon

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**Rick Nordgren, M.D.**  
Vitreoretinal Surgeon

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## WEIGHT LIFTING BENEFITS AND TIPS FOR EVERY AGE



Keeping muscles strong and lean is essential at every age. The older you get, the more vital it becomes to maintain muscle mass. Unfortunately, aging often results in a loss of muscle strength. Sometimes it is due to inactivity, and other times it can be linked to a chronic medical condition a senior is experiencing.

Why is muscle mass so important to health and well-being?

Experts cite a number of reasons why it's important to work hard to stay strong. Here are a few of the most common ones.

### Why Strong Muscles Are Vital for Aging Well

**Weight management:** People who are able to maintain healthy muscles tend to have more success managing their weight. You'll burn more calories and have more energy.

**Endurance:** It just makes sense that stronger people usually have greater endurance. That's especially beneficial because it promotes even better health. When you are feeling fit, you are more likely to engage in physical activities that further support your wellness efforts.

**Balance and flexibility:** As we age, our risk for experiencing a fall rises. For seniors, falls are the leading cause of disability. Strength training on a regular basis helps you maintain flexibility and balance. Both are key in fall prevention.

**Pain relief:** Another benefit of making weight lifting or resistance band training a regular part of your weekly workouts is pain relief. People who suffer from arthritis or

back problems find the support of strong muscles to be helpful.

These are just a few of the many reasons you might consider discussing weight training with your primary care physician.

### Online Resources for Weight Training and Resistance

If your physician agrees that building and maintaining muscle mass is a necessity, these online resources might help you get started.

From the experts at MD Anderson Cancer Center, [easy strength training exercises](#) is a quick but informative video to watch and try. It's a good workout for beginners and seniors.

Yoga is another great way to build core strength and muscle tone. [Yoga with Adriene](#) is a YouTube channel that offers yoga videos for every life stage and ability level.

Resistance band workouts are another option for people of all ages and fitness levels. A few good online resources to explore are [Nerd Fitness](#) and [SilverSneakers](#).

Light weights performed in repetition are another option to consider. If you need ideas for getting started, try either of these quick videos: [Full Body 15 Minute Workout with Weights](#) or [15 Minute Senior Strength Workout](#).

While many people know Pilates is a good way to build core strength, it might be intimidating or difficult for older adults. [Standing Pilates for Seniors](#) is a 30-minute video you could work out with two or three times a week for maximum benefit.



Please come join us for our annual day of Thanksgiving!

Date: November 24th  
 Turkey dinner with all the fixen's,  
 Pumpkin pie for dessert.

Time: 11:30 am to 1:00 pm

Where: St George Active Life Center

No reservations are necessary

Hope to see you here. Gobble  
 Gobble Gobble...

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 Wednesday, November 3rd 1PM  
 St. George Senior Center

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## WINTER SKIN CARE FOR ALL AGES



While most people think of skin safety as only a summer challenge, winter can wreak havoc on the skin, too. From a lack of moisture in the air to exposure to cold, harsh winds, developing a healthy winter skincare regimen is essential. This is especially true for those who often have thinner, more sensitive skin.

As the largest organ in the body, the skin encompasses an average of about 20 square feet! The skin also fulfills a variety of functions for the body:

- Secretes toxins through sweat
- Regulates body temperature
- Aids in synthesizing vitamin D
- Prevents loss of essential bodily fluids

We've assembled five ways for preventing dry, irritated skin when the mercury drops below freezing.

### 5 Tips for Healthier Skin This Winter

1. Return moisture to the air. When the furnace in the house runs, it typically leads to dryer air. Investing in a humidifier or two can help put moisture back into the air. It also helps if you keep the thermostat set a little lower, such as 68 or 69 degrees. This keeps the furnace from running as often.
2. Stick to shorter showers. A long, hot shower might sound enticing on a cold winter's day. Older adults with arthritis often say the warmth from a hot shower helps reduce the pain in damaged joints. Unfortunately, the hotter the water temperature, the more drying it is. Shorter, lukewarm showers are best when skin is dry or irritated.

3. Invest in a cream moisturizer. While lotions are usually fine during warmer months of the year, a moisturizing cream might be better for winter. Apply it every night at bedtime. The hands and face might need special attention as they are exposed to the elements more. It may also help to wear plastic gloves while doing dishes or cleaning the house.
4. Go fragrance free. Cleaning products with fragrances can be irritating to dry skin. Opting for natural, unscented cleansers is likely a better choice. This applies to everything from shower gel and shaving cream to laundry soap.
5. Layer on sunscreen. Just because the temperature drops doesn't mean the sun is no longer a threat. The reflection off snow can be especially bright. Sun damage can occur all year long. Take time to apply sunscreen anytime you are outdoors or riding in the car.

Skin isn't the only part of the body that needs a little extra attention during the winter. The immune system also needs an extra boost to fight off viruses that often make the rounds. Keeping your immune system strong all winter can help you avoid getting bitten by a bug. Here are a few ways you can pump up your immunity:

- Have a flu shot
- Wash your hands often
- Eat a balanced diet
- Stay hydrated
- Get good rest

## LECTURES AND EVENTS

### Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

### Free Attorney Service

Wednesday, November 3rd at 2:00 pm;  
 Wednesday, November 10th at 1:30 pm;  
 Tuesday, November 16th at 1:30 pm. Please  
 make an appointment with Linda at 435-256-  
 6340

### Long-term Medical Question

Get some answers to your questions regard-  
 ing 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.

### Mindset of Happiness and Joy

November 4th—Dec 16, Thursdays from 10-  
 11:00. Derek Applegate's class This course  
 will teach the principles of mind, conscious-  
 ness, 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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**ST. GEORGE Musical Theater**  
 2021 SEASON

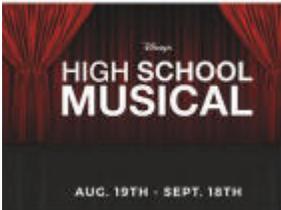
**SOUTHERN UTAH'S PREMIER COMMUNITY THEATER**  
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**THE SECRET GARDEN**  
 JAN. 14TH - FEB. 20TH



**BEST OF BROADWAY 2**  
 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](http://SGMT.ORG)

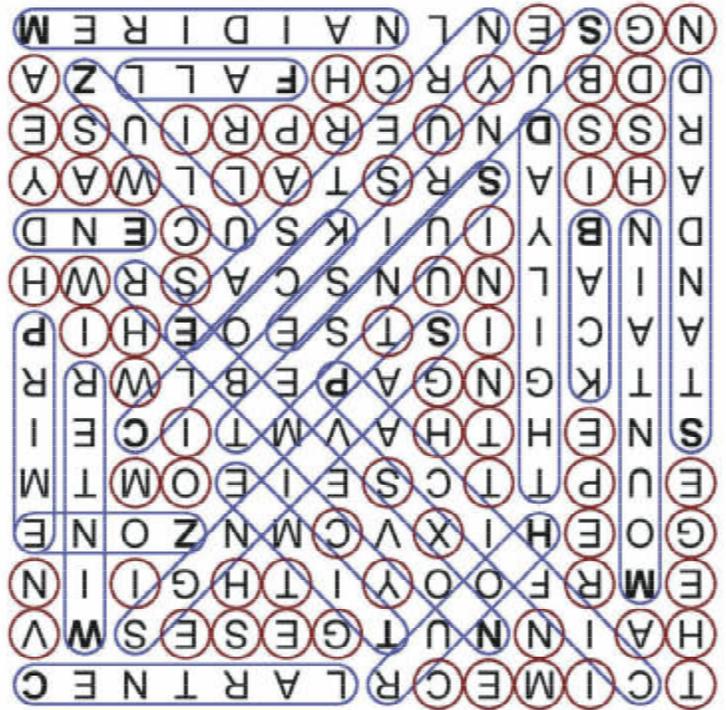
CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Acrylics Painting	Learn interesting techniques to paint photo-realistic style art, using acrylic paints. All levels welcome.	Wednesday	1:00—3:30	\$2.00
Arthritis Foundation Arthritis Enhanced	Activities also include endurance-building activities, balance exercises, and relaxation techniques.	Tuesday Thurs. (starting Oct 21st)	12:30-1:45 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—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.	Instructor 1st and 3rd Tuesdays from 1:00-3:00	9:00—3:55 (open for use)	\$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, 3rd, & 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 (with Carlinda)	Gentle stretching for the entire body, head to feet.	Thursday	11:30—11:00	\$1.00
Stretch Class (with Claudia)	Following Tuesday Zumba class, stretch class to loosen up all those dance muscles.	Tuesday	11:30—12:30	\$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	Five week classes—on hiatus during November			\$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.	Tuesday Friday	10:30—11:30 10:00—11:00	\$1.00





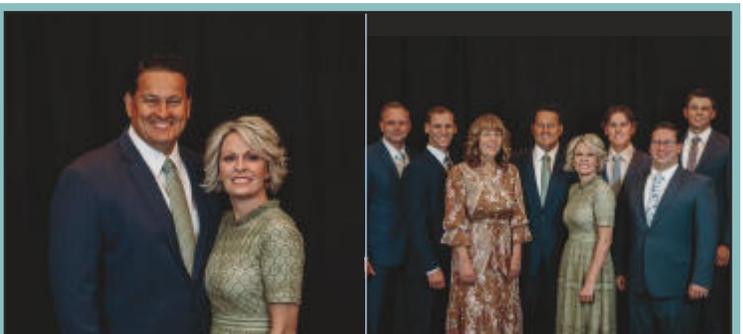
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## TIME

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.

```

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

```

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Back	Hour	Standard
Central	Meridian	Sunrise
Clock	Mountain	Sunset
Daylight	November	Time
Eastern	Pacific	Winter
End	Prime	Zone
Fall	Savings	Zulu



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**Trevor Carlson**



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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



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St. George Utah Senior, St. George, UT

F 4C 05-1049

# 14 Fun and Games

BEGINNER

8				5			
	7		9			4	
		9		7	8	3	2
3		1		9			5
		6				1	
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	1				2		8
			1				9

EASY

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	5					6	7

MEDIUM

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TRICKY

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	4			2			
1						2	8

6	4	5	1	8	7	2	3	9
9	8	7	6	5	4	3	2	1
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2	8	3	6	5	9	7	1	4
4	9	8	5	3	1	6	7	2
7	5	6	8	2	4	1	9	3
3	2	1	7	9	6	4	5	8
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8	3	4	2	1	5	9	6	7

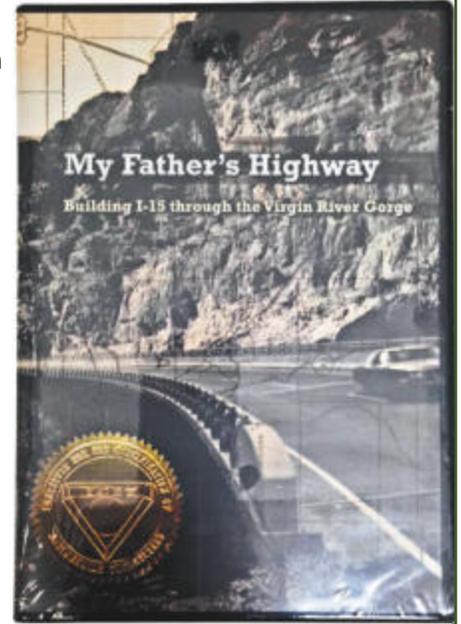
9	5	4	3	8	2	6	7	1
3	7	6	4	5	1	9	8	2
2	8	1	6	7	9	4	3	5
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6	1	2	7	3	5	8	9	4
8	3	5	2	9	4	7	1	6
1	6	8	9	4	3	2	5	7
5	4	9	1	2	7	3	6	8
7	2	3	5	6	8	1	4	9

## Movie of the Month

It's show time! Thursday, November 18th, 12:45 PM, free popcorn and closed captioning!

Building I-15 through the Virgin River Gorge

This film tells the epic story about how I-15 (the route from Los Angeles northward, which crosses a section of rugged, high mountain Mojave Desert in the extreme northwest portion of Arizona. It then continues north to the Arizona/Utah border past St. George, Utah) was built and the people who overcame every challenge, even death, to make sure it happened. (79 minutes)



2	8	7	4	6	1	5	9	3
6	3	4	9	5	8	1	7	2
9	1	5	7	3	2	4	6	8
8	2	6	5	7	3	9	4	1
3	7	1	8	9	4	6	2	5
4	5	9	2	1	6	8	3	7
5	9	8	3	4	7	2	1	6
1	4	3	6	2	5	7	8	9
7	6	2	1	8	9	3	5	4

1	9	6	7	4	3	2	5	8
5	4	7	8	2	1	9	6	3
3	8	2	6	9	5	4	7	1
2	6	8	3	7	9	5	1	4
9	1	3	4	5	6	7	8	2
7	5	4	1	8	2	3	9	6
6	2	1	5	3	7	8	4	9
8	3	5	9	6	4	1	2	7
4	7	9	2	1	8	6	3	5

**Cynthia Stewart**  
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## TIPS FOR LENDING A HAND TO THOSE WHO ARE STRUGGLING



It's no secret that life sometimes presents big challenges. These are the times when we need the support of friends and family more than ever. In some cases, it is a happy occasion, such as the birth of a child. Other times aren't as joyful. A spouse or parent may be diagnosed with a chronic or life-limiting health condition that requires loved ones to become caregivers.

If a friend or family member needs assistance, technology has made it easier than ever to let people know how they can help.

### Technology to Support a Loved One in Need

Getting volunteers organized can be time-consuming. Figuring out who is available to provide what type of support, and when, might be frustrating, especially if the family in need will require long-term assistance. A few apps and platforms you can explore to make things easier on everyone include:

[Lotsa Helping Hands](#): This user-friendly platform can be set up and updated from your laptop or by downloading an app. You can create a calendar and invite people to sign up for different tasks. Ideas for what to ask for help with include transportation, meals, errands, and sitting with the care recipient while the caregiver takes a break. Both the website and the app are free to use.

[Meal Train](#): Another organization that makes it easier for people to lend a hand to a friend, family member, or colleague, this one has both a free and a paid version. The free version allows people to sign up to deliver a meal, as well as to donate gift cards to meal delivery services. The paid version requires only a one-time \$10

fee. It has additional options that allow you to schedule volunteers for tasks such as running errands, helping with housework, providing childcare, and offering transportation.

[Lasagna Love](#): Described as a movement of neighbors helping neighbors, the platform helps connect volunteers with people who need a meal when they are struggling financially, physically, or emotionally. People who join this grassroots effort deliver lasagna or other main entrees to those in need.

[Caring Bridge](#): Another program along these same lines is one developed to support someone coping with a serious or life-limiting medical condition. It allows loved ones to share updates on the person's health and physician appointments, send uplifting messages, and sign up to bring meals and assist with caregiving.

While each of the platforms and apps listed above is designed to make it easier to support a person in need, another idea is to utilize Google Drive. This free cloud-based storage solution is easy to access from a phone, tablet, or computer. Many people are already familiar with it through work or school. You can share access with loved ones so they can view and edit documents and files stored there.

## HELP WANTED!

**Earn \$200 per month!** We need you! Become a Foster Grandparent; assisting children with reading and math skills in your local schools.

You will also receive mileage and meal reimbursement. To qualify you must be 55 or older and income eligible (Income must be less than \$2200 a month for a single person).



You will receive a small stipend, but the real reward is the fulfillment that comes from fostering hope in the hearts of children. You are older, wiser—**and you're needed!**

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## SURPRISING SIDES/DISHES FOR THANKSGIVING

"I was thinking of doing scalloped potatoes instead of mashed this year."

"WHAT?"

Tradition dictates the Thanksgiving menu, and the mere suggestion of change can cause familial revolt. But creative cooks, who are forced to serve up same-old, same-old every November, yearn for variety.

The solution?

Keep the holy trinity — turkey, stuffing, mashed potatoes — but add an unexpected side dish.

Side dish recipes abound, but you can narrow the field by keeping these guidelines in mind:

The Thanksgiving menu includes a lot of brown and white food, so choose sides that add a little color to the table.

Choose sides that use seasonal ingredients, such as squash, cabbage, nuts, apples or corn.

Because your oven is occupied with turkey and stuffing, choose sides that can be made on the stove top or in a slow cooker.

Look for recipes that can be prepped ahead or made ahead.

Tossed salads tend to be ignored at Thanksgiving. Some cooks offer a fruit salad instead, while others put out cranberry relish and call it done. But there's another way to go: Corn salad.

This brightly colored dish goes together in minutes and can be made hours ahead of serving. Just mix frozen corn with chopped bell peppers, celery and scallions, then whip up a simple vinaigrette. In a pinch, use bottled dressing.

For a hot side dish, consider the humble cabbage. When braised with onion, apple, and apricot, the result is more than a sum of its parts. The earthy onion and cabbage serves as the base, with tart notes from the Granny Smith apple and a touch of concentrated sweetness from the dried apricot. A hint of caraway is the only seasoning needed.

The recipe may look intimidating, but it's just a lot of shredding and chopping – a perfect time to haul out your food processor. It's cooked on the stove top, so it won't need any oven space. Best of all, it's perfect for Thanksgiving because this recipe makes enough for a crowd.

Don't feel married to the ingredients or the amounts in these two recipes – both are easily adapted to your family's personal taste.

*Saimi Rote Bergmann is a retired newspaper food writer and current owner of a culinary tour company in St. George.*



### Corn Salad with Vinaigrette

- About 16 ounces frozen corn, thawed
- 1/2 green bell pepper, diced small
- 1/2 red bell pepper, diced small
- 1 stalk celery, chopped
- 3 green onions, chopped
- 1/4 cup olive oil
- 3 tablespoons white wine vinegar (or cider vinegar or red wine vinegar)
- 1 teaspoon honey mustard, or 1/2 teaspoon sugar
- Salt and pepper
- Fresh basil, chopped or snipped

Mix corn in large bowl with bell peppers, celery and scallions.

In small bowl, whisk oil and vinegar and mustard or sugar until well emulsified. Add salt and pepper to taste.

Pour vinaigrette over vegetables and stir in chopped basil. Refrigerate for a few hours to allow flavors to meld.

*Note: If making to take somewhere, mix ingredients while corn still frozen. It will thaw enroute and the flavors will meld as it thaws.*

### Caraway Cabbage with Onion and Apple

- 3 Tablespoons canola oil
- 3 pounds yellow onions, thinly sliced (12 cups)
- 1 1/2 pounds Granny Smith apples, unpeeled, diced small (4 cups)
- 1 pound red cabbage, shredded (6 cups)
- 12 oz. dried apricots, chopped small (2 cups)
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1 cup vegetable broth
- 1 tablespoons caraway seeds, lightly toasted
- 1 tablespoon orange zest

Heat oil on medium heat in Dutch oven. Add onions and stir well to coat with oil. Cook 10 minutes on medium heat, stirring often, until they start to brown. Add cabbage, apples, apricots, salt and pepper; cook an additional 4 to 5 minutes, stirring often.

Stir in vegetable broth and caraway seeds. Cover, reduce heat to medium low and cook 10 to 12 minutes, stirring occasionally. If mixture starts to look dry, add additional broth.

Before serving, stir in orange zest. Keep warm until served. Yields 12-14 servings. Recipe is easily halved.

# 20 Monthly Menu

## St. George Active Life Center November 2021



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5
Beef & Turkey Lasagna Bake Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Cinnamon Applesauce Milk Salad Dressing	Turkey Pot Pie with Biscuit Top Whole Kernel Corn Brussels Sprouts Buttered Rice Tropical Fruit Milk Margarine	Baked Chicken Breast with Gravy San Francisco Veg Blend Mixed Green Salad Roasted Red Potatoes Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing Birthday Cake	Country Fried Steak with Gravy Sliced Carrots Green Peas Mashed Potatoes Dinner Roll Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit
9	10	11	12
Chicken Parmesan Italian Veg Blend Garden Veg Blend Penne Pasta Texas Bread Citrus Fruit Cup Milk Margarine	Minestrone Sausage Soup Fresh Spinach Salad Broccoli Dinner Roll Ambrosia Fruit Salad Milk Margarine Salad Dressing	<b>CLOSED</b> <i>Verterans' Day</i>	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Potato Wedges Whole Wheat Hamburger Bun Tropical Fruit Milk
16	17	18	19
Salisbury Steak with Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Potato Crstd Pollock w/ Dill Sauce California Veg Blend Cucumber Salad Buttered Rice Wheat Bread Red Grapes Milk Margarine Chocolate Chip Cookie Diet - Vanilla Wafers	Beef Chili with Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	Glazed Ham Garden Veg Blend Mixed Green Salad Cut Yams Texas Bread Applesauce Milk Margarine Salad Dressing
23	24	25	26
Cheese Ravioli Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Parmesan Cheese Salad Dressing	<b>Thanksgiving Meal</b> Sliced Turkey Breast with Gravy Cranberry Sauce Candied Yams Green Beans Stuffing & Mashed Potatoes Dinner Roll Pumpkin Pie w/ Whipped Topping Milk Margarine	<b>CLOSED</b> <i>Thanksgiving Weekend</i>	<b>CLOSED</b> <i>Thanksgiving Weekend</i>
30	<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</p>		
Swedish Meatballs California Veg Blend Green Peas Penne Pasta Dinner Roll Seasonal Fruit Milk Margarine			

