

Enterprise Senior Center Newsletter

October 2018 Issue



165 S 100 E Enterprise UT 84725 - 435-878-2557

Center Hours: Tuesday, Wednesday, Friday

9am—3pm

Lunch served 12:00 pm—1:00 pm

Visit our website: coa.washco.utah.gov/enterprise/



Trick or Treat



These days, the "trick" part of the phrase "trick or treat" is mostly an empty threat, but pranks have long been a part of the holiday.

By the late 1800s, the tradition of playing tricks on Halloween was well established. In the United States and Canada, the pranks included tipping over out-houses, opening farmers' gates and egging houses. But by the 1920s and '30s, the celebrations more closely resembled an unruly block party, and the acts of vandalism got more serious.





Some people believe that because pranking was starting to get dangerous and out of hand, parents and town leaders began to encourage dressing up and trick-or-treating as a safe alternative to doing pranks, Santino said.

However, Halloween was as much a time for festivities and games as it was for playing tricks or asking for treats. Apples are associated with Halloween, both as a treat and in the game of bobbing for apples, a game that since the colonial era in America was used for fortune-telling. Legend has it that the first person to pluck an apple from the water-filled bucket without using his or her hands would be the first to marry, according to the book "Halloween and Commemorations of the Dead" (Chelsea House, 2009) by Roseanne Montillo.

Apples were also part of another form of marriage prophecy. According to legend, on Halloween (sometimes at the stroke of midnight), young women would peel an apple into one continuous strip and throw it over her shoulder. The apple skin would supposedly land in the shape of the first letter of her future husband's name.

By Benjamin Radford, Live Science Contributor

October 2018 Calendar

| Tue | Wed | Thu | Fri |
|---|---|---|---|
| 2 Wii/Bingo 60+ | 3 Wii/Pinochle Brain Games | 4 St George Bus Trip  | 5 Wii/Bingo 60+ Exercise <u>Halloween Craft</u> |
| 9 Wii/Bingo 60+ | 10 Wii/Pinochle Brain Games | 11 | 12 Wii/Bingo 60+ Exercise |
| 16 Wii/Bingo 60+ 11:30 Blood Pressure Checks | 17 Wii/Pinochle Brain Games 11:30 Massages HEAT Assistance <u>Speaker</u> | 18 St George Bus Trip  | 19 Wii/Bingo 60+ Exercise <u>Flu Shots</u>  |
| 23 Wii/Bingo 60+ 10:30 Advisory Board Meeting | 24 Wii/Pinochle Brain Games | 25 6:00 Potluck and Movie  | 26 Wii/Bingo 60+ Exercise |
| 30 Wii/Bingo 60+ Turn in Outreach Sheets Birthday Cake  | 31 Wii/Pinochle Brain Games Halloween Party  | | |

October 2018 Menu

| Tuesday | Wednesday | Friday |
|---|---|---|
| 2 Cacciatore Chicken Breast Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears | 3 Meatballs w/Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges | 5 Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit |
| 9 Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit | 10 Roasted Turkey Breast with Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit | 12 Chicken Breast w/Alfredo Sauce Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Diet - Hot Peaches |
| 16 BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Crisp | 17 Corned Beef Cabbage Sliced Carrots Roasted Red Potatoes Rye Bread Applesauce | 19 Homemade Meatloaf with Gravy Mashed Potatoes Parslied Carrots Mixed Green Salad Wheat Roll Citrus Fruit Cup |
| 23 Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Peaches | 24 Glazed Ham Sweet Potato Casserole Cabbage Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Diet - Vanilla Wafers | 26 Beef Spaghetti Sauce over Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote |
| 30 Crispy Baked Chicken Macaroni and Cheese Mixed Vegetables Beet Salad Wheat Roll Apricot Halves | Halloween Menu 31  Bratwurst Sauerkraut Baked Beans Whole Kernel Corn Seasonal Fruit Oatmeal Raisin Cookie Diet - Vanilla Wafers | A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00. Milk and bread served with all meals. |

October brings the start of flu season. Here are some tips to help you stay healthy:

1. Get a flu vaccine.
2. Wash your hands frequently, especially before you eat and after you use the bathroom.
3. Stay away from sick people.
4. Drink eight glasses of water each day.
5. Get plenty of sleep.
6. Eat your fruits and vegetables.
7. Get some exercise.
8. If you do happen to get sick, please stay home.



Come and join us for these special events in October:

Friday, 5th: We will be having our 'Craft Day' after Bingo. Vicky will be teaching us how to make Halloween Treat Bags out of plastic canvas, they are so cute!

Wednesday, 17th: A representative from H.E.A.T. Assistance will be here to help those interested in getting help with their heating bill this winter.

Wednesday, 17th: Shelley Sanderson, NP will speak to us during lunch about how to be healthy.

Friday, 19th 11:00: Flu Shot Clinic at the Senior Center. Come prepared.

Thursday, 25th 6:00: Potluck and Movie Night. We will be showing a Halloween movie. Bring a dish to share and come have fun!

Friday, 31st: Come join us for our Halloween Party! After lunch we will have a cakewalk, guess the candy jar, and play Halloween Bingo. Wear a costume if you want, we will have prizes for the best costumes!

Fridays before lunch Terrie will lead us in our 'Exercises'.

Come and celebrate October birthdays with us on Tuesday the 30th:

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|---------------|--------|-----------------|--------|
| Ann Terry | 9 Oct | Leon Hall | 14 Oct |
| Malin Gardner | 11 Oct | Kim Jenson | 14 Oct |
| Pattie Watson | 12 Oct | Ron Terry | 16 Oct |
| Jerry Parkin | 13 Oct | Mary A Wilson | 20 Oct |
| Patty Lemley | 13 Oct | LaNeta Chadburn | 22 Oct |

