

Enterprise Senior Center Newsletter

June 2020 Issue



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

**Center Hours: Tuesday, Wednesday, Friday
9am—3pm**

Frozen Meal Pick Up 12:00 pm—1:00 pm

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

Hooray!



The Enterprise Senior Center

Will be OPENING

Tuesday June 16th 2020

Beginning on Tuesday June 23rd we will play BINGO every Tuesday and Friday at 11:00. On Wednesdays we will play PINOCHLE at 11:00. We will have a PUZZLE out that will be available during regular business hours, Tuesday, Wednesday and Friday 9 to 3. For your safety, we will be having you sign in and we'll take your temperature. Let's all follow the common sense practices of hand washing and trying to maintain a six feet distance. Masks are highly recommended. We are continuing to hand out frozen meals, feel free to pick them up between 12 and 1. If you are here for games, you can take one as you leave. We want to thank you for your continued support. We have missed having you all here and we're so excited to have you come back again. During this shutdown we have been busy remodeling the center and we can't wait for you to come in and see what we've done. We will keep you updated on when the center will be having meals again in the dinning room. When we get the ok we will let you know. Hopefully it will be sooner than later. Also, we are no longer going to have a Thrift Store. Let us know what activities you would like to see implemented here. Thanks and See you soon!

June 2020 Calendar

Tue	Wed	Thu	Fri
2	3	4	5
9	10 10:00 Advisory Board Meeting	11	12
16 CENTER OPENING 	17	18 St George Trip  Cancelled	19
23 11:00 Bingo 60+ Puzzle Brain Games	24 11:00 Pinochle Puzzle	25	26 11:00 Bingo 60+ Puzzle Brain Games
30 11:00 Bingo 60+ Puzzle Turn in Outreach Sheets			

June 2020 Menu

TUESDAY	WEDNESDAY	FRIDAY
2	3	5
Creamy Paprika Chicken Scalloped Potatoes Key Largo Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Lemon Pepper Tilapia Buttered Rice Capri Vegetables Cucumber Tomato Salad Texas Bread Seasonal Fruit Milk Margarine	Homemade Meatloaf with Brown Gravy Whipped Potatoes Green Beans Spinach Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
9	10	12
Salisbury Steak with Onion Gravy Mashed Potatoes Spinach Three Bean Salad Wheat Roll Applesauce Milk Margarine Ranch Salad Dressing	Hawaiian Chicken Haystack Japanese Vegetables Pineapple Tidbits Milk	Shredded Pork w/Sweet Thai Chili Sauce Jasmine Rice Brussels Sprouts Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
16	17	19
BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk	Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	<i>Father's Day</i> Roast Beef with Gravy Baked Potato/Sour Cream Cabbage with Carrots Corn Salad Dinner Roll Sugar Cookie Milk Margarine Diet - Vanilla Wafers
23	24	26
Potato Crusted Fish Tater Tots Green Pea Salad Wheat Roll Pears Milk Tartar Sauce Ketchup	Meatballs w/Cranberry Sauce Brown Rice Cabbage Carrots Wheat Roll Mandarin Oranges Milk Margarine	Parmesan Chicken Penne Pasta Capri Vegetables Spinach Salad Breadstick Seasonal Fruit Milk Margarine Ranch Salad Dressing
30	<p>This is the Meals-On-Wheels Menu, frozen meals offers a choice of recently frozen meals. \$3.00 suggested donation for those 60 and over.</p>	
Country Fried Steak Country Gravy Whipped Potatoes Stewed Tomatoes Coleslaw Texas Bread Mixed Fruit Milk Margarine		

DID YOU KNOW?

The Food You Eat Impacts Stress. Eating a diet rich in prebiotic foods is one of the best ways to feed healthy gut bacteria. Prebiotics are elements of foods, such as fiber, that are fermented by bacteria in the gut. Prebiotic foods include asparagus, garlic, onions, bananas, almonds, oatmeal and beans.



Stress less by adding prebiotic foods to your diet.

BENEFITS OF PHYSICAL ACTIVITY • Prevents chronic diseases, such as heart disease, cancer and stroke • Controls weight • Makes your muscles stronger • Reduces fat • Promotes strong bone, muscle and joint development • Conditions heart and lungs • Builds overall strength and endurance • Improves sleep • Decreases potential of becoming depressed • Increases your energy and self-esteem • Relieves stress • Increases your chances of living longer.

Come and join us for these special events in June:

Tuesday, 16th: Our Senior Center will open its doors!!

Tuesday, 23rd: We will start our Bingo up again, come join us at 11:00am.

Wednesday, 24th: Come in and join our Pinochle group at 11:00 am.

Happy Birthday to our June birthdays:



Allan Tew

Jun 3

Lee Anna Gardner

Jun 15

Carol Meredith

Jun 5

Robert Reber

Jun 18

Laraine Huff

Jun 14