

Enterprise Active Life Center

Seniors 60 and Above



April 2025



165 S 100 E Enterprise Utah 84725 # 435-878-2557

Tuesday, Wednesday and Friday 9am-3pm

Lunch Served 12 noon \$4 Suggested Donation



Tue, Wed, Fri
At 11 am



St George Trips
Twice a month
April 3rd and
17. \$5.00 round



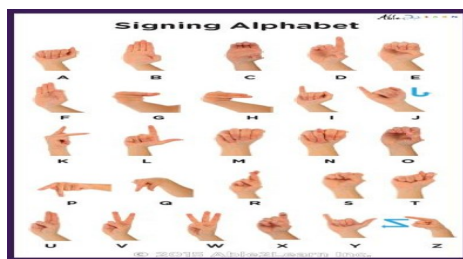
The Enterprise Active Life Center
"We Are All The Same Inside"

A Place where Seniors Thrive and Shine

Sign Language Wednesdays at 1 pm



Join us for our
Easter Lunch
April 18, at Noon



**Cardio Drum, Chair
Yoga & Dancercise
Tue, Wed, & Fri
starting at 10:00 am**



Summit Foot &
Ankle. Will be
here, Thursday
April 10th 2-4

Art Class With Sharon
Friday April 26 at 1pm



Enterprise Active Life Center

\$4.00 Suggested Donation



Tuesday	Wednesday	Thursday	Friday
1 BBQ Chicken Baked Beans Buttered Corn Dinner Roll Seasonal Fruit Margarine Happy New Year ! or April Fools Day your Choice	2 Beef Stew Baked Potato Corn Bread Vanilla Pudding S.F Vanilla Pudding Seasonal Fruit Margarine	3 Closed St George Trip	4 Bratwurst Sauerkraut Tater Tots Garden Salad Ranch Dressing Seasonal Fruit Mustard Birthday Cake
8 Cheeseburgers Onion Rings Lettuce, Tomato, Onion, Pickles Seasonal Fruit	9 Pasta W/ Meat Sauce Caesar Salad Caesar Dressing Garlic Bread Tropical Fruit	10 Closed	11 Breaded Fish French fries Creamy Coleslaw Lemon & Tartar Sauce Seasonal Fruit
15 Hawaiian Chicken Haystacks Vegetable Chef choice Pineapple Tidbits	16 Chili Dogs Potato Wedges Broccoli Shredded Cheese Seasonal Fruit	17 Closed St George Trip	18 Happy Easter Baked Ham Au Gratin Potatoes Pineapple Glaze Vegetable Blend Seasonal Fruit Wheat Bread with Margarine Carrot Cake/ Diet Cake
2 Teriyaki Turkey Burger W/ Pine- apple Ring Asian Coleslaw Chips Mandarin Oranges Fortune Cookie	23 MeatLoaf Mash Potatoes Brown Gravy Carrots Dinner Rolls Tropical Fruit	24 Closed	25 Pizza Bake Italian Blend Vegetable Garlic Bread Seasonal Fruit
29 BBQ Pork Sandwich Hamburger Bun French Fries Corn Seasonal Fruit	30 Beef Tacos Flour Tortillas Lettuce, Fresh Salsa, Cheese Spanish Rice Pinto Beans Tropical Fruit 2		

What is Sarcopenia ?

Sarcopenia is a progressive, age-related loss of muscle mass, strength and motor Function. This muscle disorder affects balance and mobility, leading to falls and impacting your ability to live independently. Sarcopenia typically occurs in people over the age of 65. Certain lifestyle changes can help manage this issue.

What Are the Symptoms of Sarcopenia?

Since sarcopenia affects your muscles and motor neurons (nerve cells associated with strength and mobility), it primarily impacts your ability to move. This condition is progressive, advancing gradually and worsening over time. Common signs include:³

- Loss of muscle mass
- Fatigue
- Weakness
- Loss of motor coordination
- Difficulty maintaining balance
- Loss of walking and standing ability
- Reduced fertility

What Causes Sarcopenia?

Sarcopenia is a natural process. As you age, the muscles in your body lose mass and function and can waste away (atrophy). This process starts in your 30s and becomes progressively worse over time. It is especially prominent among people age 60 and older.¹

The condition arises due to an imbalance between the body's natural production and the breakdown of muscle cells.⁴ Along with aging, this condition is linked to several factors, including:

Insufficient exercise: Research has shown that [leading a sedentary lifestyle](#) can cause sarcopenia and accelerate its development.⁵ It's considered a primary modifiable factor of this condition.

Insufficient nutrition: [Malnutrition](#) (not getting enough necessary nutrients) can contribute to sarcopenia. Studies have found strong links between sarcopenia and inadequate protein and vitamin D intake, with some evidence indicating low levels of vitamins C and B12 may contribute to disease development.⁶

Insufficient testosterone: As you age, your production of certain hormones diminishes, including [testosterone](#) (considered the male sex hormone since it is the major sex hormone in people assigned male at birth). Studies have found that lower levels of testosterone are associated with reduced muscle mass and the development of sarcopenia.⁷

How Is Sarcopenia Treated?

Sarcopenia is the natural result of aging and can't be reversed. However, it is possible to slow the progression of this condition under medical guidance. Currently, there are no approved medications for sarcopenia, so treatment strategies typically involve periodic medical assessments and lifestyle strategies.

The primary approach to treating sarcopenia is focused on promoting fitness and physical activity. Resistance training, using bands or weights to build muscle strength, is considered a first-line treatment. Healthcare providers recommend two weekly sessions focusing on upper and lower body strength.⁹

In addition, a healthcare provider may recommend dietary changes as part of treatment. Since malnutrition can spur sarcopenia, monitoring your diet and ensuring you're getting enough to eat is essential. Some evidence suggests that specific vitamins and minerals can help, including Vitamin D, Vitamin C, Vitamin B 12, Selenium, and Magnesium.



Light Fun Exercise with Friends is an amazing way to help treat Sarcopenia. Leg muscles are very important for a long Happy and Healthy Life.

Coping With Sarcopenia

Living with sarcopenia can significantly impact your quality of life, making daily functions more challenging. The raised risk of falls and related disabilities is particularly concerning among people with sarcopenia. Along with making lifestyle adjustments to manage this condition, changing your home environment to make it safer can help prevent the worst. Tips for fall-proofing include:¹⁰

- Ensure you have handrails installed on all stairways.
- Make sure your home is well-lit.
- Keep your home orderly, tidy, and free of trip hazards.
- Don't use area rugs; ensure carpets are well-affixed to the floor.
- Install grab bars near the toilet and shower.



Our Town Celebrities and TV Celebrities

BIRTHDAYS THIS MONTH

Jadwiga Maruszewska April 2,
Star Merkle April 6,
Jeri Lhem April 9,
Ruth Potter April 9,
Randy Sorenson April 19,
Michael Hardman April 25
Marlene Bollinger April 26,
Charlene Bishop April 29,

Marvin Gaye April 2,
Billy Dee Williams April 6,
Dennis Quaid April 9,
Jessie McCartney
Kate Hudson April 19,
Al Pacino April 25,
Melinia Trump April 26,
Willie Nelson April 29,

20 Sentences I Wish I'd Read Sooner In Life

1. **Action** is the antidote to anxiety.
2. You get **4,000 weeks** if you're lucky—stop waiting.
3. Notice the people who bring out your **favorite version of yourself**.
4. You teach people **how to treat you** by what you tolerate.
5. Growth happens when you do things you feel **unqualified to do**.
6. "The cave you **fear to enter** holds the treasure you seek."
7. If you don't schedule your priorities, **someone else will**.
8. **The most dangerous addiction** is the approval of other people.
9. Burnout happens when you **treat rest as a reward** rather than a right.
10. You'll **never regret** investing in your health, learning, or relationships.
11. Normalize not **having an opinion** on things you aren't informed on.
12. The only person who's going to **magically show up** to save you—is you.
13. Your habits are the **silent architects** of your life.
14. **Discipline** is choosing what you want most over what you want now.
15. The people who matter won't leave you for **having boundaries**.
16. Your worth isn't tied to your **productivity**.
17. **Reach out to people** just because they crossed your mind.
18. Not everything requires **your reaction**—silence is a response, too.
19. **Action creates motivation**—not the other way around.
20. "You can literally **change your life** any day—you can wake up tomorrow and decide that you want something different."

@Harvard-Fiction KH



Day Trips



Day trips into St. George on 1st and 3rd Thursdays for shopping, medical appointments, and other errands.

Day trip also gives us the chance to lunch at one of St. George's many restaurants.

Cost: \$5 suggested gas donation for 60 +, \$10 gas donation for anyone under 60, cost of lunch is your own responsibility . Daily rides in town \$1.00 suggested donation.

Other Day Trips:

Brian Head, Cedar Breaks, Zion, Pine Valley, Mesquite, Comedy Shows, Etc.

Meals On Wheels



Meals on Wheels is a service provided to those who are **60 years of age or older**, unable to leave their home without assistance from someone else, and unable to drive. The Meals on Wheels program is available throughout Washington County and provides a nutritionally balanced meal and beverage (2% milk), following the dietary guidelines of the U.S. Department of Health and Human Services and the Department of Agriculture. Meals are delivered **Tuesday, Wednesday, and Friday** between the hours of **11am-1pm**. On two of the three days we deliver, you could choose to receive 2 additional meals for a total of 5 meals per week. There is a suggested donation of \$4.00 per meals. Please call **Enterprise Senior Center** at (435) 878-2557 for more information.