

ENTERPRISE ACTIVE LIFE CENTER SENIORS 60 AND ABOVE

APRIL 2024

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

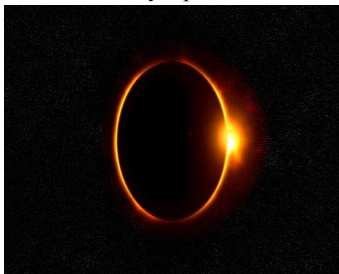
Tuesday, Wednesdays and Friday 9am-3pm



Bring May Flowers



Solar Eclipse
Monday April 8



St George out to lunch



Cardio Drumming Wed & Fri

10 am



ART CLASS
APRIL 5 & 26



Tai Chi Tuesday' 9:30



LUNCH WITH FRIENDS 12 NOON \$4 MEAL



LUNCH AND LEARN
MENTAL
HEALTH & WELLNESS

APRIL 24th



April 2024

Tue	Wed	Thu	Fri
<p>2</p> <p>9:30 am Tai Chi</p> <p>11 am Bingo</p> <p>12:00 Lunch and a Show</p>	<p>3</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p> <p>10:30</p> <p><i>ABBY THOMAS WILL BE HERE TO DISCUSS DENTAL HYGENE</i></p>	<p>4 St George Trip</p> 	<p>5</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p> <p>BIRTHDAY CAKE</p>
<p>9</p> <p>9:30 am Tai Chi</p> <p>11 am Bingo</p> <p>12:00 Lunch and a Show</p>	<p>10</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p>	<p>11 Sorry</p>  <p>We're Closed</p>	<p>12</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p>
<p>16</p> <p>9:30 am Tai Chi</p> <p>11 am Bingo</p> <p>12:00 Lunch</p>	<p>17</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p> <p>1 PM SIGN LANGUAGE IS BACK</p>	<p>18 St George Trip</p> 	<p>19</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p>
<p>23</p> <p>9:30 am Tai Chi</p> <p>11 am Bingo</p> <p>12:00 Lunch</p>	<p>24</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p> <p>1 PM SIGN LANGUAGE</p>	<p>25 Sorry</p>  <p>We're Closed</p>	<p>26</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p> <p>1:00 Art Class</p>
<p>30</p> <p>9:30 am Tai Chi</p> <p>11 am Bingo</p> <p>12:00 Lunch</p>	<p>1</p> <p>11 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p> <p>1 PM SIGN LANGUAGE</p>	<p>2 St George Trip</p> 	<p>13</p> <p>10 am Cardio Drumming</p> <p>11 am Bingo</p> <p>12:00 Lunch</p>



Enterprise Active Life Center | April 2024

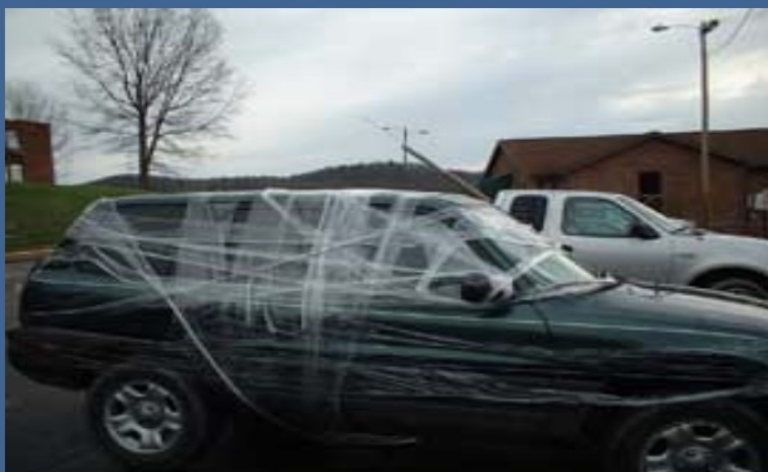
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5
Country Fried Steak w/Country Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Wheat Bread Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk	Meatballs w/Spaghetti Sauce Pasta Mixed Vegetables Mixed Green Salad Garlic Texas Bread Fresh Grapes Milk Margarine Ranch Salad Dressing		Cheesy Beef and Rice Casserole Peas and Carrots Brussels Sprouts Dinner Roll Seasonal Fruit Milk Margarine
9	10	11	12
Swedish Meatballs Penne Pasta Green Beans with Onion Parslied Carrots Texas Bread Seasonal Fruit Milk	Panko Crusted Pollock w/ Creamy Dill Sauce Brown Rice California Vegetable Blend Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine		Chicken w/Alfredo Sauce Rotini Pasta San Francisco Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Vanilla Pudding <i>Diet - Vanilla Pudding</i> Milk
16	17	18	19
Pork Carnitas Spanish Rice Pinto Beans Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce	Open Face Turkey Sandwich w/ Gravy Mashed Potatoes California Vegetable Blend Whole Kernel Corn (Wheat Bread in Entrée) Strawberry Fruited Gelatin <i>Diet - Fruited Gelatin</i> Milk		Minestrone Soup w/Sausage Baked Potato (Mixed Vegetable in Entrée) Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Sour Cream Ranch Salad Dressing
23	24	25	26
Hawaiian Chicken Haystack (Jasmine Rice in Entrée) Broccoli Cabbage and Carrots Wheat Bread (Pineapple Tidbits in Entrée) Fortune Cookie Milk Margarine	Beef Stroganoff Mashed Potatoes Green Peas Spinach Salad Texas Bread Peach Crisp <i>Diet - Peaches</i> Milk Margarine Ranch Salad Dressing		Herb Roasted Pork Loin w/Creamy Dijon Sauce Au Gratin Potatoes Mixed Vegetables Brussels Sprouts Dinner Roll Seasonal Fruit Milk
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>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>		

HAPPY BIRTHDAY TO YOU

♥	MARY BURLESON	APRIL 1
♥	JADWIGA ZEWSKA	APRIL 2
♥	STAR MERKLE	APRIL 6
♥	JERI LEHM	APRIL 9
♥	RUTH POTTER	APRIL 9
♥	RANDY SORENSON	APRIL 19
♥	MIKE HARDMAN	APRIL 25
♥	MARLENE BOLLINGER	APRIL 26
♥	CHARLENE BISHOP	APRIL 29

April Fools' Day (April 1)

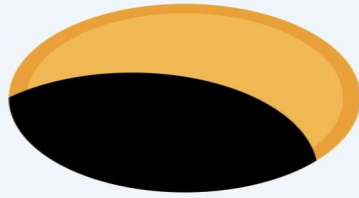
April Fools' Day (or All Fools Day) is celebrated on April 1, as the traditional day on which people play practical jokes on each other. April Fools' Day has been celebrated for centuries in countries such as Britain and France. In ancient times, many cultures celebrated the beginning of the new year around April 1, shortly after the spring equinox. In the mid-sixteenth century Pope Gregory XIII, ordered that a new calendar—the Gregorian calendar—replace the old Julian calendar. The new calendar called for New Year's Day to be celebrated on January 1. Many Protestant European countries refused to obey the pope's order. France adopted the Gregorian calendar and shifted New Year's Day to January 1, but many people refused to accept the new date or simply did not hear about the change. They continued to celebrate New Year's on April 1. Other people teased these people, trying to trick them into believing other false stories. The custom of playing April Fools' jokes was brought to the United States by the British. Today, people try to play good-natured tricks upon one another. When a victim believes a false story or is tricked, pranksters yell out "April Fool!"



An April Fool's Day prank - an SUV wrapped up.
Photo Courtesy of Michelle Limle

APRIL 8TH SOLAR ECLIPSE IN UTAH

Apr 8, 2024 at 12:30 pm



Max View in Utah, Utah

Global Event:

Total Solar Eclipse

Local Type:

Partial Solar Eclipse in Utah, Utah

Begins:

Mon, Apr 8, 2024 at 11:22 am

Maximum:

Mon, Apr 8, 2024 at 12:30 pm 0.606 Magnitude

Ends:

Mon, Apr 8, 2024 at 1:40 pm

Duration:

2 hours, 18 minutes



11:22:09
Mon, Apr 8

Partial eclipse begins

The moment the edge of the Moon touches the edge of the Sun is called first contact.



12:30:07
Mon, Apr 8

Maximum eclipse

The deepest point of the eclipse, with the Sun at its most hidden.



13:40:26
Mon, Apr 8

Partial eclipse ends

The edge of the Moon leaves the edge of the Sun.

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

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.