

Enterprise Active Life Center

Seniors 60 and Above



August 2025



165 S 100 E Enterprise Utah 84725 (435) 878-2557
Tuesday, Wednesday and Friday 9am-3pm

Lunch Served 12 noon \$4 Suggested Donation



Bingo @ 11
Tue, Wed
And Fri



**St George
Trips**

Twice a month

August 7th &
21st \$ 5.00

Round Trip



Enterprise Active Life Center

"We Are All The Same Inside"

A Place where Seniors Thrive and Shine



Sign
Language
Class Wed
at 1pm



Most affordable
Lunch in Town.
60 and Above
\$4.00 & Guests
under 60 \$7.00



Exercise Classes Tue,
Wed and Fri @ 10am
Chair Yoga, Cardio
Drumming, and
Dancercise.










Art Class
With Sharon
Friday Aug
29th at 1pm

Enterprise ACTIVE LIFE

SENIOR CENTER

August 2025 Menu



Tuesday	Wednesday	Thursday	Friday
			<p>Breaded Fish Wild Rice California Vegetables Lemon & Tartar Sauce Seasonal Fruit</p>
5	6	7	8
<p>Chicken Cordon Bleu Cream sauce Mashed Potatoes Buttered Green Beans Dinner Roll Pineapple Tidbits</p>	<p>Beef Stuffed Peppers Broccoli Rice pilaf Seasonal Fruit Wheat bread</p>	<p>Closed St. George trip</p> 	<p>Pasta Meat Sauce Parslied Carrots Garden Salad 1000 Island Dressing Garlic Bread Seasonal Fruit</p>
12	13	14	15
<p>Beef Tacos Lettuce, Pico, cheese Fiesta Corn Cilantro Rice Churro</p>	<p>Chicken Salad Croissant Lettuce & tomato Pesto Pasta Salad Grapes</p>		<p>Sloppy Joes Mac and Cheese Coleslaw Seasonal Fruit</p>
19	20	21	22
<p>Classic Tuna Salad Wheat Bread Lettuce & tomato Pickles Chips Seasonal Fruit</p>	<p>Chicken Tenders Sweet Potato Fries Garden Salad 1000 Island Dressing Seasonal Fruit Mandarin oranges</p>	<p>Closed St. George trip</p> 	<p>Chicken Alfredo Pasta Italian Blend Vegetable Garlic Bread Seasonal Fruit Cookie/ Diet cookie</p>
26	27	28	29
<p>Chicken Tacos Lettuce, Pico, Cheese Refried Beans Mexican Style Roasted Vegetables</p>	<p>Meatloaf Mash Potatoes Brown Gravy Carrots Dinner Roll Tropical Fruit</p>		<p>Chili Dogs Tater tots Broccoli Shredded Cheese onions Seasonal Fruit</p>

A SUGGESTED DONATION OF \$4.00 IS REQUESTED FROM SENIORS 60 AND OLDER. People under 60 can enjoy a meal for \$7.00.

Menu subject to change based on availability

GETTING TO KNOW YOU



Diantha Matheson was born in Old Saint Bens Hospital in Ogden, Utah.

She has 4 children and 8 grandchildren.

She went to college and became a certified accounting clerk.

She has had many jobs throughout her life.

She worked as a cashier at age 14 and has also been a clerical worker, milk packer, waitress, preschool teacher, daycare worker, primary teacher, bank teller, deli worker,

took calls for the phone company and worked in a hardware store. Her least favorite job was picking onions, she said it really stunk. :)

Diantha's favorite foods are lasagna and tamales.

She loves to read, do crafts and diamond art.

Diantha's favorite holiday is Valentine's Day as it is also her anniversary.

She and Frank have been married for 45 years!

Diantha loves pastel colors, especially blues and pinks.

Diantha has a dog name Daisy which is a "chiweenie," part chihuahua and dachshund.

Diantha has won several blue ribbons from the county fair because of her crafts and drawings.

Diantha's husband, Frank, grew up in the Cedar City area which is how they ended up living in the Beryl area.

Thank you Diantha for Letting us to get to know you !

HISTORY OF HAPPINESS HAPPENS



MONTH AUGUST



It is safe to assume that people want one key thing in life and that is happiness. It can be derived from various sources however everything is done with the intention to be happy. People can seek happiness out of love, work, personal interests, social work, animals, the list is endless. A happy mind in fact allows us to live a longer and more satisfying life. Happiness is all about positive thoughts and joy can be found anywhere only if one looks.

Pamela Gail Johnson is the founder of The Secret Society of Happy People (SOHP) and is quoted as saying “I started the Secret Society of Happy People in 1998 to provide a missin-voice for those who are happy and want to express it without having other people Rain on their parade. We Have our Own Secret Society at The Enterprise Active Life Center...

What makes you happy? Happiness Happens Month is a whole month dedicated to celebrating what makes you happy. The holiday is based on the premise that happiness is unlimited and contagious and that sharing one's happiness and can bring a lot of joy in other people's lives.

Even though Happiness Happens Month sounds silly, it does have a very important purpose. “The month reminds us that happiness happens one small moment at a time and it's our job to recognize those moments when they happen. It reminds us that sometimes a small action boosts our happiness. It reminds us that happiness is a personal experience and it's also contagious!”

Happiness is a choice. REMEMBER happiness does not mean you are Problem Free...That kind of life doesn't exist. Happiness is all about the quality of your thoughts. Happiness is Not a Destination, but rather a Lifelong Pursuit. Enjoy Everything and Anything that makes you Happy. We have found Happiness in the Journey of Aging.



August Birthdays

Lou Gardner	August 2
Debbie Morrill	August 8
Jean Munk	August 16
Todd Hansen	August 23
Barbara Black	August 26
David Deaver	August 30



Events at The Active Life Center In August

Lunch and a show Tue Aug 5th at noon. The Daniel Schakel Band.

Lunch and Learn with Nancy Taylor August 12, Noon

Bus Trips August 7th and 21st

Food Bank delivery Tuesday August 26th.

Cornfest August 23

Sorry no Podiatrist this month.

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.