
Enterprise Senior Center Newsletter

December 2019 Issue



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

Center Hours: Tuesday, Wednesday, Friday

9am—3pm

Lunch 12:00 pm—1:00 pm

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



Christmas is a Time For Giving

My challenge to us this Christmas season is to remember the true meaning of Christmas. Remember all the blessings we have been given in our lives. Keep a spirit of gratitude, generosity and kindness in our hearts. Look for the good in others. Look for their needs. See where we can make a difference. Joy is found in serving others. Let us find joy this season. It's the little things we do that really make a difference.

Let's make this a fun month here at the Enterprise Senior Center. Remember, kindness matters. In the spirit of giving, we are doing a quilt raffle for the community. Community members are encouraged to come in to the Center for a free ticket to put in a drawing for a quilt to be given away on December 20th at noon, no need to be present to win. We hope they will check out our Thrift Store while they are here. We are also giving away a quilt along with other prizes to be drawn out on December 20th in a drawing for our Seniors. Every time you attend lunch in December, put your name in our basket to be entered in the drawing.

We will also be having our annual Senior Center Christmas Party on December 20th after lunch. If you want to be a part of our gift exchange bring a wrapped gift (\$10.max). We have a new game to play to fairly distribute the prizes. Join us, it will be fun!



December 2019 Calendar

Tue	Wed	Thu	Fri
3 Wii/Bingo 60+	4 Pinochle Brain Games Tai Chi 12:45	5 St George Trip 	6 Wii/Bingo 60+
10 Wii/Bingo 60+ 11:00 BP checks 11:30 Massages	11 Pinochle Brain Games Tai Chi 12:45	12	13 Wii/Bingo 60+
17 Wii/Bingo 60+	18 Pinochle Brain Games Tai Chi 12:45	19 St George Trip 	20 Wii/Bingo 60+ Christmas Party Quilt Giveaway!
24 Center Closed Home Delivered Meals Only	25 Closed for Christmas 	26	27 Wii/Bingo 60+ Birthday Treat 
31 Wii/Bingo 60+ 10:00 Advisory Board Meeting closing at 1:00	*Turn in Outreach Sheets		

December 2019 Menu

TUESDAY	WEDNESDAY	FRIDAY
3	4	6
Turkey Pot Pie Buttered Corn Baked Rice Mixed Green Salad Biscuit Seasonal Fruit	Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit	Country Fried Steak with Country Gravy Mashed Potatoes Sliced Carrots Creamed Peas Wheat Roll Ambrosia Salad Diet - Mixed Fruit
10	11	13
Baked Chicken Breast with Cacciatore Sauce Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears	Meatballs with Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges	Beef Spaghetti Sauce over Spaghetti Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote
17	18	20
Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit	Roasted Turkey Breast with Gravy Mashed Spiced Yams Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit	CHRISTMAS MEAL Roast Beef w/Gravy Mashed Potatoes Green Beans with Onions Mixed Green Salad Wheat Roll Strawberry Poke Cake Diet - Mixed Fruit
24	25	27
Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches Center Closed Home Delivered Meals Only	Closed for Christmas	Homemade Meatloaf with Gravy Mashed Potatoes Garden Vegetables Mixed Green Salad Wheat Roll Citrus Fruit Cup
31		
NEW YEAR'S MEAL Glazed Ham Black-eyed Peas Cabbage Mixed Green Salad Cornbread Applesauce Strawberry Shortcake Cookie Diet - Vanilla Wafers Center closes at 1:00		

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.

HEALTHY HOLIDAY

'Tis the season of celebrations. Whatever the event, these tips can help you stay healthy while having fun.

APPETIZERS AND HORS D'OEUVRES

***Get involved.** Whether potluck or not, offer to bring a dish. You can make a healthier item, giving yourself at least one good option to enjoy.

***Come prepared.** If the party is during lunch, eat a healthy breakfast followed in mid-morning by a high-fiber snack, such as an apple or a small handful of almonds. If the party is at the end of the day, enjoy a proteinpacked lunch like grilled fish or chicken with a salad and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.

***Go easy.** Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.

DESSERTS

***Use the buddy system.** By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!

American Heart Assoc.

Come and join us for these special events in **December**:

Friday, 20th: We are having our Annual Center **Christmas Party** after lunch. Bring a gift (\$10 max) for our gift exchange. Chef David will be cooking our **Christmas Meal** this day! At noon we will be having the drawing for the community **quilt giveaway**. Also, the **Senior Quilt giveaway** along with other prizes. You won't want to miss this day!

Tuesday, 24th: The Center will be **CLOSED** today, we will only be serving **Meals on Wheels**.

Wednesday, 25th: We are **CLOSED** today to celebrate Christmas. We hope you enjoy your time with family and friends!

Tuesday, 31st: We are **OPEN** today, but closing early at 1:00 pm in celebration of New Year's Eve. Don't forget to make your New Year's Resolutions fun and attainable. Thanks for making 2019 a great year!

Come and celebrate **December birthdays with us on Friday the 27th:**



Lloyd Hunt	Dec 6	Mark Jenson	Dec 14
James Bunker	Dec 7	Clyde Davis	Dec 22
Ron Lehm	Dec 8	Bill May	Dec 25
Vicky Olsen	Dec 12	James Rylander	Dec 28
Nickie Wadlington	Dec 13	Bill Raney	Dec 30
Mary Cole	Dec 14		