

Enterprise Active Life Center

Seniors 60 and Above

Lunch and
Learn once
a month

FEBRUARY 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



**Cardio Drum
and Balance
class Tue,
Wed, & Fri at
10am**



The Enterprise Active Life Center

"We Are All The Same Inside"

A Place where Seniors Thrive and Shine

Sign Language
Wednesdays at 1



Lunch served at 12 Noon
By Our Lovely Patty



**Always Having
A good Time**



St George Trips

Twice a month

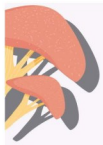
Feb 6th, and 20th

\$5.00 round trip



**Art Class with Sharon
Frei Friday Feb 28 at**





Enterprise Active Life Center

February 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7
Taco Soup Fiesta Rice (Mixed Vegetables in Entrée) Broccoli Tortilla Chips Seasonal Fruit Milk	Pork w/Cranberry Apple Sauce Wild Rice Brussels Sprouts Carrot Raisin Salad Cornbread Seasonal Fruit Milk Margarine		Beef Baked Ziti Parslied Carrots Whole Kernel Corn Dinner Roll Fruited Gelatin <i>Diet - Fruited Gelatin</i> Milk Margarine
11	12	13	14
Creamy Garlic Chicken Pasta California Vegetables Green Peas Wheat Bread Seasonal Fruit Milk	Homemade Meatloaf w/Gravy Mashed Potatoes Brussels Sprouts Parslied Carrots Dinner Roll Strawberry Glazed Fruit <i>Diet - Seasonal Fruit</i> Milk Margarine		Valentine's Day Meal Lasagna (Lasagna Noodles in Entrée) California Vegetables Tossed Salad Garlic Texas Bread Seasonal Fruit Strawberry Swirl Pudding <i>Diet - Sugar Free Pudding</i> Milk Ranch Salad Dressing
18	19	20	21
Hawaiian Chicken Haystack (White Rice in Entrée) Japanese Vegetables Cabbage Chow Mein Noodles (Pineapples in Entrée) Milk	Salisbury Steak w/Gravy Au Gratin Potatoes Glazed Baby Carrots Green Peas Wheat Bread Seasonal Fruit Sugar Cookie <i>Diet - Vanilla Wafers</i> Milk Margarine		BBQ Chicken Breast Baked Beans Whole Kernel Corn Broccoli Wheat Bread Applesauce Milk Margarine
25	26	27	28
Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Pork Carnitas Spanish Rice Pinto Beans Capri Vegetables Corn Tortilla Seasonal Fruit Milk Taco Sauce		Chicken Parmesan Pasta California Vegetables Four Bean Salad Garlic Texas Bread Seasonal Fruit Milk
		A suggested donation of \$4.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals	

February Fun Facts

February is the shortest month of the year (even in leap years, when it has 29 days instead of 28) but there's no shortage of interesting facts about it from weird holidays to astronomical oddities, this month has a little bit of everything. So with a nod to what February is known best for Valentine's Day on February 14. Here are 14 other things we bet you didn't know about the second month of the year.

1. **February (do you see that extra "r"?) is one of the most frequently misspelled words in the English language.** In 2015, even the White House press office got it wrong-several times over the course of the month.
2. **For more than 40 years, February has been Black History Month.** The precursor to Black History Month, however, is a lot older. Black leaders in 1926 dedicated the second week in February to the recognizing the history of African-Americans-a week chosen to coincide with the birthdays of Abraham Lincoln (Feb. 12) and Frederick Douglass (Feb. 14).
3. **It's the month for a lot of other causes, too.** February also marks American Heart Month, along with some other "months" you might not recognize: Canned Food Month, Grapefruit Month, Hot Breakfast Month, and our favorite, Return Shopping Carts to the Supermarket Month.
4. **February got its start as a spring-cleaning festival.** Well, kind of. It's named after one: "Februa" was an early Roman festival and cleansing ritual held on Feb. 15.
5. **It's the only month that can pass without having a full moon.** That doesn't mean February never has a full moon-it usually does, as a matter of fact.
6. **Groundhog Day-Feb. 2-is based on a German superstition.** In Germany, though, it's not a groundhog that forecasts either an early spring or a longer winter: It's a badger.
7. **February is the only month that gets longer every four years.** Sure, everybody knows about leap years, and most know why we have them. But did you know that every so often, we need a "leap second," too? This is typically added to Coordinated Universal Time in June or December, because of irregularities in our planet's rotation.
8. **The odds of being born on Feb. 29 are about 1 in 1,461.** If you're born on a leap day, you're typically known as a "leaper" or "leapling." And depending on where you live, Feb. 28 or March 1 is considered your birthday in non-leap years.
9. **We misspelled "February" in item No. 7.** Did you catch it? YES AND I FIXED IT LOL
10. **Valentine's Day did not start on a romantic note.** According to historians, the day now synonymous with "love" probably began as a pagan fertility festival in ancient Rome. We'll leave it at that, because some of the other details are disturbing.
11. **And maybe it's more commercial than romantic now, anyway.** It's estimated that Americans spend more than \$18 billion on gifts, chocolate and more for Valentine's Day.
12. **Valentine's Day isn't just about humans, either.** Almost 9 million people in the U.S. buy their dogs gifts or cards for Valentine's Day.
13. **The first Sunday in February is Super Bowl Sunday (at least for the foreseeable future).** It wasn't always that way-until 2001, the game was played in January. But we'd say that's a pretty good way to kick off a month.
14. **Speaking of that, February is National Snack Food Month as well.** Way before the Super Bowl took over the first weekend of February, the month was pretty slow for snack sales-and National Snack Food Month was born. We're guessing sales are up a little bit now.

How Wearing Hearing Aids Positively Affects Your Mental Health

If you already wear hearing aids, you know the kinds of benefits they give you. Hearing aids have most likely made it easier to have conversations with your friends and family—especially when you're out at restaurants or in a group.

But hearing aids do much more than enrich your social life. They may actually have a profound impact on your brain by keeping you mentally sharp, lowering your risk of depression, and improving your balance.

If you already wear hearing aids all the time, pat yourself on the back; you may already be improving your brain function! If you only wear them occasionally (or rarely), here are four facts—backed by medical studies—that may encourage you to wear them more often.

1) Wearing Hearing Aids May Help Lower the risk of developing Dementia. This Is Amazing.

2) Hearing Aids Can Improve Memory and Mental Acuity.

3) People Who Wear Hearing Aids Report Lower Levels of Depression

4) Hearing Aids Improve Balance and May Reduce the Risk of Falling for People Over 65

Do you want to experience better brain function, lower your risk of depression and mental decline, and be at lower risk of falling? Wearing your hearing aids more often can help. As a side benefit, the families of people who have hearing loss report that those who wear hearing aids participate more in social activities and have better relationships with the people they love as a result—creating a higher quality of life overall.

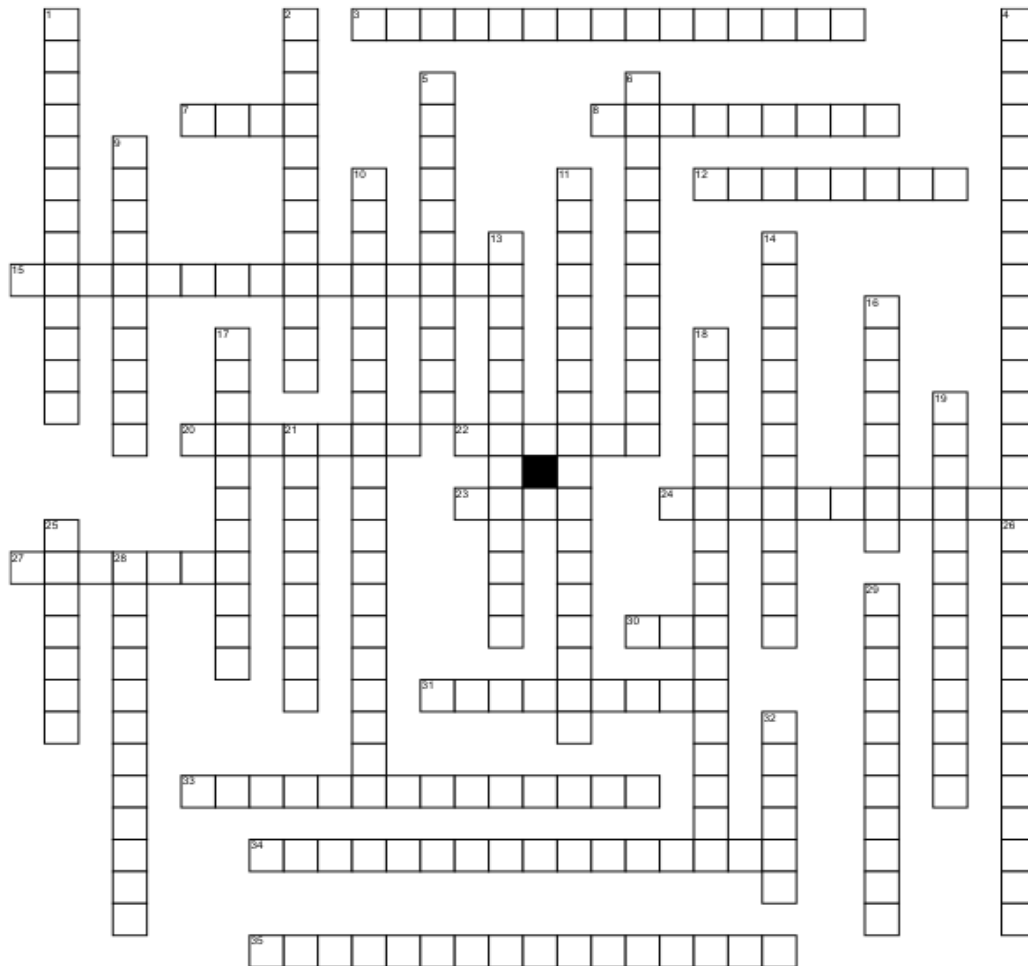
We encourage you not only to wear your hearing aids more often for your own benefit but to also pass this information on to family and friends who haven't yet addressed their hearing loss and encourage them to get it checked out.



Morley Wilson February 10th

Darryl Eaton February 25th

President's Day Crossword



Across

3. Only President to get married in the White House
 7. Number of Presidents who did not go to college
 8. Known as the first "dark horse" candidate
 12. John Tyler was born in the same place, Charles City County, _____, as his presidential running mate William Henry Harrison
 15. This President installed the first bathtub and kitchen stove
 20. Franklin Pierce was the only president to have no turnover in his
 22. Franklin D. Roosevelt had a passion for collecting
 23. Number of Presidents who won the Nobel Peace Prize
 24. President Trump once tried to trademark the phrase
 27. William Taft got stuck in a
 30. Number of Presidents who entered office unmarried

Down

31. First Vice President
 33. July 4th is Independence Day, but also his Birthday
 34. Owner of a whiskey distillery
 35. His First Lady was "Lemonade Lucy"
 1. Known for his "Fourteen Points" and for being the first President to travel to Europe during the term
 2. One of two Presidents who signed the Constitution
 4. Became the Father of Space Exploration in America, because of his "lighthouses of the sky"
 5. Supposedly the soldier holding the flag in the painting of Washington crossing the Delaware River
 6. Lyndon B. Johnson was the only president to take the oath of office from a female official, Judge:
 9. Appeared on the cover of "Cosmopolitan"
 10. The last President born before the United States became independent from Britain
 11. Zachary Taylor became known to the American people because of his feats in the

Across

13. The National Anthem, "The Star-Spangled Banner", was approved by
 14. He had the biggest shoes to fill- He was a size 14
 16. Andrew Jackson once beat up his
 17. Collects Spiderman and Conan the Barbarian comic books
 18. Wore a lock of Lincoln's hair during his inauguration
 19. Only President to never marry
 21. Andrew Johnson was one of only two Presidents to be _____
 25. Abraham Lincoln is known as the _____ President
 26. Nickname for Martin Van Buren that led to the creation of a common term still used today
 28. This President's known middle initial does not stand for anything
 29. This President is a recorded speed reader
 32. Before Thomas Jefferson began shaking hands with guests, people would greet Presidents by

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.