



Enterprise Senior Center Newsletter

February 2019 Issue



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

Center Hours: Tuesday, Wednesday, Friday

9am—3pm

Lunch served 12:00 pm—1:00 pm

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

What is Valentine's Day and how did it start?

Who was St Valentine?

The day gets its name from a famous saint, but there are several stories of who he was.

The popular belief about St Valentine is that he was a priest from Rome in the third century AD.

Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret.

When Claudius found out, Valentine was thrown in jail and sentenced to death. There, he fell in love with the jailer's daughter and when he was taken to be killed on 14 February he sent her a love letter signed "from your Valentine".

How did Valentine's Day start?

Having a particular Valentine's Day is a very old tradition, thought to have originated from a Roman festival.




The Romans had a festival called Lupercalia in the middle of February - officially the start of their springtime.

It's thought that as part of the celebrations, boys drew names of girls from a box. They'd be boyfriend and girlfriend during the festival and sometimes they'd get married.



Later on, the church wanted to turn this festival into a Christian celebration and decided to use it to remember St Valentine too.

Gradually, St Valentine's name started to be used by people to express their feelings to those they loved.

February 2019 Calendar

| Tue | Wed | Thu | Fri |
|---|---|---|-------------------------------|
| | | | 1 Wii/Bingo 60+ Speaker |
| 5 Wii/Bingo 60+ | 6 Wii/Pinochle Brain Games | 7 St George Bus Trip  | 8 Wii/Bingo 60+ |
| 12 Wii/Bingo 60+ 11:30 Blood Pressure checks | 13  Wii/Pinochle Brain Games Valentine's Party | 14 St | 15 Wii/Bingo 60+ |
| 19 Wii/Bingo 60+ Craft Day Chocolate Mint Day | 20 Wii/Pinochle Brain Games 11:30 Zion's Way Massages | 21 St George Bus Trip  | 22 Wii/Bingo 60+ |
| 26 Wii/Bingo 60+ 10:30 Advisory Board Meeting | 27 Wii/Pinochle Brain Games Turn in Outreach Sheets | 28 6:00 Potluck and Movie Birthday Cake  | |

February 2019 Menu

| Tuesday | Wednesday | Friday |
|--|---|--|
| <p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</p> <p>Milk and bread served with all meals.</p> | | <p>1</p> <p>Country Fried Steak Country Gravy Country Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit</p> |
| <p>5</p> <p>Beef Patty Lettuce/Tomato/Onion/Pickle Tater Tots Hamburger Bun Apple Cherry Compote Diet - Hot Sliced Apples</p> | <p>6</p> <p>Cuban Shredded Pork Brown Rice Broccoli and Cauliflower Mixed Green Salad Wheat Roll Brownie Seasonal Fruit Diet - Vanilla Crème Cookies</p> | <p>8</p> <p>Beef Shepard's Pie Mixed Green Salad Cornbread Hot Spiced Fruit</p> |
| <p>12</p> <p>Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Wheat Roll Grapes</p> | <p>13</p> <p><u>Valentine's Day Meal</u> Roast Beef with Gravy Garlic Country Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Cookie Diet - Vanilla Crème Cookies</p>  | <p>15</p> <p>Pulled BBQ Chicken Baked Beans Potato Salad Hamburger Bun Apple Raisin Compote Diet - Hot Sliced Apples</p> |
| <p>19</p> <p>Mild Pork Carnitas Cauliflower with Red Peppers Refried Beans Mexican Corn Salad Tortilla Applesauce</p> | <p>20</p> <p>Beef Lasagna Italian Vegetable Blend Mixed Green Salad Garlic Texas Bread Pears</p> | <p>22</p> <p>Crustless Chicken Pot Pie Club Spinach Biscuit Apricot Halves</p> |
| <p>26</p> <p>Beef Spaghetti Sauce Spaghetti Noodles Zucchini Mixed Green Salad Breadstick Fresh Apple Slices</p> | <p>27</p> <p>Potato Crusted Pollock Crinkle Cut Fries Key Largo Vegetables Coleslaw Wheat Roll Pineapple Tidbits</p> |  |

Tips and Tricks for Hearing Loss

This presentation given by Hard of Hearing Specialist **Melanie Walker** offers information about free statewide services for individuals who are hard of hearing. Learn about resources, assistive technology, strategies for communication and adjusting to hearing loss. See date below.

Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of lunch for those who cannot afford to make a donation? Thank you for your donations to our meal program!



Come and join us for these special events in February:

Friday, 1st: **Melanie Walker** will speak to us during lunch. See above 'Tips and Tricks for Hearing Loss'.

Wednesday, 13th: Our *Valentine's Day Party* will be after lunch. We will be decorating cookies, playing Valentine's Day Bingo and guessing the candy jar. Come join us!

Tuesday, 19th: It's *National Chocolate Mint Day!* Also, it's the third Tuesday so it will be our Craft Day.

Thursday, 28th 6:00: Come join us for our monthly Movie Night and Potluck. Bring a dish to share and enjoy the show! We always have a great time! We will be showing the movie '*Master and Commander*' with Russell Crowe.

Come and celebrate February birthdays with us on Wednesday the 30th:



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|----------------|--------|--------------|--------|
| Norma Hess | 4 Feb | Bob Eldredge | 16 Feb |
| Lona Sanders | 6 Feb | Linda Russo | 23 Feb |
| Morley Wilson | 10 Feb | Karla Clark | 25 Feb |
| Jackie Privett | 13 Feb | | |