



Enterprise Senior Center Newsletter

February 2018 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: <http://coa.washco.utah.gov/enterprise>

How to Eat Healthy Without “Dieting”

Who isn't trying to eat healthy these days?

After all, it can help reduce your risk of heart disease, stroke and lots of other things you'd rather avoid. The good news is, eating right doesn't have to be hard or require you to give up things you love. It's all about making smart choices to build an overall healthy dietary pattern.

Here are some simple ways you and your family can eat healthier:

INCLUDE:

Fruits and vegetables

Whole grains

Beans and legumes

Nuts and seeds

Fish (preferably oily fish with lots of omega-3 fatty acids), skinless poultry, and plant-based alternatives

Low-fat and fat-free dairy products

Healthier fats and non-tropical oils

LIMIT:

Sweets and added sugars, especially sugary drinks

Sodium and salt

Saturated fat

Fatty or processed meats – if you choose to eat meat, select leaner cuts

AVOID:

Trans fat and partially hydrogenated oils

TIPS:

Choose mindfully, even with healthier foods. Ingredients and nutrient content can vary a lot.

Read labels. Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.

Watch your calories. To maintain a healthy weight, eat only as many calories as you use up through physical activity. If you want to lose weight, take in fewer calories or burn more calories.

Eat reasonable portions. Often this is less than you are served, especially when eating out. Don't dismiss entire food groups. Eat a wide variety of foods to get all the nutrients your body needs.

Cook and eat at home. You'll have more control over ingredients and preparation methods.

Look for the Heart-Check mark to easily identify foods that can be part of an overall healthy eating pattern.

American Heart Association

February 2018 Calendar

Tue	Wed	Thu	Fri
		1 St George Bus Trip 	2 Wii/Bingo Joke Share
6 Wii/Bingo	7 Wii/Pinochle Brain Games	8	9 Wii/Bingo Joke Share
13 Wii/Bingo 11:30 Blood Pressure Checks	14 Wii/Pinochle Brain Games Valentine's Party 	15 St George Bus Trip 	16 Wii/Bingo Joke Share
20 Wii/Bingo	21 Wii/Pinochle Brain Games 11:30 Zion's Way Massages	22 6:00 Potluck and Movie 	23 Wii/Bingo Joke Share
27 Wii/Bingo 10:30 Advisory Board Meeting Turn in Outreach Sheets	28 Wii/Pinochle Speaker Birthday Brownies 		

February 2018 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. Milk and bread served with all meals</p>		<p>2 Turkey Shepard's Pie Mixed Green Salad Cornbread Hot Spiced Fruit</p>
<p>6 Beef Cabbage Casserole Buttered Rice Stewed Tomatoes Rye Bread Peach Crisp</p>	<p>7 Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Seasonal Fruit</p>	<p>9 Homemade Meatloaf Brown Gravy Whipped Potatoes California Vegetable Blend Carrot Raisin Salad Seasonal Fruit</p>
<p>13 Mild Pork Carnitas Spanish Rice Mixed Beans Mixed Green Salad Tortilla Applesauce</p>	<p>Valentine's Day 14 Roast Beef w/Gravy Whipped Potatoes Mixed Vegetables Mixed Green Salad Seasonal Fruit Strawberry Shortcake Cookie Diet - Crème Cookies</p>	<p>16 Crustless Chicken Pot Pie Coleslaw Biscuit Seasonal Fruit</p>
<p>20 Beef Spaghetti Sauce Spaghetti Noodles Zucchini Mixed Green Salad Garlic Texas Bread Hot Spiced Peaches</p>	<p>21 Potato Crusted Pollock Macaroni and Cheese Brussels Sprouts Coleslaw Pineapple Tidbits</p>	<p>23 Cranberry Orange Chicken Breast Roasted Potatoes Capri Vegetable Blend Mixed Green Salad Tropical Fruit</p>
<p>27 Sweet and Sour Chicken Fried Rice Sugar Snap Peas Mandarin Oranges</p>	<p>28 Beef Chili w/Beans Baked Potato w/Sour Cream Corn O'Brien Mixed Green Salad French Silk Pudding Seasonal Fruit</p>	

Have you laughed today?

I told my girlfriend she drew her eyebrows too high.
She seemed surprised.

What's the difference between in-laws and outlaws?
Outlaws are wanted.

So what if I don't know what Armageddon means?
It's not the end of the world.

Why did the old man fall in the well?
Because he couldn't see that well.



Come and join us for these special events in February:

Wednesday, 14th: Come celebrate Valentine's Day with us! We will be having a party with games, a contest and decorating cookies.

Thursday, 22nd @ 6:00: Come join us for our Potluck and Movie Night. Bring a dish to share. We always have good food and good conversation.

Wednesday, 28th @ 12:00 We will be having our new Mayor, Brandon Humphries come introduce himself and let us know what is happening here in Enterprise. Come join us, it will be informative and fun!

* We are going to start offering exercise programs. From 'sit and be fit' types to Zumba. Let me know what you are interested in. Let's have some fun!

Come and celebrate February birthdays with us on Wednesday the 28th:



Norma Hess 4 Feb

Laurie Harlan 6 Feb

Lona Sanders 6 Feb

Morley Wilson 10 Feb

Jackie Privett 13 Feb

Bob Eldredge 16 Feb

Karla Clark 25 Feb

Johnny Hyatt 29 Feb