

Enterprise Active Life Center

Seniors 60 and Above



4th of July
Closed



St George
Trips

Twice a month
July 3rd &
17th \$ 5.00
Round Trip



Sign
Language
Class Wed
at 1pm

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



July 2025

165 S 100 E Enterprise Utah 84725 # 435-878-2557
Tuesday, Wednesday and Friday 9am-3pm
Lunch Served 12 noon \$4 Suggested Donation



Enterprise Active Life Center

"We Are All The Same Inside"

A Place where Seniors Thrive and Shine



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



Pioneer
Day Parade
July 24th
Check us
out.



Bingo @ 11
Tue, Wed
And Fri



Art Class
With Sharon
Friday July
25th at 1pm



Enterprise ACTIVE LIFE

SENIOR CENTER

July 2025 Menu



Tuesday	Wednesday	Thursday	Friday
1	2	3	4
Chicken Fajitas Pinto Beans Fiesta Corn Tortilla Seasonal Fruit	Braised Beef tips Over Mashed potato herbed carrots Wheat bread Seasonal Fruit Butter	Closed St. George trip 	
8	9	10	11
Hawaiian Chicken Haystacks Chef's choice Vegetables Pineapple Tidbits	Pasta Meat Sauce Garden Salad 1000 Island Dressing Garlic Bread Seasonal Fruit		Breaded Fish Wild Rice California Vegetable Lemon & Tartar Sauce Seasonal Fruit
15	16	17	18
Beef Tacos Lettuce, Pico, cheese Cilantro Rice Seasoned Squash Churro	Chicken Salad Croissant Lettuce & tomato Pesto Pasta Salad Grapes	Closed St. George trip 	Sloppy Joes Mac and Cheese Coleslaw Seasonal Fruit Ketchu
22	23	24	25
MeatLoaf Mash Potatoes Brown Gravy Carrots Dinner Rolls Fruit Cocktail	Classic Tuna Salad Wheat Bread Lettuce & tomato Pickle spear Chips		
29	30	31	
Chicken Tacos Lettuce, Pico, cheese Refried Beans Mexican style roasted vegetables	Swedish Meatballs Egg noodles Buttered Peas Dinner roll Butter	Sego Lily Utah State Flower	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

Barbara was born Barbara Bell in Panguitch Utah on May 24, 1936.



These are Barbs words “ A Heck of a long time ago”
LOL.

Barb was 3 years old when her family moved to Salt Lake City.

She was the oldest of three girls.

Then they moved to Bountiful where she went to High School.

Barbara was married at the age of 17 and had 4 beautiful children 3 boys and 1 girl. She wanted 10.

Her son Ron Read is a Judge in St George. Randy and Patty are Teachers and Rick is an engineer.

Barbara owned a Paint Store called Reads Paint and Decorating in 1970, She loved her business.

She owned a Race Horse with a couple friends after the races there was always a dance. Barbara loved and still loves to dance.

Barbara said she had many blessings in her life but her favorites were Her Kids and Grand Kids and the love of her life Larry Hunt.

Larry and Barb were Married for 25 years till she lost him to cancer. They were so in love. They did many Fun things together. They loved riding Horses in Pine Valley. Always had a Boat. They went to Bear Lake, Lake Powell, and all the Reservoirs in Utah.

Barb loves her friends at the Enterprise Active Life Center.

She loves Chinese food and Root beer floats and her absolute favorite is The Beach Bum Smoothie with Ex white Chocolate.

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

July is Disability Pride Month

Disability Pride Month is a crucial time to recognize and celebrate the contributions, struggles, and rights of people with disabilities. We all have some form.

Over one billion people have disabilities worldwide, representing the most significant global minority. In fact, 23% of older adults have a disability and in Utah that number is even higher at 30.8%. Naturally, everyone with a disability needs and deserves to participate equally in society.

This month provides an opportunity to reflect on the history of disability rights movements, the ongoing struggles for equality, and the achievements made in advancing accessibility and inclusivity.

Why Disability Pride Month matters:

1. **Recognition and Visibility:** Disability Pride Month raises awareness about the diverse experiences and challenges faced by individuals with disabilities, including older adults. It acknowledges their contributions to society and highlights the need for equal participation in all aspects of life.
2. **Advocacy and Empowerment:** By celebrating Disability Pride Month, we empower individuals with disabilities to advocate for their rights and demand inclusivity in policies, infrastructure, and societal attitudes.
3. **Educational Opportunities:** Disability Pride Month provides opportunities for education and dialogue about the history of disability rights, current issues, and ways to promote accessibility in daily life, including digital experiences.
4. **Building Inclusive Communities:** Disability Pride Month encourages communities to foster inclusivity and create environments where everyone, regardless of ability, can thrive and participate fully.

How you can make a difference in the daily lives of older adults with disabilities:

1. **Support Accessibility:** Advocate for accessible infrastructure, transportation, public spaces, and digital platforms. Ensure that older adults with disabilities have equal access to resources and services.
2. **Raise Awareness:** Educate yourself and others about the challenges faced by people with disabilities. Share stories, information, and resources to promote understanding and empathy.
3. **Promote Inclusivity:** Encourage inclusive practices in workplaces, schools, community organizations, and public events. Respect and celebrate the diversity of experiences and abilities.
4. **Advocate for Rights:** Support policies and legislation that protect the rights of individuals with disabilities, including older adults. Participate in advocacy efforts and amplify the voices of those advocating for change.
5. **Celebrate Diversity:** Embrace and celebrate the unique contributions and perspectives of individuals with disabilities. Foster a culture of respect, dignity, and equality for all.

By taking these steps, we can all contribute to creating a more inclusive society where people with disabilities are valued, respected, and empowered to live their lives to the fullest. Disability Pride Month is a reminder of our collective responsibility to champion diversity, equity, and inclusion for everyone, including older adults.

July Birthdays

Steve Chadburn **July 8**

Ferrell Phelps **July 15**

Melody McKesson **July 27**

Ed Granados **July 27**



Events at The Active Life Center In July

- 1, Closed Friday July 4th. Celebrating on Wed July 2nd
Patriotic Songs.
- 2, Bus Trips July 3rd and 17th
- 3, Food Bank delivery Tuesday July 22nd
- 4, Pioneer Day Parade July 24th “come out and watch us”
- 5, Closed July 25th in honor of Pioneer Day.

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.