



Enterprise Senior Center Newsletter

June 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: coa.washco.utah.gov/enterprise/



4 Types of Foods to Help Boost Your Memory



Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanin's and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish — including salmon, Bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health. NIH

June 2018 Calendar

Tue	Wed	Thu	Fri
			1 Wii/Bingo 5 County Kick-off Event
5 Wii/Bingo	6 Wii/Pinochle Brain Games	7 St George Bus Trip 	8 Wii/Bingo Joke Share
12 Wii/Bingo 11:30 Blood Pressure Checks	13 Wii/Pinochle Brain Games	14	15 Wii/Bingo Joke Share Father's Day Meal 
19 Wii/Bingo Craft Day	20 Wii/Pinochle Brain Games 11:30 Zion's Way Massages	21 St George Bus Trip 	22 Wii/Bingo Joke Share
26 Wii/Bingo 10:30 Advisory Board Meeting	27 Wii/Pinochle Brain Games Turn in Outreach Sheets	28 6:00 Potluck and Movie 	29 Wii/Bingo Joke Share Birthday Brownies 

June 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.</p> <p>Milk and bread served with all meals.</p>		<p>1</p> <p>Homemade Meatloaf with Brown Gravy Baked Potato Mixed Vegetables Mixed Green Salad Seasonal Fruit</p>
<p>5</p> <p>Salisbury Steak with Brown Gravy Garlic Mashed Potatoes Club Spinach Mixed Green Salad Applesauce</p>	<p>6</p> <p>Hawaiian Chicken Haystack Buttered Rice Broccoli Cuts and Florets Pineapple Tidbits</p>	<p>8</p> <p>Pork Loin with Sweet Thai Chili Sauce Roasted Red Potatoes Brussels Sprouts Mixed Green Salad Cornbread Seasonal Fruit</p>
<p>12</p> <p>BBQ Pork on Bun Baked Beans Coleslaw Hot Spiced Fruit</p>	<p>13</p> <p>Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Seasonal Fruit Pineapple Lime Whip Diet Dessert: Diet Fruited Gelatin</p>	<p>15</p> <p><u>Father's Day Holiday Meal</u> Green Pepper Casserole Whole Kernel Corn Macaroni Salad Seasonal Fruit Rocky Road Pudding Diet Dessert: Diet Chocolate Pudding</p>
<p>19</p> <p>Parmesan Chicken Penne Pasta Zucchini Mixed Green Salad Breadstick Seasonal Fruit</p>	<p>20</p> <p>Teriyaki Meatballs Fried Rice Seasoned Cabbage Sugar Snap Peas Mandarin Oranges</p>	<p>22</p> <p>Tater Tot Casserole Green Beans Mixed Green Salad Peach Crisp Diet Dessert: Warm Peaches</p>
<p>26</p> <p>Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Tropical Fruit</p>	<p>27</p> <p>Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Seasonal Fruit French Silk Pudding Diet Dessert: Diet Chocolate Pudding</p>	<p>29</p> <p>Chicken Sandwich Tater Tots Green Pea Salad Pears</p>

We would like to thank Linda Dudley for the amazing job she has done with our Thrift Store!! She has put in many hours of volunteer service. We appreciate her dedication and giving so much of her self and her time. We are so glad that you came here! Thank you Linda!!

Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, "Congratulations! You're the father of twins." "That's odd," answers the man. "I work for the Minnesota Twins!" A nurse then yells the second man, "Congratulations! You're the father of triplets!" "That's weird," answers the second man. "I work for the 3M company!" A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets." "That's strange," he answers. "I work for the Four Seasons hotel!" The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"



Come and join us for these special events in June:

Friday, 1st: Representatives from 5 County Association will be here to explain all the services that they can offer us. Come and learn with us. It will be fun!

Friday, 15th: Let's celebrate Father's together. We will have a special meal, a treat and share happy memories of our fathers or of fatherhood.

Saturday, 16th: Father's Day Breakfast Fundraiser from 9 to 10:30 am.

Tuesday, 19th: Let's start a once a month 'Craft Day'. Be thinking of an inexpensive craft you can share/teach. Sometimes there might be materials we can use from the Gift Shop.

Thursday, 28th 6:00: For our Potluck and Movie Night we will be showing the movie 'The Greatest Showman'. Bring a dish to share and invite your friends. We always have a great time.

Come and celebrate June birthdays with us on Friday the 29th:



Carol Meredith	5 Jun	Larine Huff	14 Jun
Shelley Hyde	7 Jun	LeeAnna Gardner	15 Jun
LaRee Pollock	8 Jun	Robert Reber	18 Jun
Lot Christensen	11 Jun	Vicki Cassida	27 Jun