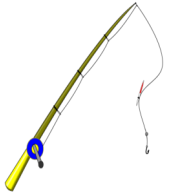


ENTERPRISE ACTIVE LIFE CENTER SENIORS 60 AND ABOVE



JUNE 2024



165 S 100 E Enterprise Utah 84725 # 435-878-2557

Tuesday, Wednesdays and Friday 9am-3pm

JUNE 16

Lunch Served 12 noon



Walking with
Friends Tuesday
After lunch 1pm

Cardio Drumming Best Exercise in Town
Wednesdays and Fridays at 10 am

ART CLASS
Friday June 28 th



Puzzle Challenge

Tai Chi Detox Body
Tapping Tuesdays 10 am

Sign Language Class Wednesdays
After Lunch at 1pm



JUNE 2024

Tue	Wed	Thu	Fri
<p>4</p> <p>10 am Tai Chi Detox 11 am Bingo 12 Lunch 1pm Walking class</p>	<p>5</p> <p>10 am Cardio Drumming 11am Bingo 12 Lunch 1 pm Sign Language</p>	<p>6</p> <p>St George</p> 	<p>7</p> <p>10 am Cardio Drum 11am Bingo 12 Lunch</p> <p>Birthday Cake</p>
<p>11</p> <p>10 am Tai Chi Detox 11 am Bingo 12 Lunch 1pm Walking class</p>	<p>12</p> <p>10 am Cardio Drumming 11 am Bingo 12 Lunch 1 pm Sign Language</p>	<p>13</p> <p>CLOSED</p>	<p>14</p> <p>10 am Cardio Drum 11am Bingo 12 Lunch</p>
<p>18</p> <p>10 am Tai Chi Detox 11 am Bingo 12 Lunch 1pm Walking class</p>	<p>19</p> <p>10am Cardio Drum 11 am Bingo 12 Lunch 1 pm Sign Language</p>	<p>20</p>  <p>St George Trip</p>	<p>21</p> <p>10 am Cardio Drum 11am Bingo 12 Lunch</p>
<p>25</p> <p>10 am Tai Chi Detox 11 am Bingo 12 Lunch 1pm Walking class</p>	<p>26</p> <p>10am Cardio Drum 11 am Bingo 12 Lunch 1 pm Sign Language</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>10 am Cardio Drum 11am Bingo 12 Lunch 1 pm Art Class</p>
		<p>2</p>	

Enterprise Active Life Center | June 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Bratwurst Sauerkraut Green Peas Garden Vegetable Blend Hamburger Bun Seasonal Fruit Milk	5 Smothered Chicken Thigh Buttered Rice Whole Kernel Corn Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine	6	7 Sweet and Sour Chicken Jasmine Rice Japanese Vegetable Blend Cucumber Salad Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine
11 Country Fried Steak w/Country Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Wheat Bread Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk	12 Meatballs w/Spaghetti Sauce Pasta Mixed Vegetables Mixed Green Salad Garlic Texas Bread Fresh Grapes Milk Margarine Ranch Salad Dressing	13	14 Father's Day Meal Bratwurst Red Potatoes Glazed Carrots Hot Dog Bun Fruited Gelatin <i>Diet - Pineapple Tidbits</i> Milk
18 Swedish Meatballs Penne Pasta Green Beans with Onion Parslied Carrots Texas Bread Seasonal Fruit Milk	19 Panko Crusted Pollock w/ Creamy Dill Sauce Brown Rice California Vegetable Blend Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	20	21 Chicken w/Alfredo Sauce Rotini Pasta San Francisco Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Vanilla Pudding <i>Diet - Vanilla Pudding</i> Milk
25 Pork Carnitas Spanish Rice Pinto Beans Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce	26 Open Face Turkey Sandwich w/Gravy Mashed Potatoes California Vegetable Blend Whole Kernel Corn (Wheat Bread in Entrée) Strawberry Fruited Gelatin <i>Diet - Fruited Gelatin</i> Milk	27	28 Minestrone Soup w/Sausage Baked Potato (Mixed Vegetable in Entrée) Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Sour Cream Ranch Salad Dressing

A suggested donation of \$3.00 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

Happy Fathers Day

WHAT IS A DAD?

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail...



June Birthdays



Allen Tew	June-3
Carol Meredith	June-5
Laraine Huff	June-14
LeeAnna Gardner	June-15
Robert Reber	June-19
Sherwood Bracken	June-26



Special Events in June

Thank you Patty Watson! for 35 years Volunteering here at the Enterprise Senior Center. Come Join us for Lunch June 21st and show Patty how much we appreciate her.

FOOD BANK TUESDAY JUNE 18th

FATHERS DAY LUNCH JUNE 14th

LUNCH AND LEARN Wednesday JUNE 26 12-1 Emergency Preparedness information.

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

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.