

# Enterprise Active Life Center

## Seniors 60 and Above



Volunteer  
Party  
June 27th  
At Noon  
All Welcome



# JUNE 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**

## Sign Language Wednesdays at 1

St George Trips  
Twice a month  
June 5 & 19  
\$5.00 round trip



Cardio Drumming, Chair Yoga, & Dancercise  
Tuesdays Wednesdays and Fridays 10:00am



**Fathers  
Day  
Meal**

June 13th



**BINGO**

**Tue, Wed,  
Fri, 11:00**



Art Class  
With Sharon  
Friday June  
27th at 1pm



# Enterprise Active Life

## Senior Center

### JUNE 2025 MENU



Tuesday	Wednesday	Thursday	Friday
3	4	5	6
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  <small>shutterstock - 151229399</small>	Breaded Fish Wild Rice California Vegetables Lemon &Tartar Sauce Seasonal Fruit Birthday Cake
10	11	12	13
Cordon Bleu Cream Sauce Roasted Red Potatoes Vegetable Medley Dinner Roll Pineapple Tidbits	Pasta Meat Sauce Garden Salad 1000 Island Dressing Garlic Bread Seasonal Fruit		FATHER'S DAY Chili Dogs Tater tots Broccoli Shredded Cheese onions Seasonal Fruit 
17	18	19	20
Beef Tacos Lettuce, Pico, cheese Cilantro Rice Seasoned Squash Churro	Chicken Salad Croissant Lettuce & tomato Pesto Pasta Salad Grapes	Closed St. George trip  <small>shutterstock - 151229399</small>	Sloppy Joes Mac and Cheese Coleslaw Seasonal Fruit Ketchu
24	25	26	27
Roast Turkey W/ Gravy Cranberry Sauce Herbed Stuffing Seasoned Green Beans Mandarin oranges	MeatLoaf Mash Potatoes Brown Gravy Carrots Dinner Rolls Seasonal Fruit		Chicken Alfredo Pasta Italian Blend Vegetable Garlic Bread Seasonal Fruit Cookie/ Diet cookie
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

## Richard Louis Amoroso

Richard Louis Amoroso, was born on the shore of the Mystic Lakes in Medford Massachusetts on April 24, 1946.

He comes from a family of seven children, he has four brothers and two sisters, He has one Daughter, 42, named Juliette.

Richard is a rare Polymath. (Yes I had to look up the definition: Polymath- A person of wide-ranging of knowledge or learning.) Working in two dozen fields of physics, medicine, psychology, etc...

He has 200 publications, and has written 50 books, one in nine languages.

Richard is an award winning poet. The World Catalog shows some of his books in over 1200 physics libraries around the world, like BYU, Stanford, Harvard, Princeton etc. His favorite job was working for the Harvard Smithsonian astrophysical Observatory. Richard says his main contribution was being the chairman of an international physics symposium for 22 years.

Richard has been living in Beryl for 13 years...he came accidentally. We are very happy Richard comes to the Enterprise Active Life Center. He participates in the exercise classes, and loves to play bingo with his friends.

Thank you Richard for letting us get to know you !

# JUNE IS MENS MENTAL HEALTH AWARENESS MONTH

June is Men's Mental Health Awareness Month, a time to raise awareness about the unique challenges men face when it comes to mental health. Men are less likely than women to seek help for mental health problems, and they are also more likely to die by suicide.

## Risks for Men

There are a number of factors that can put men at increased risk for mental health problems, including:

- **Toxic masculinity:** Traditional gender roles often dictate that men should be strong, silent, and self-sufficient. This can make it difficult for men to express their emotions and seek help when they need it.
- **Work stress:** Men are more likely to be employed in high-stress jobs, and they are also more likely to work long hours. This can lead to burnout, depression, and anxiety.
- **Financial problems:** Men are more likely to be the primary breadwinners for their families, and they are also more likely to be unemployed. This can lead to financial stress, which can also trigger mental health problems.

**Substance abuse:** Men are more likely to abuse alcohol and drugs, which can worsen mental health problems.

Men's Mental Health – Why men are less likely than women to seek help for mental health problems and more likely to die by suicide.

**Stigma:** One of the biggest reasons [men are less likely to seek help for their mental health than women is stigma](#). There is still a lot of stigma associated with mental illness, especially among men. Men are often told that they should be “strong” and “man up,” and that showing emotions is a sign of weakness. This can make it difficult for men to admit that they are struggling and to seek the help they need.

**Lack of awareness:** Another reason is lack of awareness. Many men are simply not aware of the signs and symptoms of mental illness, or they may not know where to go for help. This is especially true for men who are from marginalized groups, such as men of color, LGBTQ+ men, and rural men.

Factors that may affect men's mental health and contribute to suicide include:

- **Mental illness:** Depression, anxiety, and substance abuse are all risk factors for suicide.
- **History of trauma:** Men who have experienced trauma, such as childhood abuse or neglect, are at increased risk for suicide.
- **Social isolation:** Men who are socially isolated are more likely to die by suicide.
- **Access to firearms:** Men are more likely to own guns than women, and they are also more likely to use guns to commit suicide.

It is important to note that not all men who have these risk factors will die by suicide. However, it is important to be aware of the risk factors so that you can help men who may be struggling.

## Signs and Symptoms of Depression and Suicide

Depression and suicide are two of the most serious mental health problems that can affect men. The signs and symptoms of **depression** include:

- Feeling sad or depressed for most of the day, nearly every day
- Losing interest in activities that you used to enjoy
- Having trouble sleeping or sleeping too much
- Having changes in appetite
- Feeling tired all the time
- Having trouble concentrating
- Feeling worthless or guilty
- Thinking about death or suicide

The signs and symptoms of **suicide** include:

- Talking about death or suicide
- Giving away possessions
- Saying goodbye to loved ones
- Withdrawing from social activities
- Increasing substance abuse
- Taking risks

**Becoming more aggressive or hostile**

## Men's mental health and suicide – what can be done?

There are a number of things that can be done to help men who are struggling with mental health problems. We need to reduce the stigma associated with mental illness and make it easier for men to seek help. We also need to increase awareness of the signs and symptoms of mental illness and make sure that men have access to affordable and quality mental health services.

If you are a man who is struggling, please know that you are not alone. There are people who care about you and want to help. Please reach out to a friend, family member, therapist, or other mental health professional for support.

## Seeking Help

If you or someone you know is struggling with mental health problems, it is important to seek help. There are a number of resources available, including:

- **Mental health professionals:** Therapists, counselors, and psychiatrists can provide support and treatment for mental health problems.
- **Support groups:** Support groups can provide a safe and supportive space to talk about your challenges and struggles.
- **Crisis hotlines:** Crisis hotlines can provide immediate support if you are feeling suicidal or in crisis.
- Call [Crisis Services](#) at 716-834-3131 or call/text 988 for the Suicide and Crisis Lifeline.



## Our Town Celebrities And Other Famous People

Allen Tew	June 3	Anderson Cooper	June 3
Robert Schaff	June 10	Judy Garland	June 10
Laraine Huff	June 14	Donald Trump	June 14
LeeAnna Gardner	June 15	Waylon Jennings	June 15
Robert Reber	June 19	Kathleen Turner	June 19
Sherwood Bracken	June 26	Billy Davis Jr	June 26

## Events in June

**PICTURE DAY! IN FRONT OF OUR SIGN FRI JUNE 13**  
**PLEASE COME 11:45 IF YOU WANT TO BE IN THE PICTURE**

- 1, Men's Mental Health Awareness “ MONTH OF JUNE”
  - 2, St George Trips June 5th & 19th
  - 3, Food Bank Delivery June 17th
  - 4, Lunch and Learn June 20 at noon “Dealing with Diabetes”
  - 5, Podiatrist Bryan Berghout Free Toe nail Clipping and  
consultation 2pm June 26th
  - 6, Volunteer Party June 27th at noon come Thank Everyone!
- Congratulations Patty Watson for 36 Years of Volunteering at  
The Enterprise Active Life Center