

Enterprise Active Life Center

Seniors 60 and Above



MARCH 2025



Sunday
March 9th
2 am

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



March 17, 2025



BINGO

Tue, Wed, Fri
At 11 am



The Enterprise Active Life Center
"We Are All The Same Inside"
A Place where Seniors Thrive and Shine



St George Trips
Twice a month
March 6th, and
20th \$5.00
round trip

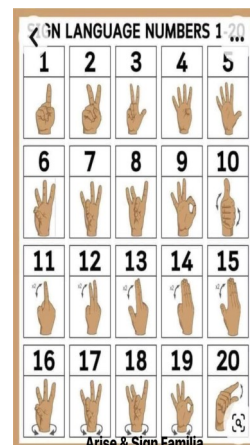


**Cardio Drum and
Stretch Tue Wed,
& Fri at 10am**

Rocky Mountain
home and health
Blood Pressure
First Tue, of the
Month



Sign Language
Wednesdays at 1



Art Class With Sharon
Friday March 28 at 1pm





Enterprise Active Life Center

March 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7
Potato Crusted Pollock Lemon Orzo Baby Glazed Carrots Coleslaw Wheat Roll Seasonal Fruit Milk Margarine Tartar Sauce	Sweet and Sour Chicken Jasmine Rice Japanese Vegetables Green Peas Wheat Bread Mandarin Oranges Fortune Cookie Milk Margarine		Chili Baked Potato Cheesy Broccoli Saltine Crackers Seasonal Fruit Milk Margarine Sour Cream
11	12	13	14
Taco Soup Fiesta Rice (Mixed Vegetables in Entrée) Broccoli Tortilla Chips Seasonal Fruit Milk	Pork w/Cranberry Apple Sauce Wild Rice Brussels Sprouts Carrot Raisin Salad Cornbread Seasonal Fruit Milk Margarine		St. Patrick's Day Meal Shepherd's Pie Red Potatoes (Vegetables in Entrée) Cabbage Wheat Roll Seasonal Fruit Milk Margarine
18	19	20	21
Creamy Garlic Chicken Pasta California Vegetables Green Peas Wheat Bread Seasonal Fruit Milk	Homemade Meatloaf w/Gravy Mashed Potatoes Brussels Sprouts Parslied Carrots Dinner Roll Strawberry Glazed Fruit <i>Diet - Seasonal Fruit</i> Milk Margarine		Cuban Shredded Pork Spanish Rice Pinto Beans Whole Kernel Corn Corn Tortilla Seasonal Fruit Milk
25	26	27	28
Hawaiian Chicken Haystack (White Rice in Entrée) Japanese Vegetables Cabbage Chow Mein Noodles (Pineapples in Entrée) Milk	Salisbury Steak w/Gravy Au Gratin Potatoes Glazed Baby Carrots Green Peas Wheat Bread Seasonal Fruit Sugar Cookie <i>Diet - Vanilla Wafers</i> Milk Margarine		BBQ Chicken Breast Baked Beans Whole Kernel Corn Broccoli Wheat Bread Applesauce Milk Margarine
31			
Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	<p>A suggested donation of \$4.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>	

Beat of the Drum" with Cardio Drumming Classes

- August 13, 2021
- Courtney Cox, SPT; Alexis Rau, SPT; Kelsey Soldner, SPT

Cardio drumming has existed for centuries among cultures in Africa, known as djembe drumming, as a cultural tradition performed during rituals and celebrations.¹ Over the years, it has gained popularity for its emotional and physical benefits. It has transitioned from being a ritualistic activity to a modern way to get active. Cardio drumming combines the use of an exercise ball, a platform to hold it, and drumsticks to create a unique workout. Cardio drumming classes are popping up more and more each year. Among the new found popularity, a cardio drumming company called POUND was founded in 2011.² POUND offers an aerobic component alongside strength training and conditioning, but also offers yoga and pilates-inspired movements.² The social aspect and inclusivity of cardio drumming programs can benefit geriatric patients by encouraging movement throughout the week. Although there are variations of this activity that exist worldwide, the goal is to provide an alternative option for working out that keeps individuals motivated while benefiting both physically and emotionally. There are many health benefits when it comes to exercise, especially in the geriatric population. As people become older it sometimes can be more difficult to engage in vigorous exercise. Common complications of aging include increased risk of obesity, osteoarthritis, neck and back pain, diabetes, and dementia.³ Finding fun alternative ways to exercise is important in the geriatric population to stay mobile, improve cardiovascular health, and prolong independence. Additionally, physical activity can decrease the chances of bone and muscle breakdown thus leading to a healthier, longer life. POUND uses specific songs to get an optimal fat burn within the 2-4 minutes song.² Drumming distracts your brain from the high intensity work you are receiving, by having you focus on rhythm and volume (pound website). Taking a POUND class can improve timing, rhythm, coordination, agility, and endurance.² These classes are designed for all age groups, and are geriatric friendly as they can be modified to the individual's abilities. Weighted drumsticks are available for all levels of progression, and participants are able to select a pace that best suits them.² In addition to physical health, drumming has been shown to improve mental health and cognition. Cardio drumming can reduce depression and anxiety, as well as improve social resilience.⁴ Older adults with dementia had improvements in cognition, upper extremity ROM and body composition when engaging in cardio drumming programs.⁵ Music incorporated into physical activity, much like how POUND is structured, can provide an even greater benefit to older adults with dementia. Exposing older adults to music during exercise has been suggested to improve visuospatial processing, and reduce grey and white matter loss in the frontal cortex, leading to a potential delay in cognitive decline.⁶

Six Reasons why you should visit “The Enterprise Active Life Center”



According to the National Council on Aging (NCOA, folks who regularly visit a senior center report better psychological well-being, lower levels of stress, and lower levels of depression than those who don't take advantage of this important resource

1, Enhanced social connections

Senior centers provide a social outlet where you can meet peers, form new friendships and engage in meaningful conversations.



2, Tailored physical activities

Physical activity is vital at all ages, but especially as we get older. Cardio Drumming, and Chair Yoga are some of our favorites. These activities help maintain mobility flexibility, and BALANCE, Reducing the risk of falls and other health complications.



3, Opportunities for Lifelong learning

Keeping the mind active is just as important as physical exercise. We have art class and sign language.



4, Access to nutritious meals

Senior centers offer healthy and affordable meals, and communal dining making eating more enjoyable.



5, Supportive Services,

Senior centers offer resources for support and guidance.



6, Varied and enriching activities.

Senior centers organize outings and events. Museum visits, Theater performances and local group trips.



Our Town Celebrities and TV Celebrities

BIRTHDAYS THIS MONTH

Ellen Homontowski March 1,
Diane Tew March 2,
Linda Rylander March 10,
Jane Hunt March 12,
Terrie Hammerschmidt March 14,
Linda Dudley March 20,
Alan Hansen March 30,

Ron Howard March 1,
Jon Bon Jovi March 2,
Chuck Norris March 10,
Liza Minnelli March 12,
Albert Einstein March 14,
Fred Rogers "Mr" March 20,
Celine Dion March 30,

Special Events in March

March 6 & 20 St George Trips

March 9, Daylight Savings

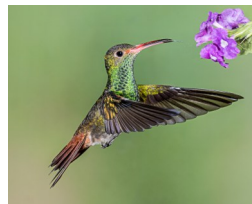
March 10, Put Humming Bird Feeders out!!!! YAY

March 17 St Patrick's Day

March 20 First Day of Spring

March 26 H.E.A.T. Program

March 28 Crazy Hat Day... Prize Winner



3/26/25
8:00 AM - 11:30 AM

H.E.A.T.
Home Energy Assistance Target

WE WILL BE AT ENTERPRISE SENIOR CENTER TAKING APPLICATIONS. PLEASE CALL OUR OFFICE TO SIGN UP FOR AN APPOINTMENT. 435-652-9643

REQUIRED DOCUMENTS:

- ID & SOCIAL SECURITY CARDS
- UTILITY BILLS FOR ELECTRIC & GAS
- INCOME FOR THE MONTH OF FEBRUARY
- MEDICAL EXPENSES PAID OUT OF POCKET IN FEBRUARY (OPTIONAL)
- PROOF OF DISABILITY (IF APPLICABLE)

fivecountyheat.org
435-644-3803

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.