

Enterprise Active Life Center

Seniors 60 and Above



MAY 2025



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

Tuesday, Wednesday and Friday 9am-3pm

Lunch Served 12 noon \$4 Suggested Donation



Bingo

Tue, Wed, Fri,

At 11 am



St George Trips

Twice a month

May 8 & 22

\$5.00 round trip



The Enterprise Active Life Center

"We Are All The Same Inside"

A Place where Seniors Thrive and Shine

Sign Language Wednesdays at 1 pm



**Cardio Drum, Chair
Yoga & Dancercise
Tue, Wed, & Fri
starting at 10:00**



Summit Foot &
Ankle. Will be
here, Thursday
May 15th at 1pm



Join us for our
Mothers Day
Meal May 9th

At Noon






Art Class With
Sharon Frei

Friday May 30 at
1pm



Enterprise Active Life Senior Center May 2025 MENU



Tuesday	Wednesday	Thursday	Friday
29	30	1	2
<p><i>A SUGGESTED DONATION OF \$4.00 IS REQUESTED FROM SENIORS 60 AND OLDER.</i></p> <p>People under 60 can enjoy a meal for \$7.00.</p> <p><i>Menu subject to change based on availability</i></p>			<p>Chicken Parmesan Pasta Mixed Vegetables Dinner Roll Mandarin Oranges Butter Birthday cake/ Diet cake</p>
6	7	8	9
<p>CINCO DE MAYO Chicken Enchiladas Mexican Corn Pinto Beans Seasonal Fruit</p>	<p>Beef Stew Baked Potato Corn Bread Seasonal Fruit Margarine</p>	<p>Closed St George Trip</p> 	<p>Mother's Day Sliced Turkey with Cranberry sauce Mash Potatoes with Gravy Green Beans Dinner Roll with Butter Seasonal Fruit Strawberry Swirl Pudding/ diet pudding</p>
13	14	15	16
<p>Breaded Fish French Fries Creamy Coleslaw Lemon & Tartar Sauce Seasonal Fruit</p>	<p>Pasta w/ Meat Sauce Caesar Salad Caesar Dressing Garlic Bread Tropical Fruit</p>		<p>Sloppy Joes French Fries Coleslaw Seasonal Fruit Ketchup</p>
20	21	22	23
<p>Hawaiian Chicken Haystacks Jasmine Rice Vegetable Chef's Choice Pineapple Tidbits</p>	<p>Chili Dogs Potato Wedges Broccoli Shredded Cheese Seasonal Fruit</p>	<p>Closed St. George Trip</p> 	<p>MEMORIAL DAY Cheeseburger Onion Rings Lettuce, Tomato, Onion, Pickles Seasonal Fruit</p>
27	28	29	30
<p>Chicken Salad Wheat Bread Lettuce & tomato Grapes</p>	<p>Meatloaf Mash Potatoes Brown Gravy Carrots Dinner Roll Tropical Fruit</p>		<p>Pizza Bake Italian Blend Vegetables Garlic Bread Seasonal Fruit</p>

May is Mental Health Awareness Month

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people

Good relationships are important for your mental well-being. They can:



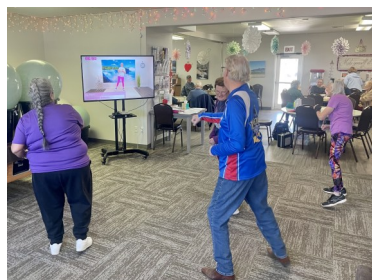
- help you to build a sense of **belonging** and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:



2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing



3. Learn new skills

boosting self-confidence and [raising self-esteem](#)

- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.



4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
 - giving you a feeling of purpose and self-worth
 - helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

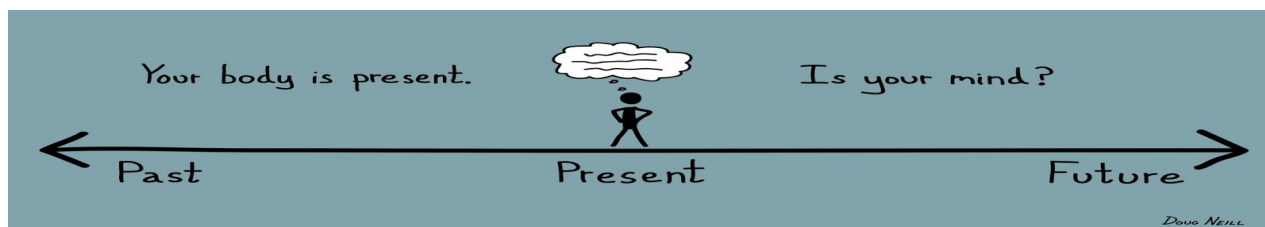


Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project

volunteering in your community, such as helping at a school, hospital or care home

5. Pay attention to the present moment



Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.



Our Town Celebrities And Other Famous People **BIRTHDAYS** THIS MONTH

Sam Gardner May 7

Bruce Tait May 9

Norita Sorenson May 16

Barbara Hunt May 24

Brenda Pollock May 25

Gary Cooper May 7

Billy Joel May 9

Janet Jackson May 16

Priscilla Presley May 24

Mike Meyers May 25

Events in May

May 9th - Mothers Day Lunch Noon

May 14th– Children Performance 11:45am

May 15th– Bryan Bergout Podiatrist from Summit Foot and Ankle will be here at the Center. Free Toe Nail Clipping and Consultation 1pm.

May 16th Norita Sorenson's Birthday/Celebration of Life Party. Friday May 16, 2025 4:00 pm-8:30 pm

All Welcome.
RSVP to Norita by
May 9th
(435)231-4452



This will be a Great opportunity to Celebrate Norita and Check out the Active Life Center in Enterprise at the same Time...

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.