



Enterprise Senior Center Newsletter

March 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: <http://coa.washco.utah.gov/enterprise>

Oatmeal Pecan Waffles (or Pancakes)

Recipe Source: *Deliciously Healthy Family Meals*

Ingredients For waffles:



- 1 C whole-wheat flour
- ½ C quick-cooking oats
- 2 tsp baking powder
- 1 tsp sugar
- ¼ C unsalted pecans, chopped
- 2 large eggs, separated (for pancakes, see note)
- 1½ C fat-free (skim) milk
- 1 Tbsp vegetable oil

For fruit topping:

- 2 C fresh strawberries, rinsed, stems removed, and cut in half (or substitute frozen strawberries, thawed)
- 1 C fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 C fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 tsp powdered sugar

Directions:

- 1 Preheat waffle iron.
- 2 Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
- 3 Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
- 4 Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
- 5 Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note below).
- 6 Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.) (Or make pancakes.)
- 7 Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

Tip: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

March 2018 Calendar

Tue	Wed	Thu	Fri
		1 St George Bus Trip 	2 Wii/Bingo Joke Share
6 Wii/Bingo	7 Wii/Pinochle Brain Games	8	9 Wii/Bingo Joke Share Speaker
13 Wii/Bingo	14 Wii/Pinochle Brain Games	15 St George Bus Trip 	16 Wii/Bingo Joke Share St Patrick's Day Party 
20 Wii/Bingo 11:30 Blood Pressure Checks	21 Wii/Pinochle Brain Games 11:30 Zion's Way Massages	22 6:00 Potluck and Movie 	23 Wii/Bingo Joke Share Health Expo 9-1 St G Senior Cntr
27 Wii/Bingo 10:30 Advisory Board Meeting	28 Wii/Pinochle Brain Games Turn in Outreach Sheets	29	30 Wii/Bingo Joke Share Birthday Brownies 

March 2018 Menu

Tuesday	Wednesday	Friday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00. Milk and bread served with all meals</p>		<p>2</p> <p>Country Fried Steak Country Gravy Whipped Potatoes Mixed Vegetables Mixed Green Salad Seasonal Fruit</p>
<p>6</p> <p>Hamburger on Bun Lettuce/Tomato/Onion/Pickle Tater Tots Seasonal Fruit</p>	<p>7</p> <p>Pork Loin Apricot Mustard Sauce Wild Rice Peas and Carrots Corn Salad Brownie Diet - Crème Cookies</p>	<p>9</p> <p>Turkey Shepard's Pie Mixed Green Salad Cornbread Hot Spiced Fruit</p>
<p>13</p> <p>Beef Cabbage Casserole Buttered Rice Stewed Tomatoes Rye Bread Peach Crisp</p>	<p>14</p> <p>Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Seasonal Fruit</p>	<p>16</p> <p>St Patrick's Day Corned Beef Red Potatoes Cabbage & Carrots Mixed Green Salad Rye Bread Pineapple Lime Whip Seasonal Fruit Diet - Pineapple Tidbits</p>
<p>20</p> <p>Mild Pork Carnitas Spanish Rice Mixed Beans Mixed Green Salad Tortilla Applesauce</p>	<p>21</p> <p>Ground Beef Stroganoff Egg Noodles Mixed Vegetables Mixed Green Salad Garlic Texas Bread Pears</p>	<p>23</p> <p>Hamburger with Bun Potato Salad Baked Beans Seasonal Fruit Cookie</p>
<p>27</p> <p>Beef Spaghetti Sauce Spaghetti Noodles Zucchini Mixed Green Salad Garlic Texas Bread Hot Spiced Peaches</p>	<p>28</p> <p>Potato Crusted Pollock Macaroni and Cheese Brussels Sprouts Coleslaw Pineapple Tidbits</p>	<p>30</p> <p>Easter Glazed Ham Sweet Potato Casserole Green Beans Amandine Seasonal Fruit Heavenly Pudding Diet - Chocolate Pudding</p>

We will be starting an exercise class in March. It is called 'Fall Proof at Home.' There are three levels, we will start with level one. We will do this before lunch at 11:15. Everyone is invited that wants to participate.

There has been some interest in a walking club. Let us know when would work for you. We could do it after Bingo, etc. As weather permits, let's get out and walk together.

We are working on getting a Tai Chi instructor. If you or someone you know is interested in training to be a Tai Chi instructor, there is a training coming up for anyone over 55.

Please let us know if there is another exercise you would like or are able to help us with. 878-2557

Come and join us for these special events in March:

Friday, 9th: We will have a Representative come talk to us from Senator Mike Lee's office. He will talk to us during lunch and will be available for questions.

Friday, 16th: Come join us for our St Patrick's Day Party!

Thursday, 22nd 6:00: Join us for our Movie/Potluck Night. We are planning on watching the movie 'Night at the Museum' with Ben Stiller and Robin Williams. Invite your friends.

Friday, 23rd 9:00-1:00 Health Expo at the St George Senior Center. We will take a bus down and will be eating at the center there. Rides will be on a first come, first served basis. Of course we will also have lunch here for those not attending the expo.

Come and celebrate March birthdays with us on Friday the 30th:



Bonnie Stokes	2 Mar	Jean Jensen	15 Mar
Rick Plouffe	10 Mar	Pat Adams	16 Mar
Linda Rylander	10 Mar	Connie Mee	16 Mar
Jane Hunt	12 Mar	Linda Dudley	26 Mar
Terrie Hammerschmidt	14 Mar	Alan Hansen	30 Mar