

ENTERPRISE ACTIVE LIFE CENTER SENIORS 60 AND ABOVE

MAY 7
1:00 PM

May 2024



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

Tuesday, Wednesdays and Friday 9am-3pm

Lunch Served 12 noon



LEARN HOW
TO GROW
BROCCOLI
SPROUTS

Tender baby broccoli plants, known as broccoli sprouts, are an increasingly popular health food. The young plants are grown from seed and eaten when they're just a few days old. They're usually eaten raw in salads or sandwiches, so their delicate balance of nutrition isn't damaged by cooking. Sep 14, 2022



MAY 12 MOM

ART CLASS

MAY 3rd & 31st

CARDIO DRUMMING WED & FRI 10AM



Tai Chi Tuesday' 9:30




WEDNESDAYS 1 PM



Lunch at Wendy's
on our St George
Trip



MAY 2024

Tue	Wed	Thu	Fri
	1 10 am Cardio Drumming 11 am Bingo 12:00 Lunch 10:30 1 PM SIGN LANGUAGE	2 St George Trip 	3 10 am Cardio Drumming 11 am Bingo 12:00 Lunch BIRTHDAY CAKE
7 9:30 am Tai Chi 11 am Bingo 12:00 Lunch	8 10 am Cardio Drumming 11 am Bingo 12:00 Lunch 1 PM SIGN LANGUAGE	9 We're Closed	10 10 am Cardio Drumming 11 am Bingo 12:00 Lunch
14 9:30 am Tai Chi 11 am Bingo 12:00 Lunch	15 10 am Cardio Drumming 11 am Bingo 12:00 Lunch 1 PM SIGN LANGUAGE	16 St George Trip 	17 10 am Cardio Drumming 11 am Bingo 12:00 Lunch
21 9:30 am Tai Chi 11 am Bingo 12:00 Lunch	22 10 am Cardio Drumming 11 am Bingo 12:00 Lunch 1 PM SIGN LANGUAGE	23 We're Closed	24 10 am Cardio Drumming 11 am Bingo 12:00 Lunch
28 9:30 am Tai Chi 11 am Bingo 12:00 Lunch	29 110 am Cardio Drumming 11 am Bingo 12:00 Lunch 1 PM SIGN LANGUAGE	30 We're Closed	31 10 am Cardio Drumming 11 am Bingo 12:00 Lunch

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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. 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>	1	2	3
	<p>Smothered Chicken Thigh Buttered Rice Whole Kernel Corn Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine</p>		
7	8	9	10
<p>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</p>	<p>Meatballs w/Spaghetti Sauce Pasta Mixed Vegetables Mixed Green Salad Garlic Texas Bread Fresh Grapes Milk Margarine Ranch Salad Dressing</p>		<p>Mother's Day Meal Baked Chicken w/Spinach Sauce Buttered Rice Garden Vegetable Blend Mixed Green Salad Dinner Roll Seasonal Fruit Sugar Cookie <i>Diet - Sugar-Free Cookie</i> Milk Margarine Ranch Salad Dressing</p>
14	15	16	17
<p>Swedish Meatballs Penne Pasta Green Beans with Onion Parslied Carrots Texas Bread Seasonal Fruit Milk</p>	<p>Panko Crusted Pollock w/ Creamy Dill Sauce Brown Rice California Vegetable Blend Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine</p>		<p>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</p>
21	22	23	24
<p>Pork Carnitas Spanish Rice Pinto Beans Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce</p>	<p>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</p>		<p>Memorial Day Meal Hamburger Patty Lettuce Tomato Pickle Baked Beans Potato Salad Hamburger Bun Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk</p>
28	29	30	31
<p>Hawaiian Chicken Haystack (Jasmine Rice in Entrée) Broccoli Cabbage and Carrots Wheat Bread (Pineapple Tidbits in Entrée) Fortune Cookie Milk Margarine</p>	<p>Beef Stroganoff Mashed Potatoes Green Peas Spinach Salad Texas Bread Peach Crisp <i>Diet - Peaches</i> Milk Margarine Ranch Salad Dressing</p>		<p>Herb Roasted Pork Loin w/Creamy Dijon Sauce Au Gratin Potatoes Mixed Vegetables Brussels Sprouts Dinner Roll Seasonal Fruit Milk</p>

HAPPY BIRTHDAY TO YOU

Sam Gardner

May 7

Bruce Tait

May 9

Norita Sorenson

May 16

Barbara Hunt

May 24

Larry Millward

May 25

Brenda Pollock

May 25



“ The Difference between Memorial Day and Veterans Day”
Memorial Day which is always the last Monday in May, Honors the Men and Women who died while serving in the Military.

Memorial Day is a day set aside to reflect on these Americans who made the ultimate sacrifice while protecting and defending our Country that they deeply loved

Veterans Day, is observed every November 11, We honor and recognize everyone who has served in the Armed Forces.

To Some the distinction seems minute. Celebrating our service members should be done regularly.

So as a reminder the intentions of Memorial Day is to honor friends and family that died while serving their country. Although your intentions may be well meaning. It may be insensitive to wish someone a Happy Memorial Day if they are grieving the loss of a loved one.

Happy Mothers Day to Everyone

Be Gentle with your Mother

There are times that a quick, short answer jumps out of your mouth. Full of sharp edges that draw blood, and you look away so you don't see the pain you know you caused. Half of what she does, you don't understand. The things she allows leave you cold and irritate you. One moment you want to fold her in your arms, the next you wish you could just shake her a bit.

One day it will all make sense to you.

The things she never told you about, are the very things that hollowed out her insides and then built her up again, so she can carry more and more where no one can see the weight. Those things that sometimes break her where you can actually see it, even though you prefer not to. Her eyes notice everything, yet she keeps so much to herself. She steps back and offers her hope for the sake of her child's happiness. The gratitude she deserves for doing that is far and few between, yet her flame of gratitude reaches close to Heaven.

Should you be blessed enough to still have her breathing the air of this earth, it's time you start digging in your gratitude archives and find the warmth in your heart, the forgiveness in your voice and the same amazement you had as a toddler for her. I beg of you to please, today and every day, be gentle with your mother.

Because the day will come that her morning greeting will no longer be. Her words "I love you my child" will no longer be. Her voice will no longer be heard. All that will be left are memories. So Be Gentle with your Mother.

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.