

Enterprise Active Life Center Seniors 60 and Above

November 2025



St George Trips

Twice a month

*Nov 6th and
20th \$5*

Round Trip



Exercise Classes

Tue, 10am Chair

Yoga,

Wed and, Fri

10am Cardio

Drumming.

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



Enterprise Active Life Center

"We Are All The Same Inside"

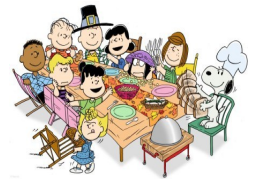
A Place where Seniors Thrive and Shine

"Most Affordable Lunch in Town"

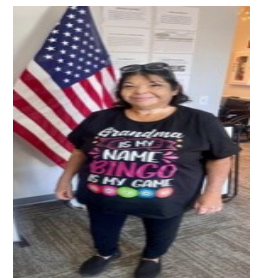
60 and Above Suggested Donation \$4.00

Guests under 60 \$7.00

Please Come have Lunch with Friends



Please Join
us for our
Thanksgiving
meal Nov 19
at noon. All
Welcome.



**Bingo and
Popcorn**

@ 11 Tue, Wed
& Fri



**Sign
Language
Class**
Weds at
1pm

ENTERPRISE ACTIVE LIFE SENIOR CENTER NOVEMBER 2025 MENU



Tuesday	Wednesday	Thursday	Friday
4	5	6	7
Chicken Pot pie over biscuit Green beans Corn Carrots Applesauce Milk	Shredded Beef Brown Gravy Peas Baked Potato Sour Cream Peaches Dinner roll Milk	Closed St. George trip 	Pasta Meat Sauce Parslied Carrots Garden Salad Ranch Dressing Garlic Bread Bananas Milk
11	12	13	14
Breaded Chicken W/ Gravy Herb Roasted Potato Mixed Vegetables Mandarin Oranges Wheat bread Milk	Slow roasted Pork W/ Mustard Sauce Seasoned Wild Rice Broccoli Green Salad Ranch Pears Wheat bread Milk		Frito pie with Chili Lettuce, Cheese & onions Carrots Pinto Beans Apples Milk
18	19	20	21
Chicken Tenders Honey Mustard French Fries Carrot Raisin Salad Peaches Cookie/ Diet cookie Milk	Thanksgiving Meal Roast turkey Mashed Potato W/ Gravy Green bean casserole Herbed Stuffing Cranberry Sauce Dinner roll Pumpkin Pie	Closed St. George trip 	Swedish Meatballs Egg Noodle Pea Salad Green Beans Dinner Roll Banana Milk
25	26	27	28
Hawaiian Chicken Haystack Jasmine Rice Peas Carrots Pineapple Tidbits Fortune Cookie Milk	Sloppy Joes French Fries 3 Bean Salad Applesauce Ketchup Milk	HAPPY GOBBLE GOBBLE!!!! 	
			

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

If I Get Dementia

A Heartfelt Wish List from a Dementia Care Worker

- If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
- If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read and visit with friends.
- If I get dementia, ask me to tell you a story from my past.
- If I get dementia, and I become agitated, take the time to figure out what is bothering me.
- If I get dementia, treat me the way that you would want to be treated.
- If I get dementia, make sure that there are plenty of snacks for me in the house. Even now, if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
- If I get dementia, don't talk about me as if I'm not in the room.
- If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- If I get dementia, and I live in a dementia care community, please visit me often.
- If I get dementia, don't act frustrated if I mix up names, events or places. Take a deep breath. It's not my fault.

Some things I would add to this list:

- If I want to eat dessert first let me, I like dessert.
- Let me wander: I did this before I got dementia too, I enjoy the exercise, it helps me sort through my reality.
- Never forget the love that I have for my family and friends even if I can't express it.
- Though I may not remember you or communicate as well, I still feed off your emotions and can see love or frustration in your eyes, a kind touch or smile goes a long way, I can still understand those emotions well.
- It is okay just to sit and be with me, no words have to be spoken.
- Let me sleep as late as I want to in the morning and stay up as late as I want to at night, I was erratic about this before I had dementia, don't expect it to change.
- Offer me seconds at every meal, I like to eat.
- Enter my reality, don't try to force me into yours, embrace it, there will be days this can be a fun trip down memory lane.

By [Rachael Wonderlin](#)

Part of the [Transforming Life as We Age Special Report](#)

(This article appeared previously on [AlzheimersReadingRoom.com](#).)

How Sign Language Can Help Seniors with Dementia

Senior citizens should learn sign language to enhance cognitive function, such as improving memory and spatial awareness, and to improve communication and social connections, especially for those with hearing loss or deaf individuals. Learning sign language can also provide emotional and psychological benefits by increasing social inclusion and combating isolation.

Boosts brain health: Learning sign language is a form of cognitive stimulation that can improve memory, creative thinking, and multitasking, and may help delay the onset of diseases like

Alzheimer's.

- **Enhances spatial reasoning:** The use of space and visual cues in ASL can improve spatial awareness, helping with tasks like reading maps or understanding objects in three dimensions.
- **Improves vision and reaction time:** Sign language is visual-based, which can enhance peripheral vision and reaction time.
- **Communicates with deaf individuals:** Knowing sign language enables direct communication with deaf or hard-of-hearing family members, friends, or community members.
- **Reduces isolation:** For deaf or hard-of-hearing seniors, sign language provides a way to access information and maintain social and cultural networks, which can reduce feelings of loneliness and depression.
- **Improves overall communication:** Learning sign language can make you more attentive to non-verbal cues, body language, and facial expressions, making you a more empathetic and effective communicator overall.

Emotional and therapeutic benefits

- **Aids emotional expression:** For those with dementia or difficulty speaking, sign language provides a non-verbal way to express emotions like happiness, anger, or pain.
- **Strengthens relationships:** For caregivers, learning sign language can build stronger connections with seniors who have communication challenges, reducing frustration and loneliness for both parties.
- **Provides a sense of purpose:** The process of learning and practicing sign language can provide structure and a sense of accomplishment, which can be especially beneficial for seniors who need to establish routines.

November 2025



Happy Birthdays Special Events

Wed Nov
19th at
Noon



Our Thanks Giving

Nov 2nd

Sun

Mon

Tue

Wed

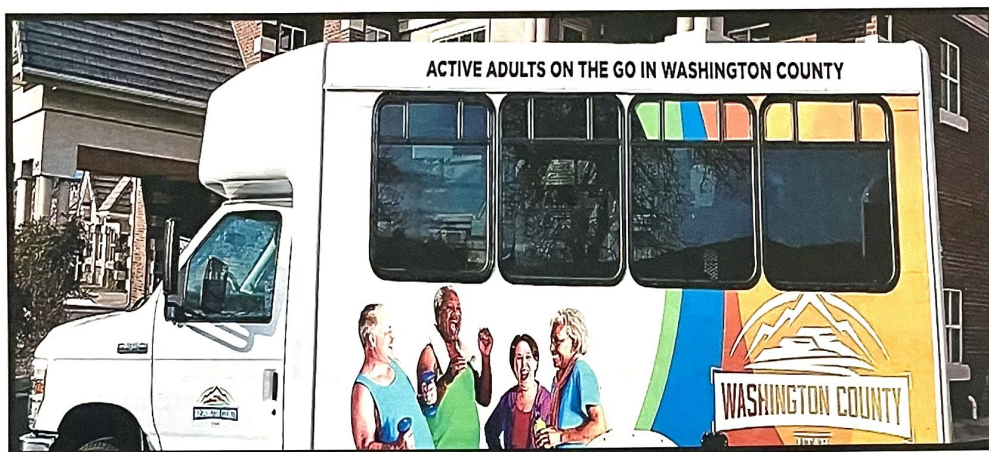
Thur

Fri

Sat

2, Day	3, Robert Kuczera Biker Bob	4, 10 am Chair Exercise 11 am Bingo 12pm Lunch Election Day	5, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	6, St George 	7, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	8, SATURDAY
9, Day	10, 	11, 10 am Chair Exercise 11 am Bingo 12pm Lunch Veterans day	12, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	13, Fred Ybright	14, 10 am Cardio Drum 11am Bingo 12pm Lunch Gary Laub	15 SATURDAY Christine our Cook
16, Day	17, 	18, 10 am Chair Exercise 11 am Bingo 12pm Lunch	19, 10 am Cardio Drum 11 am Bingo 12 pm Lunch Our Thanks Giving	20, St George 	21, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	22, SATURDAY
23, Day	24, 	25, 10 am Chair Exercise 11 am Bingo 12pm Lunch	26, 10 am Cardio Drum 11 am Bingo 12 pm Lunch George Gardner	27, 	28, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	29, SATURDAY
30, Day						

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.