



## Enterprise Senior Center Newsletter

### **November** 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: [coa.washco.utah.gov/enterprise/](http://coa.washco.utah.gov/enterprise/)**



## A Heartwarming Thanksgiving Story

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: "I am blind, please help."

There were only a few coins in the hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were.

The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way." I wrote: "Today is a beautiful day but I cannot see it."

Both signs told people that the boy was blind. But the first sign simply said the boy was blind. The second sign told people that they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?







Moral of the Story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively. When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear.

The most beautiful thing is to see a person smiling. And even more beautiful, is knowing that you are the reason behind it!

Happy Thanksgiving to all!

Author: Unknown

# November 2018 Calendar

Tue	Wed	Thu	Fri
		1 St George Bus Trip 	2 Wii/Bingo 60+ Exercise Speaker
6 Wii/Bingo 60+	7 Wii/Pinochle Brain Games Veteran's Day Program	8	9 Wii/Bingo 60+ Exercise
13 Wii/Bingo 60+ 11:30 Blood Pressure Checks	14 Wii/Pinochle Brain Games 11:30 Massages	15 St George Bus Trip 	16 Wii/Bingo 60+ Exercise
20 Wii/Bingo 60+ Craft Day <u>Thanksgiving Meal</u>	21 CLOSED	22 	23 CLOSED
27 Wii/Bingo 60+ 10:30 Advisory Board Meeting	28 Wii/Pinochle Brain Games Turn in Outreach Sheets	29 6:00 Potluck and Movie 	30 Wii/Bingo 60+ Exercise Birthday Cake 

# November 2018 Menu

Tuesday	Wednesday	Friday
<p><b>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</b></p> <p><b>Milk and bread served with all meals.</b></p>		<p><b>2</b></p> <p>Country Fried Steak w/Gravy Mashed Potatoes Sliced Carrots Creamed Peas Wheat Roll Ambrosia Salad Diet - Mixed Fruit</p>
<p><b>6</b></p> <p>Cacciatore Chicken Breast Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears</p>	<p><b>7</b></p> <p>Meatballs w/Sweet &amp; Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges</p>	<p><b>9</b></p> <p>Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit</p>
<p><b>13</b></p> <p>Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit</p>	<p><b>14</b></p> <p>Chicken Fried Steak with Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit</p>	<p><b>16</b></p> <p>Chicken Breast w/Alfredo Sauce Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Diet - Hot Peaches</p>
<p><b><u>Thanksgiving Menu</u> 20</b></p> <p>Roasted Turkey Breast with Gravy Cranberry Sauce Stuffing Green Beans Mashed Potatoes Mixed Green Salad w/Ranch Dressing Wheat Roll Pumpkin Pie with Whipped Cream Diet - Mixed Fruit</p>	<p><b>21</b></p> <p><b>Closed for Thanksgiving Holiday</b></p>	<p><b>23</b></p> <p><b>Closed for Thanksgiving Holiday</b></p>
<p><b>27</b></p> <p>Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Peaches</p>	<p><b>28</b></p> <p>Glazed Ham Sweet Potato Casserole Cabbage Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Diet - Vanilla Wafers</p>	<p><b>30</b></p> <p>Beef Spaghetti Sauce over Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote</p>



## MyPlate for Older Adults

### Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

### Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

### Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



### Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

### Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

### Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

### Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

Tufts  
UNIVERSITY

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NUTRITION  
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AARP Foundation

## Come and join us for these special events in November:

**Friday, 2nd:** We will have Tom Everett from 5 County here to help us with Medicare Open Enrollment, so come with questions.

**Wednesday, 7th: Veteran's Day Program**

**Tuesday, 20th:** We will be having our 'Craft Day' after Bingo.

**Saturday, 17th 10—3:** We are having our annual **Christmas in November**. Craft sale, bake sale and lunch. Rent a table to sell your wares for \$10.

**Tuesday, 20th:** We will be having our Thanksgiving Meal, come enjoy with us.

**We will be closed Wed—Fri, 11/21—11/23 for the Thanksgiving Holiday.**

**Thursday, 29th 6:00:** Potluck and Movie Night. Bring a dish to share and enjoy the company of friends.

## **Come and celebrate November birthdays with us on Friday the 30th:**



Robert Kuczera	3 Nov	Gary Laub	14 Nov
Deborah Carter	9 Nov	Janet Staheli	14 Nov
Ken Shaw	10 Nov	George Gardner	26 Nov