



Enterprise Active Life Center Seniors 60 and Above



October 2025



Halloween Party

Oct 31, 11am-1pm Wear a Costume get a prize



Bingo and Popcorn

@ 11 Tue, Wed & Fri



**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 years young, and Above Suggested Donation \$4.00 & Guests under 60 \$7.00

Please Come have Lunch with Friends.

St George Trips

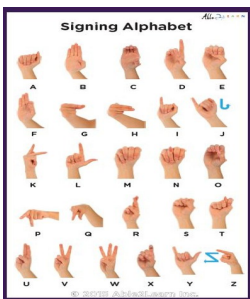
***Twice a month
October 2nd
and 16th \$5***



Sign

Language

Wed @ 1pm



Exercise Classes

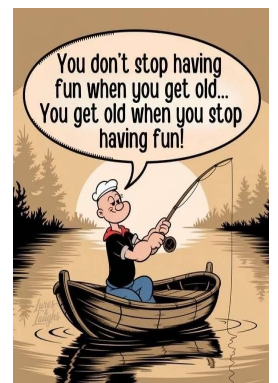
***Tue, 10am Chair
Yoga, Wed and,
Fri 10am Cardio
Drumming.***



15 MINUTES OF CARDIO, 15 MINUTES OF WEIGHTS, AND AN HOUR OF TALKING MYSELF INTO IT.

Art Work Display

Barbara Hunt



Enterprise ACTIVE LIFE

SENIOR CENTER

October 2025 Menu



Tuesday	Wednesday	Thursday	Friday
	1	2	3
	Beef Stuffed Peppers Broccoli Roasted Potatoes Seasonal Fruit Wheat bread	Closed St. George trip 	Pasta Meat Sauce Parslied Carrots Garden Salad Ranch Dressing Garlic Bread Seasonal Fruit Birthday Cake/ Diet cake
7	8	9	10
Swedish Meatballs Egg Noodle Buttered Peas Green Beans Dinner Roll Seasonal Fruit Milk	Chicken Tenders Honey Mustard French Fries Carrot Raisin Salad Mandarin oranges Cookie/ Diet cookie Milk		Frito pie with Chili Lettuce, Cheese & onions Carrots Pinto Beans Seasonal fruit
14	15	16	17
eriyaki Chicken Thigh Whie Rice Asian Style vegetable Gingered Carrots Seasonal fruit Fortune Cookie Milk	Shredded Beef Brown Gravy Peas Baked Potato Seasonal Fruit Dinner roll	Closed St. George trip 	Chicken Alfredo Pasta Squash Cauliflower Garlic Bread Seasonal Fruit
21	22	23	24
waiian Chicken Haystack White Rice Peas & Carrots Cabbage Pineapple Tidbits Fortune Cookie Milk	Meatloaf Mash Potatoes Brown Gravy Peas Carrots Dinner Roll Seasonal fruit Milk		Sloppy Joes French Fries 3 Bean Salad Seasonal Fruit Ketchup
28	29	30	31
Beef Nachos Tortilla Chips Lettuce onion and tomato Fiesta Corn Cheese Sauce Pinto Beans Seasonal Fruit Milk	Chicken Pot pie over biscuit Green beans Corn Seasonal Fruit Milk		<u>Happy Halloween!!</u> BBQ Pulled Pork Hamburger bun Baked Beans Buttered Corn Seasonal Fruit

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

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. “Well,” she said, “I think I’ll braid my hair today.” So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. “H-M-M,” she said, “I think I’ll part my hair down the middle today.” So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. “Well,” she said, “Today I’m going to wear my hair in a pony tail.” So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn’t a single hair on her head....

“YEAH!” she exclaimed, “I don’t have to fix my hair today!”



What Is the Spiritual Meaning of the “Woman With 3 Hairs” Story?”

Embedded within its seemingly simple narrative lies a profound spiritual message, inviting us to perceive life through the lens of resilience, adaptability, and the liberation found in letting go.

Picture her—this woman who wakes up to find only three hairs adorning her head. What could have easily led to despair or dismay instead catalyzed her creativity and determination. “I think I’ll braid my hair today,” she declared, choosing not to dwell on what was lacking but embracing what she possessed. In this choice, we witness the power of our own agency—the ability to shape our experiences through our perspective and response.

Each passing day unfolds with a reduction in those delicate strands. Yet, the woman, undeterred by the diminishing count, exemplifies an unwavering spirit. As her locks decrease, her adaptability and resourcefulness amplify. “I think I’ll part my hair down the middle today,” she declares, recognizing that she holds the reins to her own happiness, regardless of external circumstances.

Even as she faces the brink of baldness, her resilience remains unshaken. “Today I’m going to wear my hair in a ponytail,” she affirms, embracing the inevitable change with a lightheartedness that eludes many. Her journey mirrors the human experience—an evolving tapestry where every moment offers a choice: to resist or to flow with the currents of life.

And then, the inevitable moment arrives—she wakes to find not a single hair on her head. But instead of desolation, she greets this new state with jubilation. “YEAH!” she exclaims, liberated from the societal constructs of beauty and appearance. In this hairless canvas, she discovers the ultimate freedom—the freedom from the constraints of vanity and superficial expectations.

October is National Stop Bullying Month

When people envision a bully, they think about a young kid or adolescent picking on someone smaller than them. What happens when an adult becomes the victim of bullying?

Bullying in [retirement communities](#) and [assisted living communities](#) is making news in recent years. While much of the bullying behavior is often associated with physical aggression, it can also entail psychological or social aggression.

The Rise of Senior Bullies

The [American Psychological Association](#) defines bullying as “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words or more subtle actions.”

In many senior communities, bullying appears in words and actions. “Many people can have trouble with the transition into senior living,” says Beth Sholom, who runs an informational program to educate people in retirement communities about the issue of senior bullying. “Their loss of independence can make them feel powerless. Acting out by bullying others is an admittedly unhealthy way of trying to feel more in control of what is happening in their lives.”

Bullying can also vary based on gender. Women are more likely to create “mean girl groups” where they make newcomers feel left out—either by not allowing the newcomers to sit with them during meals or spreading gossip about the newcomers. Male bullies are more likely to display aggressive behavior such as yelling or threatening others.

“Senior bullies typically try to control the entire environment,” says Sholom. “They’ll turn a public space into their own area, sort of like claiming their turf.”

The Impact of Senior Bullying

California State University, San Bernardino published a report, [“Bullying Among Older Adults in Retirement Homes: An Unknown Epidemic.”](#) The report identified additional consequences for victims of senior bullying, such as post-traumatic stress disorder and social isolation.

Social isolation can be devastating to a person’s health. The report states, “Older adults who do not have a healthy network suffer from depression, and they are at a higher risk of cognitive deterioration. Moreover, men are at a higher risk of committing suicide. Older adults change their behavioral habits by smoking, drinking and increasing their unhealthy eating habits.”

It has been estimated that roughly 10 to 20 percent of seniors experience bullying. Bullying, at any age, can affect a person’s self-esteem and lead to depression and/or anxiety. For those who become victims of bullying, the impact can be detrimental to their psychological and physical health.

Combating Bullying Among Seniors

Interventions are necessary to minimize bullying among seniors. Sholom said that her goal of running a workshop in retirement communities is to empower seniors from falling victim to the bad behavior.

Although some people are unable to help it, such as dementia patients and the elderly living with age-related depression, encouraging staff to intervene could help improve not only the bully’s behavior, but also identify a health issue that might be at the root of the problem.

“The bottom line is that the facility definitely needs to take control of the situation,” says Sholom. “They should address the underlying cause behind why the bully is acting that way and determine whether the bully needs to see a counselor or seek medical attention.”

Sholom is the owner of Right at Home in Middlesex and northern Monmouth counties, New Jersey. She and her teammate, Aileen Hollander, advocate for the well-being of seniors in the community.

October 2025

Happy Birthdays

Halloween Party

Sun

Mon

















Tue

Wed

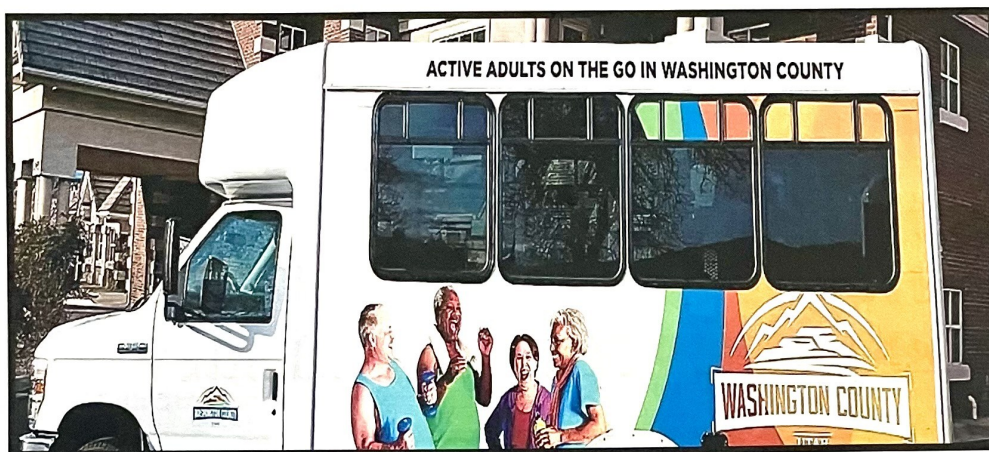
Thur

Fri

Sat

 Day	29, 	30, 10 am Chair Exercise 11 am Bingo 12pm Lunch	1, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	2, St George  Diantha and Frank Matheson	3, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	4, SATURDAY
5,  Day	6, 	7, 10 am Chair Exercise 11 am Bingo 12pm Lunch	8, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	9, 	10, Cardio Drum 10am	11, Malin Gardner SATURDAY
12,  Day Patty Watson	13,  Belva Gardner	14, 10 am Chair Exercise 11 am Bingo 12pm Lunch	15, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	16, St George 	17, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	18, SATURDAY
19,  Day	20, 	21, 10 am Chair Exercise 11 am Bingo 12pm Lunch	15, LaNeta Chadburn 10 am Cardio Drum 11 am Bingo 12 pm Lunch	23, 	24, FB 10 am Cardio Drum 11 am Bingo 12 pm Lunch	25, SATURDAY
26,  Day	27, 	28, 10 am Chair Exercise 11 am Bingo 12pm Lunch	29, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	30, 	31, 10 am Cardio Drum 11 am Bingo 12 pm Lunch	Halloween Party 11-1 

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.