

Enterprise Senior Center Newsletter

September 2019 Issue

165 S 100 E Enterprise UT 84725 - 435-878-2557

Center Hours: Tuesday, Wednesday, Friday

9am—3pm

Lunch 12:00 pm—1:00 pm

Visit our website: coa.washco.utah.gov/enterprise/

The Key to Aging Well: Growing | Learning | Connecting | Giving

Welcome to National Senior Center Month

September 2019 National Senior Center Month is celebrated every year in September. It's a wonderful opportunity to showcase our center and market the valuable programs, activities, and services we offer. It's also a great time to promote a positive image of aging, show our center's importance in the community, and create interest among prospective new participants.

Growing

Aging is not lost youth but a new stage of opportunity and strength. — Betty Friedan

Let's work on growing our numbers this month by telling our friends and inviting our neighbors to join us here at the Senior Center.

Learning

Aging is an extraordinary process where you become the person you always should have been. — David Bowie

We are planning on starting a ceramics class soon here at the our center. It's a great time to learn new skills.

Connecting

Here's what I know: ...Work at your relationships all the time. Take care of friendships, hold people you love close to you, take advantage of birthdays to celebrate fiercely. —Patti LaBelle

We plan on getting the community to connect with us by planning an open house to share what we do here with others.

Giving

Life's most persistent and urgent question is: What are you doing for others? — Martin Luther King, Jr.

We will be constructing a quilt here at the center and giving it away at a drawing held at our open house. The Advisory Board would like to collect items to give to a needy family during the holidays. Giving makes us happy.

September 2019 Calendar

Tue	Wed	Thu	Fri
3 Wii/Bingo 60+	4 Pinochle Brain Games	5 St George Trip 	6 Wii/Bingo 60+
10 Wii/Bingo 60+ 11:30 Massages	11 Pinochle Brain Games Speaker	12	13 Wii/Bingo 60+
17 Wii/Bingo 60+ 11:00 BP checks	18 Pinochle Brain Games	19 St George Trip 	20 Wii/Bingo 60+
24 Wii/Bingo 60+ 10:00 Advisory Board Meeting	25 Pinochle Brain Games Movie of the Month 	26 Picnic at Pine Valley 	27 Wii/Bingo 60+ Turn in Outreach Sheets Birthday Treat 

September 2019 Menu

Tuesday	Wednesday	Friday
3 Meatballs with Spaghetti Sauce Whole Grain Spaghetti Zucchini Mixed Green Salad Garlic Texas Bread Hot Cinnamon Applesauce	4 Hawaiian Chicken Haystack Broccoli Pineapple Tidbits Milk	6 Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit
10 Beef Taco Salad Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Tossed Salad Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Diet - Fruited Gelatin	11 Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit	13 Homemade Meatloaf Brown Gravy Garlic Whipped Potatoes Creamed Peas Mixed Green Salad Wheat Roll Seasonal Fruit
17 Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Wheat Roll Seasonal Fruit	18 Sloppy Joe Tater Tots Broccoli Whole Wheat Hamburger Bun Seasonal Fruit	20 Pulled BBQ Chicken Baked Beans Chuckwagon Corn Macaroni Salad Whole Wheat Hamburger Bun Seasonal Fruit
24 Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Wheat Roll Applesauce	25 Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Wheat Roll Citrus Fruit Cup	27 Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Bread Pudding Seasonal Fruit

A suggested donation of \$3.00 is requested from seniors 60 and older.

Persons under 60 can enjoy a meal for \$7.00.

Milk and bread served with all meals.



Choices Today for a Healthier Tomorrow



Eating a **healthy diet** and **exercising** often can help control or delay health issues associated with aging, like high blood pressure and diabetes. Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these five tips a priority every day:

- Try to be physically **active** for at least 30 minutes on most or all days of the week.
- Eat **plenty** of **fruits** and **vegetables**.
- Choose foods that are **low in** added sugars, saturated fats, and sodium.
- Pick **whole grains** and **lean sources** of protein and dairy products.
- Practice all four types of **exercise**—endurance, strength, balance, and flexibility.

Get more information about healthy eating and exercise on [Go4Life](#).

Come and join us for these special events in September:

Wednesday, 11th @ 12:30: Sharon Ott, along with a representative from AARP will be coming to talk to us about Wills and Trusts. You will want to come and listen to this important message.

We are hoping to get our **Tai Chi Class** started up again this month. It has been a fun and needful class, thank you volunteers and those that come and support this. There is a suggested donation of \$1 for this class. Your donations go to the Senior Center and to help keep it running smoothly.

Wednesday, 25th: We will try our '**Movie of the Month**' on Wednesday this month. If anyone wants to bring a treat to share, that would be fun! Let's make this a fun new tradition. This month we will be showing the movie "Believe".

Thursday, 26th: We're going to have a picnic at Pine Valley. We will be taking the van with seating for nine. Sign ups will be first come first served.

Come and celebrate **September** birthdays with us on Friday the 27th:



Sue Raney	Sep 4
Ed Pettit	Sep 20
Joy Shaw	Sep 20
Sharma Millward	Sep 23