

ENTERPRISE ACTIVE LIFE CENTER 60 AND ABOVE

DECEMBER 2024 NEWSLETTER



**Come Join
Us For our
Christmas
Meal Dec
20 at Noon**



**Bingo Tue, Wed
And Fri at 11am
Fun Prizes**



**Sign Language
Wednesdays at 1pm
Never a dull moment
In this class. Thank
you Michelle**



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



The Enterprise Active Life Center
A Place Where Seniors Thrive and Shine
"We Are All The Same Inside"

**Cardio
Drumming
Wed & Friday
10 am- 10:45
Best Exercise**



**Dancercise
Tuesday at 10**



**St George
Dec 5th
\$5 Round
Trip**



**Art Class
With Sharon Frei
Friday Dec 27 at
1pm**



Enterprise Active Life Center

December 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6
Swedish Meatballs Whipped Potatoes Whole Kernel Corn Green Peas Wheat Bread Seasonal Fruit Margarine	Hawaiian Chicken Haystack (White Rice in Entrée) Broccoli Asian Coleslaw (Pineapple Tidbits in Entrée) Chow Mein Noodles		Pork Roast w/Gravy Roasted Red Potatoes Broccoli Glazed Baby Carrots Texas Bread Applesauce Margarine
10	11	12	13
Beef Stroganoff Mashed Potatoes California Vegetable Blend Mixed Green Salad Dinner Roll Seasonal Fruit Margarine Ranch Salad Dressing	Meatballs w/Spaghetti Sauce Pasta Parslied Carrots Green Peas Garlic Texas Bread Seasonal Fruit Margarine		Country Fried Steak Country Gravy Whipped Ranch Potatoes Whole Kernel Corn Biscuit Fruited Gelatin <i>Diet - Sugar-Free Fruited Gelatin</i> Margarine
17	18	19	20
Chicken Parmesan Pasta Green Peas Garden Vegetable Blend Texas Bread Seasonal Fruit Margarine	BBQ Pork Rib Patty French Fries Mixed Vegetables Hamburger Bun Pineapple Tidbits		Christmas Meal Beef Roast w/Gravy Au Gratin Potatoes Peas and Carrots Mixed Green Salad Wheat Roll Strawberry Poke Cake <i>Diet - Fruit Salad</i> Margarine Ranch Salad Dressing
24	25	26	27
Salisbury Steak w/Gravy Egg Noodles Mixed Vegetables (1 cup) Texas Bread Seasonal Fruit Margarine	CLOSED Christmas Day		New Year's Meal Glazed Ham Black-eyed Peas Cabbage Spinach Salad Dinner Roll Seasonal Fruit Chocolate Chip Cookie <i>Diet - Graham Cracker</i> Margarine

Christmas Party Thursday Dec19, 2024

11am-2pm

Pot luck lunch: Bring your favorite meal, appetizer, snack, or Dessert...We will have a sign up sheet.

Christmas Gift exchange: \$10.00

Entertainment: Share your talents, Sing, Play an instrument...

Fun Games for All.



Some of our pictures from last Christmas



December Birthdays

December 6, Lloyd Hunt
December 8, Ron Lehm
December 10, Irene Simpkins
December 12, Vicky Olson
December 22, Clyde Davis
December 25, Bill May
December 28, James Rylander
December 30, Bill Raney
December 30, Gary Earl



Special Events in December

Dec 5— Just one Trip to Saint George in Dec

Dec 17—Food Bank— They are bringing Cat food and Dog food along, with our usual.

Delivery.

Dec 13— Our Sign Language class is going to Tuachan to see “A Christmas Carol”.

December 19— Enterprise Active Life Center Christmas Party-11am–2pm all are welcome.

We will be closed:

Dec-24th, 25th and the 31st and of course Jan1

Favorite recipe of the month

Natural Nancy Household Cleaner

- 1 lg Spray Bottle
- 2 1/2 cups of Vinegar
- 1 1/2 oz of lemon juice
- 1 1/2 oz of Peroxide
- 1/2 oz Dawn dish soap



Artichoke Dip

- 1 Can Artichokes (not marinated)
- 3/4 cup of sour cream
- 3/4 cup of mayo
- 3/4 cup fresh Parmesan cheese
- 1/4 cup chopped garlic
- 1/2 small bag of frozen spinach
- Blue cheese crumbles or 3/4 cup of blue cheese dressing
- Mix all ingredients and bake 350 for 20-30 minuets until bubbly



Serve in a hollowed sour dough bread bowl, using the bread or your favorite crackers to dip.

Thank you Nancy Gloss

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.