ENTERPRISE ACTIVE LIFE CENTER 60 AND ABOVE

Come Join
Us For our
Christmas
Meal Dec
20 at Noon





DECEMBER 2024 NEWSLETTER

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

Wed & Friday 10 am- 10:45 Best Exercise



Tuesday at 10

Dancercise



St George Dec 5th \$5 Round Trip



Art Class
With Sharon Frei
Friday Dec 27 at
1pm



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







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	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			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 Diet - Sugar-Free Fruited Gelatin 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	26	Christmas Meal Beef Roast w/Gravy Au Gratin Potatoes Peas and Carrots Mixed Green Salad Wheat Roll Strawberry Poke Cake Diet - Fruit Salad Margarine Ranch Salad Dressing
	25	20	New Year's Meal
Salisbury Steak w/Gravy Egg Noodles Mixed Vegetables (1 cup) Texas Bread Seasonal Fruit Margarine	CLOSED Christmas Day		Glazed Ham Black-eyed Peas Cabbage Spinach Salad Dinner Roll Seasonal Fruit Chocolate Chip Cookie Diet - Graham Cracker 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)

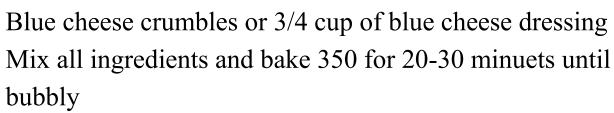
3/4 cup of sour cream

3/4 cup of mayo

3/4 cup fresh Parmesan cheese

1/4 cup chopped garlic

1/2 small bag of frozen spinach



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 \$t. 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.