

ENTERPRISE ACTIVE LIFE CENTER SENIORS 60 AND ABOVE

JULY 2024 NEWSLETTER

165 S 100 E Enterprise Utah 84725 # 435-878-2557

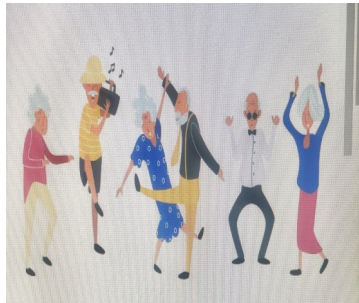
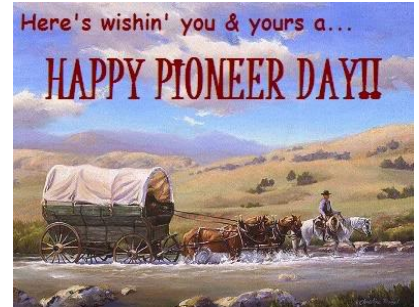
Tuesday, Wednesdays and Friday 9am-3pm

Lunch Served 12 noon

Happy 4th of July
Be Safe and Enjoy

Check us out in the Parade

We will Be closed 7/24



Cardio Drumming Best Exercise
Wednesdays and Fridays at 10 am

Sign Language

Wednesdays 1 pm



GRANDMA

A little bit parent.
A little bit teacher.
A little bit best friends,
and of course, a little bit
partner in crime.



Thank you to all our Volunteers and Staff

And Of course our Patrons

I think the proper term
for 'senior' women
should be:
Queen-agers.

That is all. Carry on.



JULY 2024

Tue	Wed	Thu	Fri
2 10 Gentle Chair Yoga 11 am Bingo 12 Lunch	3 10 am Cardio Drumming 11am Bingo 12 Lunch 1 pm Sign Language	4 CLOSED 	5 10 am Cardio Drum 11am Bingo 12 Lunch <h1>Birthday Cake</h1>
9 10 am Gentle Chair Yoga 11 am Bingo 12 Lunch	10 10 am Cardio Drumming 11 am Bingo 12 Lunch 1 pm Sign Language	11 <div>CLOSED</div>	12 10 am Cardio Drum 11am Bingo 12 Lunch
16 10 am Gentle Chair Yoga 11 am Bingo 12 Lunch	17 10am Cardio Drum 11 am Bingo 12 Lunch 1 pm Sign Language	18 St George 	19 10 am Cardio Drum 11am Bingo 12 Lunch
23 10 am Gentle Chair Yoga 11 am Bingo 12 Lunch	24 CLOSED 	25 <div>CLOSED</div>	26 10 am Cardio Drum 11am Bingo 12 Lunch 1 pm Art Class
30 10 am Gentle Chair Yoga 11 am Bingo 12 Lunch	31 10am Cardio Drum 11 am Bingo 12 Lunch 1 pm Sign Language	1 <div>2</div>	

Enterprise Active Life Center

July 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5
Chicken Cordon Bleu Mashed Potatoes Green Beans Cornbread Seasonal Fruit Milk	Independence Day Meal BBQ Chicken Sandwich Whole Kernel Corn Carrot Raisin Salad Hamburger Bun Strawberry Fruited Gelatin <i>Diet - Fruited Gelatin</i> Milk		Swiss Steak over Pasta Whole Kernel Corn California Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine
9	10	11	12
Cheeseburger Lettuce Tomato Onion Pickle Potato Wedges Hamburger Bun Seasonal Fruit Milk Ketchup Mustard	Chicken Enchiladas (Flour Tortillas in Entrée) Spanish Rice Pinto Beans Coleslaw Applesauce Milk		Chicken Teriyaki Jasmine Rice Honey Ginger Baby Carrots Sugar Snap Peas Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine
16	17	18	19
Pork with Lemon Caper Sauce Roasted Red Potatoes Whole Kernel Corn Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Chili with Beans Shredded Cheese Baked Potato California Vegetable Blend Saltine Crackers Seasonal Fruit Milk Margarine Sour Cream		Meatballs with Gravy Whipped Potatoes Parslied Carrots Green Peas Wheat Bread Seasonal Fruit Milk
23	24	25	26
Pioneer Day Meal Chili Cheese Dog French Fries Cucumber Salad Hot Dog Bun Seasonal Fruit Chocolate Chip Cookie <i>Diet - Vanilla Wafers</i> Milk Ketchup	Closed		Beef Frank Potato Wedges Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Mustard
30	31		
Sliced Turkey Breast with Gravy Au Gratin Potatoes Green Beans with Onions Spinach Salad Wheat Bread Tropical Fruit Milk Margarine Ranch Salad Dressing	Hawaiian Chicken Haystack (White Rice in Entrée) Japanese Vegetable Blend Cucumber Salad Chow Mein Noodles (Pineapple Tidbits in Entrée) Fortune Cookie Milk	A suggested donation of \$4.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals	



15 Fun Facts about The U.S Birthday that might surprise you

- 1. We didn't actually declare independence on the 4th of July. The official vote took place two days before and the "Declaration" was published in papers on July 4.**
- 2. The designer of the 50-Star Flag Lived in Lancaster Ohio. Robert G Heft who was 16 at the time was one of thousands to design a flag. His design became the Official flag in 1960.**
- 3. Americans will Enjoy 150 Million Hot Dogs During the 4th holiday.**
- 4. Only Two Men Signed the Declaration of Independence on July 4. Charles Thompson and John Hancock. The other signed over the course of the month.**
- 5. There Is Something Written on the Back of the Declaration of Independence. According to the History Channel, a simple message is written upside-down across of the signed document that reads, "Original Declaration of Independence dated 4th July 1776"**
- 6. One Signed Later Recanted the Declaration of Independence. Richard Stockton, a Lawyer from New Jersey, became the only signer to recant his support.**
- 7. The Average age of the Signers was 45 Years old. The youngest were 26 and Oldest was Benjamin Franklin 70 years old.**
- 8. The Declaration of Independence was written on a lap top... A writing desk that could fit on your lap.**
- 9. Men Love Fireworks...\$1 Billion Worth. Estimated 12,900 firework emergency room visits. 70% were men.**
- 10. Bottoms up 2x the Rum. During the Revolutionary War George Washington ordered ex Rum for the Soldiers to Celebrate the Holiday.**
- 11. Fireworks date back to the first anniversary in 1777 John Adams said he wanted Independence Day to be celebrated with POMP, PARADE, SHOWS, and illuminations.**
- 12. The Census in 1776 estimates there were only 2.5 million people in America.**
- 13. Wearing Old Glory Violates The U.S. Flag Code. If you own a Flag t-shirt, beach towel or any other item that represents the U.S. Flag? Your in in violation of the U.S. Flag Code.**
- 14. Bizarre Thomas Jefferson 82, and John Adams, 90 both died on July 4, 1826.**
- 15. July 4th was not deemed a Federal Holiday until 1870 nearly 100 years after the nation was founded.**



JULY Birthdays



John Wadlington	July-1
Alice Hansen	July-7
Steve Chadburn	July-8
Toni May	July-27
Melody McKesson	July-27
ED Granados	July-27



Special Events in July

J

JULY 4TH-Independence Day

JULY 24TH-Pioneer Day

JULY 16TH Food Bank comes

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

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.