

Location

123 North Center Street
Lehi, UT 84043

P 385.201.1065

Hours

Monday - Friday
9:00 am - 1:00 pm

Website

www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

HAPPY JULY!

How grateful we are to live in such a blessed country with all the rights, freedoms and privileges we have been given; and we are grateful for those men and women who fought for those freedoms and helped shape our Country! Thanks to all!

Check out this newsletter for details on all our offerings. Can't wait to have you join us!

CLASSES & CLUBS

****Classes with a red asterisk require call-ahead registration***

Lunch* <i>Call by noon the day before to make a reservation</i>	Monday – Friday served at 12:00pm. All meals are dine in only.
Tai Chi Class	Mondays 9:30 a.m.
Crochet Club	Tuesdays 10:15 a.m.
*Watercolor Class	Tuesday, July 12, 19, Aug 2, and 9 (4 classes per session) 9:30 a.m. Advanced Watercolor also available. Let us know if you are interested or have questions.
Winning Wednesday	Come for lunch on Wednesdays, and be entered to win a small prize or treat
BINGO	Tuesdays and Fridays 11:30 a.m.
Line Dancing	Fridays 10:00am
Bunco Bash	<i>Wednesday, July 13, 12:30 p.m.</i>
Monday Movie Mania	<i>Monday, July 18, 12:30 p.m.</i> “Steel Magnolias”

HAPPY BIRTHDAY



BIRTHDAYS THIS MONTH

July

Birthday Celebration

Friday, July 22 at 12:30 pm -

RSVP for Lunch by noon on Thursday to get a sweet treat.

On the 4th Friday of the month (unless otherwise noted), we have a small birthday celebration for all those who had a birthday during the month!

Reserve your lunch for *Friday, July 22* to enjoy a sweet treat. *Be sure to call ahead to reserve your lunch.*

If we've missed your birthday, let us know so we can update our records. Have a great month!

Sally Smith	July 4
Eva Loo	July 5
Glenda Austin	July 7
Jeanine Langevin	July 7
Len Moon	July 10
Rhea Lewis	July 10
Nancy Gibbs	July 11
Vervene Grant	July 12
Judy Pavia	July 14
Debbie Whister	July 17
Debra Stonekinj	July 20
Kathy Hikida	July 22
Daniel Speer	July 25
Andrew Langston	July 26
Connie Langston	July 26
Beverly Johnson	July 27
Sharon Awtrey	July 29
Sandra Rawlings	July 30



Don't get all weird about getting older!
Our age is merely the number of years the world has been enjoying us!!



★ USA ★
★ BORN ★
★ AND ★
★ RAISED ★

UPCOMING EVENTS

DIY EVENT: Celebrate Pioneer Day!

Friday, July 22

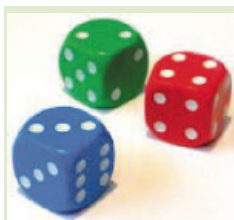
12:00 pm (Lunch Time Event)

Free of charge. **Must sign up by July 20**

Pioneer Day is a big deal in Utah. July 24th is the date that commemorates the day in 1847

that Brigham Young first set foot in the Salt Lake Valley and declared to his fellow pioneers: "This is the right place." This month, we have a simple DIY kit to enjoy and celebrate the Pioneer Day weekend with friends, family or on your own. **You must sign up by Wednesday, July 20** to receive your kit to take home.

Kits include an old fashioned treat, a favorite "Pioneer recipe," and some fun prizes as well. Kits are available with a lunch reservation for that day. Only those who come for lunch will receive a kit. To register, call or email the Lehi Senior Center.



Bunco Bash

Wednesday, July 13

12:30pm at the Senior Center

Join us for a great game of Bunco. Those coming are encouraged to bring their own set of 3 dice. Score cards (and dice, if needed) will be provided. Prizes available for participants. Please have current membership to participate. Let Lacey know if you have questions!

Monday Movie Mania!

Monday, July 18

12:30pm at the Senior Center

This month, we will watch "*Steel Magnolias*." The story of a close-knit circle of friends whose lives come together at Truvy's Beauty Parlor in a small town in modern day Louisiana. A small popcorn or treat will be provided during the movie. Enjoy the show!





SENIOR CENTER CLOSED FOR HOLIDAYS

The Senior Center is closed will NOT be serving lunches on **Monday, July 4** or **Monday, July 25** in observance of the holidays.

Thank you.



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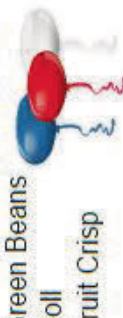


















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Lehi Senior Citizens Center, Lehi, UT

A 4C 05-1178



JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Meals July 1 Chef's Salad July 5 - 6 Cr of Potato July 7 - 8 Chicken Noodle July 11 - 15 Chef's Salad July 18 - 19 Vegetable Beef Soups with Turkey Sandwich	July 20 - 22 Cr of Broccoli July 26 - 29 Chef's Salad 			
4 	5 Spaghetti w/Meat Sauce Tossed Salad w/Dressing Green Beans Roll Fruit Crisp 	6 Meatloaf Mashed Potatoes / Gravy Corn Orange Roll 	7 Malibu Chicken Au Gratin Potatoes Green Beans Mandarin Oranges Roll 	8 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Peaches Roll 
11 Swedish Meatballs Rice Pilaf Carrots Peaches Roll 	12 Chicken Salad Wrap Pasta Salad Pickle Pears 	13 Honey Baked Ham Scalloped Potatoes Beets Applesauce Corn Bread 	14 Garlic Roast Beef Roasted Baby Potatoes Peas Fruit Cocktail Roll 	15 BBQ Chicken Au Gratin Potatoes Green Beans Peaches Roll 
18 Creamed Chicken / Rice California Blend Vegetables Pineapple Roll 	19 Bratwurst w/ Bun Sauerkraut Jello w/ Fruit Corn Brownie 	20 Teriyaki Chicken Bowl Steamed Rice Broccoli Banana Roll 	21 Chicken Salad Wrap Potato Salad Pickle Pears 	22 Sloppy Joe w/Bun Potato Salad Pork & Beans Orange BIRTHDAY CELEBRATION 
25 	26 Salisbury Steak Potato Casserole Beets Fruit / Cottage Cheese Roll 	27 Chicken Parmesan w/Sauce & Spaghetti Green Beans Roll Apple Crisp 	28 Fish Fillet w/Tartar Sauce Potato Wedges Corn Orange Roll 	29 Roast Turkey Mashed Potatoes/Gravy Carrots Mandarin Oranges Roll 



TO REGISTER FOR ACTIVITIES
CALL LACEY: 385-201-2349

ACTIVITIES CALENDAR JULY 2022



ACTIVITIES CALENDAR

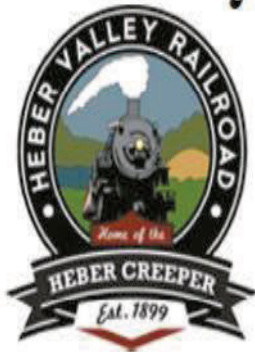
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  SENIOR CENTER CLOSED	 Crochet Club - 10:15am NO WATERCOLOR Bingo 11:30am Last day to sign up for Trains and Lunch Day Trip!	Winning Wednesday  12:30pm - BUNCO BASH	   Trains and Lunch Day Trip	Line Dance 10 am Bingo 11:30am Blood Pressure Clinic 11-12pm Sponsored by Dignity Health
4  SENIOR CENTER CLOSED	5 Crochet Club - 10:15am NO WATERCOLOR Bingo 11:30am Last day to sign up for Trains and Lunch Day Trip!	6 Winning Wednesday  12:30pm - BUNCO BASH	7 	8 Line Dance 10 am Bingo 11:30am 
11 Tai Chi - 9:30 am Adv. Watercolor 9:30am 	12 Crochet Club - 10:15am Bingo 11:30am	13  12:30pm - BUNCO BASH	14  Trains and Lunch Day Trip	15 Line Dance 10 am Bingo 11:30am 
18 Tai Chi - 9:30 am Adv. Watercolor 9:30am 12:30 Monday Movie Mania! "Steel Magnolias" 	19 Watercolor Class 9:30am Crochet Club - 10:15am Bingo 11:30am	20 Winning Wednesday 	21 	22 Line Dance 10 am Bingo 11:30am Last day to sign up for Salmon Supper!  Birthday Celebration
25  SENIOR CENTER CLOSED Happy Pioneer Day!	26 NO WATERCOLOR Crochet Club - 10:15 Bingo 11:30am	27 Winning Wednesday 	28 	29 Line Dance 10 am Bingo 11:30am

ANNOUNCEMENTS & EVENTS

Lehi Senior Center

Trains & Lunch

Day Trip



Heber Valley Railroad

Day Trip

Date: July 14, 2022

Time: 9:30 am-3:30 pm (Itinerary on back- subject to change)

Price: **\$ 25/ person (bring extra funds for lunch/snacks)**

- Bring your own snacks
- Bring extra funds to buy snacks on the train and / or lunch at Dairy Keen!

Heber Valley Railroad and Local Lunch

Day Trip Itinerary

July 14, 2022

Thursday, July 14 2022

Subject to change

9:30 a.m.	Bus Departs from the Lehi Senior Center Prayer, announcements, game, packet, etc. 450 S. 600 W. Heber City UT
10:30 a.m.	Board the Train at the Depot- Heber Valley
11:00 a.m. -12:30 ish	Train Ride Eat snacks on the train
1:00 p.m.	Drive to Dairy Keen and eat lunch 199 s. Main Heber City UT (Times are approximate)
2:30 p.m.	Bus departs for Lehi Senior Center
3:30 p.m.	Arrive back at Lehi Senior Center
	We may need to stop for food or restroom along the way home (traffic can be unpredictable). Please be prepared with sufficient funds.

Sign up AND pay by July 5th 2022

Trip is subject to cancellation if we don't receive sufficient RSVPs.

Salmon Supper Trip



LEHI SENIOR CENTER TRIP

FRIDAY, AUGUST 5, 2022
MEMBER PRICE: \$30/person
price includes meal & bus
LEAVING THE CENTER AT 3:00PM

Limited seating. **Payment due by July 22nd to hold your spot.** Stop in or Call for more info & to reserve your spot TODAY! Bring an umbrella for cover if desired.



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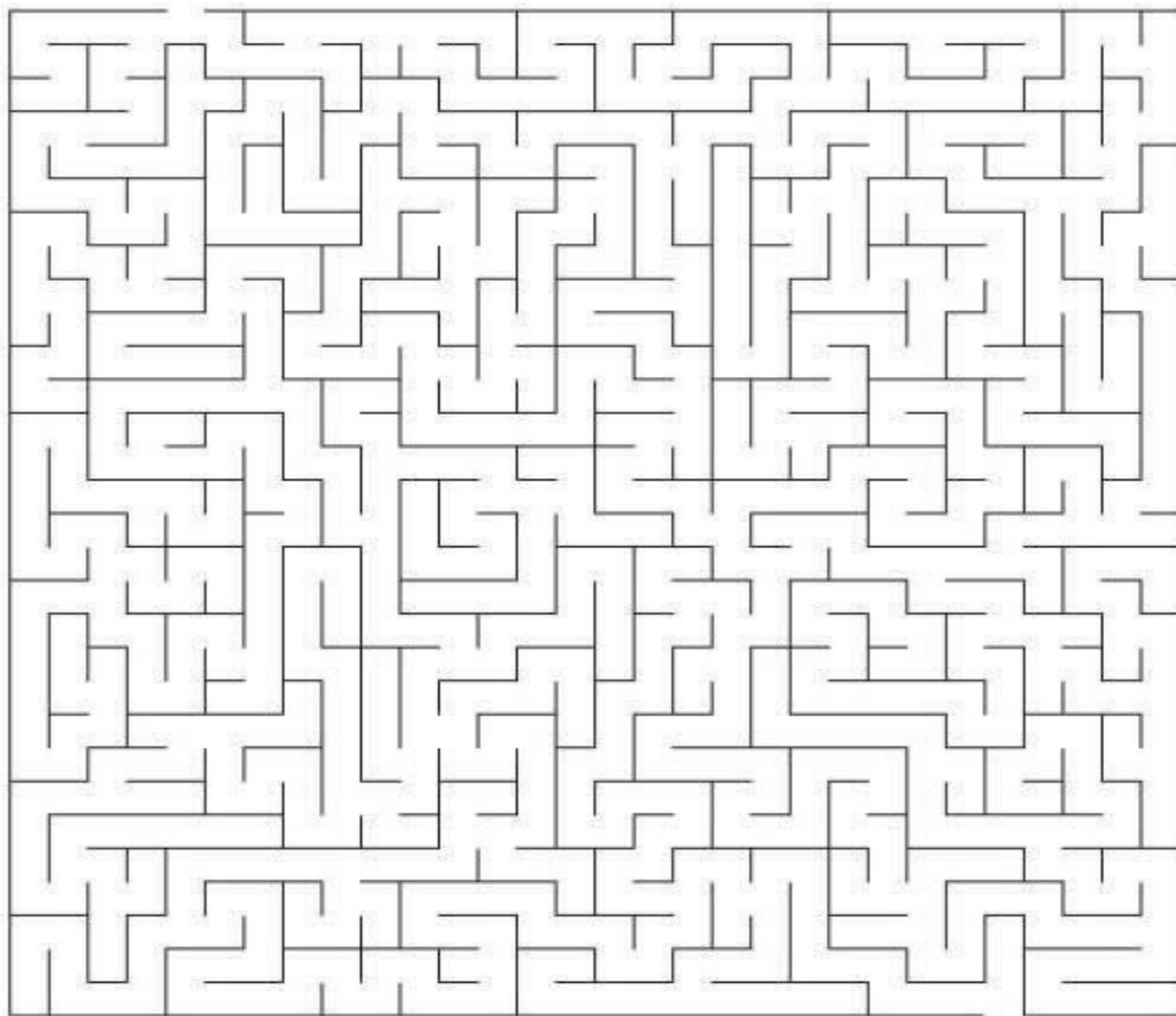
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Lehi Senior Citizens Center, Lehi, UT

B 4C 05-1178

JUST FOR FUN

We live in an A-MAZE-ing Country!



Creamy Strawberry Dole Whip

Creamy Strawberry Dole Whip

Prep blender. Pour the juice, strawberries, and ice cream into a blender. I like to add the ingredients in that order because I find it doesn't clog up the blender blades if I do it that way.

Blend. Whizz everything up in the blender at high speed until the ingredients are combined. You can adjust the consistency of the mixture by adding more pineapple juice or frozen strawberries.

Serve. Pour the strawberry Dole Whip into glasses or bowls, grab a spoon, and enjoy!



4-6 oz pineapple juice
2 cups frozen strawberries
1/2 cup vanilla ice cream

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


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DO YOU QUALIFY FOR HOME HEALTH?

IT JUST TAKES ONE "YES"

1. Do you, or a loved one, require an assistive device to walk? (ie. cane, walker)
2. Are you being driven to appointments due to the inability to drive?
3. Have you had any falls in the last month, if not, are you afraid of falling?
4. Are you unable to get out of a chair without using your arms?
5. Do you have bone pain or are suffering from arthritis?

WAYS HOME HEALTH CAN HELP YOU

- Two or more falls in the past year
- A wound that is not healing well
- Trouble transferring from one place to the next
- Loss of functions of activities in daily living
- Hospitalization in the past year
- Cost covered 100% by Medicare insurance



53 W University Parkway, Orem Utah
harmonyhomehealth.com
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