



AWESOME AUGUST!

Here are some small steps to get you on the road to better health:

- Take a 10 min walk
- Eat one extra fruit or vegetable a day. Fruits and vegetables taste good, and are good for everything from your brain to your bowels
- Make breakfast count
- Have a hand full of nuts (Walnuts, almonds, peanuts and others.
- Breathe deeply (take a break and lower your blood pressure)
- Wash your hands often
- Count your blessings (taking a moment each day to acknowledge the blessings in your life is one way to start tapping into other positive emotions.

Location

123 North Center St.
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

CLASSES & CLUBS

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

Lunch *	Monday – Friday served at 12:00pm.
<i>Call by noon the day before to make a reservation</i>	All meals are dine in only. (MUST RESERVE)
Tai Chi Class	Mondays 9:30 a.m.
Crochet Club	Tuesdays 10:15 a.m.
* Watercolor Class	Tuesday, August 2, and 9 New Class August 16, 23, and 30 9:30 am 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. (No Bingo on 8/19/22)
Line Dancing	Fridays 10:00am (No Line dance or Bingo on 8/19/22)
Bunco Bash	<i>Wednesday, August 10 12:30 p.m.</i>
Monday Movie Mania	<i>Monday, August 15, 12:30 p.m.</i> “A League of Their Own”

LEHI SENIOR CENTER



LEHI SENIOR CENTER TRIP

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

We have a few tickets left
sign up and pay ASAP!!



Bunco Bash - LIVE

Wednesday, August 10th
12:30 pm at the Senior

Center. Join us a great game of Bunco.

Bunco is a fun and easy game to learn. It can be played in teams or as individuals.

Those coming are encouraged to bring their own set of 3 dice. Score cards (and dice, if needed) will be provided. Prizes are available for participants. Please have a current Senior Center Membership to participate.

Monday Movie Mania! -

Monday, August 15

12:30 pm at the Senior Center

This month, we will watch, "A League of Their Own." Two sisters join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry.

A small popcorn or treat will be provided during the movie.



HAPPY BIRTHDAY



August Birthday Celebration

Friday, August 26 - 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!

We will sing to celebrate during lunch.

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!



Leora Otteson	August 1
Susan Mock	August 2
Elisa Riding	August 3
Leonard Pavia	August 4
Richard Cook	August 5
Ronald Betham	August 6
Richard Arb	August 7
Mary Watkins	August 9
Mary Ann Candland	August 16
Judy Turner	August 16
Katie Madsen	August 17
Doug Hadfield	August 19
Jean Sunderlage	August 19
Leticia Speer	August 20
Sheri Denney	August 20
Judy Robertson	August 30
Janie Stewart	August 29
Annette VanWagnen	August 31
Janet Preston	August 31



ANNUAL CLOSURE

ANNUAL CLOSURE FOR CLEANING AND MAINTENANCE

Wednesday, August 17– Friday, August 19



We will be closed for 3 days for cleaning and maintenance. We will not have lunches or classes on those days.

The Legacy Center and Walking track will be closed that whole week. They are closed from Monday, August 15 to Saturday, August 20. Please plan accordingly. Thank you!

www.lehi-ut.gov/recreation/seniors/ | 5

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	<p>ADVERTISE HERE to reach your community</p>  <p>Call (800) 950-9952</p>	




















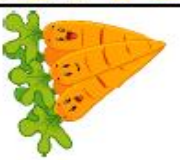



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Lehi Senior Citizens Center, Lehi, UT

A 4C 05-1178

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Teriyaki Chicken Bowl Steamed Rice Broccoli Apple Roll 	2 Spaghetti w/Meat Sauce Tossed Salad w/Dressing Green Beans Garlic Roll Fruit Crisp 	3 Chicken Salad Wrap Italian Pasta Salad Pickles Pears 	4 Country Fried Steak Mashed Potatoes / Gravy Mixed Vegetables Fresh Fruit Roll 	5 Creamed Chicken / Rice California Blend Vegetable Pineapple Roll 
8 Swedish Meatballs Steamed Rice Carrots Peaches Roll 	9 Ham & Turkey Sandwich Potato Chips Macaroni Salad Apple Sauce 	10 Malibu Chicken Au Gratin Potatoes Green Beans Fruit Cocktail Roll 	11 Santa Fe Shredded Turkey w/Brown Rice Corn Black Beans Roll / Orange 	12 Turkey / Mashed Potatoes w/ Gravy Carrots Mandarin Oranges Roll 
15 Cheesy Meat Baked Ziti Green Beans Garlic Roll Jackie's Cake 	16 Meatloaf Mashed Potatoes / Gravy Corn Orange Roll 	17 CLOSED FOR CLEANING & MAINTENANCE 		
22 Salisbury Steak Mashed Potatoes / Gravy Mixed Vegetables Pears Roll 	23 3 Cheese Tortellini w/Sauce Tossed Salad w/ Dressing Carrots Roll Apple Crisp 	24 Sloppy Joe w/Bun Potato Salad Pork & Beans Orange 	25 Chicken Salad Wrap Potato Salad Pickles Pears 	26 Honey Baked Ham Scalloped Potatoes Beets / Corn Bread Apple Sauce 
29 BBQ Chicken Au Gratin Potatoes Green Beans Orange Roll 	30 Kalua Pork Hawaiian Rice Corn Pineapple Roll 	31 Shepherd's Pie Peas Cottage Cheese w/Fruit Roll Brownie 	ALTERNATE MEALS Aug 1-2 Cr. of Potato Aug 3-5 Vegetable Beef Aug 8-12 Chef's Salad Aug 15-16 Chicken Noodle Aug 17-19 Cr. of Broccoli	
				BIRTHDAY CELEBRATION Aug 22-26 Chef's Salad Aug 29-30 Cr. of Potato Aug 31 Chicken Noodle Soup + Turkey Sandwich



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

ACTIVITIES CALENDAR

AUGUST 2022



ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tai Chi - 9:30 am Adv. Watercolor 9:30am 	2 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am 	3 Winning Wednesday	4 	5 Marissa's Jazz Band 12pm Dignity Blood Pressure Clinic 11 Line Dance - 10 am Bingo 11:30am PAYSON SALMON SUPPER TRIP 3-7pm
8 Tai Chi - 9:30 am Adv. Watercolor 9:30am	9 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am	10 Winning Wednesday 12:30 - BUNCO BASH	11 	12 Line Dance - 10 am Bingo 11:30am
15 Tai Chi - 9:30 am Adv. Watercolor 9:30am 12:30 Monday Movie Mania! "A League of Their Own" 	16 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am	17 	18 	19
*** LEGACY CENTER CLOSED FOR ANNUAL MAINTENANCE AUG 15-20 *** CLOSED FOR CLEANING AND MAINTENANCE- ANNUAL CLOSURE				
22 Tai Chi - 9:30 am Adv. Watercolor 9:30am 	23 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am	24 Winning Wednesday 	25 	26 Line Dance -10 am Bingo 11:30am 12:30 Birthday Celebration
29 Tai Chi - 9:30 am Adv. Watercolor 9:30am	30 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am	31 Winning Wednesday 	Stay tuned for our fall TUACAHN TRIP!!!	

THANKS FOR COMING ON OUR TUACAHN TRIP!



HEBER VALLEY RAILROAD AND DAIRY KEEN



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JUST FOR FUN

The “Dog-Days of Summer” - Spot the Differences



Find TEN (10) Differences



SEASONEDTIMES.COM

ANSWERS TO PAGE 10



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<p>support our ADVERTISERS</p>	<p>Are you turning 65? Call your local licensed Humana sales agent.</p> <p>Humana</p> <p>Y0040_GHHXDFEN21a_BC_C</p> <div>  <p>Weston Wynn 801-541-5794 (TTY: 711) Monday - Friday 8 a.m. - 5 p.m.</p> </div>



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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
(877) I-NEED-CARE



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