



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

FALL TIME FUN AHEAD!

The Fall weather starts to cool off and invites us all to spend time outside, bake with pumpkin spice and of course, visit the Senior Center!

We'd love to have you join us for lunch, activities, and our trips this month.

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

WEEKLY 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 (must reserve) Served at Noon.
Tai Chi Class	Mondays 9:30 a.m.
Watercolor Class* -	<i>Tuesday, September 13 9:30 a.m.</i> <i>New session starting September 27</i> <i>- 4 classes per sessions</i> <i>- Must sign up and pay in full to hold your spot</i> <i>- Only 10 allowed in class</i> -Advanced Watercolor also available. Let us know if you are interested or have questions.
Crochet Club	Tuesdays 10:15 a.m.
Winning Wednesday	Sign up, and come to lunch on Wednesdays. You'll be entered in to win a prize or treat.
Line Dancing	Fridays 10:00 a.m.
BINGO	Tuesdays 11:30 Fridays 11:30 a.m.
Bunco Bash	<i>Wednesday, September 14, 12:30 p.m.</i>
Monday Movie Mania	<i>Monday, September 19 12:30 p.m.</i> "Dave"

UPCOMING EVENTS

TRIP: "Witches Day Out" Day Trip

Monday, October 10

(lunch is pay on your own)

10:00 am—2:30 pm



Join us for a day trip to WitchFest at Gardner Village. They have a few places to eat, fun shopping, witch displays and a scavenger hunt to find them. Deadline to sign up for the bus is Monday, October 4. (There are no meals served at the Senior Center on the 10th. MAG is closed).



Bunco Bash

Wednesday,
September 14th 12:30 pm
at the Senior Center.

Join us for 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,
September 19



12:30 pm at the Senior Center

This month, we will watch "Dave." An uncanny Presidential lookalike named *Dave*, (*Kevin Kline*) is recruited by the Secret Service to become a momentary stand-in for the President of the United States.

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

Enjoy the show!



September Birthday Celebration

Friday, September 24 at 12:00pm

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.

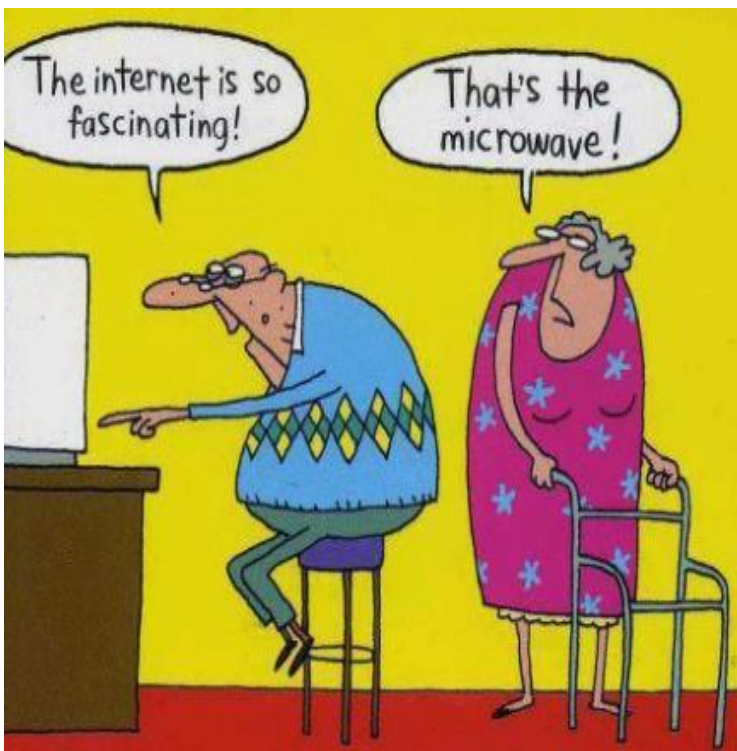
If we've missed your birthday, let us know so we can update our records. Have a great month!

Larry Darhower	September 3
James Lambson	September 4
Judy Shefchik	September 7
Shela Darhower	September 8
LaDean Gillman	September 9
Carole Malmstrom	September 15
Angie Wozniak	September 18
Philip Huntington	September 20
Mary Evans	September 20
Eleonore Mclain	September 21
Kirk Holmstead	September 24
Carol Beachley	September 24
Karran Danielson	September 24
Gloria Morales	September 28
Kent Larsen	September 30



SENIOR CENTER CLOSED FOR LABOR DAY

The Senior Center will
NOT be serving
lunches on Monday,
September 5. Please
enjoy your holiday.
Thank you.



Classes offered through MAG

STRESS-BUSTING FOR FAMILY CAREGIVERS

For those caring for someone with a chronic illness or dementia.

WEDNESDAYS, 1 - 2:30 P.M.

Next nine-week course starts Sept 14



MAG



Dealing with Dementia

Sept 17, 9 a.m. - 1:30 pm
MAG Offices: 586 E 800 N, Orem

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Lehi Senior Citizens Center, Lehi, UT

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SEPTEMBER MENU

JAN - SENIOR CENTER 385-201-1065

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATE MEALS Sep 1-2 Chicken Noodle Sep 6-9 Chef's Salad Sep 12-13 Cr of Potato Sep 14-16 Vegetable Beef Sep 19-23 Chef's Salad Soup + Turkey Sandwich	Sep 26-27 Chicken Noodle Sep 28-30 Cr of Broccoli	MEALS MUST BE CALLED IN TO THE SENIOR CENTER BY NOON THE DAY BEFORE TO RESERVE A MEAL 385-201-1065	1 Malibu Chicken Au Gratin Potatoes Green Beans Cottage Cheese w/Fruit Roll 	2 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 
5  Honey Baked Ham Scalloped Potatoes Beets Tropical Fruit Raisin Cookie	6 Beef Lasagna Fresh Veggies Apple Garlic Rolls Brownie 	7 Chicken Salad Wrap Pasta Salad Pickles Pears 	8 Garlic Beef Baby Potatoes Peas Applesauce Roll 	9
12 Teriyaki Chicken Bowl Steamed Rice Broccoli Pineapple Fortune Cookie 	13 Meatloaf Mashed Potatoes / Gravy Corn Apple Roll 	14 Pasta Bake w/ Meat Sauce Green Beans Tossed Salad w/Dressing Garlic Roll Fruit Crisp 	15 Hot Dog w/ Pork & Beans Jello w/ Fruit Corn Brownie 	16 Chicken Patties Mashed Potatoes/Gravy Carrots Apple Roll 
19 Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 	20 Chicken Pot Pie w/ Biscuit Tossed Salad w/Dressing Fresh Fruit Brownie 	21 Hamburger w/ Bun Loaded Potato Casserole Corn Apple 	22 Pulled Pork Sandwich Potato Wedges Fresh Veggies Jello w/ Fruit 	23 Swedish Meatballs Steamed Rice Carrots Peaches Roll 
26 Sweet & Sour Chicken Steamed White Rice Stir Fry Vegetables Orange Fortune Cookie 	27 Chicken Salad Wrap Pasta Salad Pickles Pears 	28 Kalua Pork Hawaiian Rice Corn Pineapple Roll 	29 Creamed Chicken / Rice California Blend Vegetables Pineapple Roll 	30 Roast Turkey Mashed Potatoes/Gravy Carrots Oranges Roll 

ACTIVITIES CALENDAR

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



ACTIVITIES CALENDAR SEPTEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 LABOR Day SENIOR CENTER CLOSED	UPCOMING TRIP: Oct 10 WITCHES DAY OUT! 	1 Line Dance 10 am 11:30 am Bingo	2 Line Dance 10 am 11:30 am Bingo 11-12 Blood Pressure Clinic <i>sponsored by Dignity Health</i>	3 Line Dance 10 am 11:30 am Bingo ATIPANOGOLA STORYTELLING FESTIVAL 9am - 2pm
12 Tai Chi -9:30 am Adv. Watercolor Class- 9:30am	6 NO Watercolor Crochet Club 10:15 Last day to sign up for StoryTelling Festival	7 Winning Wednesday 	8 DIGNITY Home Health • Hospice	9 NO Line Dance 11:30 am Bingo
13 Watercolor Class- 9:30am Crochet Club 10:15 HUMANANA at 12:00pm	14 Winning Wednesday 	15 	16 Line Dance 10 am 11:30 am Bingo	17 Line Dance 10 am 11:30 am Bingo
19 Tai Chi -9:30 am NO watercolor	20 NO watercolor Crochet Club 10:15 	21 Winning Wednesday 	22 	23 Line Dance 10 am 11:30 am Bingo 12:30 Birthday Celebration <i>sponsored by Alpine Rehab</i>
26 Tai Chi -9:30 am Adv. Watercolor Class- 9:30am (1st class in session)	27 NO Bingo Watercolor Class 9:30am (1st class in session) Crochet Club - 10:15	28 Winning Wednesday 	29 	30 Line Dance 10 am 11:30 am Bingo B I N G O

Overnight to Tuacahn!

LEHI SENIOR CENTER

TUACAHN OVERNIGHT TRIP



Expect the unforgettable!

Tuacahn Theater is an intimate, outdoor theater that uses the gorgeous natural red rock as it's backdrop. Join us for "Broadway in the Canyons"!

- WHO:** Adults ages 55+
- DATE:** Sept 27— Sept 29, 2022
- TIME:** Leave from Lehi Senior Center @ 10:00 a.m. on Tuesday and return to Lehi before 6:00 p.m. on Thursday. (tentative times)
- PRICE:** [See next page for prices & detailed itinerary](#)
- INCLUDES:** 2 Nights at Virgin River at Mesquite, Transportation (Deluxe motor coach), One Tuacahn Show (Wonderland), Bingo, One Buffet & Gratuity, One Game of Bowling, And more!

SHOWS THIS FALL SEASON:

Joseph and the Amazing Technicolor Dreamcoat



Wonderland



COST PER-PERSON:

Please be aware you will need to bring additional \$\$ to pay for extra meals, souvenirs, etc.

Costs have increased due to these companies raising their prices.

Trip Pricing	
1 person / room	\$300
2 person / room	\$270/ pers
3 person / room	\$260/ per
4 person / room	\$250/ per

Each room has 2 Queens. (no Kings available)

HOW TO PAY:

A \$100 Deposit is required when signing up. Cash or check only. Deposit is non-refundable.

NOTE: Anyone cancelling after September 13 may not be able to get their money back unless someone on a waitlist is able to go.

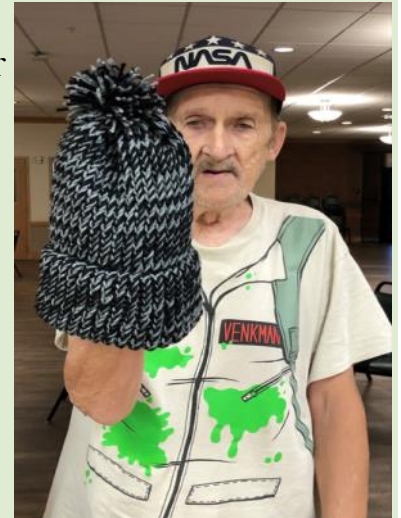
SENIOR SPOTLIGHT

Phillip Huntington



- **Born:** Ohio **Birthday:** September 22
- **Favorite show:** Gold Diggers, loves action shows
- **Music:** Likes Michael Jackson
- **Enjoys:** puzzles, putting together models, and anything to do with space.

- We are so lucky that Phillip comes to the Senior Center. He enjoys the Crochet Club, and is a talented hat maker.
- If you see an awesome bike outside the center you'll know Philips is here with "Mrs. Hot rod."



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BRAIN TEASERS

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ANSWERS TO PAGE 10

ANSWERS TO PAGE TEN

1. SOMEWHERE OVER THE RAINBOW
2. SPACE INVADERS
3. X MARKS THE SPOT
4. DOWN HILL
5. DOUBLE VISON
6. HALF BAKED
7. BACK DOOR
8. UPSIDE DOWN CAKE
9. BROKEN HEART
10. PRETTY PLEASE
11. STAND IN THE CORNER
12. SPLIT PEA SOUP
13. FOR ONCE IN MY LIFE
14. OVER SEAS TRAVEL

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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
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