



MARCH

Location

123 North Center Street
Lehi, UT 84043
P 385.201.1065

Hours

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

TOP 'O THE MORNING TO YOU!

March might be the *Luckiest* month of the year...If you are a leprechaun, that is. The Senior Center is also very lucky to have YOU! This month we will test our luck with Monday Movie Mania, Bunco, and great classes and programs. We hope luck will be with you this month and always. We love our seniors, and hope to see you soon!

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

MARCH 2023

SAVE THE DATE!

JOIN US FOR LUNCH AND STAY FOR

BRYCE BARNEY

WITH CASCADE SPRINGS,
HOME HEALTH AND
HOSPICE



**TUESDAY,
MARCH 7TH** | **12:15 PM**



Lehi Senior Center



May the Road Rise to Meet You!" Come to lunch and celebrate the holiday with us.

Watch out for those sneaky Leprechauns as they try to take your pot of gold! Remember to wear something to make sure you don't get pinched. Must call Jan to register for lunch.

(385) 201-2350



Bunco Bash

Wednesday, March 8

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, March 20

12:30pm at the Senior Center. This month we will watch "Baby Boom."

J.C. Wiatt (Diane Keaton) is a businesswoman who is married to her job and has a relationship with Steven (Harold Ramis), a successful investment broker. J.C.'s life takes an unexpected turn when a relative suddenly dies and makes her the caretaker of a baby girl

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



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 am
Watercolor Class*	<ul style="list-style-type: none"> <i>Tuesday, February 28</i> <i>March 7, 14, 22</i> <i>(4 sessions per class) 9:30 am</i> <p>Advanced Watercolor also available. Let us know if you are interested or have questions.</p>
Crochet Club	Tuesdays 10:15 am
Line Dancing	Fridays 10:00 am
BINGO	<p>Tuesday 11:30 am</p> <p>Friday 11:30 am</p>
Bunco Bash	<i>Wednesday, March 8, 12:30 pm</i>
Monday Movie Mania	<p><i>Monday, March 20, 12:30 pm</i></p> <p>“Baby Boom”</p>

HAPPY BIRTHDAY!



Birthday Celebration

Friday, March 24

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 before Thursday at noon.

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



Bettie Jo West	March 5
Julie Ozouf	March 5
Linda Frandsen	March 9
Launa Sadler	March 9
Kristie Decker	March 10
Nyle Short	March 12
Jan Rymer	March 14
Gaylon Gallacher	March 15
Kitty Kenealey	March 20
Wesley Ozouf	March 20
Cheryl Shingleton	March 20
Zina Gifford Holmstead	March 24
Denise Smith	March 26
Sheralyn Dahle	March 31



A GOOD FRIEND IS LIKE
A FOUR-LEAF CLOVER,
HARD TO FIND AND
LUCKY TO HAVE.

—
IRISH PROVERB

Tai Chi

Mondays 9:30 a.m.

Free for members to attend

Have you tried Tai Chi? We have Gaylon Gallacher and David Shoaf, who are our amazing instructors.

Tai Chi is known to improve strength, flexibility, aerobic conditioning and balance. It's been proven to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis. There are also immense emotional and mental benefits. It includes gentle movements for all ages, ability and fitness levels. Stop in and give it a try. We hope to see you soon.



SIGN UP NOW AND SAVE THE DATE!

Join the Lehi Senior Center

DAY Trip!

Let history come alive and the real adventure begin

3/23/2023

- Meet at the Lehi Senior Center at 12:50 pm - leave at 1:00 pm
- Arrive at the Museum around 2 pm
- Walk around and explore.
- 3:45 pm meet back at the bus.
- 4:00 pm Go to Hires for ice cream. (Pay on your own)
- Back to the Lehi Senior center

\$10 for bus and Museum ticket

NATURAL HISTORY MUSEUM OF UTAH

Hires Big H.

FOR MORE INFORMATION CALL OR STOP BY: 385-201-2349

Lehi Senior Center
123 N. Center St.
Limited seating, sign up and pay soon.

JOIN THE LEHI SENIOR CENTER

DINNER & SHOW

27 APRIL 5:30PM - 10:00PM

MEET AT THE SENIOR CENTER
WE WILL GO TO DINNER AT GOLDEN CORRAL AND THE PLAY AT SCERA.

golden corral

Dinner is pay on your own

THE PLAY THAT GOES WRONG

\$10 FOR BUS AND PLAY

Small popcorn and drink included

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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.



Visit
www.mycommunityonline.com

SUPPORT OUR ADVERTISERS!

ADVERTISE HERE
to reach your community














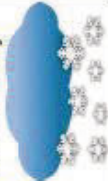












Call 800-950-9952



MARCH 2023



MARCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATE MEALS Mar 1-3 Chicken Noodle Mar 6-10 Chef's Salad Mar 13-14 Cr of Potato Mar 15-17 Vegetable Beef Mar 20-24 Chef's Salad Mar 27-28 Chicken Noodle	Mar 29-31 Cr of Broccoli  TURKEY SANDWICH W/ SOUP	Malibu Chicken Au Gratin Potatoes Broccoli Apple Roll 	Ham & White Beans Cabbage Applesauce Roll 	3 Bean Beef Chili California Blend Vegetables Peaches Cornbread 
Swedish Meatballs / Rice Tossed Salad w/Dressing Carrots Orange Apple Crisp 	Cheesy Sausage Pasta Green Beans Applesauce Garlic Roll Cookie Bar 	Kalua Pork Hawaiian Rice Black Beans Pineapple Roll 	Lemon Pepper Chicken Mashed Potatoes/Gravy Peas Applesauce Roll 	Roast Turkey Mashed Potatoes/Gravy Carrots Fruit Roll 
Sweet & Sour Chicken Rice Stir Fry Vegetables Apple Fortune Cookie 	Roasted Pork Loaded Mashed Potatoes Beets Mandarin Oranges Roll / Cookie Bar 	Meatloaf Mashed Potatoes / Gravy Corn Orange Roll 	Chicken Wrap Italian Pasta Salad Pickle Peaches 	Corn Beef & Cabbage Potatoes / Carrots Jello w/ Fruit Cookie Roll 
Salisbury Steak Mashed Potatoes / Gravy Mixed Vegetables Pears Roll 	Egg, Sausage & Cheese Burrito Tater Tots Apple Crisp 	Shepherd's Pie Peas Cottage Cheese w/ Fruit Roll Brownie 	Meatloaf Mashed Potatoes/Gravy Corn Orange Roll 	Santa Fe Shredded Turkey on Brown Rice Black Beans Corn / Roll Orange BIRTHDAY CELEBRATION 
Creamed Chicken / Rice California Vegetables Pineapple Roll 	BBQ Pulled Pork Loaded Mashed Potatoes Corn Bread Corn Apple / Roll 	Sloppy Joe w/Bun Potato Salad Pork & Beans Applesauce 	Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Orange Roll 	Hawaiian Haystacks Creamed Chicken over Rice Peas, Pineapple, Cheese, Chow Mein Noodles 

TO REGISTER FOR
ACTIVITIES CALL
LACEY 385-201-2349



ACTIVITIES CALENDAR MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>COMING APRIL: Dinner and a show! April 27. See flier for prices & details.</p>	<p>COMING JUNE: TUACAHN TRIP! June 13-15. See flier for prices & details.</p>	<p>1 Winning Wednesday</p>	<p>2 </p>	<p>3 Line Dance 10:00am Bingo 11:30am Blood Pressure Clinic 11am Sponsored by Dignity Health</p>
<p>6 Tai Chi 9:30am Adv. Watercolor 9:30am </p>	<p>7 Watercolor 9:30am Crochet Club 10:15am Bryce Barney singing 12:15pm</p>	<p>8 Winning Wednesday Bunco 12:30pm</p>	<p>9 </p>	<p>10 Line Dance 10:00am Bingo 11:30am</p>
<p>13 Tai Chi 9:30am Adv. Watercolor 9:30am</p>	<p>14 Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am Molina Healthcare 11:30pm</p>	<p>15 Winning Wednesday </p>	<p>16 </p>	<p>17 Line Dance 10:00am Bingo 11:30am HAPPY St. Patrick's DAY</p>
<p>20 Tai Chi 9:30am Adv. Watercolor 9:30am Monday Movie Mania 12:30pm "Baby Boom" </p>	<p>21 Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am Last day to sign up for Museum</p>	<p>22 Winning Wednesday </p>	<p>23 Museum and Ice Cream Trip 1:00pm</p>	<p>24 Line Dance 10:00am Bingo 11:30am Birthday Celebration </p>
<p>27 Tai Chi 9:30am</p>	<p>28 Crochet Club 10:15am Bingo 11:30am</p>	<p>29 Winning Wednesday </p>	<p>30 </p>	<p>31 Line Dance 10:00am Bingo 11:30am </p>

ANNOUNCEMENTS

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+

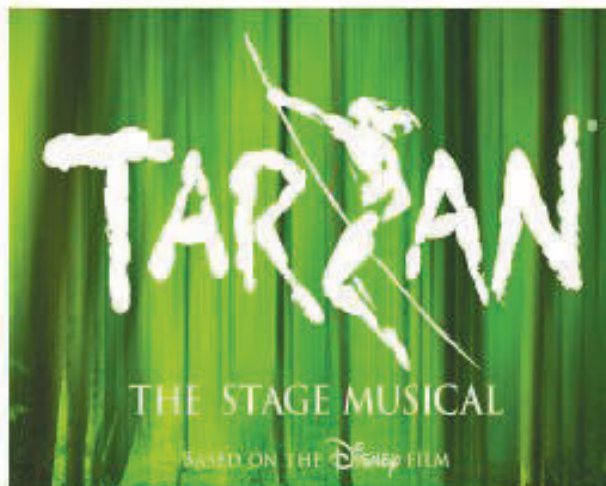
DATE: June 13 — June 15, 2023

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)

INCLUDES: 2 Nights at Virgin River at Mesquite, Transportation (Deluxe motor coach), One Tuacahn Show (Charlie and the Chocolate Factory), Bingo, One Buffet & Gratuity, One Game of Bowling, And more!

SHOWS THIS SUMMER SEASON:

Tarzan



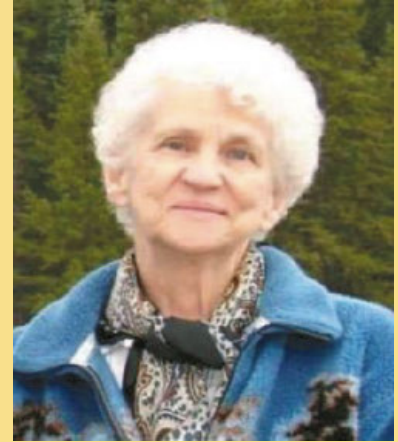
Charlie and the Chocolate Factory



Senior Spotlight

Leora Otteson

- Born: Orangeville, Utah
- Birthday: 8/1
- Hobbies: Fishing and Camping. Her favorite place to camp is Joe's Valley.
- Kids: 3 girls, 3 Boys
- Favorite Movie: Gone with the Wind
- Leora Worked in the cafeteria at Sego Lilly for 9 years.
- Leora has lived in Lehi in the same house and same ward for 49 years.
- Leora has been coming to the Lehi Senior Center for 12+ years. Her favorite trip she has went on with us is Tuacahn.



We are so thankful Leora comes to the Lehi Senior Center. We love her spunk, she's sociable, and her Joy for life. We love you Leora.

www.lehi-ut.gov/recreation/seniors/ | 9

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Brett Reineck

breineck@lpicommunities.com

(800) 950-9952 x2511

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

SUPPORT OUR ADVERTISERS!



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

Lehi Senior Citizens Center, Lehi, UT

B 4C 05-1178

JUST FOR FUN



Find TEN (10) Differences



Solutions to page 10



www.lehi-ut.gov/recreation/seniors/ | 11

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you every week.



VISIT WWW.MYCOMMUNITYONLINE.COM

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

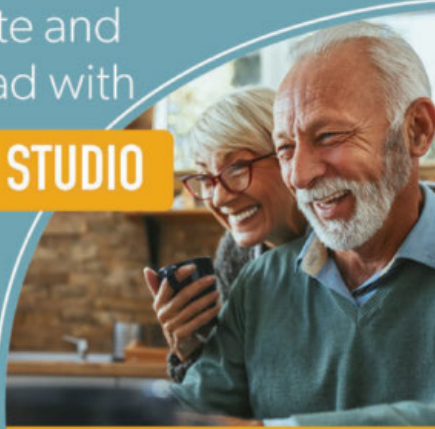
SafeStreets

833-287-3502

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you every week.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



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

Lehi Senior Citizens Center, Lehi, UT

D 4C 05-1178