



Location

123 North Center Street
Lehi, UT 84043

P 385.201.1065

Hours

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

SPRING HAS SPRUNG...

As the weather gets warmer, the Senior Center gets busier! We'd love to have you join us this month for Classes, Outings, Game Day, and more as we **SPRING** into fun!

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

Website

www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

APRIL 2023

UPCOMING EVENTS

Rescheduled April 13 LEHI SENIOR CENTER TRIP



Monte L. Bean
Life Science Museum
College of Life Sciences
BRIGHAM YOUNG UNIVERSITY



Monte L. Bean
Museum, Tour,
& Dinner at
BYU Creamery
(Creamery is pay
on your own)
1:30pm - 5:30pm
\$5 for Members

GET READY FOR GAME DAY!

**FRIDAY
APRIL 21 2023**

- Small putting green
- Minute to win it games
- Wii Bowling
- Family Fued

Plus much more!!

Call (385) 201-2350 to reserve
lunch and stay for games!



Bunco Bash Online

Wednesday, April 12

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, April 17

12:30 pm at the
Senior Center.

This month we will watch, "Easter Parade." A nightclub performer hires a naive chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star. A small popcorn will be provided.



Enjoy the show!

WHAT'S HAPPENING AT THE CENTER

**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. (MUST RESERVE)
Tai Chi Class	Mondays 9:30 a.m.
Crochet Club	Tuesdays 10:15 a.m.
* Watercolor Class	<i>Tuesday, April 4, 11, 18, and 25 (4 classes per session) 9:30 a.m.</i> 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	Fridays 11:30 a.m. Tuesdays 11:30 a.m.
Line Dancing	Fridays 10:00am (No line dance 4/21/23)
Bunco Bash	<i>Wednesday, April 12, 12:30 p.m.</i> At the Senior Center
Monday Movie Mania "Easter Parade"	<i>Monday, April 17 12:30 p.m.</i>

HAPPY BIRTHDAY!



April Birthday Celebration

Friday, April 28

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.

Reserve your lunch for *Friday, March 28* and enjoy a sweet treat. *Be sure to call ahead to reserve your lunch before Thursday at noon.*

Have a great month!

Suzanne Langlois	April 1
Jill Coy - Arb	April 3
Wally Breitenstein	April 3
Ken Stewart	April 3
Roger Turner	April 5
Jan Johnson-Kirkham	April 7
Paul Houghton	April 9
Claude Maxwell	April 16
Julianna Sheldrake	April 22
Darrel Hardy	April 24
Lucia Gonzales	April 24
Carol Houghton	April 25
Susan Taylor	April 26
Nancy Robertson	April 27
Dennis Packard	April 30

If we've missed your birthday, let us know so we can update our rec-ords.



Don't let what you can't
do stop you from doing
what you can do.

- John Wooden



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I am so clever that sometimes
I don't understand a single
word of what I am saying.

- Oscar Wilde



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SENIOR SPOTLIGHT

GENE KIRKHAM

Born: Lehi, Utah

Birthday: November 22, 1926

Children: 2 boys and 2 girls

Military: Joined the Navy and shipped out on his birthday at 17. He served as a Motor

Machinist, second class. We are so thankful for his bravery, sacrifice, and service.

Work: Gene has always kept busy. Some of his responsibilities started at age 5 to herd the families dairy cows to the Kirkham Pasture. He has worked for a variety of farmers, as a volunteer firefighter, had a shoe repair business, watermaster, and retired from Geneva after 38 years of working there.

One of Gene's greatest passions was taking care of his farm. Gene was known to invite strangers and friends to pick some of his fresh vegetables. Gene's corn was always on high demand. We are so lucky Gene comes in everyday and takes great care of his sweet wife, Jan. We love to hear him joke with us and seeing his sweet smile. We love you Gene and so grateful that you come to the Lehi Senior Center.



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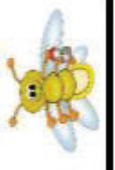








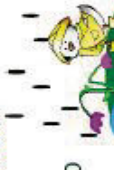




to reach your community



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APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Sweet & Sour Chicken Rice Stir Fry Vegetables Mandarin Oranges Fortune Cookie</p> 	<p>4</p> <p>Roasted Pork Loaded Mashed Potatoes Beets Orange Roll Cookie Bar</p> 	<p>5</p> <p>Cheesy Sausage Pasta Green Beans Applesauce Garlic Roll</p> 	<p>6</p> <p>Chicken Pot Pie with Biscuit Pears Brownie</p> 	<p>7</p> <p>Teriyaki Beef Bowl Brown Rice Broccoli Pineapple Roll</p> 
<p>10</p> <p>Salisbury Steak Mashed Potatoes / Gravy Mixed Vegetables Mandarin Oranges Roll</p> 	<p>11</p> <p>Roast Turkey Mashed Potatoes/Gravy Carrots Fruit Cocktail Roll</p> 	<p>12</p> <p>Hawaiian Haystacks Creamed Chicken over Rice Peas, Pineapple, Cheese, Chow Mein Noodles</p>	<p>13</p> <p>Malibu Chicken Au Gratin Potatoes Broccoli Apple Roll</p> 	<p>14</p> <p>Shepherd's Pie Peas Cottage Cheese w/Fruit Roll Brownie</p> 
<p>17</p> <p>Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Orange Roll</p> 	<p>18</p> <p>Swedish Meatballs / Rice Tossed Salad / Dressing Carrots Orange Cookie Bar</p> 	<p>19</p> <p>Meatloaf Mashed Potatoes / Gravy Corn Orange Roll</p> 	<p>20</p> <p>Chicken Wrap Italian Pasta Salad Pickle Peaches</p> 	<p>21</p> <p>Honey Baked Ham Scalloped Potatoes Beets / Corn Bread Tropical Fruit Roll</p> 
<p>24</p> <p>Country Fried Steak Mashed Potatoes / Gravy Mixed Vegetables Applesauce Roll</p> 	<p>25</p> <p>BBQ Pulled Pork Au Gratin Potatoes Corn Jello Fruit Cup Roll</p> 	<p>26</p> <p>Egg, Sausage & Cheese Burrito Tater Tots Apple Crisp</p> 	<p>27</p> <p>Beef Stroganoff w/Rice Tossed Salad w/Dressing Carrots Mandarin Oranges Cookie Bar</p> 	<p>28</p> <p>Roast Beef Roasted Potatoes Peas Peaches Roll</p>  <p>BIRTHDAY CELEBRATION</p> 
<p>ALTERNATE MEALS</p> <p>Apr 3 - 7 Chef's Salad Apr 10-11 Cr of Potato Apr 12-14 Vegetable Beef Apr 17-21 Chef's Salad Apr 24-25 Chicken Noodle</p> <p>Apr 26-28 Cr of Broccoli</p> <p>TURKEY SANDWICH W/ SOUP</p>				



ACTIVITIES CALENDAR APRIL 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Adv. Watercolor 9:30am Tai Chi - 9:30am	4 Watercolor 9:30am 10:15 Crochet Club- 10:15am Bingo 11:30am	5 Winning Wednesday <i>hello SPRING</i>	6	7 Line Dance 10:00am Bingo 11:30am Blood Pressure Clinic 11am Sponsored by Dignity Health <i>HAPPY EASTER</i>
10 Adv. Watercolor 9:30am Tai Chi - 9:30am 	11 Watercolor 9:30am 10:15 Crochet Club- 10:15am Bingo 11:30am	12 Winning Wednesday BUNCO BASH- 12:30pm	13 Rescheduled: College of Life Sciences BYU Life Science Museum 1:30pm - 5:30pm	14 Line Dance 10:00am Bingo 11:30am
17 Tai Chi - 9:30am Adv. Watercolor 9:30am 12:30 Monday Movie Mania "Easter Parade" 	18 Watercolor 9:30am 10:15 Crochet Club- 10:15am Bingo 11:30am	19 Winning Wednesday	20	21 11:00am - 1:00pm
24 Tai Chi - 9:30am Adv. Watercolor 9:30am	25 Watercolor 9:30am 10:15 Crochet Club- 10:15am Bingo 11:30am	26 Winning Wednesday	27 Dinner and play 5:30 - 10	28 Line Dance 10:00am Bingo 11:30am Birthday Celebration Hal Hooper singing
				<div> COMING JUNE: TUACAHN TRIP! June 13-15. See flier for prices & details. Payment Deadline: MAY 30 </div>

DINNER AND A SHOW

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**

THE PLAY
THAT GOES
WRONG

Dinner is pay on
your own

\$10 FOR BUS
AND PLAY



Small popcorn and drink included

GOOD TO KNOW



Dealing with Dementia

Dealing with Dementia

The four-hour course provides caregivers with effective strategies for dealing with dementia behaviors. Using *Dealing with Dementia: A Caregiver's Guide*, the training teaches caregivers how to find answers and resources. This resource helps caregivers with new skills and tools, as well as introduces them to a caregiver group. A few of the skills that Dealing with Dementia can provide are problem solving, as well as self-care for the caregivers.

This workshop is designed for family caregivers.

Caregivers who attend the workshop will receive a copy of *Dealing With Dementia: A Caregiver's Guide* which was written by the Rosalynn Carter Institute for Caregiving. The guide provides more than 300 pages of information and solutions to problems caregivers face every day.

Upcoming Classes

Tues/Wed, April 25 & 26, 6-8 p.m.

Virtual

*Participants must attend both sessions.

REGISTER NOW

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Brett Reineck

breineck@lpicommunities.com

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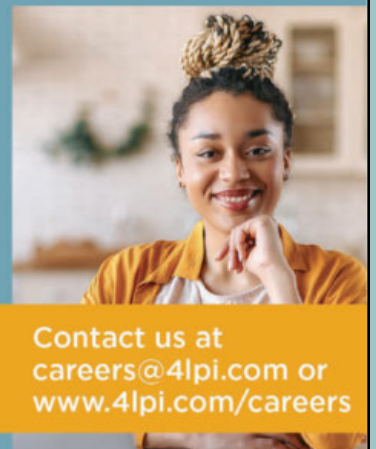
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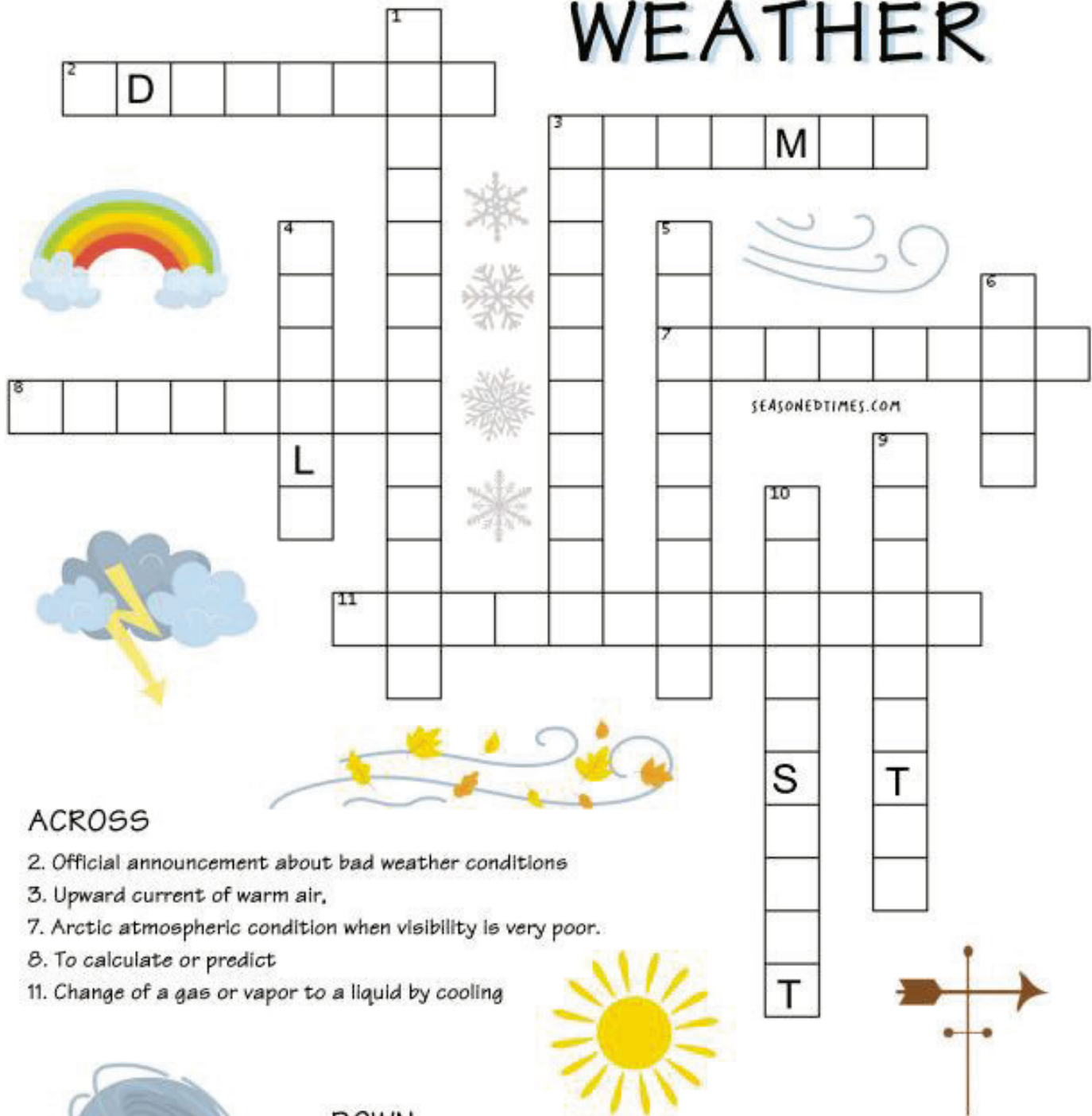


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Lehi Senior Citizens Center, Lehi, UT

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WEATHER



ACROSS

2. Official announcement about bad weather conditions
3. Upward current of warm air,
7. Arctic atmospheric condition when visibility is very poor.
8. To calculate or predict
11. Change of a gas or vapor to a liquid by cooling

DOWN

1. Condensation of atmospheric water vapor that falls to the ground
3. Instability in the air
4. Sudden, strong wind of brief duration
5. Extremely powerful downward air current in a limited area for a short time
6. Sudden rush water, fire, smoke, sound, etc.
9. Instrument for measuring atmospheric pressure
10. Rotating column of water and spray

Solution

Weather Crossword Solution

ACROSS

- 2: Official announcement about bad weather conditions – **ADVISORY**
3: Upward current of warm air – **THERMAL**
7: Arctic atmospheric condition when visibility is very poor – **WHITEOUT**
8: To calculate or predict – **FORECAST**
11: Change of a gas or vapor to a liquid by cooling – **CONDENSATION**

DOWN

- 1: Condensation of atmospheric water vapor that falls to the ground – **PRECIPITATION**
3: Instability in the air – **TURBULENCE**
4: Sudden, strong wind of brief duration – **SQUALL**
5: Extremely powerful downward air current in a limited area for a short time – **DOWNBURST**
6: Sudden rush water, fire, smoke, sound, etc. – **GUST**
9: Instrument for measuring atmospheric pressure – **BAROMETER**
10: Rotating column of water and spray – **WATERSPOUT**

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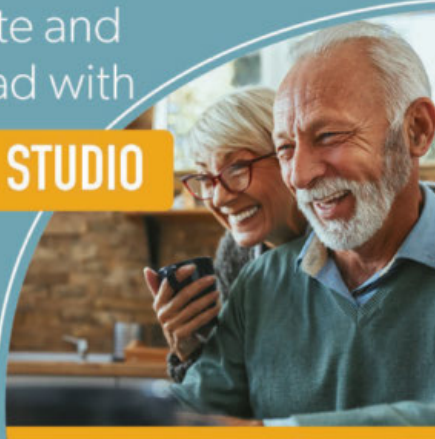
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