



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](http://www.lehi-ut.gov/recreation/seniors)
[www.facebook.com/
LehiSeniorCenter](https://www.facebook.com/LehiSeniorCenter)

April showers brings May flowers!

"May" is likely named for the Roman goddess Maia, who oversaw the growth of plants.

The Sun is warming, the birds are chirping, the flowers are blooming, and the garden is growing. Find out what fun days the Senior Center has to offer in May!

Can't wait to have you join us!

UPCOMING EVENTS



A SPECIAL THANK YOU FOR ALL THE WOMEN AT THE SENIOR CENTER:

Happy Mother's day to all the Mothers and those who have a Mothering Heart. Thank you for all your kindness, support, laughs, hugs and even the trouble-making. You are not only "mothers" to us, but our friends! We love you all and wish you a Happy Mother's day!



Bunco Bash

Wednesday, May 10
12:30 pm 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 are available for participants. Please have current membership to participate.

Monday Movie Mania!

Monday, May 15



12:30 pm at the Senior Center. This month we will watch, "The Greatest Showman." Rising from nothing, P.T Barnum creates the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth.

A Small popcorn is provided!

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. (MUST RESERVE)
Tai Chi Class	Mondays 9:30 a.m.
Crochet Club	Tuesdays 10:15 a.m.
* Watercolor Class	<i>Tuesday, May 2, 9, 16, and 23</i> At the Senior Center 9:30a.m. <ul style="list-style-type: none"> 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 11:30a.m. and Tuesdays 11:30a.m.
Line Dancing	Fridays 10:00a.m.
Bunco Bash	<i>Wednesday, May 10, 12:30 p.m.</i>
Monday Movie Mania “The Greatest Showman”	<i>Monday, May 15 12:30 p.m.</i>

HAPPY BIRTHDAY

Happy Birthday

May Birthday Celebration

Friday, May 26



We now have live music from Noon to 1 p.m. at our Lehi Senior Center Birthday Luncheons the 4th Friday of each month. (unless otherwise noted) The music is provided by Hal Hooper, a professional singer and guitarist. . He performs selections from several genres including pop, country, oldies, jazz, and standards focusing primarily on music from the 60's, 70's, and 80's So, be sure to join us on the 4th Friday of each month for a birthday treat, great music and lunch!

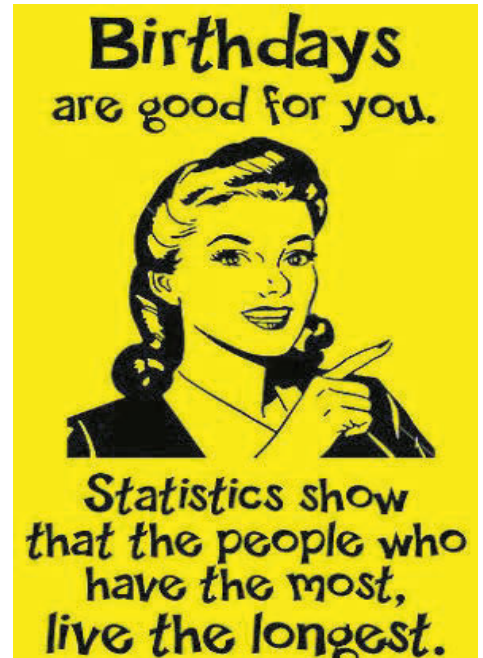
*Be sure to call ahead
to reserve your lunch
and treat.*

Laura Steadman	May 2
Kumi Sturgis	May 2
Dianna Greene	May 7
Beverly Smith	May 8
Joyce Tallon	May 9
Max Evans	May 11
Joan Kamper	May 12
Verginia Velasquez	May 13
Brenda Grant	May 19
Reid Madsen	May 19
Karen Neal	May 21
Julianne Goss	May 21
Kalei Fong	May 24
Hank Rascon	May 24
Chris Seib	May 24
Darcy Daw	May 27
Linda Gurney	May 28

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

*Life is like riding
a bicycle. To keep
your balance, you
must keep moving.*

- Albert Einstein



SENIOR SPOTLIGHT

ELEONORE
MCLAIN

Born : Germany

Children: 2 boys, 4 Grandchildren

Favorite Food: Rouladen

Birthday: September 21

Hobbies: Skiing, Ice Skating, and
Motorcycle rides in the mountains.

Words of Wisdom: Just be good, love

people, and above all love God.

Our fun-loving Eleonore came to Salt Lake City at the age of 15 with her Mother and siblings. She married the love of her life In 1970. She now resides in Eagle Mountain. She had her first child in 1970 and second in 1971. Now Eleonore drives for Senior Companions and brings Bertha to our Senior Center every Tuesday and Friday. She is involved in our crochet club. She sure adds some spunk and laughter to the group. Elenore makes friends with everyone she meets.

We are so thankful to have Elenore as part of our Senior Center family. We sure appreciate and love you!



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MAY MENU

JAN - SENIOR CENTER 385-201-1065

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Teriyaki Beef Bowl Brown Rice Broccoli Mandarin Oranges Roll / Cookie 	2 Cheesy Sausage Pasta Tossed Salad w/Dressing Green Beans Roll Fruit Crisp 	3 Roasted Pork Au Gratin Potatoes Green Beans Applesauce Roll 	4 Chicken Wrap Italian Pasta Salad Pickle Peaches 	5 Taco Salad w/Beef Black Beans w/Cheese Tossed Salad w/Dressing Salsa/Ranch Tropical Fruit 
8 Swedish Meatballs / Rice Carrots Mixed Fruit Roll 	9 Hawaiian Haystacks Creamed Chicken w/ Rice Peas, Pineapple, Cheese, Chow Mein Noodles	10 Sloppy Joe w/ Bun Pork & Beans Mixed Vegetables Peaches 	11 Shepherd's Pie Peas Pears Roll / Brownie 	12 Roast Turkey Mashed Potatoes/Gravy Carrots / Roll Mandarin Oranges 
15 Sweet & Sour Chicken Rice Stir Fry Vegetables Apple Fortune Cookie 	16 Beef Stroganoff w/Rice Tossed Salad w/Dressing Carrots Mandarin Oranges Cookie Bar 	17 Ham & Turkey Hoagie Provolone Cheese, Lettuce, Tomato Potato Chips Jello w/ Fruit 	18 Kalua Pork Hawaiian Rice Peas Pineapple Roll 	19 LUAU 
22 Country Fried Steak Mashed Potatoes / Gravy Mixed Vegetables Applesauce Roll 	23 Chicken Pot Pie / Biscuit Cottage Cheese w/ Fruit Tossed Salad w/Dressing Brownie 	24 BBQ Pulled Pork Au Gratin Potatoes Broccoli Applesauce Roll 	25 Meatloaf Mashed Potatoes / Gravy Corn Orange Roll 	26 Roast Beef Roasted Potatoes Peas Peaches Roll 
29 	30 Malibu Chicken Scalloped Potatoes Corn Mandarin Oranges Roll 	31 BBQ Chicken Au Gratin Potatoes Green Beans Orange Corn Bread 	ALTERNATE MEALS May 1-5 Chef's Salad May 8-9 Vegetable Beef May 10-12 Chicken Noodle May 15-19 Chef's Salad May 22-23 Cr of Broccoli	
BIRTHDAY CELEBRATION May 24-26 Cr of Potato May 30-31 Chef's Salad TURKEY SANDWICH w/ SOUP				

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



ACTIVITIES CALENDAR MAY 2023



ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Adv. Watercolor 9:30am Tai Chi - 9:30am	2 Watercolor 9:30am Crochet Club 10:15am B I N G O BINGO 11:30am	3 Winning Wednesday 	4 	5 Cinco de Mayo Line dance 10 am BINGO 11:30am Blood Pressure Clinic 11am Sponsored by Dignity Health
8 Tai Chi - 9:30am Adv. Watercolor 9:30am	9 Watercolor 9:30am Crochet Club 10:15am BINGO 11:30am MAG Senior Health Challenge 12:15pm	10 Winning Wednesday 12:30 - BUNCO BASH	11 	12 Line dance 10 am BINGO 11:30am happy mother's day!
15 Tai Chi - 9:30am Adv. Watercolor 9:30am 12:30 Monday Movie "The Greatest Showman" 	16 10:15 Crochet Club- Watercolor 9:30am BINGO 11:30am Luau sign up due! 	17 Winning Wednesday 	18 	19 (No Bingo or Line dance) Hawaiian Luau \$10 11:00 - 1:00pm
22 Tai Chi - 9:30am Adv. Watercolor 9:30am	23 Crochet Club 10:15am Watercolor 9:30am BINGO 11:30am	24 Winning Wednesday 	25 	26 Line Dance - 10 am BINGO 11:30am 12:30 Birthday Celebration
29 Senior Center CLOSED	30 Crochet Club 10:15am BINGO 11:30am FINAL payment DUE for Tuacahn by 1:00pm	31 Winning Wednesday 	seeking volunteers for yoga instructor.	COMING JUNE: TUACAHN TRIP! June 13-15

DON'T FORGET TO SIGN UP!

Lehi Senior Center

Hawaiian Luau

Hula on over to the Senior Center! Bring your grass skirts, Hawaiian shirts, and Aloha spirit. We'll provide the leis!

Friday, May 19

11:00am—1:00pm

Hawaiian games and catered
Hawaiian-style lunch

\$10/MEMBER

MUST PAY AHEAD BY MAY 16
—no ticket sales at door

MUST RSVP TO 385-201-2350

LIMITED SEATING

ANNOUNCEMENTS

Win prizes for participating!

Senior Health Challenge

Challenge yourself to improve your health! Earn points by completing personal goals each week in the month of June. Participants will be entered into a drawing to win prizes at the end of the challenge.

When: June 1 - 30

Who: Adults age 50+ living in Summit, Utah & Wasatch counties

Cost: FREE

To learn more, visit:
magutah.org/health

For questions, call:
801-229-3821

Check the online calendar for FREE events such as group hikes, yoga classes, activities at local Rec Centers, pickleball at Sunpro and more!



Senior Health Challenge

Challenge yourself to improve your health! Earn points by completing personal goals each week in the month of June. Participants will be entered into a drawing to win prizes at the end of the challenge. Sign up for free at magutah.org/health.

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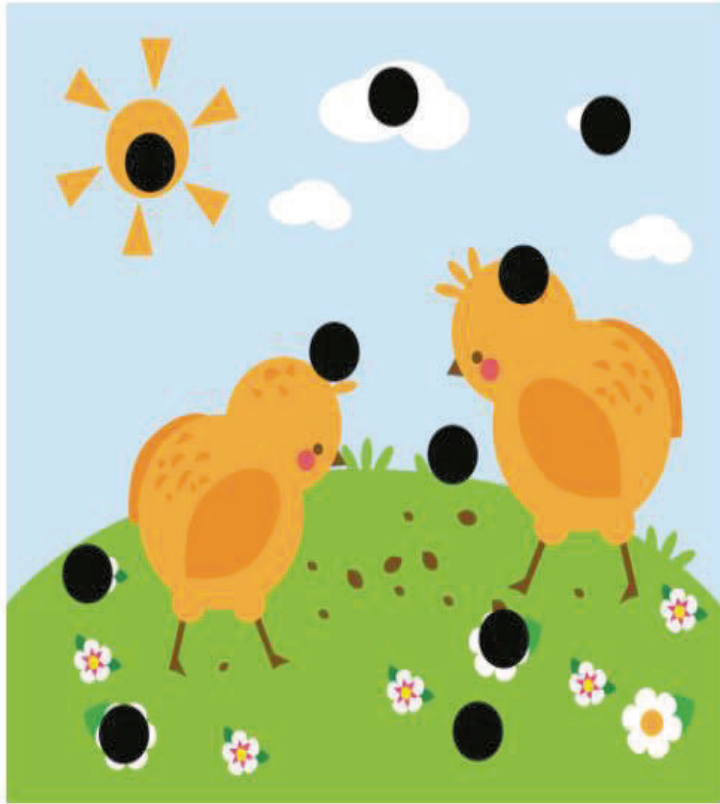
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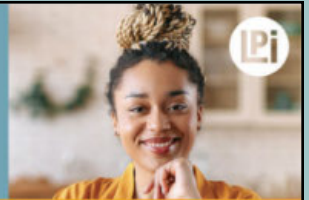
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