



Location

123 North Center St.
Lehi, UT 84043

P 385.201.1065

Hours

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

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.

Website

www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

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>Our session is August 8, 15, 22, 29</i> starting at 9:30am <ul style="list-style-type: none"> Advanced Watercolor also available. Let us know if you are interested or have questions |
| BINGO | Fridays 11:30a.m. and Tuesdays 11:30a.m. |
| Line Dancing | Fridays 10:00a.m. |
| Sit and Fit | Wednesday 11:00am – 12pm |
| Bunco Bash | Wednesday, August 9, 12:30 p.m. |
| Monday Movie Mania “Cool Runnings” | <i>Monday, August 21, 12:30 p.m.</i> |

LEHI SENIOR CENTER



LEHI SENIOR CENTER TRIP

FRIDAY, AUGUST 4, 2023

MEMBER PRICE: \$30/person

price includes meal & bus

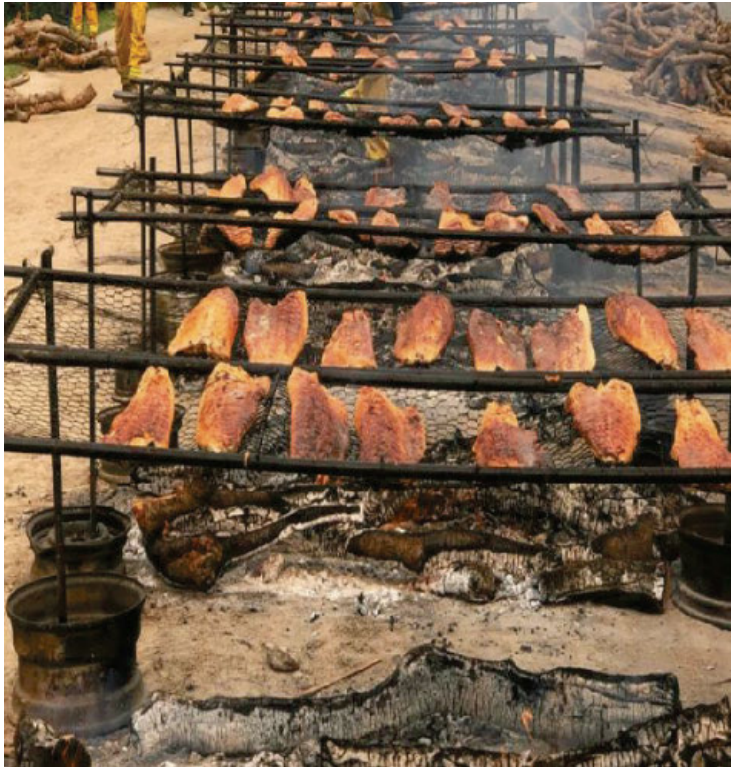
LEAVING THE CENTER AT 3:00PM

Limited seating.

Payment due to hold your spot.

Bring an umbrella for cover if desired.

Meal includes: Salmon, grilled over dried fruit wood fire, baked potato, corn on the cob, roll, and a cookie.



Bunco Bash - LIVE

Wednesday, August 9th

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 21

12:30pm at the Senior Center

This month, we will watch, "Cool Runnings." Four Jamaicans form their country's first ever bobsled team to compete in the upcoming 1988 Winter Olympics. This movies has charming performances, light humor, and uplifting tone.

A small popcorn and a "cool" treat will be provided during the movie.

Enjoy the show!



HAPPY BIRTHDAY



August Birthday Celebration

RSVP for Lunch by noon on Thursday to get a sweet treat on Friday.

Hal Hooper will help us sing, "Happy Birthday" this month. Be sure to call ahead to reserve your lunch.

Have a great month!

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

| | |
|-------------------|-----------|
| Leora Otteson | August 1 |
| Susan Mock | August 2 |
| Jill Jones | August 4 |
| Richard Arb | August 7 |
| Louann Wilkins | August 12 |
| Cecil Yates | August 13 |
| Arnie Cardon | August 15 |
| Judy Turner | August 16 |
| Katie Madsen | August 17 |
| Jean Sunderlage | August 19 |
| Leticia Speer | August 20 |
| Sheri Denney | August 20 |
| Annette VanWagnen | August 31 |



ANNUAL CLOSURE

ANNUAL CLOSURE FOR CLEANING AND MAINTENANCE

Wednesday, August 17– Friday, August 18



We will be closed for 2 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 14 to Saturday, August 19. Please plan accordingly. Thank you!

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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

**SUPPORT OUR
ADVERTISERS!**

ADVERTISE HERE













to reach your community



Call 800-950-9952



AUGUST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <div>1</div> <div></div> <div><p>Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Fruit Cocktail Roll</p></div> | <div>2</div> <div></div> <div><p>Roast Turkey Mashed Potatoes / Gravy Beets Mandarin Oranges Roll</p></div> | <div>3</div> <div></div> <div><p>Chicken Wrap Italian Pasta Salad Pickle Peaches</p></div> | <div>4</div> <div></div> <div><p>Sloppy Joe w/Bun Mixed Vegetables Pork & Beans Cottage Cheese w/Fruit</p></div> | |
| <div>7</div> <div></div> <div><p>Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Mandarin Oranges Roll</p></div> | <div>8</div> <div></div> <div><p>Ham & Turkey Hoagie Provolone Cheese, Lettuce, Tomato Potato Chips Jello w/ Fruit</p></div> | <div>9</div> <div></div> <div><p>BBQ Pulled Pork Black Beans Applesauce Corn Bread</p></div> | <div>10</div> <div></div> <div><p>Hawaiian Haystacks Creamed Chicken over Rice Peas, Pineapple, Cheese, Chow Mein Noodles</p></div> | |
| <div>14</div> <div></div> <div><p>Pasta Bake Green Beans Tossed Salad / Dressing Roll Fruit Crisp</p></div> | <div>15</div> <div></div> <div><p>Chicken Wrap Italian Pasta Salad Pickle Peaches</p></div> | <div>16</div> <div></div> <div><p>Meatloaf Mashed Potatoes / Gravy Broccoli Roll Orange</p></div> | <div>17</div> <div></div> <div><p>CLOSED FOR CLEANING & MAINTENANCE</p></div> | |
| <div>21</div> <div></div> <div><p>Swedish Meatballs Steamed Rice Carrots Fruit Cocktail Roll</p></div> | <div>22</div> <div></div> <div><p>Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Applesauce Roll</p></div> | <div>23</div> <div></div> <div><p>Lemon Pepper Chicken Steamed Rice Tossed Salad w/ Dressing Steamed Rice Apple</p></div> | <div>24</div> <div></div> <div><p>Beef Taco Salad Black Beans w/ Cheese Tossed Salad w/ Dressing Salsa, Ranch, Cheese Tropical Fruit Brownie</p></div> | |
| <div>28</div> <div></div> <div><p>Malibu Chicken Scalloped Potatoes Mixed Vegetables Mandarin Oranges Roll</p></div> | <div>29</div> <div></div> <div><p>Egg, Sausage & Cheese Burrito Tater Tots Apple Crisp</p></div> | <div>30</div> <div></div> <div><p>Kalua Pork Hawaiian Rice Peas Pineapple Roll</p></div> | <div>31</div> <div></div> <div><p>Beef Hot Dog w/Bun Baked Beans Applesauce Brownie</p></div> | |
| <p>MEALS MUST BE CALLED IN BY NOON THE DAY BEFORE. IF RESERVING FOR MONDAY, ORDERS MUST BE CALLED IN BY FRIDAY AT NOON!</p> | | | | <div></div> <div><p>BIRTHDAY CELEBRATION</p></div> |

















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

ACTIVITIES CALENDAR

AUGUST 2023



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
|  Tai Chi - 9:30am Adv. Watercolor 9:30am | 1 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am  | 2 Sit and Fit 11:00am | 3  | 4 Dignity Blood Pressure Clinic 11 Line Dance - 10 am Bingo 11:30am  PAYSON SALMON SUPPER TRIP 3-7pm |
| 7 Tai Chi - 9:30am Adv. Watercolor 9:30am | 8 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am | 9 Sit and Fit 11:00am  12:30 -BUNCO BASH | 10  | 11 Line Dance - 10 am Bingo 11:30am  |
| 14 Tai Chi - 9:30am 12:30 Monday Movie Mania! "Cool Runnings"   | 15 Watercolor Class- 9:30am Bingo 11:30am | 16 Sit and Fit 11:00am | 17 18 Senior Center Closed for annual maintenance | |
| *** LEGACY CENTER CLOSED FOR ANNUAL MAINTENANCE AUG 14-18 *** | | | | |
| 21 Tai Chi - 9:30am Adv. Watercolor 9:30am  | 22 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am | 23 Sit and Fit 11:00am  | 24  | 25 Line Dance -10 am Bingo 11:30am 12:30pm Birthday Celebration  |
| 28 Tai Chi - 9:30am Adv. Watercolor 9:30am | 29 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am | 30 Sit and Fit 11:00am  | 31 | |

Sign up **NOW** for the Timpanogos Storytelling Festival

LEHI SENIOR CENTER TRIP:

TIMPANOGOS STORYTELLING FESTIVAL



WHEN: FRIDAY, SEPTEMBER 8

WHERE: Meet at the Senior center and ride bus to Thanksgiving Point.

PRICE: \$20-*includes ticket, lunch, & bus*

TIME: 9:00 am –2:00 pm We will have lunch at the park (weather permitting) after the festival



Call **385-201-1065**
to reserve your
spot TODAY!



Welcome to the team!

Diane Daly

SENIOR CENTER KITCHEN AIDE

Birthday: March 6

Hobbies: Playing piano, journaling, and pageants.

Born: Cedar City, but has lived in Lehi for about 15 years.

Favorite Food: Mexican food

Words of Wisdom: Always eat dessert!



Diane has been hired to be one of our kitchen aides. She is very talented. She has such a positive attitude, and is ready to help.

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

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Sara Ramic

sramic@4LPi.com

(800) 477-4574 x1659

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

TAKE ME OUT TO THE BALLGAME



SEASONEDTIMES.COM

Looking for words associated with baseball. They may be spelled forward, backward, downward, upward, or diagonally.

FASTBALL

FOUL

INNING

KNUCKLEBALL

LEAGUE

LINEUP

OUTFIELD

PITCHER

SLUGGER

SPITBALL

STEAL

STRIKE

UMPIRE

UNIFORM



Just for fun!

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | 3 | | | | 1 | | |
| 8 | | | 9 | | | | 4 | |
| 2 | | 9 | | | 3 | 6 | | |
| | | 6 | 7 | 1 | | | 3 | 5 |
| | | 7 | | 8 | 4 | 9 | | |
| | | | | | 9 | 7 | 8 | |
| 7 | | | 2 | | | 5 | 1 | |
| | 9 | | 4 | 5 | 1 | | | 6 |
| | | 2 | | 3 | | | | 4 |

Each row, column, and inner section (9 squares) must be filled with numbers 1-9, without repeating any numbers. Numbers already printed may not be changed.

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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



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

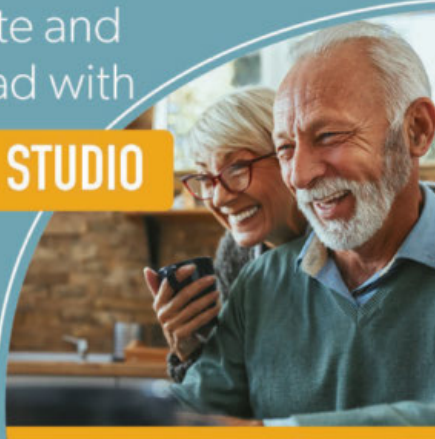
SafeStreets

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.



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