



Hello, September!

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 12, 19, 26 & October 3</i> <i>Starts at 9:30 a.m.</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.
Sit and Fit	Wednesdays 11:00a.m.
Line Dancing	Fridays 10:00 a.m.
BINGO	Tuesdays 11:30 a.m. Fridays 11:30 a.m.
Bunco Bash	<i>Wednesday, September 13 12:30 p.m.</i>
Monday Movie Mania	<i>Monday, September 18 12:30 p.m.</i> "Remember The Titans"

UPCOMING EVENTS



**CREAMERY &
RIVER BOAT CRUISE**

\$12

**Trip includes bus, boat ride,
and a cup of hot chocolate.**

October 5, 2023

**Meet at the Lehi Senior
Center at 4:30 p.m.**

**Dinner at the Creamery
(pay on your own)**

**20-25 minute Halloween
Cruise and a scary story
told by the ship's
captain.**



Bunco Bash

Wednesday,
September 13th 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 18



12:30 pm at the Senior Center

This month, we will watch "Remember The Titans." The true story of a newly appointed coach and his high school team on their first season as a racially integrated unit.

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

Enjoy the show!

HAPPY BIRTHDAY



September Birthday Celebration

Friday, September 22 at 12:00pm

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.

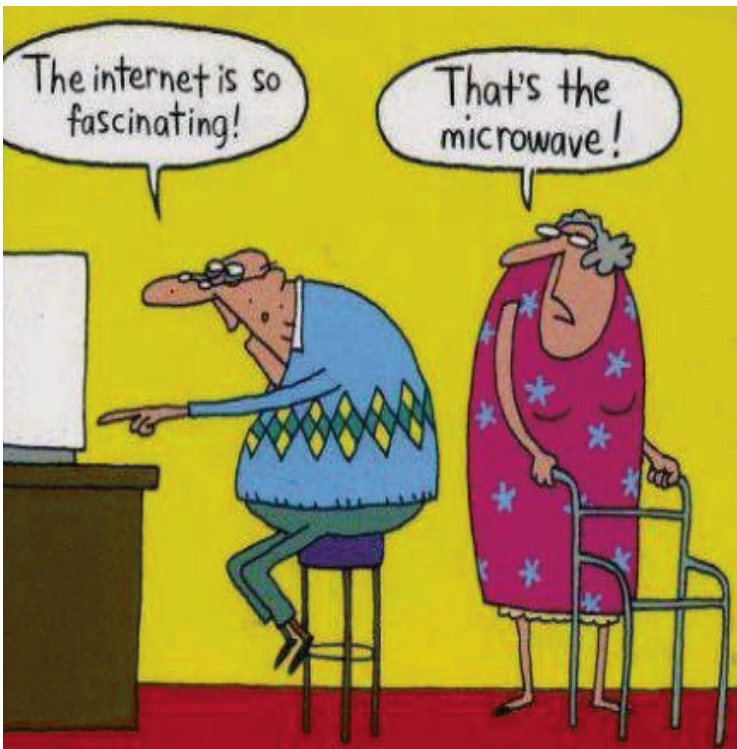
Skip Riffle	September 1
James Lambson	September 4
Joyce Jacobson	September 12
Daniel Wilkins	September 13
Roy Callaway	September 13
Dalene Jones	September 14
David Wilkey	September 15
Donalee Evans	September 18
Angie Wozniak	September 18
Mary Evans	September 20
Eleonore Mclain	September 21
Philip Huntington	September 22
Carol Zimmerman	September 22
Kirk Holmstead	September 24
Karran Danielson	September 24
JL Greenwood	September 30
Stacey Hiatt	September 30



SENIOR CENTER CLOSED FOR LABOR DAY

The Senior Center will NOT be serving lunches on Monday, September 4th. Please enjoy your holiday.

Thank you.



Upcoming Trips

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

Chick-fil-&

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



Join the Lehi Senior Center

FALL FOLIAGE TRIP

TAKE A TRIP AROUND THE ALPINE LOOP TO SEE THE SPECTACULAR FALL COLORS IN UTAH.

AFTERWARDS, WE WILL GO TO DINNER AT MAMA CHUS.
(DINNER IS PAY ON YOUR OWN.)

September 21, 2023

2:30 pm – 6:30 pm

\$5 for Bus



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SEPTEMBER MENU

JAN - SENIOR CENTER 385-201-1065

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SEPTEMBER</p>	<p>ALTERNATE MEALS</p> <p>Sep 1 Chicken Noodle Sep 5-8 Chef's Salad Sep 11-12 Cr of Potato Sep 13-15 Vegetable Beef Sep 18-22 Chef's Salad</p>	<p>Sep 25-26 Chicken Noodle Sep 27-29 Cr of Broccoli</p> <p>Turkey Sandwich w/Soup</p>	<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>	<p>1</p> <p>Roast Beef Roasted Potatoes Peas Peaches Roll</p> 
<p>4</p> <p>HAPPY BIRTHDAY</p>	<p>5</p> <p>Grilled Hamburgers / Bun Loaded Potato Casserole Fruit Cocktail Baked Beans</p> 	<p>6</p> <p>Honey Baked Ham Scalloped Potatoes Beets / Corn Bread Jello w/ Fruit Cookie Bar</p> 	<p>7</p> <p>Chicken Wrap Italian Pasta Salad Pickle Pears</p> 	<p>8</p> <p>Beef Taco Salad Black Beans w/ Cheese Tossed Salad w/ Dressing Salsa, Ranch, Cheese Tropical Fruit</p> 
<p>11</p> <p>Teriyaki Chicken Bowl Brown Rice Tossed Salad / Dressing Broccoli / Pineapple Fortune Cookie</p>	<p>12</p> <p>Roast Pork Au Gratin Potato Green Beans Applesauce / Roll Cookie Bar</p> 	<p>13</p> <p>Meatloaf Mashed Potatoes / Gravy Broccoli Roll Pears</p> 	<p>14</p> <p>Biscuit & Sausage Gravy Scrambles Eggs Tater Tots Orange</p> 	<p>15</p> <p>Beef Lasagna Fresh Vegetables Garlic Rolls Apple Brownie</p> 
<p>18</p> <p>Swedish Meatballs Steamed Rice Carrots Roll Fruit Crisp</p> 	<p>19</p> <p>Hawaiian Haystacks Creamed Chicken over Rice Peas, Pineapple, Cheese, Chow Mein Noodles</p> 	<p>20</p> <p>Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Mandarin Oranges Roll</p> 	<p>21</p> <p>Lemon Pepper Chicken Steamed Rice Tossed Salad w/ Dressing Broccoli Apple</p> 	<p>22</p> <p>Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Fruit Cocktail Roll</p> 
<p>25</p> <p>Malibu Chicken Scalloped Potatoes Carrots Mandarin Oranges Roll</p> 	<p>26</p> <p>Sloppy Joe w/Bun Mixed Vegetables Pork & Beans Cottage Cheese w/Fruit</p> 	<p>27</p> <p>Kalua Pork Hawaiian Rice Peas Pineapple Roll</p> 	<p>28</p> <p>Country Fried Steak Mashed Potatoes/Gravy Squash Applesauce Roll</p> 	<p>29</p> <p>Beef Stroganoff w/ Rice Carrots Tossed Salad w/ Dressing Mandarin Oranges Cookie Bar</p>

ACTIVITIES CALENDAR

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



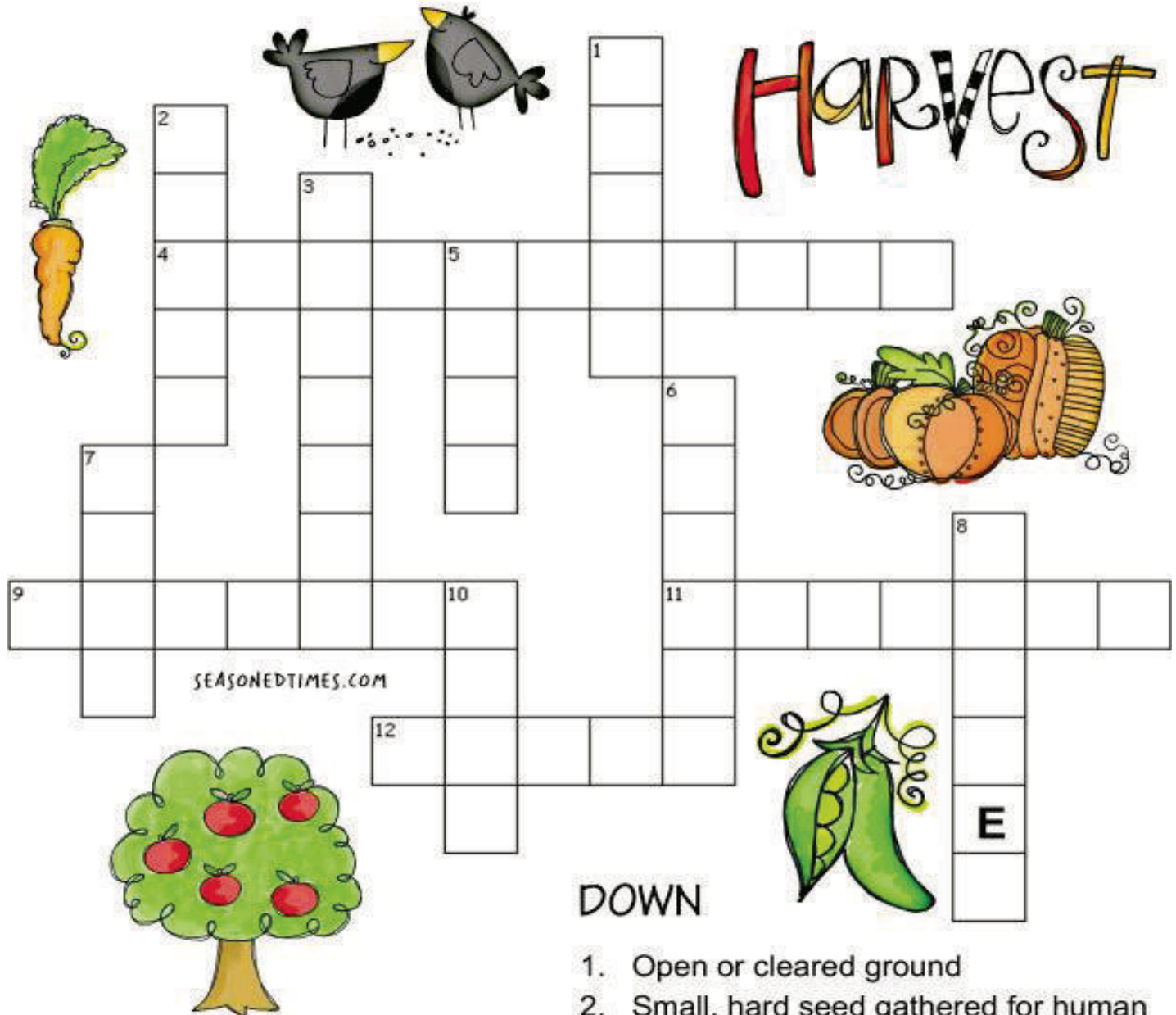
ACTIVITIES CALENDAR SEPTEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 4 NO Watercolor Crochet Club 10:15am Bingo 11:30am SENIOR CENTER CLOSED	UPCOMING TRIP: Creamery and Provo Halloween Riverboat Cruise!		 7 Line Dance 10am Bingo 11:30am 11-12 Blood Pressure Clinic sponsored by Dignity Health	1 Line Dance 10am Bingo 11:30am
11 Tai Chi -9:30am Adv. Watercolor Class- 9:30am Bingo 11:30am	12 Watercolor Class- 9:30am Crochet Club 10:15am Bingo 11:30am	13 Sit and Fit 11:00am BUNCO BASH 12:30pm	14 Line Dance 10am Bingo 11:30am	15 Line Dance 10am Bingo 11:30am
18 Tai Chi -9:30am Adv. Watercolor Class- 9:30am Monday Movie 12:30pm "Remember The Titans" 	19 Watercolor Class- 9:30am Crochet Club 10:15am Bingo 11:30am 	20 Sit and Fit 11:00am 	21 Fall foliage and Mama Chus 2:30pm Pre-registration required	22 Line Dance 10am Bingo 11:30am 12:30 Birthday Celebration
25 Tai Chi -9:30am Adv. Watercolor Class- 9:30am	26 Watercolor Class 9:30am Crochet Club - 10:15am Bingo 11:30am	27 Sit and Fit 11:00am 	28 	29 Line Dance 10 am Bingo 11:30am

Just for Fun!

HARVEST



DOWN

1. Open or cleared ground
2. Small, hard seed gathered for human consumption
3. Prolonged period of dryness
5. Plants harvested from an area
6. Grass cutting tools with long handles and sharp, curved blade
7. Tract of land dedicated to agricultural processes
8. Bring things together in group
10. To cut and harvest crops

Looking for words associated with a harvest.

ACROSS

4. Science of growing crops
9. Vehicle with large back wheels and thick tires
11. Manipulating soil for growing crops
12. Tall-growing grain

SPOTLIGHT

Mary Ludwig

- **Born:** Manti, Utah **Birthday:** January 26
- **Favorite Food:** Italian **Kids:** 3 girls & 1 boy
- **Enjoys:** puzzles, camping, hiking, and reading
- **Words of Wisdom:** Your vibe attracts your tribe
- **Married:** 16 for years ❤️



Mary is attending school at Utah Valley University for writing and editing.

She started working at the Lehi Senior Center in August. We are enjoying her sweet personality, and work ethic.

We appreciate her love she already shows for our seniors. We love you, Mary!

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CONTACT ME
Sara Ramic

sramic@4LPi.com
(800) 477-4574 x1659

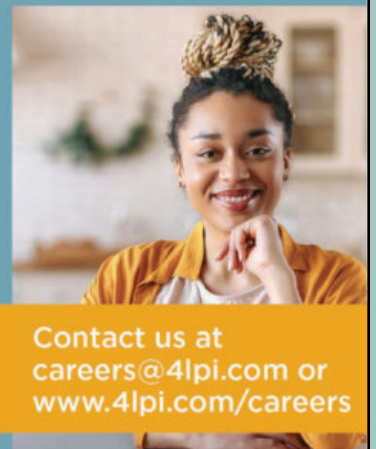
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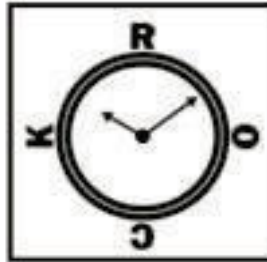
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BRAIN TEASERS

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



ANSWERS TO PAGE 10

1. BEDSPREAD

2. ROCK AROUND THE CLOCK

3. BACKING UP

4. FOOLING AROUND

5. THUNDERSTORM

6. DECIDE

7. GET INTO SHAPE

8. BROKEN PROMISE

9. JUST RIGHT

10. WALKING ON THIN ICE

11. I SEE YOU UNDERSTAND

12. BREAKFAST

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