

JANUARY

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/

As we begin the year 2024, we look forward to the future and what it may bring. We love this quote by Anthony Robbins, “New Year + a New life! Decide today who yhou will become, what you will give and how you will live.” We will do our best to make this year a great one filled with hope and fun for our seniors.

We will continue our classes, events and trips, and also continue to love our seniors!

CHRISTMAS LIGHTS AND DINNER TRIP



Bunco Bash Online
Wednesday,
January 10th at 12:30

**Monday Movie
Mania!**

Monday, 12:30



January 23

Join us for Monday Movie Mania!

This month we will watch, "Jack Frost." Jack Frost is a singer who's on the road most of the time so he can't spend a lot of time with his son, Charlie. Jack is killed in a car accident, Charlie becomes a very sad boy, until...Jack returns as a snowman.

Bring your own snacks if you'd like, but we will have popcorn!

Enjoy the Show!

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 current Senior Center Membership to participate.

December Recap



December Recap: Christmas Party and More!

December was a fun month full of friends and festivities!

Our Christmas Party and Lunch was fabulous! This year was our most attended party ever and we are so grateful!

We had some great entertainment, the Grinch, and some lucky prize winners.

We enjoyed musical performances, Monday movies, our fun everyday classes, and rang in the 'noon' year. It was a great holiday season and we are grateful to spend time with our families, and friends, and Wishing you the best in the new year!

HAPPY BIRTHDAY



January Birthday Celebration

Friday, January 26

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

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.

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

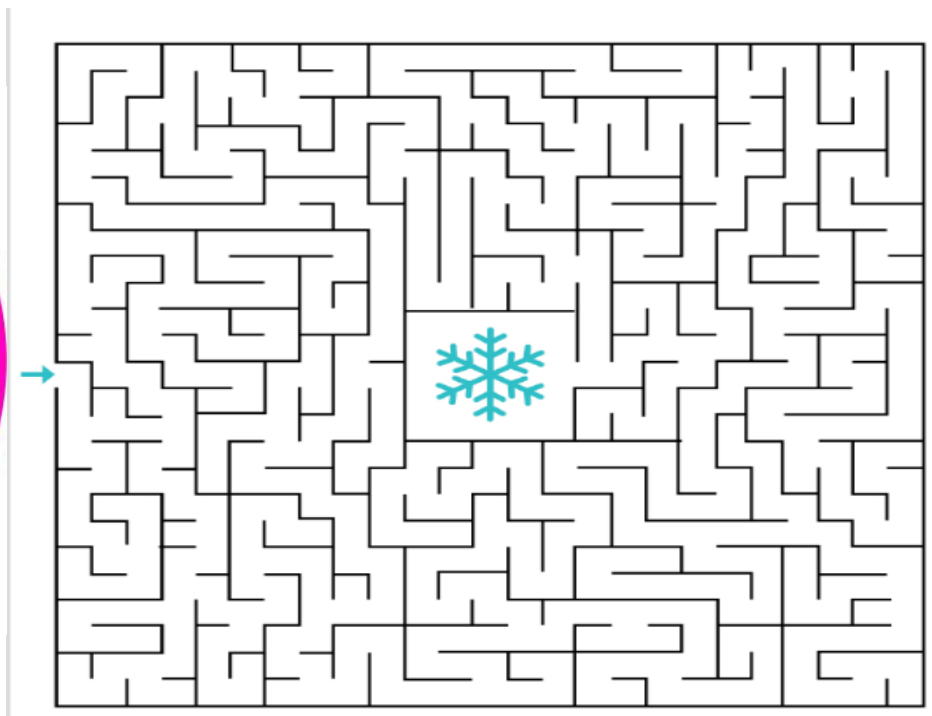
Have a great month!

| | |
|--------------------|------------|
| Andrea Warner | January 1 |
| Barbara Fretwell | January 2 |
| Vinnie Harker | January 6 |
| Terry Dayhuff | January 7 |
| Shawna Howlett | January 13 |
| Geraldine Dalley | January 16 |
| Harold Lantz | January 16 |
| Ron Craft | January 21 |
| Kathryn McCarrel | January 22 |
| Gayle Hoopes | January 23 |
| Cheryl Christenson | January 25 |
| Ivan Smith | January 26 |
| Stanley Young | January 28 |
| Glenda Peck | January 30 |



Blood pressure Clinic 1/5/24

11:00-12:00



"NOON" YEARS



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Lehi Senior Citizens Center, Lehi, UT

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JANUARY MENU

JAN - SENIOR CENTER 385-201-1065

JANUARY 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 1  Swedish Meatballs Steamed Rice Carrots Orange / Roll Cookie Bar 8 | 2  Biscuit & Sausage Gravy Scrambled Eggs Tater Tots Cottage Cheese Peaches 9 | 3  Three Bean Beef Chili Corn & Carrots Fruit & Jello Corn Bread 10 | 4  Roast Turkey Potatoes & Gravy Carrots Fruit Cocktail Roll 11 | 5  Country Fried Steak Mashed Potatoes/Gravy Mixed Veggies Orange Roll 12 |
| 15  Sausage Pasta Bake Broccoli Pineapple Roll 16 | 16  Shepherd's Pie Carrots Tossed Salad w/Dressing Pears Chocolate Brownies 17 | 17  Chicken Wrap Italian Pasta Salad Pickle Pears 18 | 18  Roast Beef Potatoes & Gravy Mixed Veggies Apple Roll 19 | 19  Honey Baked Ham Scalloped Potatoes Beets / Corn Bread Jello w/ Fruit 20 |
| 22 Malibu Chicken Au Gratin Potatoes Green Beans Fruit Cocktail Roll 29 | 23  Beef Taco Salad Black Beans, Cheese, Salsa, Lettuce & Ranch Applesauce Tortilla Chips 24 | 24  Hawaiian Haystacks Creamed Chicken & Rice Peas, Pineapple, Cheese Chow Mein Noodles 25 | 25  Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Fruit Fluff/Cottage Cheese Roll 26 | 26  Turkey Sandwich w/ Soup MEALS MUST BE CALLED IN BY NOON THE DAY BEFORE 27 |
| 29 Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Fruit Cocktail Roll 30 | 30  Beef & Vegetable Stew Tossed Salad w/ Dressing Corn Bread Apple Crisp 31 | 31  Oven Roasted Pork Mixed Vegetables Hot Potato Salad Applesauce / Roll Cookie Bar 32 | 32  Vegetable Beef Chicken Noodle Cr of Broccoli 33 | 33  Chicken Noodle Cr of Broccoli 34 |

ACTIVITIES CALENDAR

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



ACTIVITIES CALENDAR JANUARY 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 1 SENIOR CENTER CLOSED | 2 SENIOR CENTER CLOSED | 3 Sit and Fit 11:00am | 4 Line Dance 10:00am Bingo 11:30am | 5 11-12 Blood Pressure Clinic sponsored by Dignity Health |
| 8 Adv. Watercolor 9:30am Tai Chi 9:30am | 9 Watercolor Class 9:30am Crochet Club- 10:15am Bingo 11:30am | 10 Sit and Fit 11:00am BUNCO BASH 12:30PM | 11 Line Dance - 10:00am Bingo 11:30pm B I N G O | 12 |
| 15 SENIOR CENTER CLOSED | 16 Crochet Club- 10:15am Bingo 11:30am NO WATERCOLOR Sign up due for Bowling and Dinner | 17 Sit and Fit 11:00am | 18 Bowling and Dinner 2:15pm | 19 Line Dance - 10:00am Bingo 11:30am |
| 22 Adv. Watercolor 9:30am Tai Chi 9:30am 12:30 Monday Mania!!! | 23 Watercolor Class 9:30am Crochet Club- 10:15am Bingo 11:30am | 24 Sit and Fit 11:00am | 25 Line Dance - 10:00am Bingo 11:30am | 26 Birthday Celebration |
| 29 Adv. Watercolor 9:30am Tai Chi 9:30am | 30 Watercolor Class 9:30am Crochet Club- 10:15am Bingo 11:30am | 31 Sit and Fit 11:00am | Sign up NOW for 2024 Membership \$5 | |

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. At the Senior Center |
| Watercolor Class * | <i>Tuesday January 9, 23, and 30 (4 sessions per class) 9:30 a.m.</i> At the Senior Center Advanced Watercolor also available. Let us know if you are interested or have questions. |
| Crochet Club | Tuesdays 10:15 a.m. At the Senior Center |
| Blood Pressure Clinic | Friday, January 5 |
| Line Dancing | Fridays 10:00 a.m. |
| BINGO | Tuesday 11:30am Friday 11:30 a.m. |
| Bunco Bash | <i>Wednesday, January 10, 12:30 p.m.</i> |
| Monday Movie Mania | <i>Monday, January 22, 12:30 p.m.</i> “Jack Frost” |
| Sit and Fit | Wednesdays 11:00 a.m |

Welcome 2024



Dates Closed:

We will be closed and no meals will be served on the following days:

Monday, January 1st and 2nd
(New Years)

Monday, January 15th
(Martin Luther King Jr. Day)



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Sara Ramic

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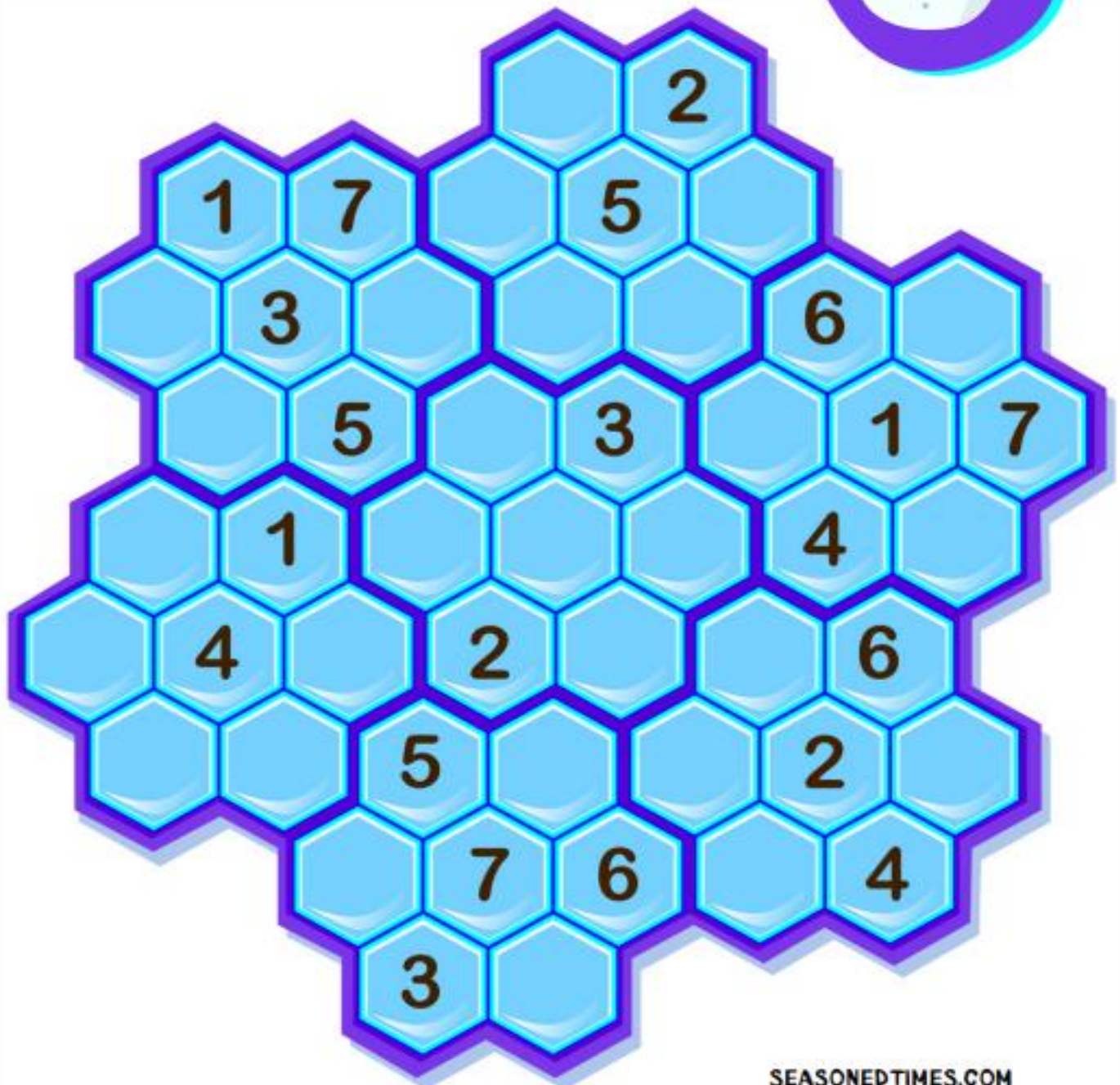
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Each honeycomb cell, horizontal row, and diagonal must be filled with numbers 1 - 7. Numbers already printed may not be changed.



SEASONEDTIMES.COM

Bowling and Dinner and Game Answers



BOWLING AND DINNER

Get ready for a night of
strikes and spares at
bowling night and dinner.

THURSDAY, JANUARY 18

Meet at the The Senior Center
at 2:15p.m.

Cost: \$25 For 2 games of bowling
and dinner at Chuck A Rama

**LIMITED SEATING
SO SIGN UP NOW**

Questions call: 385-201-2349
Come in to sign up and pay.



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