



hello,  
FEBRUARY!

We **LOVE** our Seniors!

## 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)

It's true! We love seeing you at lunch each day. We love laughing and cheering during Bunco. We love going on trips and visiting new places with you. We love line dancing or doing Tai Chi, and so much more. We especially love getting to know you, talking and sharing with you, and seeing your smiles! We love our Seniors!

FEBRUARY 2024

## OFFERINGS!

### Valentine's Day!

Wednesday, February  
14th 2024

Make plans for you and your sweetheart to join us for a wonderful Valentine's Lunch. We will also frost cookies and play a couple of table games. We will start our Valentine's meal at 12:00 pm



Must sign up by 2/8/2024

Fee: \$3 donation suggested  
for meal

### LEHI SENIOR CENTER BLOOD PRESSURE CLINIC 2/2/2024

Sponsored by  
Dignity Health



### Bunco Bash

Wednesday, February 14

12:30 p.m. at the Senior

Center. Join us for a great game of Bunco. It's a fun and easy game to learn. Bunco can be played in teams or as individuals.

Seniors 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, February 12



12:30 p.m. at the Senior Center. This month we will watch, "Sleepless in Seattle." This movie is a cute classic with a very light touch and real chemistry between the two leads -- even when spending an entire movie apart.

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



## ANNOUNCEMENTS

# Lehi Senior Center Stained Glass

## From A-Z Exhibit Tours & Dinner Outing

Must sign up and *pay* by February 20 to reserve your spot.

### *"Roots of Knowledge"*

A guided tour to see the finished product –  
a series of enormous stained glass panels  
depicting humanity's pursuit of knowledge  
since the dawn of time.

**\$20** PER PERSON  
FEBRUARY 22 FROM 2:30PM - 6:30PM



### INCLUDES:

- TOUR: ROOTS OF KNOWLEDGE AT UVU
- TRANSPORTATION
- DINNER AT GOLDEN CORRAL



# HAPPY BIRTHDAY



## February Birthday Celebration

Friday, February 23

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, February 22* and enjoy a sweet treat. *Be sure to call ahead to reserve your lunch before Thursday at noon.*



If we've missed your birthday, let us know so we can update our records. Have a great month!



Debbie Reid	February 1
Tom Copeland	February 6
Richard Clark	February 7
Marilyn Chatterton	February 9
Janine Creager	February 9
Ron Stine	February 12
Kathy Nelson	February 14
Keith Sadler	February 14
Cindy Hadfield	February 14
Reed Wade	February 15
Mary Hammond	February 17
JoAnn Herbert	February 19
Laura Whipple	February 20
Vernon Winterton	February 21
Carma Hampton	February 25
Glen Smith	February 26
Sue Faulk	February 26
Angelina Robles	February 28

**Dates Closed:**  
**We will be closed and  
no meals will be  
served  
Monday, February 19  
(President's Day)**

Growing old happens.  
Growing up is optional.



Time to renew your membership for 2024.

For just \$5, you can continue to participate in all the fun at the Senior Center. Just a reminder, your yearly membership covers a full calendar year.



## SENIOR SPOTLIGHT



### Join the **Crochet Club**

Knit, crochet, you name it. Work on your own project of choice  
Free for Senior Center members. They meet Tuesdays at 10:15 a.m. No registration required.

- Jill: Is making slippers
- Bertha: Likes to make hats
- Darcy Loves to make baby blankets for her grandkids.
- Carol: Likes to make hats and afghans
- Julie: Likes to make blankets
- Phillips: Likes to make hats
- Eleonore: Loves to make hats
- Janet: Likes to knit hats for the homeless

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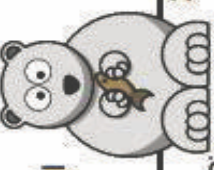







FEBRUARY 2024



# FEBRUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALTERNATE MEALS</b> Feb 1-2 Cr of Potato Feb 5-9 Chef's Salad Feb 12-13 Vegetable Beef Feb 14-16 Chicken Noodle Feb 20-23 Chef's Salad	<b>ALTERNATE MEALS</b> Feb 26-27 Cr of Broccoli Feb 28-29 Chicken Noodle <b>TURKEY SANDWICH W/ SOUP</b>	<b>MEALS MUST BE CALLED IN BY NOON THE DAY BEFORE. IF RESERVING FOR MONDAY, ORDERS MUST BE CALLED IN BY FRIDAY AT NOON!</b>		
5 Swedish Meatballs Steamed Rice Broccoli Orange / Roll Cookie Bar 	6 Roast Turkey Potatoes & Gravy Green Beans Fruit Cocktail Roll 	7 Three Bean Beef Chili Corn & Carrots Fruit & Jello Corn Bread 	8 Kalua Pork Hawaiian Rice Cole Slaw Pineapple Roll 	9 Salisbury Steak Mashed Potatoes/Gravy Peas Fruit Fluff/Cottage Cheese Roll 
12 Teriyaki Chicken Bowl Steamed Rice Broccoli Fruit Cocktail Roll 	13 Meatloaf Mashed Potatoes/Gravy Corn Applesauce Roll 	14 Sausage Pasta Bake Broccoli Applesauce / Roll / Cookie <i>happy Valentine's day</i>	15 Chicken Wrap Italian Pasta Salad Pickle Peaches 	16 Roast Beef Mashed Potatoes/Gravy Mixed Veggies Apple Roll 
19 <b>Presidents' Day</b> Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Fruit Cocktail / Roll 	20 Baked Ham Loaded Mashed Potatoes Beets Fruit Cocktail Corn Bread 	21 Beef Taco Salad Black Beans, Cheese, Salsa, Lettuce & Ranch Applesauce Tortilla Chips	22 BBQ Chicken Au Gratin Potatoes Green Beans Peaches Roll 	23 Beef Stroganoff w/ Rice Carrots Tossed Salad / Dressing Apple Crisp 
26 Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Fruit Cocktail / Roll	27 Shepherd's Pie Carrots Tossed Salad w/Dressing Pears / Brownies	28 Hawaiian Haystacks Creamed Chicken & Rice Peas, Pineapple, Cheese Chow Mein Noodles	29 Biscuit & Sausage Gravy Scrambled Eggs Tater Tots Cottage Cheese/Peaches	



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

lehi-ut

# ACTIVITIES CALENDAR FEBRUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 Tai Chi 9:30 - 10:30am Adv. Watercolor 9:30am</p>	<p>6 Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am</p>	<p>7 Sit and Fit 11:00am</p>	<p>8 Last day to sign up for Cupid Craze</p>	<p>9 Line Dance - 10:00am Bingo 11:30am</p>
<p>12 Tai Chi 9:30 - 10:30am Adv. Watercolor 9:30am</p> <p>Monday Movie 12:30pm "Sleepless In Seattle"</p>	<p>13 Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am</p>	<p>14 Sit and Fit 11:00am BUNCO BASH 12:30pm Cupid Craze</p>	<p>15 Cupid Craze</p>	<p>16 Line Dance - 10:00am Bingo 11:30am</p>
<p>19 HAPPY PRESIDENTS' DAY!!</p> <p>SENIOR CENTER CLOSED</p>	<p>20 Crochet Club 10:15am Bingo 11:30am Last day to sign up for tour and dinner</p>	<p>21 Sit and Fit 11:00am</p>	<p>22 Roots of Knowledge tour and dinner 2:30pm - 6:30pm</p>	<p>23 Line Dance - 10:00am Bingo 11:30am Birthday Celebration</p>
<p>26 Tai Chi 9:30 - 10:30am Adv. Watercolor 9:30am</p>	<p>27 Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am</p>	<p>28 Sit and Fit 11:00am</p>	<p>29 happy Valentine's day</p>	<p>Line Dance - 10:00am Bingo 11:30am Blood Pressure Clinic 11-12pm Sponsored by Dignity Health</p>

## WEEKLY CLASSES & CLUBS

*\*Classes with a red asterisk require call-ahead registration*

Lunch* Call by noon the day before to make a reservation	Monday - Friday (must reserve) Served at Noon.
Tai Chi Class	Mondays 9:30am
Watercolor Class*	<ul style="list-style-type: none"> <li><i>Tuesday, February 6</i> (From January's session)</li> <li>February's session: Feb 13, 27 March 5,12 (4 sessions per class) 9:30am</li> </ul> <p>Advanced Watercolor also available. Let us know if you are interested or have questions.</p>
Crochet Club	Tuesdays 10:15am
Line Dancing	Fridays 10:00am
BINGO	Tuesday 11:30am Friday 11:30am
Bunco Bash	Wednesday, February 14, 12:30pm
Monday Movie Mania	Monday, February 12, 12:30pm "Sleepless in Seattle"
Sit and Fit	Wednesday's 11:00am



## Bowling and Dinner Night Out



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## Valentine's WordSearch

F Z V G U S L H C P H L P R Y X Q J S T M Z V Y P  
 B V R P Q I N B G Q E F O F F D S M G D L G M W B  
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Arrow  
 Chocolate  
 Hearts  
 Pink  
 Red

Cupid  
 Candy  
 Cards  
 Valentine  
 Love

Hugs  
 Flowers  
 Purple  
 Kiss



## Just for Fun

HOW MANY CAN YOU FIND OF EACH:



CUPIDS: \_\_\_\_  
BALLOONS: \_\_\_\_  
CUPCAKES: \_\_\_\_  
MONSTERS: \_\_\_\_

ANIMALS: \_\_\_\_  
ARROWS: \_\_\_\_  
BUGS: \_\_\_\_  
HEARTS: \_\_\_\_

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