



Location

123 North Center Street
Lehi, UT 84043

P 385.201.1065

Hours

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

TOP 'O THE MORNING TO YOU!

March might be the *Luckiest* month of the year...If you are a leprechaun, that is. The Senior Center is also very lucky to have YOU! This month we will test our luck with Monday Movie Mania, Bunco, and great classes and programs. We hope luck will be with you this month and always. We love our seniors, and hope to see you soon!

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

SAVE THE DATE!



MARCH 15

May the Road Rise to Meet You!" Come to lunch and celebrate the holiday with us. Watch out for those sneaky Leprechauns as they try to take your pot of gold! Remember to wear something to make sure you don't get pinched. Must call to register for lunch.



(385) 201-2350



LET'S CELEBRATE TOGETHER!

Easter

MARCH 29, 2024 | 12:00 PM

Come to lunch and help us celebrate Easter! We have a few table games, great company, and something for your sweet tooth.

Don't forget to order lunch by 3/28/2024 before noon to reserve your spot.

Bunco Bash

Wednesday, March 13

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, March 18

12:30 pm at the

Senior Center.

This month we will watch "The Quiet Man"

The Quiet Man is a 1952 American romantic comedy-drama film directed and produced by John Ford, and starring John Wayne and Maureen O'Hara.

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

Enjoy!



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 am
Watercolor Class*	<ul style="list-style-type: none"> <i>Tuesdays</i> <i>March 5, 12, 19, and 26</i> <i>(4 sessions per class) 9:30 am</i> <p>Advanced Watercolor also available. Let us know if you are interested or have questions.</p>
Crochet Club	Tuesdays 10:15 am
Line Dancing	Fridays 10:00 am
BINGO	Tuesday 11:30 am Friday 11:30 am
Bunco Bash	<i>Wednesday, March 13, 12:30 pm</i>
Monday Movie Mania	<i>Monday, March 18, 12:30 pm</i> “The Quiet Man”

HAPPY BIRTHDAY!



Birthday Celebration

Friday, March 22

On the 4th Friday of the month we have a small birthday celebration for all those who had a birthday during the month!

Be sure to call ahead to reserve your lunch before Thursday at noon.

Elizabethe Walton	March 1
Cynthia Craft	March 4
Bettie Jo West	March 5
Julie Ozouf	March 5
Joyce Dayley	March 6
Joy Smith	March 6
Linda Frandsen	March 9
Launa Sadler	March 9
Nyle Short	March 12
Gaylon Gallacher	March 15
Bertha Golding	March 16
Kitty Kenealey	March 20
Wesley Ozouf	March 20
Cheryl Shingleton	March 20
Zina Gifford Holmstead	March 24
Denise Smith	March 26
Wayne Hikida	March 30
Mary Schumann	March 31

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



DINNER

AND A

MUSICAL

MARCH 21
2024

4:30
PM

INCLUDES: BUS,
MUSICAL,
POPCORN AND
DRINK

\$10

Transportation!



Lehi City has approved funding for UTA to provide transportation for Lehi and surrounding areas to the Lehi Senior Center. This will allow seniors to attend lunch and bingo on Tuesdays and Fridays at our center.

UTA will pick you up from your home and bring you back after lunch.

For more information please call (385)201-1065

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

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Lehi Senior Citizens Center, Lehi, UT

A 4C 05-1178

MARCH 2024



MARCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATE MEALS Mar 1 Chicken Noodle Mar 4-8 Chef's Salad Mar 11-12 Cr of Potato Mar 13-15 Vegetable Beef Mar 18-22 Chef's Salad	Mar 25-26 Chicken Noodle Mar 27-29 Cr of Broccoli TURKEY SANDWICH W/ SOUP	MEALS MUST BE CALLED IN BY NOON THE DAY BEFORE. IF RESERVING FOR MONDAY, ORDERS MUST BE CALLED IN BY FRIDAY AT NOON!		
4 Swedish Meatballs Steamed Rice Broccoli Orange / Roll Cookie Bar	5 White Beans & Ham Cabbage Applesauce Roll	6 Kalua Pork Hawaiian Rice Black Beans Pineapple Roll	7 Chicken Wrap Italian Pasta Salad Pickle Peaches	8 Sloppy Joe w/ Bun Mustard Potato Salad Pork & Beans Applesauce
11 Sweet & Sour Chicken White Rice Stir-fried Vegetables Apple Fortune Cookie	12 Roasted Pork Loaded Mashed Potatoes Beets / Mandarin Oranges Roll Cookie Bar	13 Sausage Pasta Bake Broccoli Applesauce Roll Cookie Bar	14 Roast Turkey Mashed Potatoes & Gravy Green Beans Fruit Cocktail Roll	15 Corn Beef & Cabbage Potatoes & Carrots Green Jello w/Fruit Cookie
18 Country Fried Steak Mashed Potatoes/Gravy Mixed Veggies Orange Roll	19 Egg, Sausage & Cheese Breakfast Burrito Tater Tots Salsa Apple Crisp	20 Meatloaf Mashed Potatoes/Gravy Corn Orange Roll	21 Ham & Turkey Sub Sandwiches Cheese, Lettuce, Tomato Chips Jello w/Fruit	22 BBQ Chicken Au Gratin Potatoes Green Beans Peaches Roll
25 Salisbury Steak Mashed Potatoes/Gravy Green Beans / Roll Fruit Fluff/Cottage Cheese	26 Hawaiian Haystacks Creamed Chicken & Rice Peas, Pineapple, Cheese Chow Mein Noodles	27 Shepherd's Pie Carrots Tossed Salad w/Dressing Pears / Brownies	28 Beef Taco Salad Black Beans, Cheese, Salsa, Lettuce & Ranch Applesauce / Chips	29 Fish Filets w/Tartar Sauce Potato Wedges Mixed Vegetables Orange / Roll

TO REGISTER FOR
ACTIVITIES CALL
LACEY 385-201-2349



ACTIVITIES CALENDAR MARCH 2024



ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Tai Chi 9:30am Adv. Watercolor 9:30am</p>		<p>COMING JUNE: TUACAHN TRIP! June 4-6 2024</p>		<p>Line Dance 10:00am Bingo 11:30am</p> <p>Blood Pressure Clinic 11am Sponsored by Dignity Health</p>
<p>4</p> <p>Tai Chi 9:30am Adv. Watercolor 9:30am</p>	<p>Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am</p>	<p>5</p> <p>Sit and Fit 11:00am</p>	<p>7</p>	<p>8</p> <p>Line Dance 10:00am Bingo 11:30am</p>
<p>11</p> <p>Tai Chi 9:30am Adv. Watercolor 9:30am</p>	<p>12</p> <p>Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am</p>	<p>13</p> <p>Sit and Fit 11:00am</p>	<p>14</p>	<p>15</p> <p>Line Dance 10:00am Bingo 11:30am</p>
<p>18</p> <p>Tai Chi 9:30am Adv. Watercolor 9:30am</p> <p>Monday Movie Mania 12:30pm "The Quiet Man"</p>	<p>19</p> <p>Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am</p> <p>Last day to sign up for Dinner and Musical trip</p>	<p>20</p> <p>Sit and Fit 11:00am</p>	<p>21</p> <p>Dinner and Musical 4:30pm - 9:30pm</p>	<p>22</p> <p>Line Dance 10:00am Bingo 11:30am</p> <p>Birthday Celebration</p>
<p>25</p> <p>Tai Chi 9:30am Adv. Watercolor 9:30am</p>	<p>26</p> <p>Watercolor 9:30am Crochet Club 10:15am Bingo 11:30am</p>	<p>27</p> <p>Sit and Fit 11:00am</p>	<p>28</p>	<p>29</p> <p>Line Dance 10:00am Bingo 11:30am</p> <p>Easter Celebration</p>

ANNOUNCEMENTS

LEHI SENIOR CENTER

TUACAHN OVERNIGHT TRIP

Expect the unforgettable!

Tuacahn Theater is an intimate, outdoor theater that uses the gorgeous natural red rock as it's backdrop. Join us for "Broadway in the Canyons"!

WHO: Lehi Senior Center Members

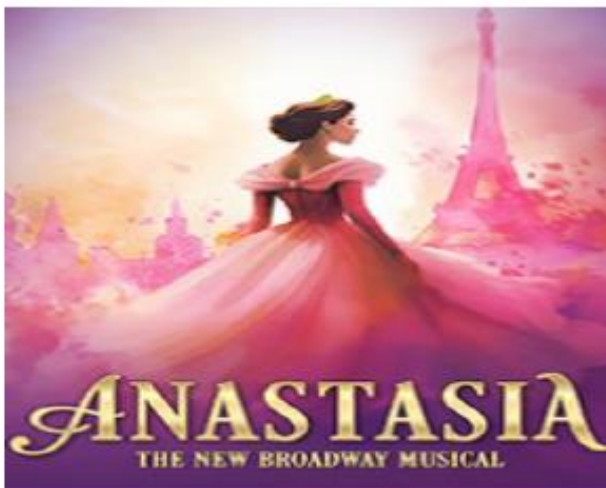
DATE: June 4 — June 6, 2024

TIME: Leave from Lehi Senior Center @ 10:00 a.m. on Tuesday and return to Lehi before 6:00 p.m. on Thursday. (Tentative times)

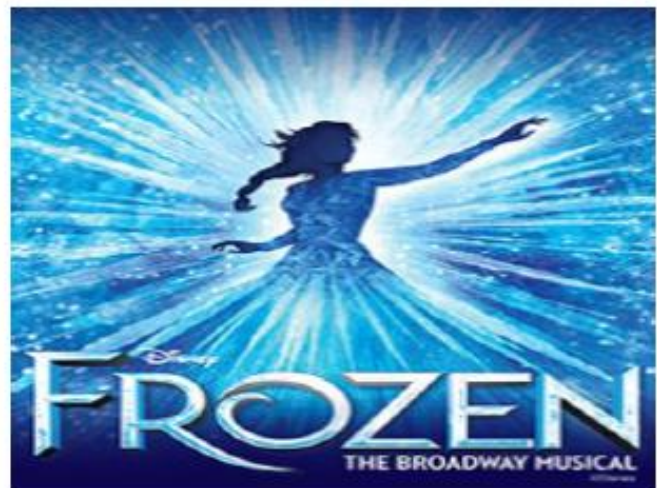
INCLUDES: 2 Nights at Virgin River in Mesquite, Transportation (Deluxe motor coach), One Tuacahn Show (Frozen), Bingo, one game of bowling, One Buffet & Gratuity, And more!

SHOWS THIS SEASON:

Anastasia



Frozen



Senior Spotlight

Janet Bingham

- Birthday: December 6th
- Born: Los Angeles, California
- Favorite Food: CHOCOLATE!!
- Kids: 3 Boys and 2 Girls
- Hobbies: Knitting and Reading
- She has lived in California, Utah, Illinois, Maryland, Spain, Philippines, and Arizona.



Words of Wisdom:
Love everyone, no matter what. There are those you love, and those you don't know.



The Senior Center staff is very thankful for Janet. She is always smiling and is so energetic. Janet has made an amazing impact on our center and we are truly grateful for her.

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Lehi Senior Citizens Center, Lehi, UT

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JUST FOR FUN



PREVENTION THROUGH **CONNECTION**

UTAH ELDER JUSTICE CONFERENCE

APRIL 25, 1-5 P.M.

Virtual



EMILY ALLEN, AARP
Keynote Speaker

REGISTER AT [UTAHELDERJUSTICE.ORG](https://utahelderjustice.org)

Discover strategies for older adults to prevent elder abuse at the 2024 Utah Elder Justice Conference happening virtually on April 25 from 1-5 p.m. Join experts to learn how fostering vital connections is key to prevention. Emily Allen, Senior Vice President of Programs at AARP Foundation, will give the keynote address.

This event is free and welcomes older adults and their family members, professionals and interested community members. The conference is brought to you by Utah Association of Area Agencies on Aging (U4A) and MAG Aging & Family Services.

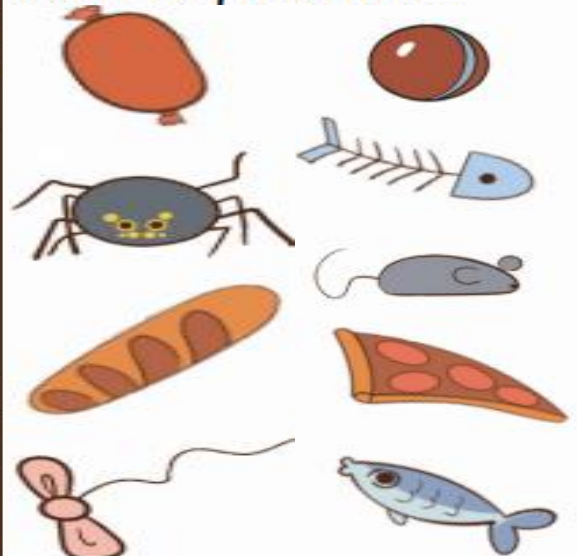
Register online at utahelderjustice.org. For questions or help registering, call 801-229-3808.

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HIDDEN OBJECTS

Find 10 hidden objects
Colors may be different



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