



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>August 6, (The last class in July's session)</i> • <i>August session is :</i> <i>August 13, 20, 27, and September 10</i> starting at 9:30am 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
Bunco Bash	Wednesday, August 14, 12:30 p.m.
Monday Movie Mania “Footloose”	<i>Monday, August 19 12:30 p.m.</i>

LEHI SENIOR CENTER



LEHI SENIOR CENTER TRIP

FRIDAY, AUGUST 2, 2024
MEMBER PRICE: \$30/person

price includes meal & bus

LEAVING THE CENTER AT 5:30PM

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 -

Wednesday, August 14th
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 19

12:30pm at the Senior Center

This month, we will watch, "Footloose," Big-city teenager Ren relocates from Chicago to the small rural town of Bomont, where its inhabitants have imposed an unjust ban on Rock 'n' Roll and dancing. Feeling trapped and confused, Ren tries to fit in.

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



HAPPY BIRTHDAY



August 23 Birthday Celebration

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

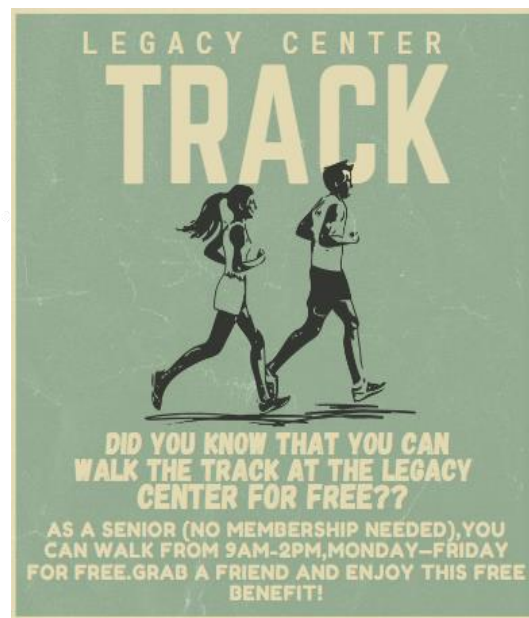
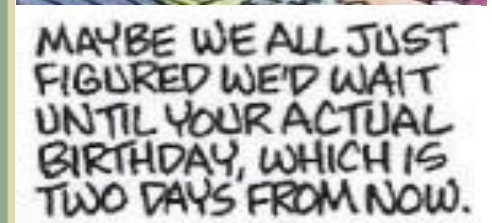
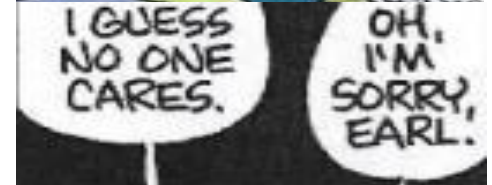
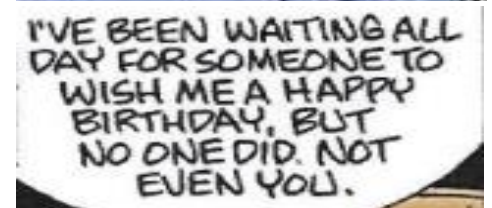
Hal Hooper will help us sing, "Happy Birthday" this month. Be sure to call ahead to reserve your lunch.

Have a great month!

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

Have a great month!

Leora Otteson	August 1
Dale Calkins	August 1
Susan Mock	August 2
Jill Jones	August 4
Richard Arb	August 7
Deb Lien	August 10
David Atkinson	August 14
Arnie Cardon	August 15
Judy Turner	August 16
Katie Madsen	August 17
Jean Sunderlage	August 19
Leticia Speer	August 20
Douglas Christenson	August 27
Dennis Pratt	August 29
Annette VanWagnen	August 31



ANNUAL CLOSURE

ANNUAL CLOSURE FOR CLEANING AND MAINTENANCE

Thursday, August 15 – Friday, August 16



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 12 to Saturday, August 17. Please plan accordingly. Thank you!

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

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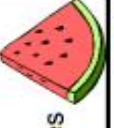


















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Lehi Senior Citizens Center, Lehi, UT

A 4C 05-1178

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 1-2 Chef's Salad Aug 5-6 Vegetable Beef Aug 7-9 Chicken Noodle Aug 12-16 Chef's Salad Aug 19-20 Cr of Broccoli Aug 21-23 Vegetable Beef	Aug 26-30 Chef's Salad Soups with Turkey Sandwich		1 Roast Turkey Mashed Potatoes/Gravy Carrots Fruit Cocktail Roll 	2 Sloppy Joes w/Bun Pork & Beans Mixed Vegetables Cottage Cheese w/Fruit 
5 Sausage Bake Green Beans Tossed Salad w/Dressing Roll Applesauce 	6 Biscuits & Sausage Gravy Eggs Tater Tots Fruit Crisp 	7 Chicken over Quinoa Green Peas Fruit Cocktail Cookie Bar 	8 Ham & Turkey Hoagie Provolone Cheese, Lettuce & Tomatoes Potato Chips Mandarin Oranges 	9 Beef Stroganoff w/ Rice Carrots Tossed Salad w/ Dressing Apple Crisp 
12 Swedish Meatballs Rice Broccoli Orange Roll / Cookie 	13 Chicken Salad Wrap Pasta Salad Pickle Peaches 	14 BBQ Pulled Pork w/ Bun Baked Beans Coleslaw Applesauce 	15 Malibu Chicken Au Gratin Potatoes Broccoli Jello w/Fruit Roll 	16 Grilled Hamburgers / Bun Lettuce, Tomato, Pickles Hot Potato Salad Pork & Beans Pears 
19 Teriyaki Beef Bowl Steamed Rice Broccoli Pineapple Roll 	20 Fish Filet w/ Tarter Sauce Potato Wedges Mixed Vegetables Orange Cookie Bar 	21 Lemon Pepper Chicken Steamed Rice Tossed Salad w/ Dressing Carrots Apple 	22 Beef Taco Salad Black Beans w/Cheese Lettuce, Salad, Ranch Applesauce Tortilla Chips 	23 Roast Pork Loaded Mashed Potatoes Beets / Roll Fruit Cocktail BIRTHDAY CELEBRATION 
26 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Apple Corn Bread 	27 Shredded Turkey w/ Rice Corn Red Beans Orange Roll 	28 Chicken Salad Wrap Pasta Salad Pickle Peaches 	29 Meatloaf Mashed Potatoes/Gravy Tossed Salad w/ Dressing Orange Brownie 	30 Kalua Pork Hawaiian Rice Black Beans Pineapple Roll 







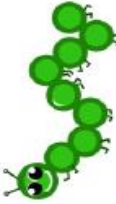









TO REGISTER FOR ACTIVITIES CALL
LACEY: 385-201-2349

ACTIVITIES CALENDAR AUGUST 2024



ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Up Coming Trip: 		2 Dignity Blood Pressure Clinic 11 Line Dance - 10 am  Bingo 11:30am PAYSON SALMON SUPPER TRIP 5:30-9pm
5 Tai Chi - 9:30 am Adv. Watercolor 9:30am	6 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am 	7 Sit and Fit 11:00am	8 	9 Line Dance - 10 am Bingo 11:30am 
12 Tai Chi - 9:30 am Adv. Watercolor 9:30am	13 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am	14 Sit and Fit 11:00am 12:30 -BUNCO BASH  Happy National CleanCycle day	15 16 Senior Center ANNUAL CLOSURE FOR CLEANING	
*** LEGACY CENTER CLOSED FOR ANNUAL MAINTENANCE AUG 12-17 ***				
19 Tai Chi - 9:30 am Adv. Watercolor 9:30am 12:30 Monday Movie Mania! "The Fall Guy" 	20 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am	21 Sit and Fit 11:00am 	22 23 Line Dance -10 am Bingo 11:30am 12:30 Birthday Celebration 	30 Line Dance -10 am Bingo 11:30am
26 Tai Chi - 9:30 am Adv. Watercolor 9:30am	27 Watercolor Class- 9:30am Crochet Club - 10:15am Bingo 11:30am	28 Sit and Fit 11:00am 	29 	

Sign up starts **8/5/24** for the Timpanogos Storytelling Festival

LEHI SENIOR CENTER TRIP:

TIMPANOGOS STORYTELLING FESTIVAL



WHEN: FRIDAY, SEPTEMBER 6

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



Lunch includes:
Chic-Fil- A Sandwich,
Chips, Water, and
Cookie.

Payment due by September 3 to keep your spot.



SPOTLIGHT

LaDean Nelson

Birthday: June 8

Hobbies: Reading historical fiction, watching Hallmark movies, cleaning her house, Watercolor, Line dancing, and volunteering at the Senior Center. 🥰💕

Born: Provo, Utah but has lived in Maryland, New Mexico, and Nevada as well.

Kids: 4 Children- 2 boys, 2 girls, and 10 grandchildren.

She is very proud of them.

Favorite Food: In and Out

Words of Wisdom: "Let Life happen and live while it is happening."



LaDean has been volunteering at the Lehi Senior Center teaching our watercolor and line dancing. She has grown our watercolor class into two days every week to almost needing a third. Words can't express how thankful we are for her. She has an amazing attitude which brightens everyone's day. We LOVE you, LaDean!

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1-50

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