



## Location

123 North Center Street  
Lehi, UT 84043  
P 385.201.1065

## Hours

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

## We are SO grateful for our Seniors !

Not only during this month, but all year round —we are so grateful for our seniors and friends. Thank you for all you do, your love, stories, friendship and smiles. We love you! Have a month full of thanks!

Check out this newsletter for details on all our offerings. Can't wait to have you join us!

## Website

[www.lehi-ut.gov/recreation/seniors](http://www.lehi-ut.gov/recreation/seniors)

[www.facebook.com/LehiSeniorCenter](https://www.facebook.com/LehiSeniorCenter)

NOVEMBER 2024

## 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, November 19 (Last class from Octobers class) November Class: Nov. 26, Dec. 3, 10, and 17 at 9:30 a.m.</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 11:00 a.m.
Line Dancing	Sadly, <b>NO LINE DANCE</b> this month.
BINGO	Tuesday 11:30a.m. Friday 11:30 a.m.
Bunco Bash	<i>Wednesday, November 13, 12:30 p.m.</i>
Monday Movie Mania	<i>Monday, November 18, 12:30 p.m. "Adeline"</i>
Thankful Tuesday	Tuesday, November 19

## LEHI SENIOR CENTER EVENTS

### Lunch Event: Thanksgiving Luncheon

Friday, November 22. *Must sign up by Tuesday, November 19*

\$4 (lunch donation requested)

11:00 am—1:00 pm

We have so much to be thankful for! And we are thankful for you!

Join us for our annual Thanksgiving Luncheon. We have games, goodies and of course, a Thanksgiving Meal!

Sign up by Tuesday , November 19



### Bunco Bash

Wednesday,

November 13, 2024

12:30pm 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.

All skill levels are welcome!

### Monday Movie Mania!

Monday,

Nov. 18

12:30pm at the Senior Center

This month, we will watch a classic Hallmark classic, “Adeline.” A small Midwestern community becomes the epicenter for miracles when a mysterious woman brings a healing horse to town.

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



# HAPPY BIRTHDAY

## November Birthday Celebration

Friday, November 15

*Please note the date change for this month due to holiday scheduling.*

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.



Jenny Dew	November 5
Shirne Mckay	November 6
Melaine Watkins	November 7
Kevin Woodruff	November 9
Tom Butler	November 10
Larry Lew	November 16
Dee Moon	November 17
Louis Balogh	November 17
Robyne Callaway	November 20
Bruce Bankhead	November 21
Connie McEwan	November 23
Elizabeth Stiles	November 26
Kevin Shingleton	November 29

# Happy Birthday

## CAREGIVER CONFERENCE

Mind, Body, Heart: Boosting Caregiver Resilience

November 8 | 8:30 a.m. - 3:30 p.m.  
dōTERRA: 389 S 1300 W, Pleasant Grove  
Virtual

IN-PERSON  
REGISTRATION

VIRTUAL  
REGISTRATION



Jody Moore  
Keynote Speaker

IN LOVING MEMORY  
**ANNETTE AHLSTROM YOUNG**  
OCTOBER 22, 1935 – OCTOBER 22, 2024



















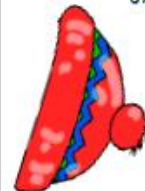





# NOVEMBER MENU

JAN - SENIOR CENTER 385-201-1065

NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALTERNATE MEALS</b></p> <p>Nov 1 Vegetable Beef Nov 4-8 Chef's Salad Nov 12 Chicken Noodle Nov 13-15 Cr of Broccoli Nov 18-22 Chef's Salad</p>	<p>Nov 25-26 Cr of Potato Nov 27 Vegetable Beef</p> <p><b>Turkey Sandwich w/ Soup</b></p>			<p>1</p> <p>Sloppy Joes w/Bun Pork &amp; Beans Mixed Vegetables Cottage Cheese w/Fruit</p> 
<p>4</p> <p>Malibu Chicken Au Gratin Potatoes Green Beans Jello w/Fruit Roll</p> 	<p>5</p> <p>Beef Taco Salad Pinto Beans w/Cheese Lettuce, Salad, Ranch Applesauce Tortilla Chips</p> 	<p>6</p> <p>Kalua Pork Hawaiian Rice Broccoli Pineapple Roll</p> 	<p>7</p> <p>Chicken Salad Wrap Pasta Salad Pickle Peaches</p> 	<p>8</p> <p>Roast Beef Mashed Potatoes / Gravy Beets Jello w/Fruit Roll</p> 
<p>11</p> 	<p>12</p> <p>Creamed Chicken w/ Rice Cheese, Chow Mein Noodles, Coconut Peas Pineapple</p> 	<p>13</p> <p>Meatloaf Mashed Potatoes/Gravy Tossed Salad w/ Dressing Apple Roll</p> 	<p>14</p> <p>Chicken over Quinoa Green Peas Fruit Cocktail Cookie Bar</p> 	<p>15</p> <p>Beef &amp; Vegetable Soup Tossed Salad w/ Dressing Corn Bread Applesauce <b>BIRTHDAY CELEBRATION</b></p> 
<p>18</p> <p>Fish Filets w/ Tartar Sauce Potato Wedges Mixed Vegetables Orange Cookie Bar</p> 	<p>19</p> <p>Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Apple Corn Bread</p> 	<p>20</p> <p>Lemon Pepper Chicken Steamed Rice / Carrots Tossed Salad w/ Dressing Pears Cookie</p> 	<p>21</p> <p>Beef Stroganoff w/ Quinoa Carrots Tossed Salad w/ Dressing Apple Crisp</p> 	<p>22</p> <p>Roast Turkey Mashed Potatoes/Gravy Carrots / Stuffing Mandarin Oranges / Roll Pumpkin Cookie</p>
<p>25</p> <p>Teriyaki Beef Bowl Brown Rice Broccoli Pineapple Roll</p> 	<p>26</p> <p>BBQ Pulled Pork w/ Bun Black Beans Coleslaw Applesauce</p> 	<p>27</p> <p>Swedish Meatballs Quinoa Veggies Applesauce Roll</p> 	<p>28</p> <p><i>Happy Thanksgiving</i></p> 	<p>29</p> 

# ACTIVITIES CALENDAR

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



## ACTIVITIES CALENDAR NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Tai Chi -9:30 am 4	 Crochet Club - 10:15 am Bingo 11:30am 5	Up coming events in December: <b>Christmas Lights Trip and Christmas party!</b> Stay tuned for more info	 7	<b>NO LINE DANCE</b> 11:30 am Bingo 11-12 Blood Pressure Clinic <i>sponsored by Dignity Health</i> 1
Tai Chi -9:30 am 11	 Crochet Club - 10:15 am Bingo 11:30am 12	 Sit-and Fit 11:00 am 13	14	<b>NO LINE DANCE</b> 11:30 am Bingo <b>12:30pm Birthday Celebration</b>  15
 <b>SENIOR CENTER CLOSED</b> 18	Watercolor Class- 9:30 am Crochet Club - 10:15 am Bingo 11:30am 19	<b>12:30 -BUNCO BASH</b> Sit-and Fit 11:00 am 20	21	<b>NO Line Dance</b> 22
Tai Chi -9:30 am ADV. Watercolor-9:30am 12:30 pm Monday Movie Mania! "Adeline"  25	<b>Thanksgiving Luncheon sign up due</b> 26	 Sit-and Fit 11:00 am 27	 28	<b>Thanksgiving Luncheon 11am - 1pm</b> 29
Tai Chi -9:30 am ADV. Watercolor-9:30am 25	Watercolor Class- 9:30 am Crochet Club - 10:15 am Bingo 11:30am 26	Sit-and Fit 11:00 am 27	 <b>SENIOR CENTER CLOSED</b>	29

## Spooky Senior Shindig!





# LUNCHES

After careful consideration, & over a decade of not increasing the suggested contribution amount for the congregate meals, MAG has made the decision to increase the amount from \$3 to \$4/meal. Starting in November, please donate \$4 per meal when you can.

## Thanksgiving Wordsearch

# THANKSGIVING

*word scramble*

PPKNUIM \_\_\_\_\_ GLRIPIMS \_\_\_\_\_

TANEVI \_\_\_\_\_ SCRANO \_\_\_\_\_

BATECELCRE \_\_\_\_\_ AMUTUN \_\_\_\_\_

GUDEIATTR \_\_\_\_\_ FESTA \_\_\_\_\_

VINGAGNTKSH \_\_\_\_\_ AGEBEVLTES \_\_\_\_\_

VEATRSH \_\_\_\_\_ ABEK \_\_\_\_\_

BSIGSLNE \_\_\_\_\_ BOBGLE \_\_\_\_\_

KURTEY \_\_\_\_\_ AMLFIY \_\_\_\_\_



# Veterans Day and Thanksgiving Party

LEHI SENIOR CENTER WILL BE  
CLOSED FOR VETERANS DAY.



YOUR BRAVERY WILL NEVER  
BE FORGOTTEN

11 NOVEMBER 2024

Please join the Lehi Senior Center for our

## THANKSGIVING *Luncheon*

Join us for a festive Thanksgiving feast as we gather to give thanks and enjoy good company. Be sure to make your reservation before noon on **11/19/2024!**

**FRIDAY,**

**NOVEMBER 22, 2024**

11:00am - 1:00pm

- DELICIOUS LUNCH SERVED AT 12:00 P.M.
- FUN GAMES PLAYED THROUGHOUT.

123 N. Center St. Lehi, UT 84043