

Oct. 2011



Volume 1, Issue 2

# Lindon Senior Center Newsletter



Dear Seniors...

We have now been open for a month and have been thrilled to see so many of you attending lunches! Thank you for coming and spending your afternoons with us. It truly has been wonderful getting to know all of you!

Those of you who still haven't come we encourage you to come and eat with us and take advantage of our facility. Lunches are served on Mondays, Wednesdays, and Fridays at noon. Please call 801-769-8625 to make a reservation or come visit the Senior Center front desk.

## TRANSPORTATION

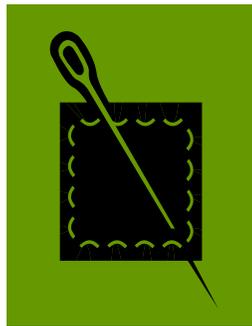
We are happy to announce that we now have transportation to get you from your home to the Senior Center. The Utah Valley Paratransit will gladly provide a ride to and from the Senior Center for only a suggested donation of \$1. If interested or if you know someone that this would benefit please call the Senior Center at 801-769-8625 and we will make the necessary arrangements.

## Attention!!

We have brand spankin' new fitness equipment that is available to you between during our open hours. The equipment is located upstairs and is waiting to be used!

We also encourage you to take advantage of our new computer lab (also located upstairs).

We have these wonderful amenities that have gone unnoticed. *Please* come and use them for FREE!



If you are interested in starting a quilting, knitting, or other interest group please contact us! We have plenty of available rooms for use.



## Do You Have ARTHRITIS?

Starting Oct 17th the Arthritis Foundation will be teaching an exercise class that is developed specifically for people with arthritis.

Dates: Mondays, Oct.17-Dec.5th

Time: 11-12pm Sign up for free!



Monday	Tuesday	Wednesday
	OCTOBER	
<p>3</p> <p>10:30-11:30 ~ Computer Class</p> <p>12:00 ~ Lunch</p> <p>1:00~ Pinochle</p>	<p>4</p> <p>7:30-9:00 am ~Aerobic Class</p> <p>2:00-4:00 pm ~Acrylic Painting</p>	<p>5</p> <p>8:00-9:00 am ~ Aerobic Class</p> <p>10:30-11:30 ~ Computer Class</p> <p>12:00 ~Lunch</p> <p>12:30-1:30~Cardmaking Class</p>
<p>10</p> <p>10:30-11:30 ~ Computer Class</p> <p>12:00 ~ Lunch</p> <p>1:00~Pinochle</p>	<p>11</p> <p>7:30-9:00 am ~ Aerobic Class</p> <p>2:00-4:00 pm ~Acrylic Painting</p>	<p>12</p> <p>8:00—9:00 am ~ Aerobic Class</p> <p>10:30-11:30 ~ Computer Class</p> <p>11:30-12:30~Health Screening</p> <p>12:00 ~ Lunch</p> <p>12:30-1:30~Cardmaking Class</p>
<p>17</p> <p>10:30-11:30 ~ Computer Class</p> <p>11:00-12:00~Arthritis Class</p> <p>12:00 ~ Lunch</p> <p>1:00~Pinochle</p>	<p>18</p> <p>7:30-9:00 am ~ Aerobic Class</p> <p>2:00-4:00 pm ~Acrylic Painting</p>	<p>19</p> <p>8:00-9:00 am ~ Aerobic Class</p> <p>10:30-11:30 ~ Computer Class</p> <p>12:00 ~ Lunch</p> <p>12:30-1:30~Cardmaking Class</p>
<p>24</p> <p>10:30-11:30 ~ Computer Class</p> <p>11:00-12:00~Arthritis Class</p> <p>12:00 ~ Lunch</p> <p>1:00~Pinochle</p>	<p>25</p> <p>7:30-9:00 am ~ Aerobic Class</p> <p>2:00-4:00 pm~ Acrylic Painting</p> <p>31 10:30-11:30~Computer Class</p> <p>11:00-12:00~Arthritis Class</p> <p>12:00~Lunch</p>	<p>26</p> <p>8:00-9:00 am ~ Aerobic Class</p> <p>10:30-11:30 ~ Computer Class</p> <p>11:00-12:00~Health Screening</p> <p>12:00 ~ Lunch</p> <p>12:30-1:30 ~Cardmaking Class</p>

Thursday	Friday	Saturday
	<p data-bbox="602 310 1214 548">           “People with many interests live, not only longest, but happiest.”            ~George Matthew Allen         </p>	<p data-bbox="1052 275 1073 306">1</p>
<p data-bbox="99 611 548 747"> <b>6</b>            7:30-9:00 am ~ Aerobic Class            2:00-4:00 pm ~ Acrylic Painting         </p>	<p data-bbox="581 611 1024 821"> <b>7</b>            9:15 am-11:00 am ~ Meditation-Yoga &amp; Nutrition            12:00 ~Lunch            12:30 ~ Bingo         </p>	<p data-bbox="1052 611 1073 642">8</p>
<p data-bbox="99 945 548 1081"> <b>13</b>            7:30-9:00 am ~ Aerobic Class            2:00-4:00 pm ~ Acrylic Painting         </p>	<p data-bbox="581 945 1024 1167"> <b>14</b>            9:15 am-11:00 am ~ Meditation-Yoga &amp; Nutrition            12:00 ~ Lunch            12:30~Bingo         </p>	<p data-bbox="1052 945 1073 976">15</p>
<p data-bbox="99 1278 548 1415"> <b>20</b>            7:30-9:00 am ~ Aerobic Class            2:00-4:00 pm ~Acrylic Painting         </p>	<p data-bbox="581 1278 1024 1501"> <b>21</b>            9:15 am-11:00 am ~ Meditation-Yoga/Nutrition            12:00 ~ Lunch            12:30~Bingo         </p>	<p data-bbox="1052 1278 1073 1310">22</p>
<p data-bbox="99 1612 548 1749"> <b>27</b>            7:30-9:00 am ~ Aerobic Class            2:00-4:00 pm ~Acrylic Painting         </p>	<p data-bbox="581 1612 1024 1835"> <b>28</b>            9:15 am-11:00 am ~ Meditation-Yoga/Nutrition            12:00 ~ Lunch            12:30~ Bingo         </p>	<p data-bbox="1052 1612 1073 1644">29</p>

# GET INVOLVED....Join a class!

**Card Making Class:** Make beautiful, handmade cards for any occasion. Taught by Tracey Whitehead every Wednesday 12:30-1:30 pm. Materials provided. Cost: Free.

**Computer Class:** “*Finding your Roots*” ~ this class starts with the basic computer fundamentals then transitions to using various resources to get touch with your family history roots. Taught by Arlen and Pat Clement who have 20 years experience with teaching Family History classes. 10:30-11:30 am Mondays and Wednesdays. Space is limited so pre-registration is required. Cost: Free.

**Acrylic Painting Class:** “Painting with Diane Berrett”~ this class is designed for beginner to intermediate artists (no experience is necessary). Must be 30 years +. Please bring a picture or photo to class to refer to. Class held at 2:00-4:00 on Tuesdays and Thursdays. Please bring your own supplies if you have them, however we will have materials available if needed. Cost: Free.

**Early Mornin’ Aerobics:** Rise and shine! This class is for the old and young (**all ages welcome**). Get your heartbeat up and break a sweat with experienced instructor Randi Powell. Classes will be held Tuesdays & Thursdays at 7:30-9:00 am and Wednesdays at 8 am –9 am. No registration required. If you have questions feel free to contact Randi at ladylin-don2008@gmail.com or call at 801-785-7137. Cost: Free.

**Arthritis Foundation Exercise Program:** This class is designed specifically for people with arthritis or related conditions. The exercised are gentle and joint safe which can help relieve stiffness and decrease arthritis pain. Starts Monday, Oct. 17 and goes every Monday through Dec. 5th from 11:00-12:00pm. Cost: Free.

**Meditation Yoga & Nutrition:** Meditation Yoga is a series of exercises done in standing positions while focusing on deep breathing and meditation. Please wear comfortable clothing and bring a towel or mat. This class is taught by Manolie Jasper. Fridays 9:15-10:00 am. Cost: Free.

**Health Screenings:** Come get your blood pressure, oxygen level, and blood glucose level checked. Every 2nd & 4th Wednesday from 11:30-12:30. Cost: Free.