



# Lindon Senior Center Newsletter

Nov. 2011

Volume 1, Issue 3

*Don't Forget to make your lunch reservations for this Month!*

## Something New....

Scrapbooking Class: Every Monday from 12:30-1:30 pm. Cost:\$15 for a 15x15 book & 24 pages.

Card Making Class: Every Wednesday 12:30-1:30 pm. Cost: Free.

Get an early start on your Christmas cards!

Hearing & Balance Clinic: Every 2nd Friday of each month starting December 9th.

Arthritis Class: Every Monday from 11:00-12:00 until December 5th.

## Change in Schedule

The acrylic art class will now be changed to an "Open Painting Session." Come paint with us using any medium you desire and enjoy good company with other local artists.

**Tuesdays and  
Thursdays  
2-4 pm**

If you are interested in teaching an art class please contact the Senior Center.

**VOTE! VOTE! VOTE!**

## General Election

November 8th, 2011

7 am—8 pm

**Vote for your new City Council Members!**

**Walmart** 

Every Monday we get a generous donation from Walmart which includes breads and sweets.

Please pick up donations During the lunch hour Between 12:00—1:00 pm.



## Thanksgiving Dinner at the Lindon Community Center

Come join us for the 2nd annual Thanksgiving dinner at the Lindon Community Center. Dinner will be served to anyone that would like to enjoy a delicious hot meal on Thanksgiving Day! There are no requirements to participate just bring yourself, family, and friends. If you would like to bring food to contribute you are more than welcome to but it is not required.

**WHEN:** Thursday, November 24, 2011

**WHERE:** Lindon Community Center

**TIME:** 11 am—2 pm



Want to Volunteer? If you are interested in helping out with the Thanksgiving dinner we would love to have you! Contact the Senior Center at 801-769-8627 or [emilie@lindoncity.org](mailto:emilie@lindoncity.org).

Monday	Tuesday	Wednesday
	<p><b>1</b></p> <p>7:30-9:00 am Aerobics</p> <p>2-4 pm Open Painting</p>	<p><b>2</b></p> <p>8-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Cardmaking</p> <p>5:45-6:45 pm Zumba</p>
<p><b>7</b></p> <p>10:30-11:30 am Computer Class</p> <p>11:00-12:00 pm <b>Arthritis Exercise</b></p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Scrapbooking</p> <p>5:45-6:45 pm Zumba</p>	<p><b>8</b></p> <p><b>GENERAL ELECTIONS</b></p> <p><b>Vote from 7 am –8 pm</b></p> <p>Aerobics CANCELLED!</p> <p>2-4 pm Open Painting</p>	<p><b>9</b></p> <p>8-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p><b>11:30-12:30 pm Health Screening</b></p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Card Making</p> <p>5:45-6:45 pm Zumba</p>
<p><b>14</b></p> <p>10:30-11:30 am Computer Class</p> <p>11:00-12:00 pm <b>Arthritis Exercise</b></p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Scrapbooking</p> <p>5:45-6:45 pm Zumba</p>	<p><b>15</b></p> <p>7:30-9:00 am Aerobics</p> <p>2-4 pm Open Painting</p>	<p><b>16</b></p> <p>8-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Card Making</p>
<p><b>21</b></p> <p>10:30-11:30 am Computer Class</p> <p>11:00-12:00 <b>Arthritis Exercise</b></p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Scrapbooking</p> <p>5:45-6:45 pm Zumba</p>	<p><b>22</b></p> <p>7:30-9:00 am Aerobics</p> <p>2-4 pm Open Painting</p>	<p><b>23</b></p> <p>8-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p><b>11:30-12:30 pm Health Screening</b></p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Card Making</p> <p>ZUMBA CANCELLED!</p>
<p><b>28</b></p> <p>10:30-11:30 am Computer Class</p> <p>11:00-12:00 <b>Arthritis Exercise</b></p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Scrapbooking</p> <p>5:45-6:45 pm Zumba</p>	<p><b>29</b></p> <p>7:30-9:00 am Aerobics</p> <p>2-4 pm Open Painting</p>	<p><b>30</b></p> <p>8-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p><b>11:30-12:30 pm Health Screening</b></p> <p>12 pm Lunch</p> <p>12:30-1:30 pm Card Making</p> <p>5:45-6:45 pm Zumba</p>

Thursday	Friday	Saturday
<p><b>3</b></p> <p>7:30-9:00 am Aerobics</p> <p>2-4 pm Open Painting</p>	<p><b>4</b></p> <p>9:15-11 am Meditation Yoga</p> <p>12 pm Lunch</p> <p>12:30 Bingo</p>	<p><b>5</b></p>
<p><b>10</b></p> <p>7:30-9:00 am Aerobics</p> <p>2-4 pm Open Painting</p>	<p><b>11</b></p> <p>VETERAN'S DAY!</p> <p><b>NO LUNCH SERVED</b></p>  <p>9:15-11 am Meditation Yoga</p>	<p><b>12</b></p>
<p><b>17</b></p> <p>7:30-9:00 am Aerobics</p> <p>2-4 pm Open Painting</p>	<p><b>18</b></p> <p>9:15-11 am Meditation Yoga</p> <p>12 pm Lunch</p> <p>12:30 Bingo</p>	<p><b>19</b></p>
<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>
 <p>“Reflect upon your present blessings, of which every man has many-not on your past misfortunes, of which all men have some.”</p> <p>-Charles Dickens</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.

**Scrapbooking Class:** Organize your pictures in a beautiful scrapbook. These books are great for cherishing those memories of those you love! Cost: \$15 (includes a 15" x 15" book and 24 scrapbooking pages).

**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.

**Open Painting Session:** Come and enjoy the company of other local artists in our community during our open painting session. Bring any medium you would like and paint! We do have acrylic paints available for use.

**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 ladylindon2008@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 9:15-11:00 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.

**Hearing & Balance Clinic:** Next session will be Friday, December 9th.

**Zumba:** Is for Everyone! Burn off the calories, get in shape, and have fun learning new dance moves! Any level welcome. Taught on Monday and Wednesday evenings 5:45-6:45 pm. Cost: 10 classes:\$20 or 1 class:\$3. Refer a friend and get 4 classes FREE! Visit the instructors website at [zumbawithkarianne.com](http://zumbawithkarianne.com).

***\*Just a reminder we still have exercise equipment available for use during our open hours. We also have lounge room with a big screen television, cable, and a Wii. If you are interested in using any of our amenities just drop on in...we'd love to have you here!***