

Start out 2012 with a bang with these new classes and events!

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**Kate's
Quilting
Block**



QUILTING CLASSES

Beginning January 12th you will complete a block a week for a quilt. Class will be from 11-12pm on Thursdays and will go until the end of April. All skills and levels are invited to participate.

Classes will be taught at the Lindon Senior Center.

Registration fee: \$20

Block fee: \$6 per block

Please register at Kate's Quilting Block or Community

Center by January 10th.

Address; 25 E. 100 S.

Pleasant Grove .

WANT TO GIVE SERVICE?
WE ARE PROVIDING A "HUMANITARIAN HOUR" EVERY TUESDAY FROM 10-11 AM. PROJECTS PROVIDED EACH WEEK!

...DAY TRIPS...

We have 2 trips available for our Lindon Seniors!

WENDOVER, THURSDAY FEBRUARY 9th

Leaves: Lindon Community Center at 9:00 am

Returns: 8:00 pm /Price: \$15.00 per person

Includes: Lunch buffet and \$5 cash back.

Register by Thursday, February 2nd.

MANTI TEMPLE, THURSDAY APRIL 12th

Leaves: Lindon Community Center at 10:00 am

Temple Session: 12:00 pm

Returns: 5:00 pm/ Price: \$20.00 per person

Includes: a box lunch

Register by Thursday, April 5th

Register at the Senior Center Front Desk. There must be a minimum of 40 participants for each trip to go!

**HOME HEALTH CARE
QUESTION AND
ANSWER SESSION**



For anyone that is taking care of loved ones or for your own personal benefit this class will answer your questions regarding medical concerns, preventive care, and steps that are needed to make the best decisions for your loved ones. Please join us on **TUESDAY, JANUARY 24th from 6-7 pm.**

Taught by: Kathleen, RN Dignity Home Health & Hospice

Where: Lindon Community Center

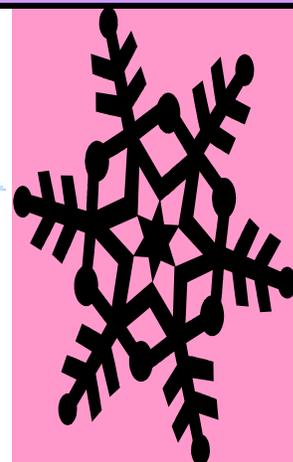
**LIVING WITH CHRONIC
CONDITIONS CLASS**

This class begins Wednesday, Jan. 18th!

Time: 10-12 pm

Where: Lindon Community Center

It is an 6-week session class and will end Feb. 22nd. please sign-up for class at Front Desk.



MONDAY	TUESDAY	WEDNESDAY
<p>2</p> 	<p>3</p> <p>7:30-9 am Aerobics 2-4 pm Open Painting</p>	<p>4</p> <p>8-9 am Aerobics 10:30-11:30 am Computer Class 12 pm Lunch 12:30-1:30 pm Card Making 5:45-6:45 pm Zumba</p>
<p>9</p> <p>10:30-11:30 am Computer Class 12 pm Lunch 12:30-1:30 pm Chess 12:30-1:30 pm Knitting & Crocheting 5:45-6:45 pm Zumba</p>	<p>10</p> <p>7:30-9 am Aerobics 10-11 am Humanitarian Hour 2-4 pm Open Painting</p>	<p>11</p> <p>8-9 am Aerobics 10:30-11:30 am Computer Class 11:30-12:30 pm Health Screening 12 pm Lunch 12:30-1:30 pm Card Making 5:45-6:45 pm Zumba</p>
<p>16</p> 	<p>17</p> <p>7:30-9 am Aerobics 10-11 am Humanitarian Hour 2-4 pm Open Painting</p>	<p>18</p> <p>8-9 am Aerobics 10:30-11:30 am Computer Class 10-12 pm Living w/Chronic Conditions Class 12 pm Lunch 12:30-1:30 pm Card Making 5:45-6:45 pm Zumba</p>
<p>23</p> <p>10:30-11:30 am Computer Class 12 pm Lunch 12:30-1:30 pm Chess 12:30-1:30 pm Knitting & Crocheting 5:45-6:45 pm Zumba</p>	<p>24</p> <p>7:30-9 am Aerobics 10-11 am Humanitarian Hour 2-4 pm Open Painting 6-7pm– Home Health Education Question and Answer Session. FREE TO THE PUBLIC!</p>	<p>25</p> <p>8-9 am Aerobics 10:30-11:30 am Computer Class 10-12 pm Living w/Chronic Conditions 11:30-12:30 pm Health Screening 12 pm Lunch 12:30-1:30 pm Card Making 5:45-6:45 pm Zumba</p>
<p>30</p> <p>10:30-11:30 am Computer Class 12 pm Lunch 12:30-1:30 pm Chess 12:30-1:30 pm Knitting & Crocheting 5:45-6:45 pm Zumba</p>	<p>31</p> <p>7:30-9 am Aerobics 10-11 am Humanitarian Hour 2-4 pm Open Painting</p>	<p>PLEASE CHECK NEW CLASSES THEY ARE IN B</p>

THURSDAY	FRIDAY	SATURDAY
<p>5 7:30-9 am Aerobics 2-4 pm Open Painting</p>	<p>6 9:15-11 am Meditation Yoga 10:30-11:30 am Computer Class 12 pm Lunch 12:30 pm Bingo</p>	<p><u>AED'S IN LINDON</u> <u>SCHOOLS</u></p> <p>Little Miss Lindon would love your help with donations toward the AED Service Project for Lindon Schools. AED's (Automated External Defibrillators – Heart Restarting Machines) are currently not available in any of our Lindon Schools! We would like each school to have an onsite AED. Please help! Donations are being accepted at the City Building or Community Center. Checks can be made out to LINDON CITY with AED PROJECT written in the memo line. Thank you for your support of this amazing project!</p>
<p>12 7:30-9 am Aerobics 11:00-12:00 pm Kate's Quilting Block Class 2-4 pm Open Painting</p>	<p>13 9:15-11 am Meditation Yoga 10:30-11:30 am Computer Class 11:30-12:30 Hearing & Balance 12 pm Lunch 12:30 pm Bingo</p>	
<p>19 7:30-9 am Aerobics 11:00-12:00 pm Kate's Quilting Block Class 2-4 pm Open Painting</p>	<p>20 9:15-11 am Meditation Yoga 10:30-11:30 am Computer Class 12 pm Lunch 12:30 pm Bingo</p>	
<p>26 7:30-9 am Aerobics 11:00-12:00 pm Kate's Quilting Block Class 2-4 pm Open Painting</p>	<p>27 9:15-11 am Meditation Yoga 10:30-11:30 am Computer Class 12 pm Lunch 12:30 pm Bingo</p>	
<p>LOOK OUT OUR FOR JANUARY. SOLD!</p>		

GET INVOLVED....Join a class!

*NEW CLASSES STARTING THIS MONTH!

***Humanitarian Hour:** Devote 1 hour a week for a good cause! We could use your helping hands to make projects for those less fortunate than us! Starting Tuesday, Jan. 10th from 10-11 am, we will have projects each week for you.

***Chess:** Alright, all you chess players get ready to get your game on! We designating Monday afternoons from 12:30-1:30 pm for those that want to practice an old past time, out smart their friends, or just enjoy a good time! If you have any old chess boards that you would like to donate, we would be happy to have them.

***Knitting & Crocheting:** We would like to start a Knitting and Crocheting Bee (if we can call it that) for all those that enjoy this hobby. Bring your projects to work on or help us make blankets to donate! We will have a room for you to get your needles & hooks out while you create your masterpieces. Come every Monday from 12:30-1:30 pm.

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. In addition there is a 2-month course on Fridays from 10:30-11:30 am. Space is limited so pre-registration is required. 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 ladylindon2008@gmail.com or call at 801-785-7137. 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, January 13th.

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.

If interested in volunteering or teaching a class please contact Emilie Iliff, Program Coordinator at 8901-769-8627 or email emilie@lindoncity.org