

Lindon Senior Center March Newsletter



As we are headed towards spring, we want to thank all of you for being part of starting the great Senior Center we hoped to bring Lindon City. We have gotten to know a lot of you and appreciate all you do for the center and the community. We want to have great opportunities for you great people so do not hesitate to tell us your comments and suggestions what you would like to see in the following months at the Center!

Be a Do-Gooder!

We are continuing our humanitarian hour and you can come to the center anytime during open hours to work on the latest projects we have going on for servicing our community!



Kiss me, I'm Irish!

St. Patrick's Day Celebration March 14th during Lunch! We will do a sing-a-long with Debbie Hancock and belt out some favorite Celtic tunes. Don't miss it!



Babies!

Emilie is having her baby and will not be here until April. We all wish her and her baby the best and cannot wait to see both of them when they are ready to come back. If you have any questions you would normally ask Emilie, please refer to the front desk staff or Heath Bateman. Thanks!

Computer Classes!

If you have signed up for a class, please attend or cancel your spot during that month because there are a lot of people who would like to participate. If you cannot make it for the majority of the month's classes, let someone else take your spot.

Coming up this fall: Lindon Senior Center Fall Foliage to Branson, Missouri October 10th-18th

An exiting fun-filled tour to Branson as the bus travels through the fall foliage of the Ozarks. See George Jones, Doug Gabriel, Clay Cooper, and many more!

Ask us more at the Senior Center front desk!



MONDAY

TUESDAY

WEDNESDAY



5 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

6 7:30-9 am Aerobics
 10:30-11:30 am Computer Class
 10-11 am Humanitarian Hour
 2-4 pm Open Painting

7 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

12 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

13 7:30-9 am Aerobics
 10:30-11:30 am Computer Class
 10-11 am Humanitarian Hour
 2-4 pm Open Painting

14 8-9 am Aerobics
 10:30-11:30 am Computer Class
11:30-12:30 Health Screening
12 pm Lunch & St. Patrick's day Celebration
 12:30-1:30 pm Card Making
 5:45-6:45 pm Zumba

19 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


20 7:30-9 am Aerobics
 10:30-11:30 am Computer Class
 10-11 am Humanitarian Hour
 2-4 pm Open Painting

21 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

26 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

27 7:30-9 am Aerobics
 10:30-11:30 am Computer Class
 10-11 am Humanitarian Hour
 2-4 pm Open Painting

28 8-9 am Aerobics
 10:30-11:30 am Computer Class
11:30-12:30 Health Screening
 12 pm Lunch
 12:30-1:30 pm Card Making
 5:45-6:45 pm Zumba

THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>7:30-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p>2-4 pm Open Painting</p>	<p>2</p> <p>9:15-11 am Meditation Yoga</p> <p>10:30-11:30 am Computer Class</p> <p>12 pm Lunch</p> <p>12:30 pm Bingo</p>	<p>3</p>
<p>8</p> <p>7:30-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p>2-4 pm Open Painting</p>	<p>9</p> <p>9:15-11 am Meditation Yoga</p> <p>10:30-11:30 am Computer Class</p> <p>12 pm Lunch</p> <p>12:30 pm Bingo</p>	<p>10</p>
<p>15</p> <p>7:30-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p>2-4 pm Open Painting</p>	<p>16</p> <p>9:15-11 am Meditation Yoga</p> <p>10:30-11:30 am Computer Class</p> <p>12 pm Lunch</p> <p>12:30 pm Bingo</p>	<p>17</p> <p>Happy St. Patrick's Day!</p> 
<p>22</p> <p>7:30-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p>2-4 pm Open Painting</p>	<p>23</p> <p>9:15-11 am Meditation Yoga</p> <p>10:30-11:30 am Computer Class</p> <p>12 pm Lunch</p> <p>12:30 pm Bingo</p>	<p>24</p>
<p>29</p> <p>7:30-9 am Aerobics</p> <p>10:30-11:30 am Computer Class</p> <p>2-4 pm Open Painting</p>	<p>30</p> <p>9:15-11 am Meditation Yoga</p> <p>10:30-11:30 am Computer Class</p> <p>12 pm Lunch</p> <p>12:30 pm Bingo</p>	<p>31</p>

Join a Class!

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. Every day 10:30 to 11:30 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.

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 at 801-769-8627 or at emilie@lindoncity.org.