
UTAH COUNTY FAIR

Announcing the 2012 Utah County Fair, "Meet Me at the Fair", August 15-18th at the Fairgrounds in Spanish Fork. Come join us for the Demolition Derby, Pig Wrestling, Horse and Livestock Shows, Taxidermy, Talent Contest, Scout Expo, Antique Car & Tractor Shows, Entertainment, and more! For tickets and information, please visit www.utcountyfair.com

MEALS FOR WHEELS CAR DONATION PROGRAM

"Meals for Wheels" makes donating that car or truck easy and offers you a tax deduction along with the peace of mind knowing that you are assisting aging Americans with Meals on Wheels here in our community. Every vehicle donated to the Mountainland Foundation supports local services for homebound and vulnerable seniors. Support the Mountainland Foundation today call: 1-877-537-5277 for more information or email info@mountainlandfoundation.org.

CAREGIVER SUPPORT GROUPS

As a caregiver, you may be feeling alone and you don't have as much time to socialize now that you have to care for your elderly relative. Even your own family may not understand what you are going through. If this sounds like you, you might want to join a support group and get the understanding and support you need! Please join us on July 11th at the Bel Aire Senior Living Facility located at 1088 E 390 S American Fork from 11:30 to 1:00 p.m. for lunch and on July 25th at 6:00 p.m. for refreshments, respite care, educational topics, and plenty of time to visit with other caregivers. For additional details, call Geri Lehnardt at (801) 229-3814 or glehnhardt@mountainland.org.

NEW YOGA CLASS

Starting on July 9th the Lindon Community Center is adding an early morning Yoga class. This class will be offered Monday, Wednesday and Friday at 6:00 a.m. Melanee Dahl, a certified Ashtanga Yoga Instructor with 4 years of teaching experience, will lead participants through a one hour class that will leave you feeling stronger, healthier, and more at peace. This class is appropriate for all levels and all body types. Passes can be purchased during regular business hours at the Community Center or bring cash or check 10 minutes

before class begins. Come and practice Yoga with us! Call 801-769-8625 or 801-769-8637 for more information, or visit www.lindoncity.org.

VOLUNTEERS NEEDED

Community Action Services and Food Bank is looking for summer volunteers to help out in the food bank Monday through Friday between the hours of 8 a.m. and 4 p.m. Those wishing to participate can make a reservation by calling the volunteer coordinator at (801) 691-5247 or email at VC@communityactionuc.org.

TIMPANOGOS ACADEMY ACCEPTING APPLICATIONS

Timpanogos Academy is now accepting applications for 7th and 8th grades. Timpanogos Academy is a Core Knowledge Visitation School, Spalding Accredited, and North West Accredited School of Excellence. For further information and to apply, please contact Mr. Porter at eporster@timpacademy.org or call 801-785-4979. Please feel free to look at our website for more information at www.timpacademy.org

SUMMER OF SERVICE

Summer of Service is a statewide campaign to celebrate and mobilize youth to make a difference in communities by volunteering over the summer. Getting involved is as easy as 1, 2, 3!

1. **SERVE:** Your community by volunteering over the summer (June 1 – August 31).
2. **LOG:** 50-100 hours of service (depending on age).
3. **WIN:** A Presidential Service Award and a chance to have lunch with the Lieutenant Governor, Greg Bell.

For more information contact Amanda McDonald @ amcdonald@utah.gov or www.volunteers.utah.gov

LINDON DAYS 2012

"Where Community Begins"

The annual Lindon Days celebration for 2012 will be held August 1st through August 11th. This traditional Lindon event has something for everyone, from the parade, to concerts, to fireworks! If you have questions about Lindon Days, or would like to volunteer go to www.lindondays.org for more information.