

# Lindon Senior News Letter

## 2023



Lindon Days Senior Event  
Tuesday August 1st @ 4pm  
Community Center Gym

Come enjoy a guided paint class  
with artists from US & ART

\*\*You must sign up for this, seats  
are limited



**Riddle me this:**  
What 5 letter word typed in all  
capital letters can be read the  
same upside down?

Lindon Days Senior Event  
Paint & Punch  
Tuesday August 1st 4pm  
\*\*Must sign up

BINGO  
Friday @ 12:30 pm  
\*11th & 25th only

REHAB Visit  
Thursday 17th @ 12:30pm

CARDIO DRUMMING  
Thursdays @ 11:15 am  
\*3rd, 17th, 31st only



Being committed to continuous learning is  
one of the greatest secrets of successful  
people. Continuous learning is the hallmark  
of a growth mindset, and it opens up  
opportunities for success in all aspects and  
stages of a person's life.

It's a great time to learn something new!  
Read a new book, talk to a neighbor about  
learning a new skill from them, try a new  
recipe! And definitely wave to the little  
school kiddos carrying backpacks that weigh  
more than them :)

Bishop Store House, Chick-fil-A, Community Action,  
Kneaders, Starbucks, Tabitha's Way

Thank  
you!

**Lindon Days** will be July 29th-August 5th. There are LOTS of great family activities throughout the week. Look for the booklet to come in the mail with the complete schedule! Here are a few specific things to look forward to:

**Family Concert in the Park** Sunday July 30th

7:30 pm City Center Park

**Senior Paint & Punch** Tuesday August 1st

4:00 pm Community Center Gym

**\*Must register for this**

**Family Parade** Friday August 4th

7:00 pm West down Center Street

**Concert & Fireworks**

Saturday August 5th

7:30 pm Pheasant Brook Park

# SENIOR HEALTH FAIR

*Tuesday  
October 17*

**Lindon Community Center**

**10:30am-1:00pm**

- Sign up for a Flu shot
- Check out our resource tables
- Gather information
- Win prizes



**Call today to sign up for your flu shot  
801-769-8625**



1st Connie Larsen  
7th Nancy Williamson  
7th Gerald Haslam  
7th Hank Savage  
11th Reese McKinnon  
11th Linda Christensen  
21st Bill Hardee  
22nd Linda Bishop