

Lindon Senior Center Newsletter

January

2024



January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year. The Romans often made promises to Janus and exchanged good wishes.

*Janus am I; oldest of potentates;
Forward I look, and backward, and below
I count, as god of avenues and gates,
The years that through my portals come and go.*
—Henry Wadsworth Longfellow, American poet (1807–82)



What's Happening:

BINGO
Fridays @ 12:30 pm

AMAZING CARE BLOOD
PRESSURE CLINIC
Tuesday January 9th 11:30-12:30

CARDIO DRUMMING
Thursdays @ 11:15 am

NO LUNCH
Tuesday January 2nd

CENTER CLOSED FOR HOLIDAYS
Monday January 1st
Monday January 15th



Riddle me this:
If you have 3 oranges and
you take 2, how many will
you have?



The Center will be closed on
Monday January 1st. Also
Monday the 15th in
observance of Martin Luther
King Day.

What kind of January are you?

- Make Goals and tackle new jobs!
- Take down Christmas as soon as I can!
- New diets, New schedules, New ideas!
- Clean start, purge and start over!
- Rest and Reset, ease into it!

Thank
you ❤️

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



I learned that we can do anything, but we can't do everything... at least not at the same time. So think of your priorities not in terms of what activities you do, but when you do them. Timing is everything.

~ Dan Millman

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12 Cristina Pitts
25 Leo Noblado
29 Paula Nielson