Lindon Senior Center Newsletter



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)



2024



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!

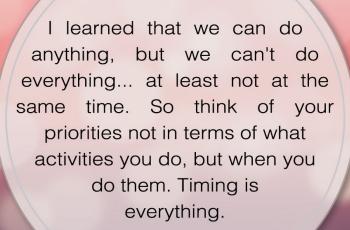
 -Rest and Reset, ease into it!



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







~ Dan Millman

blackmousedesign.com.au



12 Cristina Pitts 25 Leo Noblado 29 Paula Nielson