

Lindon Senior Newsletter

MARCH 2024



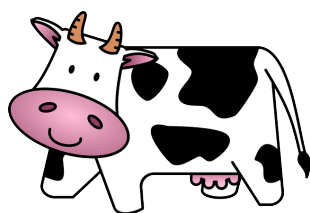
MARCH ON!

Here are some helpful tips to stay active while the weather is still making up her mind.

-Walk the store before you shop: One easy way to add more movement to your day is to walk the perimeter of the store before your cart shopping. Do a lap without a cart and resist the urge to put items in your cart until you've completed that first lap.

-Move with your routine: Also known as habit stacking. Look for ways to add movement to your daily routine. For example, work on your balance while you brush your teeth by standing on one foot or doing calf raises. Do 10 squats before unloading the dishwasher or folding laundry. Walk around the house during commercial breaks or while on the phone with a friend.

-Start and end the day with movement: Learn a few morning yoga poses that you can practice first thing in the morning. Stretching and deep breathing help the body energize in the morning, as well as calm the body in the evening. Yoga has been proven to help posture, improve sleep, and increase flexibility.



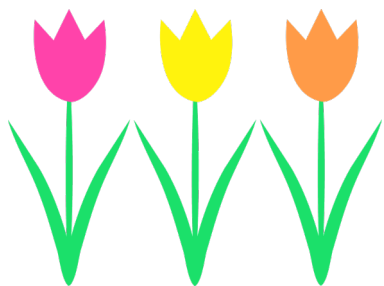
Holy cow will be here March 4th-9th. Please be patient and give yourself extra time to find parking.

BINGO

Friday @ 12:30 pm
*NO Bingo 3/15 & 3/29

CARDIO DRUMMING
Thursdays @ 11:15 am
*NO class 3/7

EASTER BRUNCH
Friday March 15th @ 10am



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



National Poison
Prevention Week
March 17-23rd

You can take your old, no longer needed
prescription drugs to the police station
anytime M-F 8am-5pm to properly dispose
of them. Take care to put cleaners and
medicines out of the reach of children-they
are curious!



PREVENTION THROUGH CONNECTION

UTAH ELDER JUSTICE CONFERENCE

APRIL 25, 1-5 P.M.

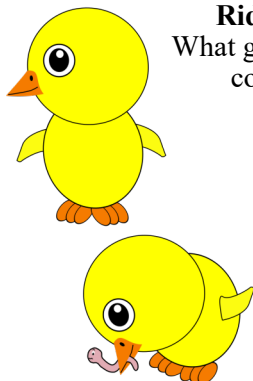
Virtual

REGISTER AT UTAHELDERJUSTICE.ORG

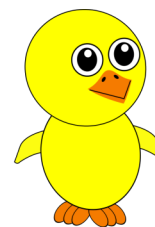


EMILY ALLEN, AARP
Keynote Speaker

1st Brent Ferguson
11th Frank Burns
14th Rick Gersbach
18th Albert Thompson
19th Wendy Wood
21st Joyce Allred



Riddle me this:
What goes up but never
comes down?



Riddle Answer: Your age!