
MAYOR'S OPEN HOUSE

On Thursday, March 21st at 6:30 p.m. the City will be holding a 'Mayor's Open House' at the home of Jeff & Karen Acerson, 910 East Center Street. Community members are invited to attend with questions for city officials and staff. Additional open houses are planned to occur monthly at various locations in the community. Check the city web site & Facebook page for future locations. If you would like to host a 'Mayor's Open House' in your neighborhood, please contact Adam at 801-785-5043.

SOCCER REGISTRATION

Soccer time is getting near! Lindon City offers a Short Sided Soccer League that focuses on more touches on the ball, more shots on goal, and more scoring and more fun! The league allows for improved skill development, better utilization of the field and more cardio/activity level. The teams are smaller and rules simplified (no off-sides) to allow more participation and time with the coach. **REGISTRATION DETAILS:** March 4th – 22nd in person or online registration at www.lindoncity.org and follow the links. Ages: 4-5 yrs., 6-7 yrs., 8-9 yrs., 10-12 yrs. League play begins May 4th through June 8th **Participation Fee:** \$35.00 (fee waivers available for Volunteer Head Coaches.)

ANNUAL EASTER EGG HUNT

Hop on over to the annual Lindon City Easter Egg Hunt to be held on **Saturday, March 30th at 9:00 a.m.** at the Lindon City Center Park, 200 North State Street. The fun is over fast, so don't be late! Hope to see you there!

SENIOR CENTER SPRING FLING

The Lindon Senior Center will be holding a "Spring Fling" on Wednesday, March 27th at 5:30 p.m. at the Lindon Community Center Gymnasium located at 25 N. Main St. There will be dinner and a ballroom dance performance for your entertainment. Cost is \$5 per person or \$8 per couple. Please sign up at the Senior Center front desk or call 801-769-8625.

SEEDLING TREE AND SHRUB SALE

The combined districts of Alpine and Timp-Nebo will be conducting a seedling tree/shrub sale this April 19th -20th 2013. Orders can be placed anytime from now until April 12, 2013. Seedling trees and shrubs, adapted to

our area, are on sale for \$1.50-\$3.50 per seedling, sold in bundles of 5 or 10, depending on the species. They must be pre-ordered and pre-paid and are available on a first come first served basis. Order forms can be accessed on the web at www.uacd.org, or call 801-377-5580 extension 121 for more information.

VOLUNTEER OPPORTUNITIES

Volunteer today with Mountainland Aging and Family Services Department! We have a variety of volunteer opportunities for people with different skills and interests:

Volunteer Ombudsman: Is dignity important to you? It is to the elderly, also! The ombudsman program is a voice for the elderly in nursing homes and assisted living facilities. Ombudsman volunteer staff does a variety of things to help assure the residents in long-term care facilities receive the quality of care and quality of life which protects their dignity and well-being. For more information, call [801-229-3807](tel:801-229-3807) or email Nancy Madsen at nmadsen@mountainland.org

Friendly Visitor Volunteer: Provide respite (a break) to family caregivers. By providing a few hours of companionship each month to an elder, you can preserve the well-being and quality of life for both the caregiver and the elder they are caring for. For more information, call [801-229-3818](tel:801-229-3818) or email cwheatley@mountainland.org. You can make a difference one hour once a week!

Meals-on-Wheels : Volunteers are needed to deliver meals to homebound seniors in our community. For more information, visit www.mountainland.org/volunteer or call [801-229-3821](tel:801-229-3821).

Every 'Little Bit' Counts"

Our first Healthy Lindon Challenge started February 18th and ends May 11th. We will have a "Connecting Lindon" Celebration on May 18th at the opening of the Murdock Canal Trail. There will be prizes for those who complete the challenge of ... **"Spring into Action**

It's a Walk in the Park"

A walking challenge highlighting the parks throughout our great city of Lindon.

Visit the city website at www.lindoncity.org for more details and to register and print off your tracking sheet.

It's not too late to sign up! Questions or to get involved in Healthy Lindon contact Valarie Diehl at www.webefit@byu.edu

