

Lindon Senior News Letter

May 2019

Lindon Community Center

Volume 2 Issue 12

hello



- Senior Monthly Outing
- Weekly Activities
- Senior Bus
- Monthly Birthdays

Monthly Outings

Sri Sri Radha Krishna Temple

Center Event

Bridal Veil Falls

Closed for
LUNCH

Monday May 27

Senior Monthly Event

For More information feel free to contact Cyndi (801) 769-8625

Hira Krishna Temple Spanish Fork

**When: Tuesday, May 14th****Time: 12:30pm****Where: Meet in the lobby of
the Senior center****Cost: Free***** Bring money to pay for any food that
you would like to purchase**

Our tour will include feeding the animals and touring the Temple. This will be 1 1/2 hour tour. There will be a delicious vegetarian buffet offered. They also have a nice gift store that you might want to bring money for.

The center will cover the tour fee per person .

The cost for the lunch is \$6.00 dollars that each person will have to cover for themselves. Please wear close-toed shoes

Bridal Veil Fall Trip

**When: Wednesday, May 29****Time: 12:40pm****Where: Meet in the lobby of the
Senior center****Cost: Free**

Weekly Activities and Classes

Monday	Games	12:30
Tuesday	Pick- (Taking off pound sensibly)	10:00
Wednesday	le	10:30
Wednesday 3rd	Ball	12:30
Wednesday	TOPS	1:00
Thursday 2nd and 4th	Bunco	12:30
Friday	Family History Class	12:30



April Showers
Bring May Flowers



5-3 Maurice Castro
5-4 Linda Mckinnon
5-9 Robert Jackson
5-12 Judy Peay
5-20 Spencer Cottam
5-23 Leland Overson
5-25 Ruth Blakely



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

Come eat lunch with us at the senior Center!

Please call or let the front desk know if you will be attending lunch by 1:00pm the day before. This insures that there will be enough for everyone.

(801)769-8625

(\$3.00 donation is appreciated)

**Blood pressure screening provided by Rocky Mountain Home Care
and Hospice 3rd Friday 11:00-12:00**



ALS
ASSOCIATION

The **Rocky Mountain Chapter** supports people living with ALS and their loved ones through services and education in Colorado, Wyoming and Utah. We leave no stone unturned in search for the cure of this progressive neurodegenerative disease.

**Rocky
Mountain
Chapter**

When: The 4th Thursday of each month

Time: 1:00pm

Where: Lindon City Senior Center (25N. Main)
Cultural Arts Room