

Lindon Senior Newsletter

February 2020

Lindon Community Center

 Volume 3 Issue 9



Welcome



Monthly Activities

Water Gardens Cinema 6
February 26th 10:30 am
Free movie and snacks
provided!

NO LUNCH/CLOSED

February 17th the Senior Center will be closed

Blood pressure screening provided by Harmony Home Health and Hospice 11:30-12:00 on the 3rd Wednesday of each month.

Weekly Activities and Classes

Games/Puzzles	Monday	12:30pm
Pickle Ball	Tuesday	10:00am
Bunco	Wednesday 3rd	12:30pm
Family History Class	Wednesday	1:00pm
Card Making	Tuesday 2nd	12:30pm
BINGO	Friday	12:30pm

ALS ASSOCIATION Rocky Mountain Chapter

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.

When: The 4th Thursday of each month @ 1:00 pm

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



Clara Carter
2-13
Ray Greenwood
2-23

Did you know February is **Heart Healthy Month?** 7 Steps to Heart Disease Prevention

- Get enough exercise-30 minutes almost every day
- Quit smoking.
- Eat a heart-healthy diet-load up on fresh fruits and vegetables.
- Watch your numbers-get regular check-ups.
- Reduce your alcohol intake.
- Minimize stress in your life-find healthy outlets to help relieve stress.
- Watch your weight.

***More information on everydayhealth.com**



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

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 ensures that there will be enough for everyone. (801)769-8625
(\$3.00 donation is appreciated)

Morning Exercise Class



This class is designed for seniors; however, all are welcome. Come and enjoy more agility, hip and core strengthening, range of motion, and joint flexibility.

When: Monday, Wednesday, and Friday: 11:00 am to 11:40

Senior Price: Free for those 60 +

Class cancelation times TBA

For more information or to sign up please call 801-769-8625

Dear Seniors,

My name is Jamie Jensen and I am so excited to join you here at the Senior Center. As a quick introduction, I live in North Orem with my husband Chris and our 5 great kids. We stay busy and outdoors most of the time going camping, hiking, biking, all the sports, and of course food is always on the agenda with the teenagers.

I love this community and look forward to getting to know each of you . Please feel free to share ideas and needs that I can help with!



Jamie Jensen (Senior Coordinator)