



Location

123 North Center Street
Lehi, UT 84043
P 385.201.1065

Hours

Monday - Friday
9:00 am - 1:00 pm

We are SO grateful for our Seniors !

Not only during this month, but all year round –we are so grateful for our seniors and friends. Thank you for all you do, your love, stories, friendship and smiles. We love you! Have a month full of thanks!

Check out this newsletter for details on all our offerings. Can't wait to have you join us!

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

IN-PERSON & ONLINE WEEKLY CLASSES & CLUBS

***Classes with a red asterisk require call-ahead registration**

Lunch* <i>Call by noon the day before to make a reservation</i>	Monday - Friday (must reserve) Served at Noon.
Tai Chi Class	Mondays 9:30 a.m. At the Senior Center
Watercolor Class*	<i>Tuesday, November 2 & 9 (2 sessions per class) 9:30 a.m.</i> At the Senior Center Advanced Watercolor also available. Let us know if you are interested or have questions.
Crochet Club	Tuesdays 10:15 a.m. At the Senior Center
Quilting Club	Thursdays 10:00 a.m. At the Senior Center
Line Dancing	Fridays 10:00 a.m. At the Senior Center
BINGO	Friday 11:30 a.m.
Bunco Bash	<i>Wednesday, November 10, 12:30 p.m.</i> At the Senior Center
Monday Movie Mania	<i>Monday, November 15, 12:30 p.m.</i> At the Senior Center
Technology Tuesdays	<i>Tuesday, November 16, 12:30 p.m.</i> At the Senior Center

NEW: Technology Tuesdays

Tuesday, November 16

12:30 pm at the Senior Center

Once a month, we will host “Technology Tuesdays”. Come with your questions about tech or smart phones and leave with tips, tricks and answers! We will have a group of volunteers here to help in small groups or one-on-one. No appointment necessary. Tech Tuesdays will be every third Tuesday, unless otherwise noted.



Bunco Bash

Wednesday,

November 10

12:30 pm at the Senior Center

Join us for a great game of Bunco.

Bunco is a fun and easy game to learn. It can be played in teams or as individuals.

Those coming are encouraged to bring their own set of 3 dice. Score cards (and dice, if needed) will be provided.

Prizes are available for participants. Please have a current Senior Center Membership to participate.

All skill levels are welcome!

Monday Movie Mania!

Monday,

November 15

12:30 pm at the

Senior Center



This month, we will watch the classic Halloween movie: “Mr. Blandings builds his dream house.”

This hilarious comedy from 1948 is a black and white film starring Cary Grant, Myrna Loy, Melvyn Douglas, and Louise Beavers. You’ll love it!

A small popcorn or treat will be provided during the movie. Enjoy the show!

HAPPY BIRTHDAY

November Birthday Celebration

Friday, December 3

Please note the date change for this month due to holiday scheduling.



Sponsored by Mission at Alpine Valley Care Center and Rehabilitation

On the 4th Friday of the month (unless otherwise noted), we have a small birthday celebration for all those who had a birthday during the month!

We will sing to celebrate during lunch.

Reserve your lunch for *Friday, December 3* enjoy a sweet treat. *Be sure to call ahead to reserve your lunch before Thursday at noon.*

If we've missed your birthday, let us know so we can update our records. Have a great month!



Joan Kenney	November 2
Jerry Stockett	November 3
Donald Peterson	November 4
Shirene McKay	November 6
Rick Montage	November 8
Jeanine Cooper	November 14
Lynda Pettigrew	November 15
Dee Moon	November 17
Terrie Cannon	November 19
Philip Johnson	November 20
Jean Nugent	November 20
Bruce Bankhead	November 21
Gene Kirkham	November 22
Lee Luna	November 22
Connie McEwan	November 23
Donna Draper	November 23
Kevin Shingleton	November 29
Lois Littleford	November 29
Maria Paongo	November 30
Gail Taylor	November 30

WONKA WEDNESDAYS

In November, We are continuing "Wonka Wednesdays!" Each Wednesday for lunch, we will draw a couple names or hide Golden Tickets on the lunch tables or under plates, and in a take-out meal. If you are the lucky winner, you can give the ticket to an employee and receive a prize or treat!

You must sign up for lunch ahead of time to be eligible to win. Good luck and see you soon!



Lunch Event: Thanksgiving Luncheon

Friday, November 19. *Must sign up by Wednesday, November 17*

\$3 (lunch donation requested)

11:00 am–1:00 pm

We have so much to be thankful for! And we are thankful for you!

Join us for our annual Thanksgiving Luncheon. We have entertainment, games, goodies and of course, a Thanksgiving Meal!

Sign up by Wednesday, November 17.

THANK YOU for being our friends. Happy Thanksgiving!



www.lehi-ut.gov/recreation/seniors/ | 5

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NOVEMBER MENU

JAN - SENIOR CENTER 385-201-1065  **UNITED WAY BUS 801-374-9306**
NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs Rice Carrots Pears Roll 	2 Corn Chowder Green Beans Jello w/ Fruit Corn Bread	3 French Toast Sticks / Syrup Scrambled Eggs Sausage Links Apple 	4 Honey Baked Ham Scalloped Potatoes Beets Fruit Roll Brownie	5 Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 
8 Creamed Chicken / Rice California Vegetables Pineapple Roll 	9 Beef & Vegetable Soup Tossed Salad w/Dressing Corn Bread Apple Crisp	10 Ham & White Beans Cabbage Corn Bread Applesauce 	11 	12 Garlic Beef Roasted Baby Potatoes Peas Mixed Fruit Fluff Roll 
15 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Peaches Roll 	16 Shepherd's Pie Carrots Cottage Cheese w/ Fruit Chocolate Brownie	17 Chicken Salad Wrap Italian Pasta Salad Pickles Pears 	18 Teriyaki Chicken Bowl Steamed White Rice Broccoli Apple Roll	19 Turkey / Stuffing Mashed Potatoes/Gravy Carrots Mandarin Oranges Roll / Pumpkin Pie
22 Malibu Chicken Au Gratin Potatoes Green Beans Mandarin Oranges Roll 	23 Chicken Pot Pie w/ Biscuit Tossed Salad w/ Dressing Jackie's Cake 	24 Meatloaf Mashed Potatoes / Gravy Corn Orange Roll 	25 	26
29 Sweet & Sour Chicken Steamed White Rice Stir Fry Vegetables Mandarin Oranges Fortune Cookie 	30 Cheesy Pasta Bake Green Beans Garlic Roll Applesauce 	<p>MEALS MUST BE CALLED INTO THE CENTER BY NOON THE DAY BEFORE TO RESERVE A MEAL 385-201-1065</p>		
<p>ALTERNATE MEALS</p> <p>Nov 1-5 Chef's Salad Nov 24 Chicken Noodle Nov 8-9 Vegetable Beef Nov 29-30 Chef's Salad Nov 10-12 Chicken Noodle Nov 15-19 Chef's Salad Nov 22-23 Cr of Broccoli </p>				

ACTIVITIES CALENDAR

TO REGISTER FOR ACTIVITIES
CALL : 385-201-1065



ACTIVITIES CALENDAR NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tai Chi -9:30 am ADV. Watercolor-9:30am 	2 Watercolor Class- 9:30am Crochet Club - 10:15am	3 WONKA WEDNESDAYS 	4 Quilting Club- 10:00 am	5 Line Dance - 10 am 11:30 am Bingo 11-12 Blood Pressure Clinic <i>sponsored by Dignity Health</i>
8 Tai Chi -9:30 am ADV. Watercolor-9:30am	9 Watercolor Class- 9:30am Crochet Club - 10:15am 	10 WONKA WEDNESDAYS 12:30 - BUNCO BASH	11  SENIOR CENTER CLOSED	12 Line Dance - 10 am 11:30 am Bingo 
15 ADV Watercolor-9:30 Tai Chi -9:30 am	16 Crochet Club - 10:15am TECH TUESDAYS! 12:30 pm 	17 WONKA WEDNESDAYS Thanksgiving Luncheon sign up due	18 Quilting Club- 10:00 am	19 NO Line Dance Thanksgiving Luncheon 11am - 1pm
22 Tai Chi -9:30 am 	23 Crochet Club - 10:15am 	24 WONKA WEDNESDAYS 	25  HAPPY Thanksgiving SENIOR CENTER CLOSED	26
29 Tai Chi -9:30 am 	30 Crochet Club - 10:15am 	<p>NOTE: Our November Birthday Celebration will be on December 3rd. Our December Birthday Celebration will be on December</p> 		

JUST FOR FUN!



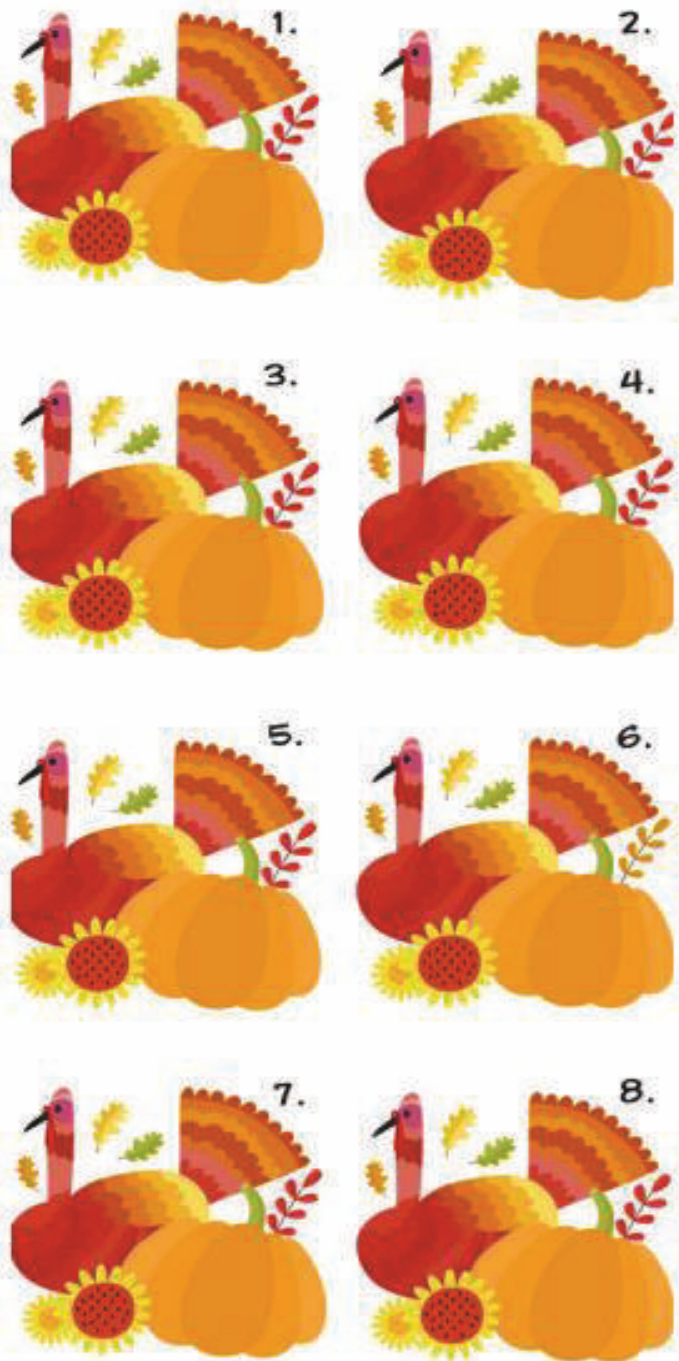
QUICK AUTUMN TRAIL MIX

- ¾ CUP BROWN SUGAR
- ½ CUP BUTTER
- 1 TBSP VANILLA EXTRACT
- 1½ TBSP PUMPKIN PIE SPICE
- 2 CUPS CORN CHEX CEREAL
- 2 CUPS PRETZEL STICKS
- 1½ BUGLES SNACK
- 1 CUP PECANS
- ¾ CUP CANDY CORN
- ¼ CUP REESE'S PIECES OR M&M'S (AUTUMN COLORS)

Combine Chex, Bugles, pretzels, and pecans in large microwavable bowl. Set aside. Melt butter in microwave and add brown sugar, vanilla, and pumpkin pie spice, whisking so no lumps. Pour mixture over the dry ingredients and gently mix together. Microwave on high for about 2 minutes. Gently toss with rubber spoon or spatula. Microwave for another 2 minutes. Gently toss again. Then microwave for 1 more minute. Gently toss for final time. Spread mixture onto a nonstick baking pan or parchment paper and allow to cool. (about 5-10 minutes). Once cool, mix in your candy corn and Reese's pieces or M&Ms.

ONE AND ONLY

One of the images below is different from the rest. Can you find it?



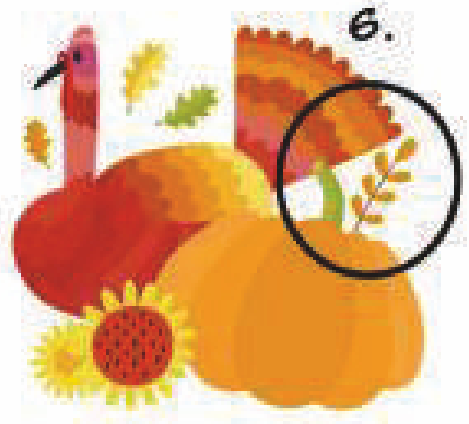
SOLUTION PROVIDED PAGE 15

"FALL HAS ALWAYS BEEN MY FAVORITE SEASON. THE TIME WHEN EVERYTHING BURSTS WITH ITS LAST BEAUTY, AS IF NATURE HAD BEEN SAVING UP ALL YEAR FOR THE GRAND FINALE."

- LAUREN DESTEFANO

SOLUTIONS

ONE AND ONLY



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Q R N W K O E K E L G U A G A I
E J O S P N C T O A I A B L N H
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G I T E U K O B Y O E U T L O G
K O A D P E W I N R D T N A O I
N W Y O T R H E C N A S U B T F

FALL FUN WORD SEARCH

Look for words associated with fall. They may be spelled forward, backward, downward, upward, or diagonally.

ACORN	HARVEST
BONFIRE	NUTS
CIDER	PUMPKIN
COLORFUL	RAKE
KITE	SCARECROW
FOLIAGE	STRAW
FOOTBALL	

SOLUTION PROVIDED PAGE 12.



WHY DO LEAVES FALL FROM TREES IN AUTUMN?

Trees lose their leaves because of a hormone that helps them prepare for winter. The hormone causes changes that force leaves to separate from stems, forcing them to fall from trees.

FALL FUN WORD SEARCH

X	X	X	W	A	R	T	S	X	X	X	X	X	X	X	X
X	R	A	K	E	X	B	F	X	T	X	X	X	X	L	C
X	X	X	X	X	O	S	X	O	X	S	X	X	U	X	I
X	X	X	X	N	X	C	X	K	O	X	E	F	X	X	D
X	X	X	F	N	X	A	X	I	X	T	R	V	X	X	E
X	X	I	X	I	X	R	X	T	E	O	B	X	R	X	R
X	R	X	X	K	X	E	X	E	L	G	X	A	X	A	X
E	X	X	X	P	X	C	X	O	A	X	A	X	L	X	H
X	X	X	X	M	X	R	C	X	C	X	N	I	X	L	X
X	X	X	X	U	X	O	X	X	O	X	U	X	L	X	X
X	X	X	X	P	X	W	X	X	R	X	T	X	X	O	X
X	X	X	X	X	X	X	X	X	N	X	S	X	X	X	F

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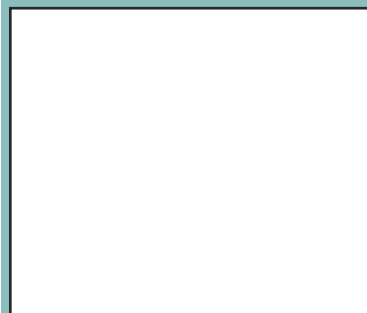



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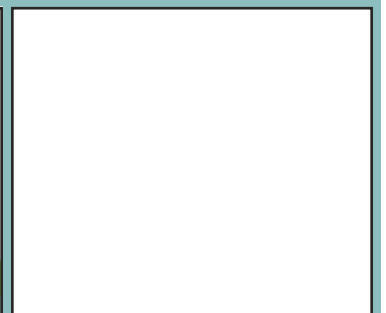



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DO YOU QUALIFY FOR HOME HEALTH?

IT JUST TAKES ONE "YES"

1. Do you, or a loved one, require an assistive device to walk? (ie. cane, walker)
2. Are you being driven to appointments due to the inability to drive?
3. Have you had any falls in the last month, if not, are you afraid of falling?
4. Are you unable to get out of a chair without using your arms?
5. Do you have bone pain or are suffering from arthritis?

WAYS HOME HEALTH CAN HELP YOU

- Two or more falls in the past year
- A wound that is not healing well
- Trouble transferring from one place to the next
- Loss of functions of activities in daily living
- Hospitalization in the past year
- Cost covered 100% by Medicare insurance



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