



Location

123 North Center Street
Lehi, UT 84043

P 385.201.1065

Hours

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

HAPPY JULY!

How grateful we are to live in such a blessed country with all the rights, freedoms and privileges we have been given; and we are grateful for those men and women who fought for those freedoms and helped shape our Country! Thanks to all!

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

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 served at 12:00pm. All meals are dine in only. (MUST RESERVE)
Tai Chi Class	Mondays 9:30 a.m.
Crochet Club	Tuesdays 10:15 a.m.
*Watercolor Class	<i>Our session is June 18 , 25 July 2, and 9 starting at 9:30a.m.</i> • Advanced Watercolor also available. Let us know if you are interested or have questions
BINGO	Fridays 11:30a.m. and Tuesdays 11:30a.m.
Line Dancing	Fridays 10:00a.m.
Sit and Fit	Wednesdays 11:00am – 12pm
Bunco Bash	Wednesday, June 10, 12:30 p.m.
Monday Movie Mania “Father of the Bride”	<i>Monday, June 15, 12:30 p.m.</i>

HAPPY BIRTHDAY



BIRTHDAYS THIS MONTH

★ USA ★
★ BORN ★
★ AND ★
RAISED



July

Birthday Celebration

Friday, July 26 at 12:30 pm -

RSVP for Lunch by noon on Thursday to get a sweet treat. Hal Hooper will help us sing "Happy Birthday" this month.

Be sure to call ahead to reserve your lunch.

Have a great month!

Sally Smith	July 4
Zolene Mund	July 4
Glenda Austin	July 7
Len Moon	July 10
Nancy Gibbs	July 11
Vervene Grant	July 12
Carol Staco	July 13
Jim Watkins	July 16
Kathy Hikida	July 22
Rosemary Christiansen	July 23
Pam Greer	July 24
Beverly Johnson	July 27
Irina Bogadi	July 28
Sharon Awtrey	July 29



Wednesdays 11 am - 12 pm

The sit and fit class is designed for anyone needing slow gentle movements. It focuses on resistance training and cardio to give you a total body workout. It focuses on improving core strength, flexibility, balance, coordination, circulation, and reaction time

UPCOMING EVENTS

DIY EVENT: Celebrate Pioneer Day!

Friday, July 19


12:00 pm (Lunch Time Event)

Free of charge. **Must sign up by July 18**

Pioneer Day is a big deal in Utah. July 24th is the date that commemorates the day in 1847


that Brigham Young first set foot in the Salt Lake Valley and declared to his fellow pioneers: "This is the right place." This month, we have a simple kit to enjoy and celebrate the Pioneer Day weekend with friends, family or on your own. **You must sign up by Thursday, July 18** to receive your kit to take home.

Kits include an old fashioned treat, and some fun prizes. Kits are available with a lunch reservation for that day. Only those who come for lunch will receive a kit. To register, call or email the Lehi Senior Center.



Bunco Bash
Wednesday, July 10
12:30pm at the Senior Center

Join us for a great game of Bunco. Those coming are encouraged to bring their own set of 3 dice. Score cards (and dice, if needed) will be provided. Prizes available for participants. Please have current membership to participate. Let Lacey know if you have questions!



Monday Movie Mania!
Monday, July 15
12:30pm at the Senior Center

This month, we will watch "*Father of the Bride*," George Banks (Steve Martin) and his wife, Nina (Diane Keaton), are the proud parents of Annie (Kimberly Williams), but when she returns from studying abroad and announces that she's engaged, their whole world turns upside down.



SENIOR CENTER CLOSED FOR HOLIDAYS

The Senior Center is closed will NOT be serving lunches on **Thursday, July 4** or **Wednesday, July 24** in observance of the holidays.

Thank you.



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JULY 2024

JULY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Malibu Chicken Au Gratin Potatoes Broccoli Fruit Cocktail Roll 	2 Roast Turkey Mashed Potatoes/Gravy Green Beans Orange Roll	3 Beef Hot Dog w/ Bun Baked Beans Applesauce Cookie 	4 	5 BBQ Chicken Au Gratin Potatoes Tossed Salad w/Dressing Peaches Corn Bread 
8 Swedish Meatballs Rice Broccoli Orange Roll / Cookie 	9 Beef Taco Salad Black Beans w/Cheese Lettuce, Salad, Ranch Applesauce Tortilla Chips 	10 Ham & Turkey Hoagie Cheese, Lettuce, Tomato Potato Chips Mandarin Oranges 	11 Fish Filet w/ Tarter Sauce Potato Wedges Mixed Vegetables Roll / Orange 	Sausage Bake Green Beans Tossed Salad w/Dressing Roll  Fruit Crisp
15 Teriyaki Beef Bowl Steamed Rice Broccoli Pineapple Roll 	16 Roast Pork Loaded Mashed Potatoes Beets Fruit Cocktail / Roll Cookie Bar 	17 Beef Stroganoff w/ Rice Carrots Tossed Salad w/ Dressing Apple Crisp 	18 Chicken Salad Wrap Pasta Salad Pickle Peaches 	19 Meatloaf Mashed Potatoes / Gravy Corn Orange Roll 
22 Creamed Chicken / Rice Peas Fruit Cocktail Cookie Bar	23 BBQ Pulled Pork w/ Bun Black Beans Coleslaw Applesauce 	24  SENIOR CENTER CLOSED	25 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Orange Roll	26 Sweet & Sour Chicken Rice / Stir Fry Vegetables Apple Fortune Cookie BIRTHDAY CELEBRATION 
29 Salisbury Steak Mashed Potatoes / Gravy Fruit w/ Jello Green Beans Roll 	30 Kalua Pork Hawaiian Rice Black Beans Pineapple Roll 	31 Shepherd's Pie Tossed Salad w/ Dressing Carrots Pears Brownie 	Alternate Meals July 1-5 Chef's Salad July 8-9 Cr of Potato July 10-12 Chicken Noodle July 15-19 Chef's Salad July 22-23 Vegetable Soup July 25-26 Cr of Broccoli	July 29-31 Chef's Salad Soups with Turkey Sandwich











ACTIVITIES CALENDAR



ACTIVITIES CALENDAR JULY 2024



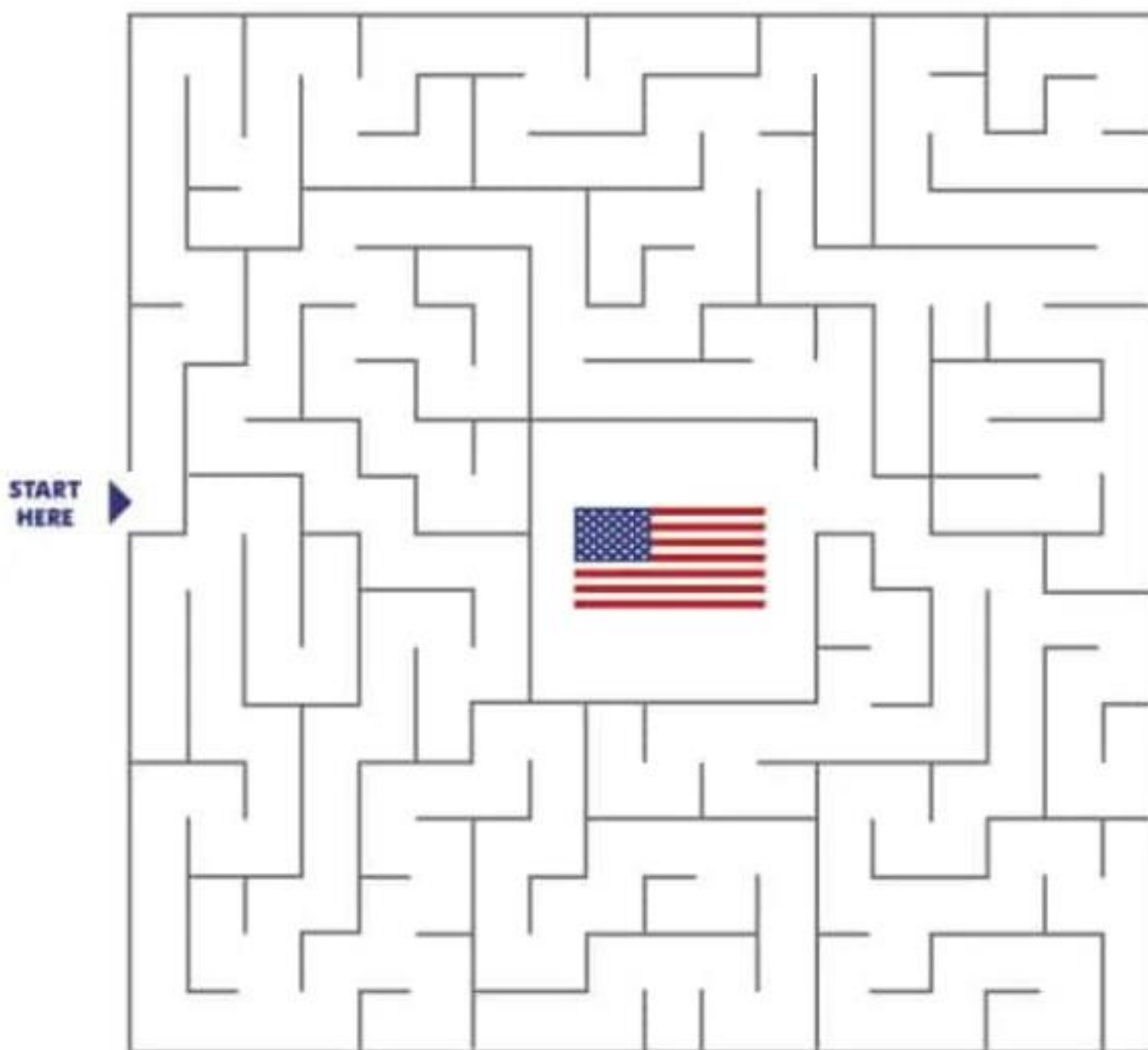
TO REGISTER FOR ACTIVITIES
CALL LACEY: 385-201-2349

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>Adv. Watercolor 9:30am Tai Chi - 9:30 am</p>	<p>2</p> <p>Watercolor Class 9:30am Crochet Club -10:15am Bingo 11:30am</p> 	<p>3</p> <p>Sit and Fit 11:00am</p> 	<p>4</p>  <p>SENIOR CENTER CLOSED</p>	<p>5</p> <p>Line Dance 10am Bingo 11:30am</p> <p>Blood Pressure Clinic 11-12pm Sponsored by Dignity Health</p>
<p>8</p> <p>Adv. Watercolor 9:30am Tai Chi - 9:30 am</p> 	<p>9</p> <p>Watercolor Class 9:30am Crochet Club -10:15am Bingo 11:30am</p>	<p>10</p> <p>Sit and Fit 11:00am</p>  <p>12:30pm -BUNCO BASH</p>	<p>11</p> 	<p>12</p> <p>Line Dance 10am Bingo 11:30am</p> 
<p>15</p> <p>Adv. Watercolor 9:30am Tai Chi - 9:30 am</p> <p>12:30 Monday Movie Mania! "Father of the Bride"</p>	<p>16</p> <p>Watercolor Class 9:30am Crochet Club -10:15am Bingo 11:30am</p>	<p>17</p> <p>Sit and Fit 11:00am</p>	<p>18</p> 	<p>19</p> <p>Line Dance 10am Bingo 11:30am</p>  <p>Holiday kit with lunch</p>
<p>22</p> <p>Adv. Watercolor 9:30am Tai Chi - 9:30 am</p>	<p>23</p> <p>Watercolor Class 9:30am Crochet Club - 10:15am Bingo 11:30am</p> 	<p>24</p>  <p>SENIOR CENTER CLOSED Happy Pioneer Day!</p>	<p>25</p> 	<p>26</p> <p>Line Dance 10am Bingo 11:30am</p>  <p>Birthday Celebration</p>
<p>29</p> <p>Adv. Watercolor 9:30am Tai Chi - 9:30 am</p>	<p>30</p> <p>Watercolor Class 9:30am Crochet Club - 10:15am Bingo 11:30am</p>	<p>31</p> <p>Sit and Fit 11:00am</p> 	<p>HOME OF THE FREE BEECAUSE OFFICERS BRAVE</p>	<p>Next trip: Salmon Supper Aug. 2nd</p> 

4TH OF JULY MAZE

Find your way through the maze to reach the flag in the center.

Happy 4th of July!



Salmon Supper Trip



LEHI SENIOR CENTER TRIP

FRIDAY, AUGUST 2, 2024
MEMBER PRICE: \$30/person
price includes meal & bus
LEAVING THE CENTER AT 5:30PM

Limited seating.

Payment due to hold your spot.

Bring an umbrella for cover if desired.

Meal includes: Salmon, grilled over dried fruit wood fire, baked potato, corn on the cob, roll, and a cookie.



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Angela Haschka

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4th of July Word Search

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Senior Spotlight

JILL JONES



- BORN: LOS ANGELES, LIVES IN EAGLE MOUNTAIN NOW
- FAVORITE FOOD: MEXICAN
- CHILDREN: 2 BOYS, 1 GIRL, AND 3 GRANDCHILDREN
- HOBBIES: CROSSWORD PUZZLES, PLAYING THE PANIO, GARDENING, AND SWIMMING.
- JILL LOVED TO WORK IN THE SACRAMENTO TEMPLE, AND NOW THE SARATOGA TEMPLE.
- SHE BELIEVES IN EDUCATION, AND HAS WORKED AS A TEACHER FOR OVER 30 YEARS. NOW SHE IS A CROSSING GUARD.
- WORDS OF WISDOM: JOHN 13.16
- JILL HAS BEEN COMING TO THE LEHI SENIOR CENTER FOR ALMOST A YEAR. SHE IS DEFINITELY ONE OF A KIND, AND WE ARE GLAD SHE COMES TO THE CENTER.

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