



September

Location

123 North Center Street
Lehi, UT 84043
P 385.201.1065

Hours

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

FALL TIME FUN AHEAD!

The Fall weather starts to cool off and invites us all to spend time outside, bake with pumpkin spice and of course, visit the Senior Center!

We'd love to have you join us for lunch, activities, and our trips this month.

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

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.
Watercolor Class* -	<i>Tuesday, September 10, (Continued from the August session) 17, 24, October 1, 8 Starts at 9:30 a.m.</i> <i>4 classes per sessions</i> <i>-Must sign up and pay in full to hold your spot</i> -Advanced Watercolor also available. Let us know if you are interested or have questions.
Crochet Club	Tuesdays 10:15 a.m.
Sit and Fit	Wednesdays 11:00a.m.
Line Dancing	Fridays 10:00 a.m.
BINGO	Tuesdays 11:30 a.m. Fridays 11:30 a.m.
Bunco Bash	<i>Wednesday, September 11, 12:30 p.m.</i>
Monday Movie Mania	<i>Monday, September 16 12:30 p.m.</i> Wonka

UPCOMING EVENTS



- Meet at the Senior Center at 4:30pm for dinner. (Chick-fill-a sandwich, water, chips, and a treat)

\$30
Includes:
Dinner, bus
and train

- 5:15pm leave for Heber.
- 6:30pm board train. Our ride will take us to the Decker Bay Village as we search for the ghost who's been haunting the train.

- 8:30PM BACK ON THE BUS

*SIGN UP BEGINS 9/13/2024



Bunco Bash

Wednesday,
September 11th 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.

Monday Movie Mania! -

Monday,
September 16
12:30 pm at the
Senior Center



This month, we will watch
“Wonka.” Willy Wonka is the
mastermind behind some of the
most delicious and innovative
chocolate creations the world has
ever seen. Before shaking up the
chocolate industry and making a
name for himself as a confectionery
genius, the ambitious young creator
had to defy all olds.

HAPPY BIRTHDAY



September Birthday Celebration

Friday, September 27 at 12:00pm

RSVP for Lunch by noon on Thursday to get a sweet treat on Friday. Hal Hooper will help us sing, "Happy Birthday" this month. Be sure to call ahead to reserve your lunch.

Have a great month!

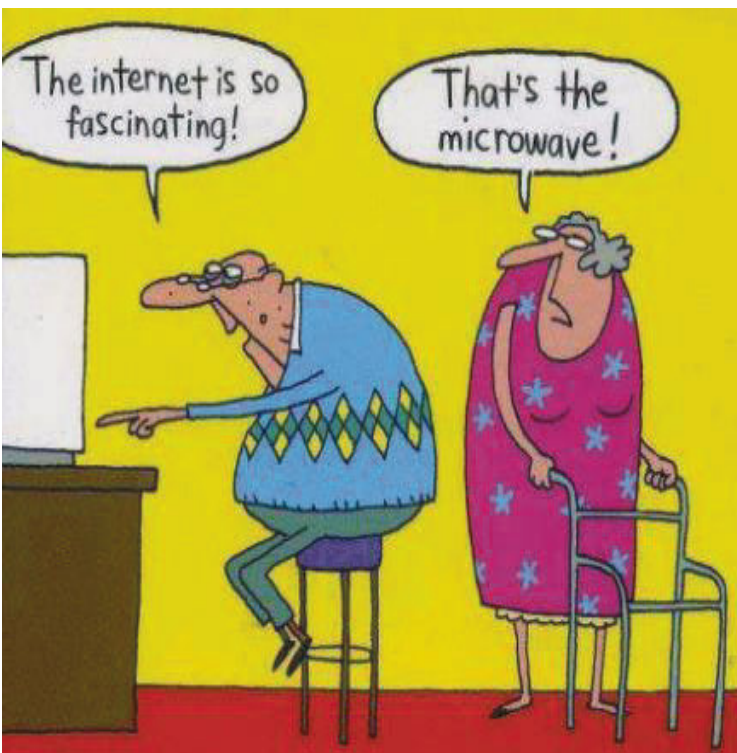
If we've missed your birthday, let us know so we can update our records.

Skip Riffle	September 1
James Lambson	September 4
Vard Lunnen	September 6
Joyce Jacobson	September 12
Daniel Wilkins	September 13
Roy Callaway	September 13
Dalene Jones	September 14
David Wilkey	September 15
Donalee Evans	September 18
Angie Wozniak	September 18
Mary Evans	September 20
Eleonore Mclain	September 21
Philip Huntington	September 22
Carol Zimmerman	September 22
Karran Danielson	September 24
Buck Platt	September 29



SENIOR CENTER CLOSED FOR LABOR DAY

The Senior Center will NOT be serving lunches on Monday, September 2nd. Please enjoy your holiday. Thank you.



Trips this month

LEHI SENIOR CENTER TRIP:

TIMPANOGOS & STORYTELLING FESTIVAL



WHEN: FRIDAY, SEPTEMBER 6

WHERE: Meet at the Senior center and ride bus to Thanksgiving Point.

PRICE: \$20-includes ticket, lunch, & bus

TIME: 9:00 am –2:00 pm We will have lunch at the park (weather permitting) after the festival



Lunch includes:
Chic-Fil- A Sandwich,
Chips, Water, and
Cookie.

Payment due by September 3 to keep your spot.



Join the Lehi Senior Center

FALL FOLIAGE TRIP

TAKE A TRIP AROUND THE ALPINE LOOP TO SEE THE SPECTACULAR FALL COLORS IN UTAH.

AFTERWARDS, WE WILL GO TO DINNER AT MAMA CHUS. (DINNER IS PAY ON YOUR OWN.)

September 19, 2024

2:30 pm – 6:30 pm

\$5 for Bus



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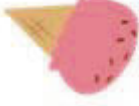


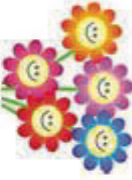

















SEPTEMBER MENU

JAN - SENIOR CENTER 385-201-2350

SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Chicken over Quinoa Green Peas Fruit Cocktail Cookie Bar</p>	<p>3</p>  <p>Roast Beef Baby Roasted Potatoes Beets Peaches Roll</p>	<p>4</p>  <p>Santa Fe Shredded Turkey Brown Rice Corn / Red Beans Orange Roll</p>	<p>5</p>  <p>Sloppy Joes w/Bun Pork & Beans Mixed Vegetables Cottage Cheese w/Fruit</p>	
<p>9</p> <p>Sausage Bake Green Beans Tossed Salad w/Dressing Roll Applesauce</p> 	<p>10</p> <p>Chicken Salad Wrap Pasta Salad Pickle Peaches</p> 	<p>11</p> <p>Kalua Pork Hawaiian Rice Broccoli Pineapple Roll</p> 	<p>12</p> <p>Roast Turkey Mashed Potatoes/Gravy Mixed Vegetables Apple Roll</p> 	<p>13</p> <p>Beef Stroganoff w/ Rice Carrots Tossed Salad w/ Dressing Apple Crisp</p> 
<p>16</p> <p>Swedish Meatballs Rice Mixed Vegetables Applesauce Roll</p> 	<p>17</p> <p>Biscuits & Sausage Gravy Eggs Tater Tots Oranges</p> 	<p>18</p> <p>Meatloaf Mashed Potatoes/Gravy Tossed Salad w/ Dressing Apple Brownie</p> 	<p>19</p> <p>Malibu Chicken Au Gratin Potatoes Broccoli Jello w/Fruit Roll</p> 	<p>20</p> <p>Grilled Hamburgers / Bun Lettuce, Tomato, Pickles Hot Potato Salad Pork & Beans Pears</p> 
<p>23</p> <p>Teriyaki Beef Bowl Steamed Rice Broccoli Pineapple Roll</p> 	<p>24</p> <p>Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Apple Corn Bread</p> 	<p>25</p> <p>Lemon Pepper Chicken Steamed Rice Tossed Salad w/ Dressing Carrots Pears / Cookie</p> 	<p>26</p> <p>Beef Taco Salad Black Beans w/Cheese Lettuce, Salad, Ranch Applesauce Tortilla Chips</p> 	<p>27</p> <p>Roast Pork Loaded Mashed Potatoes Beets / Roll Fruit Cocktail BIRTHDAY CELEBRATION</p> 
<p>30</p> <p>Fish Filet w/ Tarter Sauce Potato Wedges Mixed Vegetables Orange</p> 	<p>MEALS MUST BE CALLED IN BY NOON THE DAY BEFORE. IF RESERVING FOR MONDAY, ORDERS MUST BE CALLED IN BY FRIDAY AT NOON!</p>			
				
<p>Alternate Meals</p> <p>Sep 3 Cr of Potato Sep 4-6 Vegetable Beef Sep 9-13 Chef's Salad Sep 16-17 Chicken Noodle Sep 18-20 Cr of Broccoli Sep 23-27 Chef's Salad</p>			<p>Sep 30 Cr of Potato</p> <p>Soups with Turkey Sandwich</p>	

ACTIVITIES CALENDAR

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

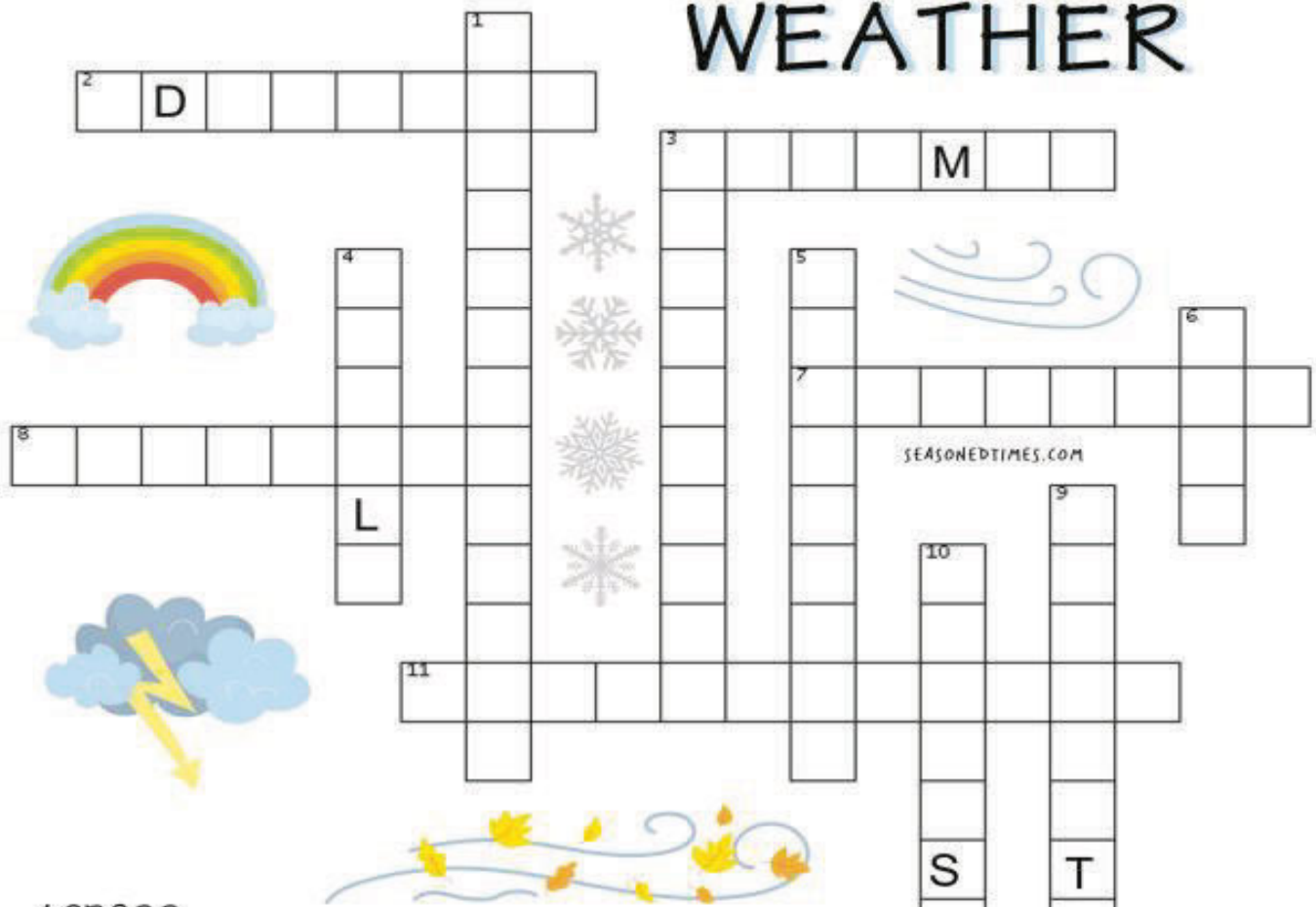


ACTIVITIES CALENDAR SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR Day</p> <p>SENIOR CENTER CLOSED</p>	<p>3</p> <p>NO WATERCOLOR</p>	<p>4</p> <p>Sit and Fit 11:00am</p>	<p>5</p> <p>Line Dance 10am</p> <p>Bingo 11:30am</p> <p>ATIPANODORA STORTLEPING FESTIVAL (Registration Required)</p>	<p>6</p> <p>Line Dance 10am</p> <p>Bingo 11:30am</p> <p>11-12 Blood Pressure Clinic</p>
<p>9</p> <p>Tai Chi -9:30am</p> <p>Adv. Watercolor Class- 9:30am</p>	<p>10</p> <p>Watercolor Class- 9:30am</p> <p>Crochet Club 10:15am</p> <p>Bingo 11:30am</p>	<p>11</p> <p>Sit and Fit 11:00am</p> <p>BUNCO BASH 12:30pm</p>	<p>12</p>	<p>13</p> <p>Line Dance 10am</p> <p>Bingo 11:30am</p>
<p>16</p> <p>Tai Chi -9:30am</p> <p>Adv. Watercolor Class- 9:30am</p> <p>Monday Movie 12:30pm "Wonka"</p>	<p>17</p> <p>Watercolor Class- 9:30am</p> <p>Crochet Club 10:15am</p> <p>Bingo 11:30am</p> <p>B I N G O</p>	<p>18</p> <p>Sit and Fit 11:00am</p>	<p>19</p> <p>Fall foliage and Mamma Chus 2:30pm (Registration Required)</p>	<p>20</p> <p>Line Dance 10am</p> <p>Bingo 11:30am</p> <p>Happy National STRING CHEESE DAY</p>
<p>23</p> <p>Tai Chi -9:30am</p> <p>Adv. Watercolor Class- 9:30am</p>	<p>24</p> <p>Watercolor Class- 9:30am</p> <p>Crochet Club 10:15am</p> <p>Bingo 11:30am</p>	<p>25</p> <p>Sit and Fit 11:00am</p>	<p>26</p>	<p>27</p> <p>Line Dance 10am</p> <p>Bingo 11:30am</p> <p>12:30 Birthday Celebration</p>
<p>30</p> <p>Tai Chi -9:30am</p> <p>Adv. Watercolor Class- 9:30am</p>		<p>Upcoming Trip:</p> <p>HEBER VALLEY RAILROAD HALLOWEEN EXPRESS</p>		<p>Blood pressure sponsored by:</p> <p>DIGNITY Home Health • Hospice</p>

WEATHER



ACROSS

2. Official announcement about bad weather conditions
3. Upward current of warm air,
7. Arctic atmospheric condition when visibility is very poor.
8. To calculate or predict
11. Change of a gas or vapor to a liquid by cooling

DOWN

1. Condensation of atmospheric water vapor that falls to the ground
3. Instability in the air
4. Sudden, strong wind of brief duration
5. Extremely powerful downward air current in a limited area for a short time
6. Sudden rush water, fire, smoke, sound, etc.
9. Instrument for measuring atmospheric pressure
10. Rotating column of water and spray

BRAIN TEASER

B E D

HEAD

FREQUENCY

**NO NO
RIGHT**

Vision Vision

COFFEE

PROMISES

GRASS

JOB

1111

3. BLAME
4. BLAME

1. Way
2. Whey
3. Weigh

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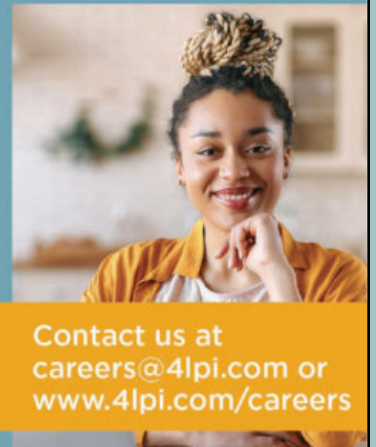
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SALMON DINNER



SPOTLIGHT

- **Birthday: March 6th**
- **Hobbies: Crossword puzzles, and crocheting**
- **Favorite Food: Steak and Potatoes**

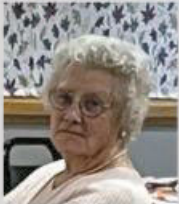
SMITH



Joy



- **Words of Wisdom: Do the best you can... ALWAYS!!!**
- **Joy was Born at home in Pleasant Grove, but now lives in Lehi.**



Joy makes and donates the BEST dish towels to the center, we love them! She is always so uplifting, and positive with a great sense of humor. We are so thankful for Joy. ❤️

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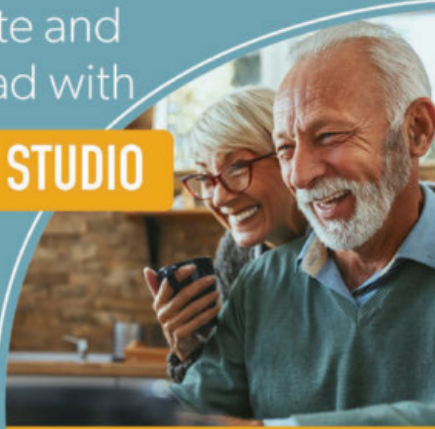
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Lehi Senior Citizens Center, Lehi, UT

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