

# LINDON ACTIVE AGERS

APRIL 2025



## What is Active Aging?

The activity theory of aging proposes that older adults are happiest when they stay active and maintain social interactions.

Aging is not 'lost youth,' but a new stage of opportunity and strength.

Newton's First Law of Motion is 'an object in motion stays in motion.' So let's get moving!

Research shows that if you start living a healthy lifestyle earlier in life, you have better chances of staying healthy as you get older. Staying physically active, eating well, socializing and improving your health can help you live a healthy, happy and active life as you get older.

## Important Dates

- 4th** Tech Table Help
- 11th** Aging in Place Seminar
- 22nd** Hearts Knit Together Service Trip
- 28th-3rd** Holy Cow Boutique
- Thurs** Cardio Drumming  
\*No drumming 4/10 or 5/1
- FRI** Bingo @ 12:30  
No BINGO 4/4

## Tech Table Help

On **FRIDAY APRIL 4TH @ 12:30** we will have a group of helpful teenagers and young adults come to the center to answer all your tech questions! You can bring in your phone, laptop, kindle or any device with your list of questions and they will walk you through how to troubleshoot and resolve each issue. It'll be great! It can be a simple or complicated issue—let's learn together!

## Aging in Place

### Friday April 11 @ 9:30am

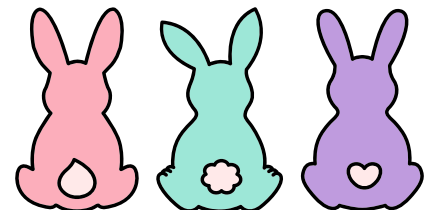
Learn what services are covered that can help improve your overall health and wellness. Q&A session and free giveaways for attendees! Presented by Amy Sorro, RN, PMH

## Hearts Knit Together

### Tuesday April 22nd @ 9:45 am

Hearts Knit Together is a non-profit organization that delivers much needed personal items to those escaping domestic violence, sexual abuse, or war. Our volunteers collect, craft, and assemble these kits which include hygiene items, toys, games, puzzles, clothing and stuffed animals for children.

We will not be doing donation bags on Thursday April 3rd



## Recipe's to Try

### Sheet Pan Dinner

#### Ingredients:

- Chicken Sausage
- Avocado Oil
- Favorite Veggies: broccoli, zucchini, squash, potatoes, etc
- Spices: lemon pepper, garlic and garlic salt, balsamic vinegar and parmesan cheese

#### Directions:

1. Slice chicken sausage
2. Wash and chop all veggies
3. Place chicken and veggies all together on a sheet pan. Drizzle with avocado oil and toss with spice variation of choice.

Bake at 425 for 18-20 minutes.

## Introducing Mr. & Ms. Golden Years

It is with great excitement that the Utah County Fair will be introducing the Ms. & Mr. Golden Years of Utah County Pageant at the fair in 2025. All entrants must be a member of a Utah County Senior Center and 55 years of age or older. There will be a question and answer opportunity on stage but no talent competition.

Watch for more information!

## Laughter is the Best Medicine



Instead of the John I call my  
bathroom the Jim!  
That way it sounds better when I  
say I go to the Jim first thing  
every morning!!!

## Birthdays

- 01 Michael Hepting
- 09 Louise Harmon



## Contact Info

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