

LINDON ACTIVE AGERS

MARCH 2025

What is Active Aging?

The activity theory of aging proposes that older adults are happiest when they stay active and maintain social interactions. These activities, especially when meaningful, help the elderly to replace lost life roles after retirement and resist the social pressures that limit an older person's world. Not only is activity beneficial for the community, but it engages older adults both physically and mentally and allows them to socialize with others.

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.

National Nutrition Month

In March, a key focus for senior health is national Nutrition Month, promoting healthy eating habits specifically relevant to older adults and highlighting the importance of proper nutrition for maintaining well-being as you age.



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!

Important Dates

- 3-8th** Holy Cow Boutique
- Thurs** Cardio Drumming
*No drumming 3/6
- Fri** Bingo @ 12:30
No BINGO 3/7



Recipe's to Try

Teriyaki Chicken

Ingredients:

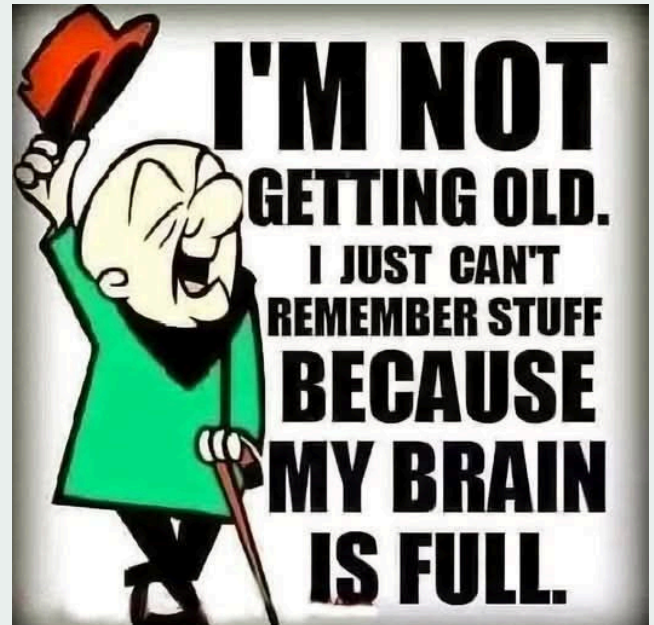
chicken breast
broccoli
rice
teriyaki sauce

Instructions:

1. Cut chicken into 10inch cubes.
2. Drizzle olive oil in a skillet & cook chicken over medium-high heat.
3. In a separate pot, steam the broccoli.
4. Cook rice according to the bag directions.
5. Pour the sauce onto the chicken and continue cooking & stirring as the sauce thickens.
6. Serve chicken over rice with broccoli on the side.

**Look for a teriyaki sauce low in sugar and salt.

Laughter is the Best Medicine



Birthdays

- | | |
|----|-----------------|
| 01 | Brent Ferguson |
| 11 | Frank Burns |
| 14 | Rick Gersbach |
| 18 | Albert Thompson |
| 19 | Wendy Wood |

Contact Info

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