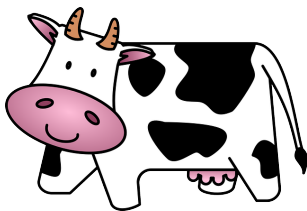


Lindon Senior Newsletter

APRIL 2024



Holy cow will be here April 22nd-27th. Please be patient and give yourself extra time to find parking.

BINGO
Friday @ 12:30 pm
*NO Bingo 4/5

CARDIO DRUMMING
Thursdays @ 11:15 am

BLOOD PRESSURE CLINIC
Tuesday April 16th 11:30am

THANK YOU

Bishop Store House, Chick-fil-A, Community Action, Kneaders, Starbucks, & Tabitha's Way

Riddle me this:
Did you hear the government is putting chips in everyone!



FYI:
We won't be doing our regular Thursday donations on April 4th.



FREE Healthy snacks, swag and info!

LINDON Community **FAMILY HEALTH FAIR** in partnership with **IRONCOWBOY**

Saturday, April 13th 9am-11am

Community Center 25 N Main St Lindon

Come to our Community Health Fair and find out information regarding the health and well-being of your whole family.

For more information: 801-769-8625 or jjensen@lindoncity.org

Get Free Screenings & Information:

- Pre-Diabetes
- Hypertension
- BMI & Strength
- Suicide Prevention
- Blood Pressure
- Car Seat Safety Checks
- Drowning Prevention
- Behavioral Health
- Dental Health
- Community Involvement



1st Michael Hepting
9th Louise Harmon
27th Vera Dean

happy Birthday

