

# LINDON ACTIVE AGERS

## January 2026

### Important Dates

- Jan 1** Closed for New Years Day
- Thurs** Cardio Drumming @ 11:15am  
no class 1/1
- Fri** Bingo 1/9 & 1/23 @ 12:30 pm
- Jan 19** Center closed for MLK Day

### What's Coming Up

Monday Jan 19<sup>th</sup> We celebrate Martin Luther King Jr. Day to honor his leadership in the Civil Rights Movement, his fight for racial equality, justice, and non-violence, and his vision for a "beloved community." This day is a national day for service, reflection, and continuing his work against poverty and discrimination.

### 5 Tips to Fight the Winter Blues

1. Get enough sleep
2. Exercise
3. Do things you enjoy
4. Take care of your body
5. Light therapy

### COVE POINT RETIREMENT INDEPENDENT LIVING

#### LIVE PRESENTATION

JANUARY 22, 2026  
12:30 PM

Come learn how Independent Living lets you spend more time doing what you love, build new friendships, and enjoy the comfort, safety, and convenience of a vibrant community.

LINDON COMMUNITY CENTER  
25 N MAIN ST  
LINDON, UT 84042

## Recipe's to Try

### French Bread Pizza

#### Ingredients:

Loaf of French bread

Marinara sauce

Mozzarella, Parmesan cheese mix

Toppings of your choice: pepperoni, cooked sausage, bacon, olives, fresh basil, fresh tomatoes-maybe even pineapple!

#### Instructions:

1. Preheat oven to 350 and line a baking sheet with parchment paper or tin foil.
2. Grab a yummy loaf of fresh French bread and cut it in half long wise.
3. Add marinara sauce and cheese.
4. Be creative with toppings! Try olives, fresh basil leaves, cooked sausage, bacon, or pepperoni.
5. Bake for about 20 minutes or until cheese is melted and bubbly.



## Laughter is the Best Medicine



## Birthdays

2<sup>nd</sup> Ted Lott

10<sup>th</sup> Barry Ellis

25<sup>th</sup> Leo Noblado

29<sup>th</sup> Paula Nielson



## Contact

Jamie Jensen-Senior Coordinator

[jjensen@lindon.gov](mailto:jjensen@lindon.gov)

801-769-8625

[www.lindonrecreation.org/senior-center](http://www.lindonrecreation.org/senior-center)