

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 19th 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

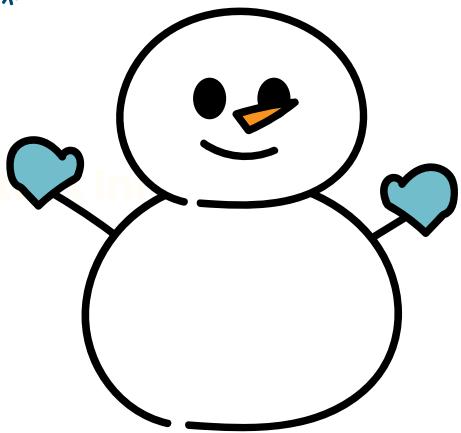
Toppings of your choice: pepperoni, cooked sausage, bacon, olives, fresh basil, fresh tomatoes-maybe even pineapple!

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.



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Laughter is the Best Medicine



Birthdays

2nd Ted Lott
10th Barry Ellis
25th Leo Noblado
29th Paula Nielson



Contact

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