LINDON ACTIVE AGERS

October 2025

Important Dates

Thurs Cardio Drumming @ 11:15am

Bingo *NO Bingo 10/10 and 10/17

13th No lunch for Columbus Day

27th Music in Motion Class 12:30pm

FALL PREVENTION

FOR SENIORS

What's Coming Up

Celebration of Veterans-SCERA

Patriotic music & messages November 8th @ 10am Free admission

Finding Peace Musical Fireside-SCERA

November 9th, 7pm Free Admission







EXERCISE REGULARLY



AND HEARING CHECKED



MEDICATIONS



WEAR WELL

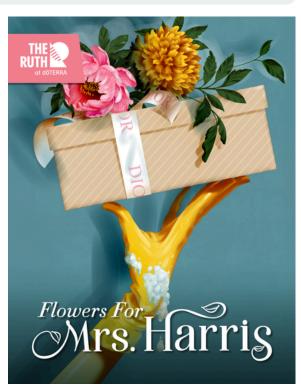
IMPROVE





MAKE ITEMS

SAFE HOME



Join us at the RUTH Theater! Flowers for Mrs. Harris **Wednesday November 5th** Leaving the Center at 7pm

Recipe's to Try

Caramel Apple Dip Ingredients:

- ingrounding.
- -8 ounces cream cheese
- -1/4 cup brown sugar
- -1/2 cup caramel sauce
- -1 tsp vanilla
- -1/2 tsp ground cinnamon
- -4 ounces Cool Whip



TOPPINGS:

- -2 tablespoons caramel sauce
- -2 tablespoons chopped roasted peanuts
- -2 tablespoons mini chocolate chips

Instructions:

Mix cream cheese, brown sugar, caramel sauce, vanilla, and cinnamon with an electric mixer. Use a spatula to fold in the Cool Whip.

- 2. Refrigerate until ready to serve.
- 3. Drizzle with caramel sauce and sprinkle with toppings.
- 4. Serve with apples, pretzels or crackers.

Birthdays

8th Darwin Carter
16th Shelle Ferguson
16th Adelaide Nygard
18th Kenneth Fackrell
29th LaRae Pilch



Contact Info

Jamie Jensen-Senior Coordinator jjensen@lindon.gov 801-769-8625 www.lindonrecreation.org/senior-center

Laughter is the Best Medicine



"Ooo, I just felt the good cholesterol kick the bad cholesterol."





<u>New Class!</u>

Music in Motion

Repertory Dance Theatre (RDT) is excited to offer <u>FREE</u> weekly classes for seniors. No need to register – just show up!

Music in Motion is a movement, music appreciation, and exercise class wrapped into one! Each class provides a social, communal, and wellness-based experience using exercise, movement, music, and creative input.



Join us for our new class!
Monday October 27th @ 12:30 pm
FREE! Just show up and try
something new