

LINDON ACTIVE AGERS

October 2025

Important Dates

Thurs Cardio Drumming @ 11:15am

Fri Bingo *NO Bingo 10/10 and 10/17

13th No lunch for Columbus Day

27th Music in Motion Class 12:30pm

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



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:

- 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.

Laughter is the Best Medicine



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



REPERTORY
DANCE
THEATRE



New Class!

Music in Motion

Repertory Dance Theatre (RDT) is excited to offer FREE 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.



Birthdays

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



Contact Info

Jamie Jensen-Senior Coordinator
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801-769-8625
www.lindonrecreation.org/senior-center

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