

LINDON ACTIVE AGERS

November 2025

Important Dates

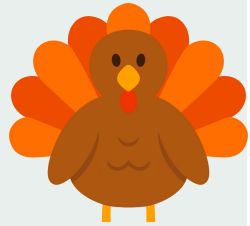
- Thurs** Cardio Drumming @ 11:15am
*no class 11/20 & 11/27
- Fri** Bingo *NO Bingo 11/21 & 11/28
- 11th** No lunch Veterans Day
- 27th** No lunch for Thanksgiving holiday
28th

What's Coming Up

UVU Dental Education Visit Friday
November 7th

5th Annual Veterans Benefits and Services Fair and Military Services Birthday Celebration

TUESDAY November 11th 10am
Timpview High School
3570 Timpview Dr Provo, Ut



GIVE
THANKS

Did You Know?

The Power of Gratitude:

- Improves Patience
- Extends the lifespan
- improves sleep quality
- Helps relieve stress
- Strengthens our immune system



*The real gift
of gratitude is
that the more
grateful you are,
the more present
you become.*

— Robert Holden

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Recipe's to Try

Chicken Noodle Soup

Ingredients:

- Whole chicken or a few chicken breasts.
- 4 carrots, peeled and diced
- 4 stalks of celery, cleaned and halved
- 1 large onion, diced
- salt and pepper to taste
- broth or water and chicken bouillon cubes

Instructions:

- Place everything in a large soup pot, add enough cold water to cover. Bring to a boil over medium heat, reduce heat to low and simmer, uncovered until meat falls apart, about 90 minutes. Skim the foam off as needed.
- Remove chicken and shred.
- Serve and enjoy!



Laughter is the Best Medicine



Birthdays

1st Richard Heaps
2nd Faye Thompson
10th Luther French
12th Steven Marshall
24th Leslie Taylor
28th Richard Heaps



Contact Info

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SENIOR CHRISTMAS PARTY

WEDNESDAY, DECEMBER 17TH



BEGINS AT NOON

SAVE THE DATE