

LINDON ACTIVE AGERS

February 2025

What is Active Aging?

Research shows that if you start living a healthy lifestyle earlier in life, you have better chances of staying healthy as you get older. Staying physically active, eating well, socializing and improving your health can help you live a healthy, happy and active life as you get older.

Physical Activity: According to the National Institutes of Health, healthy seniors should walk 7,000-10,000 steps per day. That's an average of 3 to 3.5 miles throughout the course of a day.

Mental Engagement: Active aging involves cognitive functioning and healthy mental challenges. Try brushing your teeth with your non dominant hand, or driving home a different way from lunch.

Social Participation: Phone an old friend, visit a new museum and make a new friend!

Healthy Lifestyle Choices: Review your daily habits and find ways to increase time outdoors. Morning sunrise and evening sunset light is magical for your body.

Introducing Mr. & Ms. Golden Years

It is with great excitement that the Utah County Fair will be introducing the Ms. & Mr. Golden Years of Utah County Pageant at the fair in 2025. All entrants must be a member of a Utah County Senior Center and 55 years of age or older. There will be a question and answer opportunity on stage but no talent competition.

Watch for more information!

Health Corner



February is American Heart Month. Exercise and a good diet can keep your heart healthy. Here are 3 things you can do to keep your ticker going strong.

1. Get More Sleep- Sleep habits can have a lasting effect on your overall health. Sleeping 7-8 hours per night is a marker of good heart health.
2. Move More-Physical activity can dramatically reduce the risk of heart disease and stroke. Aim for 30 minutes a day, 5 days a week of moderate exercise.
3. Connect with people-talk, laugh, confide, and enjoy each other. It's good for your emotional health and your heart health too!

Important Dates

17th

Closed for President's Day

Thurs

Cardio Drumming @ 11:15am

Fri

Bingo @ 12:30
*No Bingo 2/7



Recipe's to Try

Easy Cheesy Beef Stuffed Shells

Ingredients:

- 16 Jumbo Pasta shells
- 1 lb Lean Ground Beef
- 3 cloves minced Garlic
- 1 Tablespoon Italian Seasoning
- Salt and Pepper to taste
- 2 Tablespoons Parmesan Cheese (grated)
- 1/3 cup Panko bread crumbs
- 2 Cups Pasta Sauce
- 1 Cup Mozzarella Cheese (shredded)

Instructions:

1. Preheat oven to 375
2. Boil jumbo shell noodles, drain and run under cold water. Don't overcook.
3. In a large bowl, mix ground beef, spices, garlic, parmesan and panko.
4. Stuff the shells with the ground beef mixture.
5. In a 9x11 baking dish, evenly spread 1 cup of pasta sauce.
6. Place stuffed shells on top of sauce in baking dish.
7. Cover stuffed shells with remaining pasta sauce and top with mozzarella cheese.
8. Bake covered for 10 minutes then uncover and bake for another 15 minutes.
9. Enjoy!

Laughter is the Best Medicine



Birthdays

- 03 Kerry Ellis
- 04 JaLynn Eggett
- 05 Judy Harper

Contact Info

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