

February 2017

Volume 1, Issue 8

Senior News Letter

➤➤➤ Lindon Community Center



Welcome

Special points of interest:

- Fun facts
- Senior Monthly Outing
- Senior Bus
- Weekly Activities
- Spot light
- Monthly Birthdays
- Thank you
- Highlights

Fun Facts about February

The birthstone for February is Amethyst.

Two zodiac signs for February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)

The month has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.

Viola (plant) and the Primrose are the birth flowers.

Black History Month is celebrated in Canada and United States.

National Day of the Sun is celebrated in Argentina.

In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.

On February 6, 1933, Amendment 20 to the United States was proclaimed which moved the Inauguration Day to January 20th.

In February 1910, the Boy Scouts of America was incorporated.

On February 6, 1899. The U.S. Senate ratified the peace treaty that led to the end of the Spanish-American War.

On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.

February 11 - National Foundation Day in Japan

February 12 - Abraham Lincoln's Birthday

February 14 - Valentine's Day

February 22 - George Washington's Birthday

Senior Monthly Outing For More information feel free to contact Cyndi (801) 769-8627

Come Hand dip your own strawberries at the Vanilla Bean

Where: Vanilla Bean
When: February 1
Leaving at: 12:45

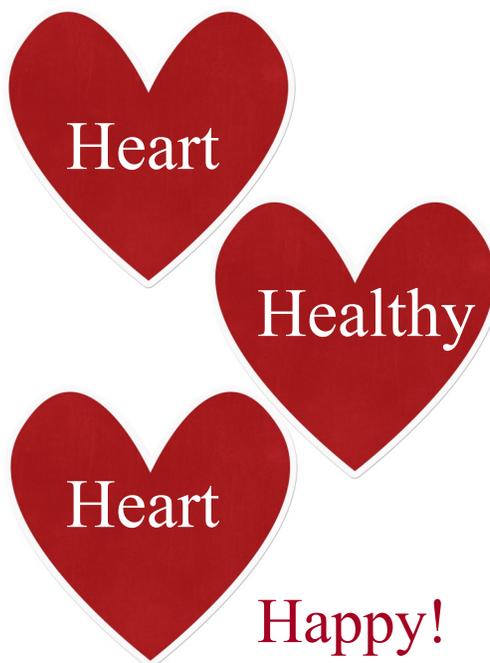


We have a Senior Bus!



We would love to provide transportation to and from the center! We would also like to offer transportation to the store or to doctor appointments on Fridays between 10:00-12:00 Please call the center for availability.
Call to schedule 801-769-8625.

Heart Healthy Heart
Happy
Presentation
by
Rosalind Fretz From
i-care February 15 at
12:30 Lindon Senior
Center



Weekly Activities and Classes

Monday	Grocery shopping	11:00
Monday and Wednesday	Family History Class	12:30-1:30
Tuesday	Pickle Ball	10:00
Wednesday	TOPS	10:30
Wednesday every 3rd	Bunco	12:30
Thursday 2nd and 4th	Card Making with Bernie	12:30
Friday	BINGO	12:30

Free blood pressure screenings by Harmony Home 10:30-12:00 3rd Friday Center

NO LUNCH/CLOSED

February 20

Come eat lunch with us at the senior Center!

Please call or let the front desk know if you will be attending lunch by 1:00pm the day before. This insures that there will be enough for everyone. (801)769-8625

(\$3.00 donation is appreciated)

Join us for the Lindon Senior 60+ Ballroom Valentines Gala

When: February 10th

Time: 6:00- 7:30pm

Where: Gym at the Lindon Center

**Competitive ball room dancers will
be performing and entertaining.**

(Light refreshments will be served)

Spotlight

John Fugal

My dearly beloved family and friends,

A year ago I was in the hospital with congestive heart failure and fluid in the lungs and infections. I got come home Christmas Eve but went back in the next day. In January, I was in and out of the hospital for strokes, bleeding, and different infections, but got to come home. In February, I went from home health to hospice. In April, I had another stroke that took my ability to walk and most of my speech. Since then I have been at home being cared for by my children and hospice. I have been pretty stable during this time, having good days and bad.

I am set up with a hospital bed in front of the big window in my living room. Sometimes I feel like I am on display, which I am. Perhaps the kids are proud of their accomplishment in keeping me here. But they say that being in the living room makes it so people can visit me easier, and that is true.

I love to have people come visit. I have taught my children that you need seven hugs a day to survive and 12 to thrive. I have been pretty much thriving. I can't give as good of hugs while I am lying down, but I love to receive them and always say thank you.

I have been able to enjoy family gatherings: Amy's winter Olympics, Easter hunt, Memorial Day, Independence Day, Pioneer Day, Christian's speaking in Sacramento Meeting after his mission, baby blessings, my 95th Birth Day, Matthew's wedding, Labor Day, Joseph's Speaking in Sacramento meeting before his mission, Halloween, Thanksgiving, and now Christmas is coming. I have loved having people come and go and look forward to more.

My children have purposely tried to make me feel so loved here that I wouldn't be too anxious to join my loved ones who have passed on. So far it is working, and I feel good enough to take on good nourishment, regular changing, and showers, exercise on the chi machine, and go on some outings—to see the gardens, to the Luminaria or just to ride around in my chair down the street.

Sometimes I talk about names of the games, names and entitlements, battlements, basement, Atonement, people I see above the windows, nations, oblations, creations, and who's naughty or nice.





We would like to thank those who have generously donated to the Lindon Senior Center!

Auntie Ann's Pretzels, Avenue Bakery, Community Action, Kneaders, Little Caesars, Starbucks, Vanilla Bean

Highlights For Last Months Activities

We had a great time touring Taste and learning about all of the incredible details of creating and preparing chocolate.

