

# LINDON ACTIVE AGERS

January 2025

## What is Active Aging?

Active aging is a holistic approach to promoting health, well-being, and quality of life as people grow older. It emphasizes the importance of staying physically, mentally, and socially active throughout life. The concept encourages older adults to engage in activities that enhance their physical health (like exercise), mental stimulation (like learning new skills), and social connections (like spending time with friends and family). The goal of active aging is to promote independence and enhance the overall quality of life as people age. Key components of active aging include:

**Physical Activity:** Regular exercise to maintain strength, flexibility, and cardiovascular health.

**Mental Engagement:** Activities that challenge the mind, such as puzzles, reading, or learning new things.

**Social Participation:** Staying connected with family, friends, and community groups to foster relationships and combat loneliness.

**Healthy Lifestyle Choices:** Eating a balanced diet, managing stress, and avoiding harmful habits.

## Health Corner

Winter can be hard on all of us...It's cold, gloomy, and there's no sun to give us our daily dose of vitamin D. There are 2 major ways to combat the gloom and isolation of winter: visiting with friends and family, and staying active. Even just taking a stroll around the block or the community center is great movement. A little bit of fresh air and movement every day will go a long way in helping your immune system to stay strong and healthy, as well as boosting your mood., and bring a friend along!

## Important Dates

1 Closed for New Year's Day

20 Closed for Martin Luther King Day

Thursdays @ 11:15am Cardio Drumming

Fridays @ 12:30 Bingo  
\*No Bingo 1/3 or 1/17

## Recipe's to Try

### Marry Me Chicken Tortellini

#### Ingredients:

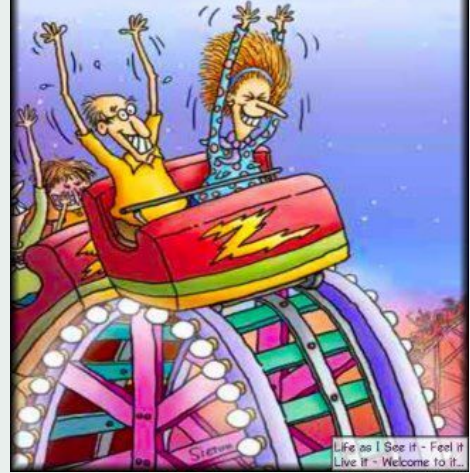
- 1-2 chicken breasts
- 1 package cheese tortellini
- 1 cup heavy cream
- 3 cloves minced garlic
- 1/2 cup sun dried tomatoes, chopped
- 1/2 cup parmesan cheese, grated
- fresh basil for garnish
- salt and pepper to taste

#### Instructions:

1. Start by cooking tortellini according to package instructions. Drain and set aside.
2. In a large skillet heat a splash of olive oil, season chicken with salt and pepper and add them to the skillet. Cook until they're golden brown and cooked through. Remove chicken.
3. In the same skillet, add minced garlic and chopped sun dried tomatoes. Saute for 2-3 minutes.
4. Pour heavy cream in and stir scraping any bits off the bottom of the pan.
5. Add the grated cheese and mix until melted and creamy.
6. You can add spinach, carrots, mushrooms or zucchini to get more veggies
7. Cut the cooked chicken into slices and return to skillet, add tortellini and combine.
8. Garnish with basil if desired.
9. Enjoy!

## Laughter is the Best Medicine

Getting older is like being on a roller coaster...there are highs, lows, laughter and tears and sometimes...you just may pee your pants a little!



## Birthdays

- 02 Ted Lott
- 10 Barry Ellis
- 25 Leo Noblado
- 29 Paula Nielson

## Contact Info

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