



WELCOME TO THE SPANISH FORK SENIOR CENTER

where you can,
“Love, Play, Live, and Think Forever Young at Heart!”

We “WELCOME” you to our center, so that we may surround you with people who care...

As the Senior Advisory Board, current members, volunteers and staff of the Spanish Fork Senior Center; we strive to ensure your experience here is fun, enlightening and enhances your quality of life. We firmly believe that this center is a place where you are afforded the opportunity to socialize with interesting people, experience a variety of activities, be active, learn new things, share laughter, companionship, camaraderie and share a warm tasty meal to top it off. We also offer a variety of activities and presentations on various topics of health and senior interest. We also organize day trips and other fun excursions. If you have any suggestions or personal preferences, we are always looking for suggestions of ways to improve!

Activities and schedules, including our monthly newsletter, and additional information, are online at:

<http://spanishfork.org/seniorcitizenscenter>

Spanish Fork’s Senior Center services, are essential to our community! We want to be a resource to you by finding the facts and resolutions to aging issues, educating seniors 55+ about Social Security, Medicaid, Healthcare, or any issue related to a senior’s golden years. We may not have all of the answers, but we will do our best to help you find them!

Volunteers are vital to our center running so efficiently! We offer numerous, diverse opportunities to our members and are always in great need of good volunteers. Volunteers are the “HEART OF OUR CENTER”! We are always looking for wonderful people to help serve meals, clear tables, decorate, plan special events, etc. If you are interested and willing to help; come volunteer, share your talents and help fill your fellow seniors’ lives with happiness. As a result, you will feel more fulfillment in your own life!

Kind Regards,

The Senior Advisory Board

Congregate Meals

It is not required to be a Member of our Center to enjoy our congregare luncheons. This meal program is completely separate from Membership. One of our biggest, if not the biggest attractions, are the tasty, nutritious meals, that are prepared fresh at our center.

- Any senior 55+ can join us for lunch
- It is encouraged that any senior 60 +, (by the U.S. Government) to donate \$3.00 each lunch attended to help offset the costs of meals.
- It is required that any senior 59 and under, (by the U.S. Government) to pay \$6.00, prior to joining us for lunch (payable directly to our receptionist).
- It is required that you make a reservation for lunch one week prior to attending lunch (each time you come for lunch, please reserve for the following week). Meal planning/preparation takes at least a week prior to the actual meal. We do not want you to miss a meal and we do not want to waste food so please...please...please... make a reservation!
- Menus are printed in each newsletter and posted online.
- We serve lunch on Mondays and Thursdays at 12 noon (excluding Federal Holidays). Occasionally there are extra ***complete meals (a meal that has every food item that was served for that meal)*** that can be purchased for \$3.00. Please inquire at the kitchen, to see if there are any available (directly payable to our receptionist).
- The first time you attend, be sure to ask our check in volunteers and/or staff to see if you are already in the Congregate Mountainland system. If you are already in the system, then your number (that you are identified by) and name will come up. If you are not in the system, then you will need to fill out a one-time form (that the Federal Government requires). At this time, you will be issued a number, that will identify you.
- Checking in is required each time you attend for lunch, by Mountainland Associations of Governments and Spanish Fork City. If you don't check in, it will affect the subsidized monetary amount.
- When checking in, you will pick up your utensils, cup and milk. Sit where you would like. Volunteers will serve you lunch. Water will be available on each table. Salt, pepper, butter, jam, etc. are also available at each table. When you are finished eating, please pick up after yourselves. Take your tray, cup, trash etc. and empty your trash and left overs into the available trash cans and stack the trays on the available cart. There are spatulas available to scrape out the trays if needed.
- Coffee, tea, cocoa, and soda, are available for a minimal amount of \$.50. Please dispose of your pop cans in the containers marked for them near the south/back door.

The congregare meals at our center, are sponsored by the City of Spanish Fork and subsidized by Mountainland Associations of Government Aging & Family Services (Federal Government).

Transportation for meals: If you need assistance with transportation to or from the center for lunch only, we can accommodate you. The service to pick you up for lunch, is available at no charge, just contact our staff.

Membership Information

Our Membership Drive begins each August (when we reopen from summer break) and runs through June of the following year. The Center is closed from the middle of June until the second week of August. The annual cost of membership is \$20.00 per person. Membership includes a seclusive Membership Luncheon the first Friday of each month (reservation required). Membership is free to seniors that are 90+ years of age.

- Current membership is required to participate in all activities, day trips and classes. We ask that each member fill out a **membership form** and sign a trip waiver when signing up. We also would like a picture to be included with your information.
- We do not turn away any senior, who desires to be a member, regardless of ability to pay. Many of our seniors have very limited resources and even \$20.00 for membership can be a burden. We appreciate and welcome those members who so desire to make an anonymous donation, that goes into a special fund to assist seniors with membership.
- **Bonus** to any current member who brings in a potential member, gives them a tour of our center, who then joins, will receive a free meal. Please contact one of the staff members to arrange the meal and reservation or for any other questions for requirements to receive the free meal.

Membership Luncheons

We are closed all Fridays **EXCEPT**, the first Friday of each month (September-June) which is our **FREE** Membership Luncheon, for members only.

- Each new member will receive a regular pin closure membership name tag at the time they join for the first time. The name tag must be worn in order to get into the Membership Luncheon the first Friday of each month. If members lose their name tag, then they will need to pay for a replacement. Cost will be \$3.00 for a regular name tag and \$5.00 for a magnetized. If members prefer to change out an existing name tag for a magnetized name tag, then they will need to bring in the one they have and along with payment of an additional cost of \$2.00 to offset the cost.
- Each member must bring their own plate and utensils for this meal. If **upon occasion you forget**, the kitchen staff can provide a paper plate and utensils. It will keep our costs down if you will kindly remember to bring your own. You can use either paper products from home and dispose of them altogether or use regular utensils and scrape them off into the trash and take them home, to be cleaned thoroughly. Please never use our drinking fountain to rinse off any food from your dishes (this clogs our fountain). Occasionally there are extra portions on the kitchen counter- PLEASE only take one portion per person. Thank you for your cooperation.

“There are no strangers here...Only friends that you haven’t met yet!”

Other Information

- **Website:** Please visit <http://spanishfork.org/seniorcitizenscenter> for any information you may need throughout the year.
 - **Monthly Newsletter:** We welcome your comments and input! The newsletter includes a menu for the month, a listing of activities/dates/times, fun trips, special events and articles that hopefully will entertain and be of interest. Please make the time to visit the advertisers of our newsletter and let them know we appreciate their support of our senior center.
 - **Special Events:** During each year we have special planned events, such as Fall Hurrah Dinner, Christmas Dinner Parties, and Valentine's Dinner/Dance – just to name a few. Some special events require a ticket at an additional cost.
 - **Library:** There is a library available, on the Honor System. You can take reading material home if you desire but PLEASE return them when you are finished with them and help maintain the organization of the room.
 - **Corner of Fun:** At the back of the center, in the southeast corner is an area of information. Be sure to check out upcoming trips, classes, etc. that you are interested in. When signing up be sure to write (legibly) your full name and current phone number so we can contact you about the activities you wish to participate in. Some trips or classes have fees. Check for reminders about upcoming events, trips, classes, etc. online or in the monthly newsletter.
 - **Transportation:** If you need assistance with transportation to or from the center for lunch only, we can accommodate you. The service to pick you up for lunch, is available at no charge, just contact our staff.
***** Events or trips that use the vans/bus may have a transportation charge attached.
 - **Computers:** Available in the east/south corner of the room.
 - **Billiards Room:** Located downstairs, the pool table is available whenever the center is open.
 - **Free Cart:** At the south door there are carts for donations. Please only take what is on this cart, and only what you need. If you have items at home that you do not want any more (that are in good shape), feel free to bring it to the center and put it on the free cart, for others to take. Often there is a cart with loaves of bread donated from Kneaders for the seniors. Free to you! Please only take one loaf per day. Also, our local Starbucks Coffee donates a variety of sandwiches and items on Monday's and Wednesday's each week. Also free to you! When you visit these businesses, please thank them for their contributions to our senior center.
 - **Senior Member Code of Conduct**
This policy was created so that members and staff as well as guests, entertainers and those visiting our center, could enjoy an environment that was inviting, safe and secure. Everyone who is in our center or at a senior center organized activity, outside of our center will be expected to adhere to the guidelines of this Code of Conduct as well. A copy has been included in this packet for your information.
-