Spanish Fork Senior Center
Surround Yourself With People Who Care
167 West Center Spanish Fork, Utah 84660
(801) 798-5015 • spanishforkseniors@yahoo.com

September 2017 Senior Citizens Newsletter

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Center Hours: Come Join Us

MEET old friends—MAKE new friends pg 12

We serve delicious home cooked meals on MOST Mondays and Thursdays (see menu on page 10) for any and all Seniors 55 and older. Come join us!
JOIN our Center and participate in a multitude of activities (see page 11)

Mon, Wed, Thurs. 8:30 a.m.-4:00 p.m.
Tue 8:30 a.m.-3:30 p.m.
Closed on Fridays.
Contact Us:
Senior Citizens Center,
167 West Center St
Spanish Fork, Utah (801) 798-5015
spanishforkseniors@yahoo.com

Mission: It is our Honor, as the staff and volunteers of the Spanish Fork Senior Center, to embrace fun loving laughter and meaningful activities, to enliven the lives of all those we touch. We are also committed to educate and provide a safe place for our participants to maintain active, healthy and productive lives. We are devoted to raising the standard of friendship and kindness. We welcome all those who are 55+ to join us in our Mission to enrich the quality of life and create pride in the lives of our friends, neighbors and community!

Thanks to our Advertisers/Sponsors Who Make This Newsletter Possible

We simply could not impact the lives of our Seniors without your support and help. Your contributions give us the tools to “Surround our Seniors with people who Care.” You have our most sincere gratitude!

!!!!MEMBERS!!!!
Please visit the advertisers of our Newsletter and let them know how much we appreciate their support!

CHRISTMAS CRAFT BOUTIQUE

COME JOIN US! SIGN UP EARLY IF YOU WANT A TABLE

Spanish Fork Senior Center 2nd Annual Christmas Craft Boutique, Wednesday December 6, 2017. We invite and welcome all Seniors who are passionate about their hand-crafted items, to come and sell your unique and creative treasures. Make sure to reserve your booth early ($10). Be sure to contact us if you have questions. The Craft Boutique will be open to the public for a day of Christmas shopping.

www.spanishfork.org/dept/parkrec/senior
Early History of Spanish Fork
Spanish Fork was settled by Mormon pioneers in 1851. Its name derives from a visit to the area by two Franciscan friars from Spain, Silvestre Vélez de Escalante and Francisco Atanasio Dominguez in 1776, who followed the stream down Spanish Fork canyon with the objective of opening a new trail from Santa Fe, New Mexico, to the Spanish missions in California, along a route later followed by fur trappers. They described the area inhabited by Native Americans as having "spreading meadows, where there is sufficient irrigable land for two good settlements. Over and above these finest of advantages, it has plenty of firewood and timber in the adjacent sierra which surrounds its many sheltered spots, waters, and pasturages, for raising cattle and sheep and horses.

In 1851 some settlers led by William Pace set up scattered farms in the Spanish Fork bottom lands and called the area the Upper Settlement. However, a larger group congregated at what became known as the Lower Settlement just over a mile northwest of the present center of Spanish Fork. In December 1851 Stephen Markham became the branch president of the LDS settlers at this location.

In 1852 Latter-day Saints founded a settlement called Palmyra west of the historic center of Spanish Fork. George A. Smith supervised the laying out of a town site, including a temple square in that year. A fort was built at this site. A school was built at Palmyra in 1852. With the onset of the Walker War in 1853, most of the farmers in the region who were not yet in the fort moved in. Some of the people did not like this site and so moved to a site at the mouth of Spanish Fork Canyon where they built a structure they called "Fort St. Luke". Also in 1854 there was a fort founded about 2 miles (3.2 km) south of the center of Spanish Fork that later was known as the "Old Fort".

Between 1855 and 1860, the arrival of pioneers from Iceland made Spanish Fork into the first permanent Icelandic settlement in the United States. The city also lent its name to the 1865 Treaty of Spanish Fork, where the Utes were forced by an Executive Order of President Abraham Lincoln to relocate to the Uintah Basin.

This is our volunteer of the month, without cheating can you guess who it is? See the answer on page 8

Medicare pays for many preventive services to keep you healthy—talk with your doctor.
REMEMBER—The 3 Center computers are available whenever the center is open. You can also bring your own computer to the center. We have training slots available on Tuesday at 10:15 and 11:15 (early sign up required)

Low-Subsidy Assistance

Dawn Loper and Bonnie Lewis, from Mountainland will be here at our Center to assist with on line enrollment for Seniors who may qualify for help with medication premiums or deductibles, and you may qualify for assistance with Medicare Part B premiums. Friday September 14, 9am-noon. Documents you will need to bring, are your Social Security number, the most recent statements from the Social Security Administration that verify how much you receive, and documentation of any other income. Please come in or call to get an appointment.

Ceramic Class Instruction Schedule (must be a member)

Instruction will be the first Tuesday of each month at 1:00pm. Please bring your own supplies (brushes, paint application and item to practice on). Please contact us with any questions!
September: Eyes
October: Air Brush
November: dry brushing brush up
December: Grey dry brushing
January: China painting

SPANISH FORK SENIOR CENTER CHORUS

After a summer break, the Senior Chorus is again singing. We felt honored to be able to sing at the funeral services for Joyce Webb and Leah Butler.

We want to extend our appreciation for our former director Stevie Boone for her many years of service. And we cannot forget Mary Webster (our piano accompanist), we are so blessed to have her share her musical talents.
Everyone sings (if only in the shower). Please, come and share your voice. It is sweeter than YOU think. Come join us each Thursday - 9:30 at the Senior Center for practice. September practices will be the 14th and 19th. If you have questions, please call.
Kathleen Evans, Chorus Director 801 367 9323
DIRECTOR’S MESSAGE

Tribute to one of our own

Joyce Smart Webb
1937–2017

Joyce Smart Webb was born in Provo on October 13, 1937 to Willard Lynn Smart and Lula Pollock. She passed away on August 14, 2017 after a 2 year battle with Non-Hodgkin’s lymphoma. She is reunited with her beloved husband Richard, who she has missed dearly for 13 years.


Together Joyce and Richard raised four sons, gardened, cooked, and canned. They enjoyed fishing, camping, and the daily company of dear friends. Joyce was a fanatical New England Patriots fan.

Joyce had an abiding testimony of the Savior and was a member of The Church of Jesus Christ of Latter-day Saints, serving in numerous callings. She was happiest when serving others and cherished her roles as homemaker and grandmother.

Her family came first, but her family at the Spanish Fork Senior Center came in a close second. Joyce worked at the center for 22 years as both Center Director and Baker — retiring in 2015. Through her devotion and organizational skills the senior center thrived, becoming one of the best in the state.

Joyce was a genuinely happy person who had a heart of gold. She was non-judgmental, compassionate and understanding.

Joyce is survived by three sons: Sterling (Dixie), of Spanish Fork; David, of Arizona; Kevin (Barbi), of Elk Ridge; 10 grandchildren, 22 great-grandchildren, and 2 great-great-grandchildren. She is also survived by her sisters Verlene Ellis, of St. George; Carol Dean, of Eureka; and step-sister Kathryn Bradford, of California. She was preceded in death by her parents and husband; a son Michael Webb; great-grandson, Skyler Webb; and step-brother J. Perry “Johnny” Larsen Jr.

Funeral services will be held at 11:00 a.m. on Friday, August 18, 2017 at the Spanish Fork 2nd Ward, 541 W. Center Street, Spanish Fork, UT. There will be a visitation on Thursday evening from 6:00 to 8:00 p.m. at the church and on Friday from 9:30 to 10:45 a.m. prior to services. Interment will be in the Spanish Fork Cemetery. To express condolences visit www.LegacyFunerals.com.

Ahhh… The beginning of Fall… such a beautiful time of the year…my favorite!

Life begins to slow down, routines are getting back to normal again and those darling children can be seen walking and riding bikes to school. Our Seniors are reaping the rewards of a nice garden, leaves are beginning to turn and we all get excited about planning road trips to marvel and gaze at the beautiful leaves and other foliage beginning to turn. The gorgeous striking hues of color touch our hearts with beauty and we are in awe…My wish is that we all take time to enjoy this time of year and reflect on our abundance of blessings, always paying it forward and making a difference in the life of someone!

THANKS FOR BECOMING A MEMBER OF THE SPANISH FORK SENIOR CITIZENS CENTER

Membership is for one year beginning Aug 1, 2017 and costs $20 per year. Membership is free to all those seniors over 90 years of age.

It is pretty easy to see that those dues alone cannot support the Center with all the activities, let alone cover the cost of the 10 delicious membership meals that Dixie and crew put together for us.

Many of our Seniors have very limited resources and even $20 for a membership can be a burden. We want all seniors in our community to enjoy a more fulfilling life. Activities and companionship help make life sweet!

We are asking those members who are able to, please consider making an anonymous donation ($1-$20 whatever you can) that will go into a special fund to help others with limited resources.

ALSO REMEMBER that any current member who brings in a guest (who has never been a member), gives them a tour of the facility, both host and new person, will receive a free meal. Reservations are required, please contact center and speak to Beverly or Verna Jo.
**IMPORTANT UPCOMING DATES**

9/1 Fri closed no meal
9/4 Mon Labor Day closed
9/7 Thur closed
9/8 Fri Membership Lunch
9/13 Wed Board Meeting 10:30 2nd Wed
9/14 Thur Mountainland 9a.m to noon
   “Low subsidy assistance” pg 5
9/14 Thur Bereavement Class 1:00 p.m. 2nd Thurs.
9/18 Mon Pirates day
9/20 Wed Wendover 7:30
9/21 Heder Law firm (sign up for law questions)
9/25 Falling prevention presentation
9/28 Thur I-Phone class 1:00
9/29 Fri Orem Senior Friendship Center
   ‘Celebrating Seniors’ see pg 5
10/5 Thurs closed
10/6 Fri Membership meal
10/9 Mon closed
10/11 Wed Board Meeting 10:30
10/12 Thurs Bereavement Class 1:00 p.m.
10/16 Mon Mountainland heat program (need appt)
10/18 Wed Wendover Trip 7:30
10/19 Thur Flu Shots
10/20 Fri Harvest hurryah night
10/30 Mon Halloween Party
10/31 Tues-Leave on Panama Canal trip (returns 11/13)
11/6 Mon-Closed after lunch 1:30
11/8 Wed Board Meeting 10:30 2nd Wed
11/9 Thur Bereavement Class 1:00 p.m. 2nd Thurs.
12/6 Wed Christmas Craft Boutique (see pg 1)
12/13 Wed Board Meeting 10:30 2nd Wed

**Weekly/Monthly Activities Schedule**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time and Date</th>
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<tbody>
<tr>
<td>Billiards</td>
<td>9:00 a.m.-3:30 p.m. Monday-Thursday</td>
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<td>Card Games</td>
<td>1:30 p.m. Mondays/Thursdays</td>
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<tr>
<td>Ceramics Class</td>
<td>8:30 a.m. - 3:15 p.m. Tuesdays</td>
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<tr>
<td>Chorus Practice</td>
<td>9:30-10:30 a.m. Thursdays</td>
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<td></td>
<td>(New Members Welcome)</td>
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<tr>
<td>Craft Class</td>
<td>10:00 a.m. Wednesdays</td>
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<tr>
<td>Leisure Ladies - meeting at various restaurants</td>
<td>1:00 p.m. Last Wednesday of month</td>
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<tr>
<td>Honey Bee Quilting</td>
<td>10:00 a.m. Wednesdays</td>
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<tr>
<td>Line Dancing</td>
<td>1:30 p.m. Mondays/Thursdays</td>
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<tr>
<td>Memberships Meals (Bring own dishes reservation required; call us at (801.798.5015)</td>
<td>12:00 noon 1st Friday of Each Month</td>
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<tr>
<td>Oil Painting Classes</td>
<td>9:00 a.m. Mondays</td>
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<tr>
<td>Sit-down exercise class</td>
<td>10:30 a.m. Mondays/Thursdays</td>
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<tr>
<td>Zumba class—we are in need of an instructor</td>
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</tbody>
</table>

Senior Citizens Center | 5
Birthdays June, July, August, and September
As the membership database has your birthday, it will be listed here. If it is not accurate, please let us know. When the listing becomes too large, we will reduce the time frame.

Aust, Tom 8/15/39
Banks, Bobbie 7/17/58
Banks, Ray 9/11/28
Barton, Colleen 8/26/48
Baum, Jerry 9/15/42
Boone, Stevie 7/22/40
Boswell, Velma 7/9/49
Broderick, Karma 8/28/43
Brown, Shirlene 7/14/36
Call, Karen 8/3/66
Carson, Allen 8/21/31
Chandler, Nadene 9/25/40
Charlesworth, Virginia 8/17/40
Christensen, Kathryn 14/33
Collins, Glenda 8/5/49
Creer, Joyce 8/12/33
Davis, Ann 8/23/47
Davis, Bonnie 8/22/36
Davis, Carma 8/11/43
Davis, Judy 7/24/50
Dove, Ranae 7/30/33
Edman, Marsha 8/3/45
Farley, Guy 7/5/29
Farnworth, Luella 9/20/34
Freeman, Janet 7/30/50
Gaines, Geniel 8/16/52
Gibson, Ila 8/26/37
Gleason, Carolyn 7/3/42
Graham, Mildred 9/21/31
Hair, Karen 9/6/39
Hakes, Mattie 7/31/37
Hansen, Diane 9/30/38
Koyle, Linda 8/30/49
Nyman, Stephen 7/14/46
Ostenberg, Elizabeth 8/29/58
Ott, Betty 7/9/37
Passey, Sharon 8/26/46
Porter, Neal 9/26/34
Poulsen, Kaye 7/1/36
Prior, Linda 8/15/40
Reynolds, Theresa 9/13/46
Rice, Pam 9/6/53
Richardson, Illa Mae 9/13/31
Richardson, Newell 8/8/29
Rollins, Hardie 8/17/42
Runolfson, Dinitia 9/5/42
Sanchez, Cesar 7/14/38
Sanders, Joie 8/6/32
Schauerhamer, Cindy 7/21/49
Shepherd, Rose 8/18/28
Slavens, Barbara 7/28/34
Smith, Elmer 9/17/36
Sorensen, Sharee 7/21/29
Sproul, Jackie 7/13/53
Staheli, Nadine 8/21/23
Stoker, Kate 7/8/45

Anniversaries — Do you have an anniversary coming up or from the past few months? If you have one you would like to share, let Roy Anderson know (385-224-2390, email roysnewsletter@gmail.com, or drop a note at the center. We will list them as you let us know. If the listing becomes too large, we will reduce the time frame.

Other Notices:
Doris (Dee) Burns has moved. She has requested that we let other Seniors know. If you would like to contact her, she is in Evergreen Co, phone 303-670-0709

Passings these past few months — As we become aware, we will list our friends who have left us recently. Please let us know.

Florence Wride 7/1922 – 6/2017
Joyce Webb 10/13/37-8/14/17
Lea Butler 94

Death leaves a heartache no one can heal.
Love leaves a memory no one can steal.
**Dixie’s Culinary Corner**

**POTATO SALAD**

10 Pounds potatoes  
12 Eggs  
1 Medium yellow onion

Boil potatoes until tender, cool for several hours, peel and dice. Dice hard boiled eggs. Dice onion.

Mix potatoes, eggs and onion in large bowl.

Whip cream until firm. Mix in other ingredients. Make sure salt and sugar dissolve well, before adding to potatoes.

Best if refrigerated and served the next day.

**DRESSING**

1 Pint heavy whipping cream.  
1 quart Kraft Miracle Whip.  
1 quart Best Food Mayo.  
1 tbs salt  
1/4 Tea pepper  
1 tbs sugar

Whip cream until firm. Mix in other ingredients. Make sure salt and sugar dissolve well, before adding to potatoes.

Best if refrigerated and served the next day.

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I've learned that people will forget what you said, And people will forget what you did, But people will never forget *how you made them feel.*

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Senior Citizens Center | 7
I am sure by now all of you know Blaine Poulson, always eager to help and always with a smile on his face. Blaine is 82 and has been married for 62 years to Kaye. They have 4 children, 12 grandchildren, 6 great grandchildren.

He has one brother still living and 2 have passed on. He was born, and lived all of his life in Spanish Fork. He also went to school in Spanish Fork. While growing up, he had lots of dogs. One he remembers vividly was RING, an all black dog with a white ring around his eye.

As a child he had no vacations, but he did get into a bit of trouble for fun pranks. One Halloween he and a couple of friends tipped over the neighbors ‘outhouse’ with him still inside! His dad took a branch from a willow tree to him, and also made him fix the outhouse. Luckily, it fell on its side, the door opened, and his neighbor fell out.

He fell out of a chestnut tree and broke his arm while making a Chestnut necklace for his girlfriend.

He met Kaye while in school and she asked him to the girl’s day dance, he knew immediately she was the one for him.

His first car was a 1939 Chevy, WHICH HE STILL HAS!!!! His first employer was Utah poultry where he earned 2.10 an hour, but he always dreamed of being a farmer.

One funny moment that he remembers, is hanging Christmas lights over a mirror. As he was reaching high to put them on top, his pants fell down around his knees. That sure gave Kaye a good laugh.

He loves to travel to Alaska because of its untouched beauty and dares to believe he has stepped where no one else ever has. He has taken an Alaskan cruise where he went hunting and fishing with his buddies.

LOLOL, I asked him what his greatest fear was, and his answer was having his hair not perfect with even one hair out of place.

I also asked about a pet peeve he might have, he said he better not answer, as it was about one of his friends and didn’t want to get into trouble.

He is so lucky - he can eat anything, and never gain weight! So, he doesn’t need to worry about any food having 0 calories.

However, as a child he was heavy, but after high school, he dropped the weight and has kept it all off. In fact, lately he has lost a few pounds. Must be due to all of the work he does at our center while volunteering.

He has been coming to our center for 20 years. When Kaye first asked him if he wanted to join the Senior Center he replied ‘I don’t want to be around a bunch of old people’. Now he loves it. He does the decorations around the room and the ceiling; he takes down and puts back all of the tables and chairs when the floor needs cleaning and even puts out all of the napkins for the lunches.

Now he wouldn’t trade it for the world. If not for the center, they would probably eat, nap and take a ride now and then. He wouldn’t change a thing at the center and thinks all runs well, plus it gives him incentive to keep busy. He loves coming here to see his friends.

I am sure they love seeing you too Blaine, and thanks for all of the work you do.
Making Golden Years *More* Golden by Linda O'Niones

Inspiration. That's what lead Linda O'Niones (O-9-U) into the wonderful world of seniors. In 2010, Linda had a good job as a writer and editor for a successful software company in Orem. However, she was not happy. "I wanted to help people and make a difference in the world." After making it a matter of prayer, she was looking for jobs on the Internet and, suddenly, The Courtyard at Jamestown Assisted Living Home randomly popped up on the screen. She has always loved seniors and felt inspired to call about possible job openings. There was one position open for an activities assistant in the Alzheimer's unit. Even though the job was only temporary and paid half as much as she was making at her present job, Linda felt strongly impressed to apply. When she drove into the parking lot for the interview, she had the distinct feeling, "This is the place!"

"It took an incredible leap of faith to believe this was going to work for me. I would have to use my savings to pay the bills, but I knew this was what God wanted me to do! My friends and family thought I was crazy. I wondered if I was."

Linda took the job. In less than a year, she was promoted to Activities Director, then the next year, she was promoted to Enhanced Care Coordinator, in addition to being the Activities Director. So, Linda's inspiration paid off and everything worked out!

Linda says, "Our facility was known as the Porch of Heaven and it was just that. I loved all my moms and dads—27 to be exact! Giving them the very best care and entertainment was my passion. I was delighted to bring smiles to the faces of these salt of the earth seniors with my music and other activity programs. It's so funny that I had to wait until I was in my sixties to find out what I wanted to be when I grew up!"

Linda left the assisted living home industry to implement her Music Rejuvenation Program, as well as serve as a personal assistant to seniors in their homes. "I am thrilled to use my talents to entertain and interact with seniors in every way I can to make their golden years MORE golden!" she stated.

For more information see the flyer on the bulletin board.
### September Meal Menu

**PLEASE REMEMBER:** Check in for each meal and make reservations for the next few meals!

Membership meals: bring your own plates and silverware.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Lunch Menu</th>
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<tbody>
<tr>
<td><strong>Mon</strong></td>
<td>9/4</td>
<td>Holiday Labor Day Center</td>
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<tr>
<td><strong>Thurs</strong></td>
<td>9/7</td>
<td>Center Closed</td>
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<tr>
<td><strong>Fri</strong></td>
<td>9/8</td>
<td><strong>MEMBERSHIP MEAL</strong>&lt;br&gt;Current Membership and Reservations Required&lt;br&gt;Baked breaded chicken breast&lt;br&gt;Mashed potatoes &amp; Roasted chicken gravy&lt;br&gt;Buttered baby carrots, &amp; Dinner roll&lt;br&gt;Strawberry shortcake</td>
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<tr>
<td><strong>Mon</strong></td>
<td>9/11</td>
<td>Ravioli in meat sauce&lt;br&gt;Green salad w/ranch cup&lt;br&gt;French Bread&lt;br&gt;Chocolate Pudding w/cream&lt;br&gt;Orange wedges</td>
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<td><strong>Thur</strong></td>
<td>9/14</td>
<td>Grilled ham &amp; cheese sandwich&lt;br&gt;Tomato soup &amp; crackers&lt;br&gt;Fruit cup&lt;br&gt;Cupcake &amp; ice cream cup&lt;br&gt;/or Chef salad</td>
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<tr>
<td><strong>Mon</strong></td>
<td>9/18</td>
<td>Brats on a bun&lt;br&gt;Rice &amp; beans&lt;br&gt;Cole slaw cup&lt;br&gt;Butterscotch pudding w/cream&lt;br&gt;Orange wedges</td>
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<tr>
<td><strong>Thur</strong></td>
<td>9/21</td>
<td>Sloppy Joe&lt;br&gt;Tomato salad, Potato chips&lt;br&gt;Pickle &amp; olives&lt;br&gt;Fruit cup&lt;br&gt;Ice Cream Sandwich&lt;br&gt;/or Chef Salad</td>
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<td><strong>Mon</strong></td>
<td>9/25</td>
<td><strong>MEMBERSHIP MEAL</strong>&lt;br&gt;Chicken gnocchi soup&lt;br&gt;(copycat recipe from Olive Garden)&lt;br&gt;Green salad w/ranch cup&lt;br&gt;Bread sticks&lt;br&gt;Orange wedges&lt;br&gt;Tapioca pudding w/cream</td>
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<td><strong>Thur</strong></td>
<td>9/28</td>
<td>Beefy hamburger gravy over egg noodles&lt;br&gt;Green beans&lt;br&gt;Orange Jell-O salad&lt;br&gt;Fudgesicle&lt;br&gt;/or Chef salad</td>
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**Orem Friendship Senior Center**

Put this on your calendar, Orem Friendship Senior Center is “Celebrating Seniors”, Friday September 28. Loads of informative health topics being addressed, Bingo with great prizes and lots of fun! More details to come.

### MOUNTAINLAND POLICY

Mountainland Association of Governments and the State of Utah offer these meals for seniors who are 60 years of age and older, for a suggested donation of $3.00 per meal. For age 59 and younger, the cost is a MANDATORY $6.00 per meal and must be paid directly to our check in/cashier, before receiving lunch. Reservations for lunch are required by 1:30pm, Monday of each week for the following Thursday and upcoming week (Monday). Thanks for your cooperation - so we have enough for everyone and we have minimum waste. Questions, call 801.798.5015
WE ARE PROUD OF OUR MEMBERS

Spanish Fork Senior Center is pleased to announce that 2 of our Artists that submitted art in the Utah County Fair 2017, caught the special eye of the judges and won ribbons. Theresa Reynolds and Rex Hazzard, both from Spanish Fork. Theresa has been an accomplished artist for many years. Displaying her art and winning numerous ribbons at the New York State Fair, and Los Angeles County Fair, She was part of a revolving exhibit for two years at the Bank of America in Glendora Calif. Locally, her art has been exhibited in the Peteetneet Museum, the Cultural Arts Center, Payson City’s Onion Days Art Contest, Wasatch County Fair and the Utah County Fair. Rex Hazzard is a self-taught, passionate, experienced artist. When he and Barbara came back to Spanish Fork, he started to come the Senior Center for the oil painting class. Rex has completed numerous oil and acrylic paintings over the last 7 years. He has entered the Utah County Fair for the last 5 years and has won numerous ribbons for his beautiful art. For Christmas one year, he painted 13, 5x7 oil paintings, one for each grandchild. Each painting was according to what each child’s interest was, and will always be a beloved treasure for his posterity. Teresa’s ‘Elusive Tiger’ won BEST IN SHOW and Rex received a Blue Ribbon for his bear picture. Come to the center and see them for real. Do you know there are 42 individual animals in this Elusive Tiger picture???? Can you find them???
The board and staff is here to represent “you” the membership! Let us know what you think of this center and what you would like to see improved or changed. We will put up pictures and give a little narrative on different board members and officers throughout the year.

Board Members: Mary Lou Brandon—Board Chair, Jan Carlisle, Ted Henderson, Ron Lisonbee, Kaye Poulsom, Jay Rindlisbacher, Marie Spencer, Marsha Steggell

Officers: Verna Jo Hollingshead—Director, Dixie Webb—Assistant Director, Beverly Schofield—Host/Receptionist, Roy Anderson—Secretary/Treasurer

Newsletter Editor—Roy Anderson; Column Writers—Sue Anderson, Marsha Steggell; Content Providers—Beverly Schofield, Dixie Webb, Verna Jo Hollingshead; Proof Readers—Mary Fran Draisker

MEET JAN CARLISLE:

Close your eyes and imagine sitting in a rocking chair or a swing on a wide front porch as the fragrance of jasmine and honeysuckle floats on the warm summer breeze and fireflies twinkle in the twilight. If you can imagine that you can imagine how I grew up. A native of Georgia, my life has been far removed from that of my family back then…in the Deep South.

There were adjustments, to be sure. For instance, we southerners don’t really like the letter “r” and leave it off of many words that we find just unnecessary. Martha becomes Ma’tha and yall just includes everyone.

Born and raised in the land of cotton and soft southern rains, it wasn’t easy leaving because my family roots go so deep in Georgia that I’m sure they come out in China somewhere.

I became a mom at 20 and a single mom at 34. My four children have always been my best friends and remain so today.

Being a single mom required two very important things that made it much easier; fun and love. You can do almost anything with those two ingredients…if you try. Put a large dose of faith in the mix and well, you have the makings of a beautiful life.

As I mentioned before, my children are my best friends. All have grown up to be wonderful adults who are so much fun to be with, while retaining their own unique personalities. My oldest daughter lives with her husband (a teacher) in Spanish Fork and works in a District Attorney’s office. My son (youngest) is Art Director of a weekly newspaper her husband (a teacher) in Spanish Fork and works in a District Attorney’s office. My youngest daughter is a CEO in Kentucky and works closely with the Screaming Eagles of Ft. Campbell. My middle daughter lives with her vet husband on a ranch in Texas where she breeds and trains horses and my youngest daughter is a CEO in Kentucky and works closely with the Screaming Eagles of Ft. Campbell.

I have many passions; good literature, good music (everything from Elvis to Opera) I LOVE the rain and storms, the oceans and the mountains but besides those things and my family my passions also include painting and writing.

I am an artist and a writer of novels. I tend to go through cycles of painting, reading (I read ravenously) and writing. Two of my books (Black Shamrock, Raven Wing, Inc.) are in print and the third (Emerald Sunrise) will be published next spring. Romance/mystery is the genre that I enjoy writing the most but I am working on a semi-autobiography about growing up in the South in the late 1950s and early 60s; a time when life moved slower. The name of that one is My Mother’s Front Porch.

Now I am entering a new phase in my life where I have become a night owl…because if I stay up until three o’clock in the morning I can sleep in. Gone are the long days of working a full time job and then coming home to four children who needed my undivided attention. Back then the rule (secret to keeping my sanity) was that the first thirty minutes were all mine (never underestimate the power of a bubble bath with Pavarotti singing to you) You emerge human again and ready for homework, boy scout projects, science projects and 30 cupcakes to be made by the next day.

Yes, I’ve had a blessed life (so far) and it has been made even richer by the Spanish Fork Senior Center and the people and new friends I’ve made there. I suppose my motto is: Never, EVER give up. While you are alive…LIVE!!!! Every moment, every single moment…LIVE your life to the fullest. Make a bucket list and tackle it.

HAVE YOU MET SOMEONE NEW?

Do you remember High School? Did you move into a new area and have to go to a new building—a new school, with new unknown kids? You didn’t know anyone—no one knew you—you were ‘That new kid!’ Ickck…………

As you know, we are starting a new membership year, and we have a bunch of ‘new kids’. Do you still have that high school mentality? Ohhh look at the new kid…………

WHY NOT BE BOLD, BE DIFFERENT, BE WELCOMING!!!! I would like to throw out a challenge to each of you, get out of your rut, get out of your COMFORT ZONE, be weird………… Invite the ‘new kid’ to sit with you.

We have asked the Board Members to be a positive example; to make an effort to ‘mingle’ - get out of your comfort zone, find someone you don’t know and say ‘HI’, sit with them—chat with them (your friends will still be there tomorrow). Make the new members feel welcome.

Actually, I am a new member—only been here a few years. There haven’t been more than a handful of folks who have stepped up and said ‘HI’—I’m Bob, welcome to the Spanish Fork Senior Center!

Well, I am trying to walk my own talk…………. The past couple meals, I have found an empty seat and sat by some ‘New Kids’ (at least to me they are new kids)—I don’t know them and they don’t know me. It has been very enlightening! Do you know we have a new older gentleman here who was a ‘Diamond Broker’! From Brazil—family has been in the diamond business for decades. He is a little hard of hearing so you best get out of your COMFORT ZONE, be weird………… Invite the ‘new kid’ to sit with you.

We're best friends. Where you go, I go. When you cry, I cry. When you laugh, I laugh. When you fall down, I pick you up…. After I finish laughing.