December 2017 Senior Citizens Newsletter

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Center Hours: Come Join Us

We serve delicious home cooked meals on MOST Mondays and Thursdays (see menu on page 12) for any and all Seniors 55 and older (see Mountainland cost policy on pg 10). Come join us! JOIN our Center and participate in a multitude of activities (see page 5).

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!!!!

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 their unique and creative treasures. Make sure to reserve your booth early ($10). Be sure to contact us if you have questions or want a space. The Craft Boutique will be open to the public for a day of Christmas shopping. Tables available

MERRY CHRISTMAS

www.spanishfork.org/dept/parkrec/senior
Trick-or-treating—going from house to house in search of candy and other goodies—has been a popular Halloween tradition in the United States and other countries for an estimated 100 years. The origins of this community-based ritual, which costumed children typically savor while their cavity-conscious parents grudgingly tag along, remain hazy. Possible forerunners to modern-day trick-or-treating have been identified in ancient Celtic festivals, early Roman Catholic holidays, medieval practices and even British politics.

By Sue Anderson
IMPORTANT DATES & UPCOMING EVENTS—See the sign-up sheets for SPECIAL events

December Calendar

**Friday 1**— Membership Luncheon First Friday
**Monday 4**—Christmas cookie exchange (sign up)
**Wednesday 6**— Wed Christmas Craft Boutique
**Friday 8**—Christmas party/dinner 6pm
Saturday 9— Festival of lights 5-8 pm (sign up)
**Wednesday 13**— 2nd Wed Board Meeting  10:30
**Thursday 14**— 2nd Thursday, Bereavement class 1:30
**Saturday 16**— Christmas lights trip “Surprise” (sign up)
**Tuesday 19**—Center closed thru Jan 4

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January Calendar

**Friday 5**— Center open—Membership Luncheon noon First Friday

**Weekly Activities Schedule (Free to Members)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Days</th>
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<tbody>
<tr>
<td>Billiards</td>
<td>9:00 a.m.-3:30 p.m.</td>
<td>Monday-Thursday</td>
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<tr>
<td>Card Games</td>
<td>1:30 p.m.</td>
<td>Mondays/Thursdays</td>
</tr>
<tr>
<td>Ceramics Class</td>
<td>8:30 a.m.-3:15 p.m.</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>Chorus Practice</td>
<td>9:30-10:30 a.m.</td>
<td>Thursdays</td>
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<tr>
<td>Honey Bee Quilting</td>
<td>10:00 a.m.</td>
<td>Wednesdays</td>
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<tr>
<td>Line Dancing</td>
<td>1:30 p.m.</td>
<td>Mondays/Thursdays</td>
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<tr>
<td>Oil Painting Class</td>
<td>9:00 a.m.</td>
<td>Mondays</td>
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<tr>
<td>Sit-down exercise</td>
<td>11:00 a.m.</td>
<td>Mondays/Thursdays</td>
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<tr>
<td>Ti Chi</td>
<td>9:00 a.m.</td>
<td>Mondays/Wednesdays</td>
</tr>
<tr>
<td>Zumba class</td>
<td>9:00—9:30 a.m.</td>
<td>Tuesdays</td>
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</table>

Leisure Ladies - meet at AMBERS restaurant at 1:00 p.m. on the Last Wednesday of the month. Everyone pays for their meal. Contact Mable Shiflett 801 798-7856.
I’ve just spent 10 days with some incredibly wonderful vibrant Seniors, from numerous Senior Centers located here in Utah County, on an amazing trip through the Panama Canal. What an interesting and educational way to meet new people, gain a different perspective and have the time of your life…WOW!

It began in Ft Lauderdale, boarding Princess Cruise line, then we cruised our way to a private Island owned by Princess Cruise line, for relaxing beach time, a yummy taste of local cuisine and yes… shopping.

Then on to Cartagena Columbia, where we enjoyed walking the narrow streets and visiting Castillo de San Felipe de Barajas (Fort of San Felipe), then the famed Old City and a couple of Spanish Colonial buildings. Then we were on to the 18th Century Historical Museum of Cartagena and the San Pedro Claver Sanctuary. To top the day off, there was local entertainment at the Navy Museum.

Going through the locks in Panama was so educational and interesting to hear of the history, struggles, historic completion and improvements. Panama City is beautiful and full of vibrant colors of flowers, terrain and modern buildings, people who are proud of their country and history. We stopped at the LDS Temple for a picture and were welcomed and made to feel at home.

We shopped in a Grand Cayman City “Hell” which was very interesting and we played with huge turtles, on their home turf. Rum cake was offered and we were able to watch beautiful and friendly locals create amazing household items with bamboo grass.

Costa Rica was full of beautiful floral and lush green terrain with incredible birds and friendly people. I was able to get a relaxing shoulder massage and get lost in the festive music…

Grand Caymans did not disappoint at all… It was amazing and full of beauty. We went out onto a sand bar in the Caribbean Sea and played with Sting Rays… were we out of our minds…? Scary…alarming… oh my heart was racing… But wow how fun. Incredibly interesting and they were so soft and babies in the hands of those who were brave enough to touch them. And they were HUGE and so so many. Please notice that Holly & Betty (of “Holly & Betty’s Travel”) are among others from our group, playing with the stingrays (the dark spots under the water).

It was so much fun to meet other seniors, enjoy quality time learning and experiencing new adventures, with members from local Senior Centers here in Utah County.

We all came back refreshed, rejuvenated and feeling that we had a great experience of a lifetime!

I love my new friends! Thank you for an amazing time I will always cherish, VJo
Picture from VJo’s balcony of Cartagena Columbia early in the morning.
### Birthdays

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<tr>
<td>###</td>
<td>indicates 90+</td>
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<tr>
<td>***</td>
<td>indicates they are a new member—Go say ‘HI’</td>
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</tbody>
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#### December

- Kathleen Andrus
- Chad Argyle
- Shirley Barker
- Alberto Barragan
- Joanne Burton
- Lester Charlesworth
- Ann Dart
- Dan Degraw ###

- Jerry Hansen
- Roy Jackson
- Lynn Jones
- Melba King ###
- Glenda Lemon
- Bliss Moran
- Lloyd Nilson
- Shirley Oberg
- Evelyn Odermatt
- Lynn Odermatt
- Anne Peterson ***
- Beverly Schofield
- Jane Steiner
- Joyce Swanner

- Pam Watson
- Ramona Whaley
- Mechelle Wride ***
- Shirley Hudman
- Melba Jeppsen
- Lyle Lemon
- Cathy Meyers ***
- Deanna Nyman
- David Snow
- Kaye Stallings
- Margaret Sumption
- Vi Thatcher
- Mary Webster
- Kenneth Welch
- Philip Whitehead
- Anna Wignall

#### November

- Linda Aerett
- Daniel Bachler
- Karen Bradford
- Willis Burton
- Nina Child
- Melvin Christopherson
- Ruth Dahl
- Eileen Gull
- Paul Hair
- Jerry Hansen
- Ramona Whaley
- Mechelle Wride ***
- Terry & Mary Lou Brandon
- Phillip & Wendie Whitehead 9/30/65 52 yrs
- Roy & Sue Anderson 6/7/69 48 yrs
- Chad & Teresa Argyle 2/10/78 39 yrs
- Blake & Sharon Passey 9/23/88 29 yrs
- Terry & Mary Lou Brandon
- Phillip & Wendie Whitehead 9/30/65 52 yrs
- Roy & Sue Anderson 6/7/69 48 yrs
- Chad & Teresa Argyle 2/10/78 39 yrs
- Blake & Sharon Passey 9/23/88 29 yrs

#### Anniversaries

- Ron & Lee Lisonbee 8/18/52 65 yrs
- Blain & Kaye Poulsen 3/2/55 62 yrs
- Richard & Marti Morgan 9/18/59 58 yrs
- Lloyd & Clarice Nilson 11/7/58 59 yrs

- Tim &.tipo 9/30/65 52 yrs
- Roy & Sue Anderson 6/7/69 48 yrs
- Chad & Teresa Argyle 2/10/78 39 yrs
- Blake & Sharon Passey 9/23/88 29 yrs

#### Passing's these past few months — As we become aware, we will list our friends who have left us recently.

Please let us know.

Sharon Passey

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**Spanish Fork Senior Citizens Craft Boutique**

**Wednesday December 6, 2017**  9:00 a m—3:00 p m

150 West Center St

Complete your Christmas list early and support the senior citizens booth space information: call 801 798 5015. **Tables still available**

This is an opportunity for Seniors to sell their homemade crafts and art.

*(Please—no second hand or used items)*
Banana Bread

1 1/3 Cups of oil
4 Eggs
1 Cup Sour cream
1 1/4 tsp salt
1 1/2 tsp baking soda
3 Cups sugar
6 Ripe bananas, mashed
4 Cups flour
1 tsp vanilla
2 Cups chopped walnuts (optional)

Mix oil, sugar, eggs, bananas, sour cream, and vanilla.

Add dry ingredients. Stir in nuts, pour into greased and floured bread pans, sprinkle top with sugar.

Bake at 325 degrees for 45-50 minutes (until toothpick comes out clean)

Yield: 2 large or 3 medium loaves
Once this Funny Stuff become reality you just know you are old. Enjoy...

- Everything hurts and what doesn’t hurt, doesn’t work.
- In a hostage situation you are likely to be released first.
- It takes a couple of tries to get over a speed bump,
  It takes longer to rest than it did to get tired.

- It takes twice as long to look half as good.
- People call at 9 p.m. and ask, “Did I wake you?”
- People no longer view you as a hypochondriac.

- The clothes you’ve put away until they come back in style… come back in style.
- The end of your tie doesn’t come anywhere near the top of your pants.
- The little gray-haired lady you help across the street is your wife.
- The pharmacist has become your new best friend.

- There’s nothing left to learn the hard way.
- Getting lucky means you find your car in the parking lot.
- You are cautioned to slow down by your doctor instead of the police.
- You don’t care where your wife goes, just so you don’t have to go along.

- You have a choice of two temptations and you choose the one that will get you home earlier.
- You wake up with that morning-after feeling, and you didn’t do anything the night before.
- You and your teeth don’t sleep together.
- You are 17 around the neck, 42 around the waist, 96 around the golf course.

- You can’t remember the last time you laid on the floor to watch television.
- You come to the conclusion that your worst enemy is gravity.
- You finally got your head together, now your body is falling apart.
- You give up all your bad habits and you still don’t feel good.

- You have more patience; but actually, it’s just that you don’t care any more.
- You have too much room in the house and not enough in the medicine cabinet.
- You just can’t stand people who are intolerant.
You know all the answers, but nobody asks you the questions.

You look for your glasses for a half an hour, and then find that they were on your head all the time.

You look forward to a dull evening.

You no longer think of speed limits as a challenge.

You quit trying to hold your stomach in, no matter who walks into the room.

You sing along with the elevator music.

You sink your teeth into a steak ...and they stay there.

You sit in a rocking chair and can’t get it going.

You wonder how you could be over the hill when you don’t even remember being on top of it.

You would rather go to work than stay home sick.

Your best friend is dating someone half their age and isn’t breaking any laws.

Your idea of a night out is sitting on the patio.

Your idea of weight lifting is standing up.

Your joints are more accurate than the National Weather Service.

Your memory is shorter and your complaining is longer.

Your mind makes contracts your body can’t keep.

Your new easy chair has more options than your car.

Your pacemaker raises the garage door when you see a pretty girl go by.

Your secrets are safe with your friends because they can’t remember them either.

You’re asleep, but others worry that you’re dead.

Your try to straighten out the wrinkles in your socks and discover you aren’t wearing any.

It takes two tries to get up from the couch.

You’re on vacation and your ENERGY runs out before your money does

You want clothes for Christmas.

Your neighbors borrow your tools.

You can live without sex but not without glasses.

You talk about “good grass” and you’re referring to someone’s lawn.

You are proud of your lawn mower.

Your supply of brain cells is finally down to a manageable size.

I know you smiled a few times!!!!!!!!!!!!!!!

By Sue Anderson

<table>
<thead>
<tr>
<th>Spanish Fork Historical population</th>
<th>Census</th>
<th>Pop.</th>
<th>%± from previous census</th>
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<tbody>
<tr>
<td>1860</td>
<td>773</td>
<td></td>
<td>—</td>
</tr>
<tr>
<td>1870</td>
<td>1,450</td>
<td>87.6%</td>
<td></td>
</tr>
<tr>
<td>1880</td>
<td>2,304</td>
<td>58.9%</td>
<td></td>
</tr>
<tr>
<td>1890</td>
<td>2,686</td>
<td>16.6%</td>
<td></td>
</tr>
<tr>
<td>1900</td>
<td>3,327</td>
<td>23.9%</td>
<td></td>
</tr>
<tr>
<td>1910</td>
<td>3,751</td>
<td>12.7%</td>
<td></td>
</tr>
<tr>
<td>1920</td>
<td>4,035</td>
<td>7.6%</td>
<td></td>
</tr>
<tr>
<td>1930</td>
<td>3,727</td>
<td>−7.6%</td>
<td></td>
</tr>
<tr>
<td>1940</td>
<td>4,167</td>
<td>11.8%</td>
<td></td>
</tr>
<tr>
<td>1950</td>
<td>5,230</td>
<td>25.5%</td>
<td></td>
</tr>
<tr>
<td>1960</td>
<td>6,472</td>
<td>23.7%</td>
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</tr>
<tr>
<td>1970</td>
<td>7,284</td>
<td>12.5%</td>
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</tr>
<tr>
<td>1980</td>
<td>9,825</td>
<td>34.9%</td>
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<td>1990</td>
<td>11,272</td>
<td>14.7%</td>
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<tr>
<td>2000</td>
<td>20,246</td>
<td>79.6%</td>
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</tr>
<tr>
<td>2010</td>
<td>34,691</td>
<td>71.3%</td>
<td></td>
</tr>
<tr>
<td>Est. 2016</td>
<td>38,861</td>
<td>12.0%</td>
<td></td>
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Halloween is an annual holiday, celebrated each year on October 31, that has roots in age-old European traditions. It originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints; soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating and carving jack-o-lanterns. Around the world, as days grow shorter and nights get colder, people continue to usher in the season with gatherings, costumes and sweet treats.

By Sue Anderson
CELEBRATING seniors 90+
What a wonderful representation of 23 Seniors at our center still active in life. We wish you continued well being!

- Mark McKell 99
- Mae Timmins 96
- Edna Weight 94
- Nadine Saheli 94
- Gordon Warner 94
- Betty Anderson 92
- Melba King 92
- Clarke Petersen 92
- Virginia Stewart 92
- Kae Ballard 92
- Caroline Ludlow 92
- Irene Fitzgerald 92
- Leola Hatch 92

Faye Drage 91
Ruth Leifson 91
Geisla Clayson 91
Beverly Clements 91
Mabel Shiflett 91
Irene Petersen 91
Dan Degraw 90
LaRue Taylor 90
Don Korth 90
Joyce Tanner 90

You youngsters!!!!!!!!!!!!!! We have good news for you. The first ninety years are the hardest. The second ninety are a succession of birthday parties! Everybody wants to carry your baggage and help you up the steps. If you forget your name or anybody’s name, forget to keep an appointment, promise to be two or three places at the same time, or spell words wrong, you need only explain that you are ninety. If you spill soup, your shoes don’t match, or if you carry a letter around a week before mailing it, that’s all right, because you are ninety. At ninety you can relax with no misgivings, you have a perfect alibi for everything – nobody expects much of you. If you act silly, it’s your second childhood. Everybody is looking for symptoms of softening of the brain. It’s a great deal better than being sixty-five or seventy – at that time they expect you to retire to a little house in Spanish Fork and become a discontented, grumbling, and a limping has-been. But if you survive until ninety, they’re surprised that you are alive, surprised that you can walk, surprised that you reveal lucid intervals. At seventy, people are mad at you… at ninety, they forgive you for anything. If you ask us, life begins at ninety….. Lucky you!!!!!!

!!! ITEM FROM THE SUGGESTION BOX!!!

“The food has not been very good this month. The old menu was much better. Although the fellowship is great.”

Response: This comment totally baffles us, because no changes or restrictions have been put in place concerning the food budget. Our Kitchen Manager (Dixie) is always looking for new items to offer on our menu. Her first priority is to serve delicious and nutritious meals that delight the palate.

Thank you, we do appreciate the comments and opportunity to clarify and correct any misunderstandings. We are always open to all comments, suggestions, concerns and frustrations that concern our seniors!

PLEASE LET ME KNOW WHEN ONE OF YOU ARE IN THE CENTER SO I CAN SAY ‘HI’ I’d love to meet you. -

Roy Anderson
The board and staff are 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:** Roy Anderson – Secretary/Treasurer, Mary Lou Brandon-Board Chair, Jan Carlisle, Ted Henderson, Ron Lisonbee, Kaye Poulson, Jay Rindlisbacher, Marie Spencer, Marsha Steggell

**Officers:** Verna Jo Hollingshead—Director, Beverly Schofield – Host/Receptionist, Karen Bradford (city parks and recreation), Chad Argyle (city council representative)

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

# December Meal Menu

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

Membership meals: You dues **must be paid to participate**! **Bring your own plates and silverware**

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**Fri 1st Membership Meal**
Bone in Ham Steak
Scalloped Potatoes
Chuckwagon Corn
Roll
Spice cake w/cream cheese frostig

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**Monday 4th**
Lasagna
Green Beans
French Bread
Applesauce
Oatmeal Raisin Cookie

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**Thursday 7th**
Tilapia
Cole Slaw Cup
Tarter Sauce and Lemon Wedge
French Bread
Vanilla Pudding w/Oreo Cookie
Fruit Cup
or Chef Salad

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**Friday 8th Christmas Dinner**
Pork Chop
Mashed Potatoes w/Pork Gravy
Buttered Baby Carrots
Stuffing
Nice Salad
Roll
Cheese Cake

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**Monday 11th**
Vegetable Beef Soup
Green Salad
French Bread
Peanut Butter Cookie
Orange Wedge

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**Monday 18th**
Roast Beef
Mashed Potatoes and Beef
Gravy
Buttered Corn
Roll
Fruit Cup
Lemon Cream Pudding

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Center closed Dec 19th thru Jan 4th

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**Thursday 14th Birthday Celebration**
Chicken Stew with Egg Noodles over mashed potatoes
Green Salad
French Bread