May 2018 Senior Citizens Newsletter
We serve delicious home cooked meals on MOST Mondays and Thursdays for any and all Seniors 55 and older.

Center Hours
Mon, Wed, Thurs 8:30 – 4:00
Tue 9:30 – 3:30
Closed on Fridays, except the 1st Friday of month for Membership Lunch.

Contact Us: SF Senior Citizens Center,
167 W Center St, Spanish Fork, Utah 84660
(801) 798-5015 spanishforkseniors@yahoo.com

ACTIVITIES AVAILABLE (Membership required)
Billiards – daily
Card Games – Mon/Thurs 1:30
Ceramics – Tues all day – Sue Anderson 801 960 5920
Chorus Practice – Thurs 9:30 - Stevie Boone 801 489 6404
Craft Class – Wed 10:00
Honey Bee Quilting – Wed 10:00 – Sharon Ormond 801 423-0169 / Sue Dellos 801 885-8090
Line Dancing – Mon/Thurs 1:30
Oil Painting – Mon all day
Sit Down Exercises – Mon/Thurs 11:00 Linda Welch 801 368 3237
Tai Chi – Mon/Wed 9:00 Ron Payne 801 369 4166
Ukulele – Mon 10:15 Gordon Warner 801 224 6531
Zumba – Tues 9:00

OPPORTUNITIES TO EARN MONEY
We are looking for another part time cook and a van driver (must have CDL license)
Contact the center if you are interested or know of someone who is

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 simple could not impact the lives of our Seniors without your support and help. Your contributions give us the tool 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.

In Need of Help???!!
The Senior Center may be able to provide transportation if you are in need. Call the center staff for more information. Even if you normally drive to the center, but the snow is bad, the center may be able to provide transportation to and from the center.

Do you know of a senior neighbor or friend who is in need of help, support, transportation??? Let us know, we might be able to help, or find other resources for them.

If you have ideas or comments for this newsletter or see any errors or omissions, PLEASE let Roy Anderson know!!! 385 224 2390
FOREVER YOUNG - Jan Carlisle

The great philosopher Johann Goethe once wrote that youth is wasted on the young and he may have a point. I know I certainly did not appreciate being young when I WAS young but then again…what exactly IS youth? So often old people have mellowness about them but age is NOT dependent on chronological time. Age is more related to a person’s temperament. I know some very young people whose continence is so negative and gloomy that they could easily be a hundred years old. Conversely, I know some very old people who have hearts full of roguery, devilment, and FUN. (Yes, right here in our Senior Center.) They sparkle and when you meet them, you have a sense of light, lightness and gaiety and they are an absolute joy to be around. I hear them humming to music being played or dancing and SMILING and you feel good just to be in their presence.

Sometimes in very old bodies there are incredible young, wild souls looking out for us. For me it is invigorating to meet an old person who has remained faithful to their wild life force. Another philosopher, Meister Eckhart said that there is a place in the soul that is eternal. Time might make you old, but there is a place in the soul that time cannot touch. I think that is a lovely thought because even though time will line our faces, weaken our limbs, make our movements slower, and, finally, empty our life, there remains a place in our spirit that time can never get near. We’ve all heard the expression that you are as young as you feel and yes, there are times that even though my mind is willing, my body begs to differ but feeling young is more than the ability to walk without pain. Few of us move without pain anymore, but your attitude toward life is one of the most powerful forces in the universe. Ask any physician and they will tell you that your ATTITUDE toward whatever might ail you will be half the battle…IF that attitude is a positive one. Henry David Thoreau said, “None are so old as those who have outgrown enthusiasm.”

How you view your future actually shapes it. Expectations helps create the future. Try to find SOMETHING each day to be happy about. It might be something as simple as Sheppard’s Pie being served new week at lunch or the forecast of rain, (yes, I know that I am strange but I love the rain…what can I say?) or the arrival of Spring.

Imagine this: Each morning when you awake, sitting on your bed is a great, big box with a lovely bow of yellow, green and pink. You gently untie the ribbon and lift the lid and there inside is a wonderful, band new day for you to do anything you want to with it. It is a GIFT; this day and it is up to you and me as to what we do with that gift. We could put the lid back on it and toss it aside or you might just lie there for a moment and listen to the morning sounds of birds or the trash truck rumbling down the street but think about the possibilities awaiting you. So, what if you have nothing planned and there is only silence around. If that is the case then do something about it. Turn some music on, call a friend, bake cookies even if there is no one to eat them but the birds. Write your story beginning when you were born (like David Copperfield) but DO SOMETHING. It is really quite simple…because the choice is yours: you can be miserable or you can be happy. Choose HAPPY and I promise you that you will feel better. (If you REALLY don’t have anyone to share cookies with, call me and I’ll be right over.)

I leave you with a quote from Walt Disney: “Laughter is timeless. Imagination has no age and dreams are forever.”
CERAMIC ROOM
If you haven’t been in our ceramic room lately, you may not recognize it because it was given a new facelift by Roy & Sue Anderson. They are incredibly loving and very service-oriented volunteers at our center that never seem to stop “giving”! Not only did Roy & Sue de-junk, clean up and paint the Ceramic Room, but they donated all of the items needed to complete the task and purchased a beautiful desk to complete the new look.

We are so appreciative and thank them for the selfless and valuable contribution to our center!! Be sure to hug and thank them, when you see them! Verna Jo
The lawyers made me say this: “PLEASE CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY KIND OF EXERCISE ROUTINE”.

So, what types of home exercise can we take part in to help improve balance and increase flexibility? Remember, we also have a very low-key sit-down exercise class before lunch downstairs. Go down and see what this is about. As we have heard lots of times “Try it, you’ll like it.

Increase your balance by sitting in an armless chair and extend your arms parallel to the ground. Slowly stand up. For an added benefit to further improve balance, try a toe stand, in which you stand behind a chair and slowly raise up onto your tiptoes. Only use the chair for support as needed.

Another fun option: Love music? Watch Mae dancing around the center. Maybe we need her to lead us on a short dance march around the tables before lunch. Zumba classes sound a bit rough for most, but you can pick your own tempo and just move to the beat! The faster the tempo, the better the cardio benefit. Use your arms, your legs, bend, stretch, breathe deeply and have fun!

Whether a senior is struggling with health problems like arthritis, decreased muscle mass, low or high blood pressure, heart disease, or other issues like side effects from prescription medications, practicing daily balance exercises can help you stay steadier on your feet. Being able to maintain your balance will help decrease your risk of falling, and this is important because FALLS ARE THE NUMBER ONE CAUSE OF ACCIDENTAL INJURY AMONG SENIORS. Falls can lead to hip fractures or other broken bones, as well as a long recovery period.

Injuries can also lead to other issues like social isolation and depression. Remember, we have vans to help you get to and from the Center. You can still come have lunch and visit with friends. The center has walkers and wheel chairs to use while you are at the center.

Once you start incorporating some balance exercises into your daily routine, you’ll notice that your stability has improved and you’ll probably even feel better, both physically and mentally! The best part is that there are plenty of easy balance exercises older adults can practice most anywhere.

Another great simple exercise is the heel-to-toe walk. Follow the length of a wall if you need some extra support starting off this balance exercise. Lightly place your hand on the wall and step forward with your right foot. As you shift your weight forward, place your left foot in front of your right, with the heel of your left foot touching the toes on your right foot. Keep moving!

You are invited to attend a Mother’s Day Tea Party, complete with your own Big Hat. Twelve o’clock noon May 15, 2018.

At the Spanish Fork Senior Citizen’s Center
R.S.V.P is requested so that we will have a hat ready for you and A wonderful array of Southern Tea Party staples - Cucumber sandwiches, pineapple/cream cheese sandwiches, cheese straws, roasted pecan, fruit and sherbet and a delicious punch.
May Birthdays   New Member ###   90+ ***
Clea Aust      Milo Barney ###      Starley Black
Kaye Bowles    Lenda Castleberry   Pennie Christensen
Bonna Cottle *** Ken Davis         Audrey Gavin
Doris Horlacher### Susan Johnson    Don Korth ***
Karen Payne    Jeannie Rolfe       Connie Shepherd
Lauraine Snow  Edna Weight ***     Ike Williams ###

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Anniversaries (April, May, June
Mark & Anna Wignall April 6yrs       Roy & Sue Anderson June 49 yrs
Ray & Patricia Banks June 64 yrs     Bob & Stevie Boone June 58 yrs
Phillip & Wendie Whitehead June 49 yrs  Mark & Rose Wood June 66 yrs

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Members/Friends Passing Recently
(if you are aware of anyone recently passing,
please let us know so we can share that information with our members)

Hi – I am Joyce Tanner

It must have been a beautiful summer day in July, 1927 when I was born, because I have always loved summer. I had the best parents a person could get, father – Ernest Maland and mom Iva Huff Maland. I have three sisters; Wilma, Lorraine and Maxine.

My childhood was great and I had many friends right here on Spanish Fork main street on the block of 5th and 6th north.

When I was in the 7th grade, my parent bought a new home just through the block on 1st east. I went to 1st and 2nd grades at the old Rees school on 4th North. Then on to 7th, 8th, & 9th grade at the old Jr High School. I was vice president of my class when I graduated from Jr High and gave a speech at the graduation ceremony. My dad was so proud of me. I attended Spanish Fork High School, graduated in 1945, the year WW II ended. I graduated from Seminary also. I had to give a talk in the Seminary graduation exercises, and dad was again proud of me.

I loved High School; went to all the dances and had a good bunch of special friends. After graduation from high school, I got a job at JC Penny Co in Spanish Fork as an accountant and book keeper. I worked there for 15 years and loved my work. I was well trained for office management.

After WW II, and the boys were coming back home after serving in the war, I met and married Lynn Beagley. My oldest daughter, Joylyn was by Lynn. We were divorced after a short marriage, and I married Glen Tanner later. He was the perfect husband and father. I was lucky to have found such a good mate. My second daughter, Tamara, came and I was very fortunate to have a good family.

I kept working in Office Management and Accounting until I was 68 years old. Glen and I did some traveling and enjoyed some very good trips. Glen died in 2006 and I have missed him terribly.

My daughter Tamara died in 2012, and that was indeed hard on me. I have belonged to the Senior Center for approximately 25 years. The center has been a life saver for me. I enjoy all the people I meet here. I love all the activities and all the people here very much. Love Joyce M Tanner.

Be on the watch for our new Tai Chi For Arthritis Fall Prevention Class coming in early June. Our very own Ron Payne will be teaching this class and we are very appreciative and excited for his skills and sacrifice of time. Be sure to watch for further details in our June newsletter.

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Balloons and the beautiful sound of grandchildren & great grandchildren singing “Happy Birthday”, filled the air at a surprise birthday party for Joann Jones recently. The party was hosted by her precious children, grandchildren, grands and brothers. Joann is well known for her beautiful smile, generous love and compassion, she is also known for being a peace maker. Daughter Jolynn commented “In every hug, that our mother gives us, it assures each of us of her devotion and love, we believe it when our mother tells us “Family means to me”! Happy Birthday Joann from all of your friends at the Spanish Fork Senior Center!!
Did you know we have 336 total members! And 53 are new this year. Say ‘Hi” to the newer members.

Roy Evans, Norma Montana, Keith Stace, Pat Stace, Christine Fitch, Janette Hill, Sharon Maughan, Ronald Hall, Anne Herbst, Cathy Meyers, Holly Barney, Milo Barney, Carol Dellos, Lois Graves, Jody Huff, Janet Johnson, Ike Williams, Kalani Aust, Mechelle Wride, Kathy Veans, Doris Horlacher, Nina Lewis, Barbara Mobbs, Jerry Orton, Niki Orton, Jerry Pidcock, Joe Hyde, Arlene Bawden, Connie Johnson, Elaine White, Charleen May, Blanche Jones, Linda Turner, Dee Wilson, Connie Rasmussen, Michael Rasmussen, Carol Laidler, Margarette Cook, Fae Brownell, Renae Bundrant, Marie Zaomora, Diane Jones, Dawna Larson, Deloris Nelson, Jolene Nelson, Ray Galt, Clyde Nielsen, Catherine Black, Cindy Bliss, Brent Barstachi, Thom Hansen, Ladeena Peterson, Joe Quinn
I 1/2 lbs. ground beef, 1 cup onion-chopped, 1 small can mild chopped green chilis, 1 18 oz can whole kernel corn – drained, 1 18 oz can kidney beans, 1 18 oz can pinto beans, 1 22 oz can pork & beans, 1 18 oz diced tomatoes with juice, 1 18 oz tomato juice, 1 pkg mild taco seasoning.

Brown beef and onion, drain, stir in taco seasoning and add other ingredients, bring to boil, turn down heat, simmer on low for 30 minutes. Serve over favorite chips. Top with sour cream and cheese.

Do you know Ray Hagan Banks – at 90, he is still young and spry

I was born at home in Spanish Fork on 9/11/28. All four of my great grandparents came to Spanish Fork and are buried in the local cemetery. My great grandparents came to Spanish Fork as follows: William Banks (1852), William Jex (1856), Elias Jones (1856), and Moses Jex (1890).

My father, Dell Banks, was a farmer. I had three brothers and two sisters. I have outlived all my siblings except a younger sister.

I attended the Rees, Central, Junior High and High School. We will celebrate our 70th high school reunion this July. I am two years older than my classmates. I enjoyed first grade so much that I went twice and then in the tenth grade I had rheumatic fever that damaged my heart and I missed another year of school. The doctor made it clear that my occupation should be a sedentary one (one that would allow for plenty of sitting). Farming was not an option. Teachers tell students what to do and then grade their papers. I could do that, so I attended BYU. The state Vocational Rehabilitation paid my tuition and I earned a teaching certificate.

In December of 1954 I went on a date with two friends and their dates. I was driving and could see Lamont’s date (Patricia Stevens) in the rearview mirror. After the Christmas break I asked Lamont how he and Pat were getting along. He indicated he was not going with her, so I called her up and we started dating. We got married in the Manti Temple 6/2/55.

Nebo School District paid beginning teachers $2400 a year. California paid $3800. I taught school for ten years and then became a principal in Fortuna Ca for 27 years.

We have nine children, 6 boys and 3 girls. We hosted a Russian student for a year and when he returned home, his parents invited us to visit. We went, and when we left Russia we had our call to be an office couple in the Russia St. Petersburg Mission (1994-96). We had such a good experience that we decided to go on another mission. This time it was a humanitarian mission in Thailand (1999-2000).

We are currently serving as Family History Consultants in our ward and the Multi-Stake Temple and Family History Center in Spanish Fork. (And in June they will celebrate their 64th wedding anniversary)
### May Events, Special Activities and Menu / All Meals Include 2% Milk

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>5/3 Thur</td>
<td>Cinco de Mayo, Birthday Celebration - Soft Beef Taco, Spanish Rice, Refried Beans, Salsa, Cupcake, Ice Cream Cup – or Chef Salad 5/4 Jr Livestock Show Lunch (No Membership Lunch)</td>
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<tr>
<td>5/7 Mon</td>
<td>Beef Goulash, Carrot &amp; Celery Sticks w/Ranch Cup, French Bread, Fruit &amp; Cookie 5/9 Wed Board Meeting</td>
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<tr>
<td>5/10 Thur</td>
<td>Closed</td>
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<tr>
<td>5/11 Fri</td>
<td>Membership Lunch – Breaded Baked Chicken Breast, Potatoes &amp; Chicken Gravy, Chuckwagon Corn, Dinner Roll, Strawberry Short-Cake</td>
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<tr>
<td>5/14 Mon</td>
<td>Mother’s Day Luncheon – Pork Chop, Potatoes &amp; Pork Gravy, Buttered Carrots, French Bread, Oranges, Pudding</td>
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<td>5/15 Tues</td>
<td>10-11. Healthy choice class with Verna Jo – see bottom of this article. ALSO 11:30 Tea Party with Jan Carlisle</td>
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<tr>
<td>5/16 Wed</td>
<td>Wendover Trip 5/17 Thur Lunch – Chicken Stew Over Egg Noodles, Green Salad, French Bread, Diced Peaches, Strawberry, Ice Cream, or Chef Salad</td>
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<tr>
<td>5/21 Mon</td>
<td>Nifty Nineties, Chicken Cordon Bleu, Garlic Mashed Potatoes, Nice Green Salad, Dinner Roll, Fruit Cup, Utah Truffle Candy Bar</td>
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<tr>
<td>5/24 Thur</td>
<td>Meatballs, Baked Potato w/Sour Cream, Peas and Carrots, French Bread, Oranges, Cookie, or Chef Salad, and Bingo after lunch 5/28 Mon Closed Memorial Day</td>
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<tr>
<td>5/31 Thur</td>
<td>Closed</td>
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<tr>
<td>6/1 Fri</td>
<td>Membership Lunch – Roast Beef, Potatoes &amp; Beef Gravy, Green Beans, Roll, Yellow Cake w/Chocolate Icing</td>
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**Do you need ideas for healthy menus... get frustrated or need support to encourage you in weight loss? Well come join us for a Healthy Choices Class. Both men and women are welcome, starting May 15 at 10am-11am, downstairs of the Senior Center. We will have guest speakers, share easy recipes, have menu sheets available and time for planning. We will NOT be weighing in or keeping track of anyone’s weight!! As always, Membership is required for all classes.**
**EASTER HAT PARADE**

Did you see those “lovely” hats at our Easter Hat Parade? Next year don’t be so self-conscious. Get out there and have some fun with the others. What a HOOT!!! See all those great smiles. Sorry we couldn’t get everyone’s picture here. (Pictures taken and edited by Sue Anderson)

*Never stop believing, because miracles happen every day.*
Do you think Jerry is having tooooo much fun??

Hopefully everyone behaved after the party: Police stop at 2a.m. An elderly man (not one of us) is stopped in Spanish Fork and asked where he is going at this time of night. The man replies “I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late.” The officer then asks, “Really? And who is giving that lecture at this time of night?” -- The man replies “That would be my wife.”
Meet Cesar Sanchez

(Side note – Cesar will be putting on a basic Spanish Language class for those interested in learning a bit of basic Spanish. Dates and times will be announced soon.

Cesar and his wife Amparo have been members for quite a while and are also celebrating their 57th anniversary in May - CONGRATULATIONS!!)

Somewhere down south there is a place of lakes pushing away imposing volcanoes from their shores. Pristine springs grow to blistering rivers slithering through emerald mountain ranges down to sleeping valleys and small villages all the way to the sea. They call it The Land of Everlasting Spring, an irony because being so close to the equator, the land claims only two seasons none being spring because equinoctial changes come and leave largely unnoticed.

My name is César Augusto Sánchez-Flores and I was born and raised in The Lana of Everlasting Spring. If I were to write a biography, I might start by relating that once late at night, my hands and feet almost froze after a spring snowfall in Indiana. Not my kind of spring! My mother's maiden name and my second last name is Flores (Spanish for flowers).

I trace my ancestors to my father’s last name: Sánchez, a patronymic for Sancho (like Anglo-Saxon’s Johnson, Andersen, etc.). I could brag that I count don Sancho de Navarra as my great, great, great, great, great, great grandfather, with the nobility of a “don” (like the “dons” of Spanish Fork High School). Not a chance! More likely I come from Sancho Panza, the colorful squire of the eccentric, self-anointed nobleman, don Quixote de la Mancha.

Much earlier in my life, I was Guto, a nickname for Augusto, and then Gutito, an endearment from Mamaconcha, my sweet grandmother. When my grandchildren were still small kids, they mumbled something like “tito” trying to pronounce “abuelito” for “grandfather”.

Either Tito for grandfather or Tito from Gu-Tito found its way into my e-Mails.