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!!!!

Do you know Theresa Reynolds—she is a major participant in our ‘Paint’ group. They meet every Monday—all day. Stop by and say ‘hello’. I bet some of you would really enjoy the relaxing activity of painting.

Meet Theresa —— I was born and raised in the woods in upstate New York. Traveled extensively in the United States. Lived 20 years in New York, 20 years in California, 20 years in Utah and 10 years in Florida. Loved all the places I lived, but my very favorite place on earth is Yellowstone National Park. We go up there every few years to take photos for me to paint. I paint the hidden photos because as a child, the “Highlights’ and the hidden pictures in the drawings drew my attention.

I’m having an art show at the Peetteeneet in Payson during January and February. All my life paintings will be displayed.

At the same time, wood carvers will have their show, and Clea Aust will display and sell her ceramics. Come for a great time. Open 10-4 Monday thru Friday, all of January and February.
On Tue 12/11, the ceramic ladies had their Christmas fun. We all met at Daltons for lunch and then went back to the center and had a gift exchange and swap. We had loads of fun and these ladies are just THE BEST. Come Join Us—you do not need special skills, just come by and see what we do.

This is just one of the many activities available to us seniors here at the Spanish Fork Senior Center. All members of the center are invited and welcome to participate in any and all of them: Ceramics, Painting, Quilting, Christmas Decorations, Trips, Special Events, Exercise, Chorus/choir, and if you think of something that we don’t do—let us know—we can make it happen.

Speaking of painting—Here is Sue (Carol) Dellos—artist. Her painting is hanging on the wall just to the right of the stage. You might also recognize the barn—headd south on main street to the Woodland Hills traffic light and turn left. The barn on the SE corner. GREAT JOB SUE!

EVERYONE KNOWS KAYE:

I have 22 years of service. 9 years of record keeping of the membership and 14 years on the activity committee. I doubled up 1 year with membership and activities at the same time. I love doing the membership because it helps me to get to know everyone better. Blaine and I have been volunteering ever since we started coming to the center. Volunteering gives you something to look forward to. It keeps us more active. I love the senior center—I’ve made so many wonderful friends. This is what WE ALL NEED—interaction with others to make us happy and feel needed. A day at the center means Hugs, Laughter & a Wonderful Meal—and getting to see and help others. Kaye Poulsen

What a perspective! AND her penmanship is exquisite! Thanks Kaye for ALL YOU DO!
Confession
A woman takes a lover home during the day while her husband is at work.

Her 9-year old son comes home unexpectedly, sees them and hides in the bedroom closet to watch.

The woman’s husband also comes home. She puts her lover in the closet, not realizing that the little boy is in there already.

The little boy says, ‘Dark in here.’ The man says, ‘Yes, it is.’

Boy – ‘I have a baseball…’. Man – ‘That’s nice’.

Boy – ‘Want to buy it?’ Man – ‘No, thanks.’


In the next few weeks, it happens again that the boy and the lover are in the closet together.

Boy – ‘Dark in here.’ Man – ‘Yes, it is.’

Boy – ‘I have a baseball glove.’ The lover, remembering the last time, asks the boy, ‘How much?’ Boy – ‘$750’. Man – ‘Sold.’

A few days later, the dad says to the boy, ‘grab your glove, let’s go outside and have a game of catch.’

The boy says, ‘I can’t, I sold my baseball and my glove.’

The dad asks, ‘How much did you sell them for?’ Boy – ‘$1000’

The dad says, ‘That’s terrible to overcharge your friends like that … that is way more than those two things cost. I’m taking you to church, to confession.’

They go to church and the dad makes the little boy sit in the confessional booth and closes the door.

The boy says, ‘Dark in here.’ The priest says, ‘Don’t start that stuff again; you’re in my closet now!’

Come On— You Gotta Smile!

Things you MUST KNOW!!!

Created as a way to maintain popularity levels of Reese’s peanut butter cups, Reese’s Pieces were originally produced in 1978 and became extremely popular after being featured in the movie E.T. The Extra-Terrestrial in 1982!
Reservations *ARE* required for lunch 798-5015  JAN 2019  Center hours 8:30—4:00 (Except Tues 8:30—3:15)

*Billiard room, exercise room, jig saw puzzle, card games, board games, etc are available whenever the center is open. Lunch is served on Monday/Thursday. (Exception – the first Friday of the month is the membership luncheon. No lunch on preceding Thursday)*

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
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<th>FRI – Normally Closed</th>
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<td>4 Membership Lunch – RESERVATIONS REQUIRED 1 WEEK IN ADVANCE, – MUST wear your name tag, bring your own plates/etc</td>
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<td>7</td>
<td>8:30—3:15 Ceramics</td>
<td>9:00 Honey Bee Quilting 10:00 Craft class, 10:30 Board Meeting, 1:00 Spanish Language</td>
<td>9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch Birthday Party</td>
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Two retired men from Spanish Fork, Tommy Phillips and William Snow thought that Spanish Fork needed a place for seniors to gather for lunch and entertainment, so they approached the mayor of Spanish Fork, who at that time was Timothy Moran, and were told that for the time being it was not in the budget, but it was brought to their attention again the following year, and it was approved if they could get some help from the Junior Chamber of Commerce Club – also called Jaycees. The city approved the present site for this building.

The Jaycees cleared the area by raking leaves and debris from the site. The city sent out a contract to have the hole dug and the building built.

The Jaycees agreed to help nail all the flooring and the roof. After the building was built, the city council used the building for people of Spanish Fork to rent for weddings, banquets, etc, as well as for the seniors. The kitchen was not built at this time, but was added later on as it was needed for these events.

Ken England had an Insurance office in a house adjacent to the senior building. He was approached to sell it to the city so the seniors could have a place to park their cars on the west side of the building. Paul Johnson and his city crew proceeded to tear it down and haul it off. It was then black topped for use.

Governor Cal Rampton came from Salt Lake City to dedicate the building and commented what a great job everyone did to make this building possible.

(Howard was part of the crew that helped put this all together – when you see him, say ‘hi’ and ‘thanks’ for being part of the start of this center to provide a place where we can ‘surround ourselves with people who care’.

There is a picture on the west wall by the kitchen depicting the inauguration of the building in 1970.)
SMILE—BE HAPPY

What year were you born? You have 78 friends at the senior center. Subtract your age. Add 40. (Need a calculator?) Is that the year you were born???

ANNIVERSARIES—MY RECORDS SHOW WE HAVE 47 MARRIED COUPLES HERE AT THE CENTER. I HAVE A DATE FOR ONLY 19 OF YOU—PLEEAASSEE GIVE ME YOUR ANNIVERSARY DATES—Roy (385 224-2390)

We will list them as you let us know. (Jan/Feb/ Mar).

We’d like to get pictures to recognize your anniversaries also. You can have the picture the following month.

IF ALL YOU MARRIED FOLKS DON'T GIVE ME YOUR ANNIVERSARY DATES AND LET US GET A

PICTURE OF YOU—I’LL START MAKING THINGS UP ABOUT YOU

Gordon & Janice Orr 1/65
Chad & Teresa Argyle 2/78
Roy & Kathleen Evans 2/68

Passing's these past few months — As we become aware, we will list our friends who have left us recently. Please let us know, so we can share with the members here.

Barbara Thornton
Party Potatoes.

5 medium potatoes – peeled.
1 8oz package of cream cheese.
1 cup of sour cream.
2 tablespoons chopped chives.
¼ pound of butter.
Garlic salt, to taste.

Cook potatoes until tender, quarter them. Combine cream cheese, sour cream and chives. Stir until fluffy – season with garlic salt. Toss into potatoes – pour into casserole dish. Dot with butter, sprinkle with paprika for color. Cook at 350 for 45 minutes.

Did you know you can see all the newsletters for the past year on the city website?

Www.spanishfork.org/seniorkidnitzencenter/index.php
With International travel so prevalent, we take for granted the sanitary conveniences we expect here in the U.S. – Home of the brave – and FREE TOILETS.

In ancient Ephesus, there are remains of a community restroom where seats were arranged in a convivial ‘U’. Slaves were sent ahead to preheat the stone seats before men would come to chat ‘business’ while they did their ‘business’. A stream had been diverted to constantly flush the popular meeting place into the sea.

Do you realize how good we have it? In Europe, unless you are in a train, some restaurants, or the airport, you probably have to pay to use a toilet. In Austria, most toilets charge one Euro. That’s more than a dollar. In the Czech Republic, Hungary and Poland it might be 50 cents to $1.25! Yet in the U.S., it’s free, free, free! Have you ever thought to appreciate the American luxury of regularly spaced rest stops along our freeways? They are generally clean, heated or cooled, boast flush toilets, free toilet paper, sinks for hand washing, and even turbo hand dryers that sound like jet engines that jiggle your skin dry.

Did you also know that the United Nations celebrates Nov 19 as ‘WORLD TOILET DAY’. They estimate that 4.5 billion people have no access to safe sanitary facilities.

Do you appreciate the little pool of water that controls odors and prevents toxic gases from escaping into our houses? In Europe there may be barely a pint of water in the pot. They might provide a toilet brush, so not only do you have to scrub out your own ‘stickers’ but you have to pay for the privilege.

We’re used to sedate, stick figures indicating men’s and women’s restrooms, but in parts of honest Europe, the stick figures are shown ‘running’ to the universal WC or water closet.

Now, the common accommodation in most Asian countries are a porcelain basin at floor level with treads on either side where your feet go. They’re called squatters or squatty potties.

In Beijing, there are some fancy toilets configured like an American toilet, but sport a control panel. Choices are warm or cool water to wash front or back, to heat the seat and to blow dry. In Thailand you might have to scoop flushing water from a basin with a bucket. In south and central America, toilets are like ours, but attendants collect pesos.

Many countries would consider our primitive campground toilets deluxe. Primitive to us means that waste must be pumped out or buried. And almost all Americans, regardless of social status, have free access to a private potty. Only in America, God bless it.

What would you say? Ole’s car was hit by a truck in an accident. In court, the trucking company’s lawyer was questioning Ole. Didn’t you say, sir, at the scene of the accident, ‘I’m fine’. Asked the lawyer. Ole responded, ‘Vell, I’ll tell you vat happened. I had just loaded my favorite mule Bessie into da…’ ‘I didn’t ask for any details’, the lawyer interrupted. ‘Just answer the question. Did you not say, at the scene of the accident, ‘I’m fine’. Ole said, ‘Vell I had just got Bessie into the trailer and I vas driving down da road…’ The lawyer interrupted again and said, ‘Judge, I am trying to establish the fact that at the scene of the accident, this man told the Highway Patrolman on the scene that he was just fine. Now several weeks after the accident, he is trying to sue my client. I believe he is a fraud. Please tell him to simply answer the question.’ By this time the judge was fairly interested in Ole’s answer and said to the lawyer, ‘I’d like to hear what he has to say about his favorite mule, Bessie.’ Ole thanked the judge and proceeded, ‘Vell, as I vas saying, I had just loaded Bessie, my favorite mule, into da trailer and vas driving her down da highway ven dis huge semi-truck and trailer ran da stop sign and smacked my truck riht in the side. I vas thrown into one ditch and Bessie was thrown into de otter. I vas hurting real bad and didn’t vant to move. However, I could hear Bessie moaning and groaning. I knew she vas in terrible shape just by her groaning.’ ‘Shortly after da accident da Highway Patrolman, he come to da scene. He could hear Bessie moaning and groaning, so he vent over to her. After he looked at her and saw her fatal condition he took out his gun and shot her right tween da eyes.’ ‘Den da patro- man, he came across da road, gun still smoking, looked at me and said, ‘How are YOU feeling?’

‘Now, vat the heck would you say?’
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Dixie Webb 801 798 7837 pixiedo@hotmail.com

WE represent you—please make sure YOU tell us what you like and don’t like about YOUR CENTER. We can’t enhance your experiences here if we don’t know what you like and don’t like. The board members should be wearing their name tags so they can be easily identified. Stop them—talk to them.

Had a mix-up at the store yesterday...when the cashier said ‘strip down facing me’, apparently she was referring to my credit card, - BOY, was I embarrassed!
Special Activities, events, etc

If you are aware of any activity going on, please let Roy know so we can get it in the newsletter for everyone to be aware of. If you think of something that might be of interest to the other members, talk with Verna or a Board Member to see if we can make that happen and let the other members know.

Wendover trips are on hold until the spring

1/2 Wed Temple trip. Jay Rindlisbacher is prepared to make the Temple trip every other Wednesday if there are a few members interested in it. Please call Jay at 801 798 7220 for more information
1/4 Fri Senior Center opens after Christmas/New Year holiday. Membership Meal
1/9 Wed 10:30 Senior Center Board Meeting
1/21 Mon Closed for Martin Luther King Day
1/23 Wed Temple trip. Jay Rindlisbacher is prepared to make the Temple trip every other Wednesday if there are a few members interested in it. Please call Jay at 801 798 7220 for more information
1/24 Thurs 11:00 -12:00 Dr Barry Foot Clinic 11am-noon
1/31 Closed Thursday 31
2/1 Fri Senior Center Membership Meal
2/6 Wed Temple trip. Jay Rindlisbacher is prepared to make the Temple trip every other Wednesday if there are a few members interested in it. Please call Jay at 801 798 7220 for more information
2/20 Wed Temple trip. Jay Rindlisbacher is prepared to make the Temple trip every other Wednesday if there are a few members interested in it. Please call Jay at 801 798 7220 for more information
2/20 Wed 1:30-3:30. Stepping On Class - 7 week course begins Wednesdays Feb 20 thru April. No cost. Registration required. Sponsored by the Utah County Health Department: research has proven by taking this class that you can reduce falls by 30%.
2/27 Wed 1:30-3:30 Stepping On Class
3/2 Fri SC Membership lunch
3/6 Wed 1:30-3:30 Stepping On Class
3/13 Wed 1:30-3:30 Stepping On Class
3/17 Sun daylight savings time
3/20 Wed 1:30-3:30 Stepping On Class
3/27 Wed 1:30-3:30 Stepping On Class
4/3 Wed 1:30-3:30 Stepping On Class
4/5 Fri Membership Lunch
4/30 Tue Spring boutique

WELCOME!

The Spanish Fork Senior Citizen’s Board of Directors welcomes you!!!!
Many of our members actively volunteer to help in the many duties required to keep our center operating and

WE WANT YOU and WE NEED YOU! Needed: There are many areas where you may fit right in and although we are not youngsters any longer we don’t have to allow that to prevent us from being actively involved in the many activities and interactions with others. Requirements? NONE! No degree or special talents are required to make you a valuable member to your fellow seniors!! It also makes you feel pretty special and appreciated.

Benefits: There are many, many opportunities that can help you meet new friends and that will lead to more fulfillments in your life, plus your new acquaintances and friends will appreciate you even more.

WELCOME TO OUR SENIOR CENTER

Some of our volunteers’Come join us and help us surround our seniors with people who care

(Contact any board member—we should all be wearing our name tags)
A NEW YEAR!!! ‘VJ’ or ‘Verna Jo’ Hollingshead—Senior Center Director

Yes, we are now into 2019 and as unbelievable as that sounds, we are fast approaching the end of another decade. Are you, like me, wondering where the time has gone? Wasn’t the Fourth of July just a few weeks ago? Now it is tax time. Perhaps you are pondering and reflecting on your accomplishments (or lack of) but the wonderful thing about a New Year is that it gives us a chance to perhaps do better. Our world is fast-paced and we can easily ‘fall’ into the trap of unkindness... but we can wage war against this. We can be kinder, more tolerant which in turn will make us happier and grateful for the moments in our lives that REALLY matter. Take time to breathe in slowly, and you will feel the calm and peace that is all around us in the friendly smiles of our friends. Be nice to yourself and make a concentrated effort to be kind to others and although this is sometimes a challenge, remember that it is not always about someone else’s behavior, but rather our reaction to it. We all have our strengths and our challenges but together we can overcome the negative and celebrate the positive in each of our lives…so I wish each of you a VERY HAPPY NEW YEAR!!!!

Did you notice my cute ‘fall’ reference earlier. Falling is a major issue for us seniors. I have organized a program entitled ‘Stepping On’. It will be here in Feb and Mar, (free of charge). One of the biggest risks to seniors who have fallen, is the loss of self-confidence and then we start to go out less often—become less involved. Inactivity leads to social isolation and loss of muscle strength and balance, increasing the risk of falling again. This program aims to break that cycle (no broken bones about it :) This program has proven to reduce falls by up to 37%, so I truly encourage you to make the time, sign up, and attend these classes, with your friends. SEE! It’s another day you can spend with your friends here at the center. There might even be some snacks!

Stepping On Class: 7 week course begins Wednesday February 20th & 27. March 6,13,20 & 27. April 3 2019. No cost. Registration is required. Sponsored by the Utah County Health Department: research has proven, by taking this class, that you can reduce falls by 30%. VJ
PLEASE PLEASE PLEASE
Stay out of the kitchen unless you have a food handlers permit or have a very specific reason to be in there. Government regulations REQUIRE this.

We are excited to start a new menu program—on the 10th & 24th we will offer soup and 1/2 a sandwich as an alternate to our regular menu—our list of soups will include: chicken noodle, broccoli and cheese, vegetable beef, and chicken and rice, just to name a few. Our sandwich will be turkey or ham (kitchen’s choice—but it will be listed on the reservation sheet at the check in desk). On the alternate Thursday, we will still offer our Chef Salads. YOU MUST HAVE A RESERVATION BY THE PRECEDING MONDAY—NO EXCEPTION! This is necessary for us to order the food. Cost for S&S or Salad is still $3.25. Thanks, and enjoy. Let us know what you think. Dixie

Fri 1/4 Membership Lunch
BQ Pork Ribs
Potatoes and Brown Gravy
Chuck Wagon Corn
Roll, Cake

Mon 1/7
Hamburger Goulash
Carrots and Celery
French Bread, Peach Fruit Cup, Cookie

Thur 1/10, Birthday Celebration
Beef Meatballs
Baked Potato w/Sour Cream
French Bread, Cherry Fruit Cup, Cupcake, Ice Cream
OR Soup & Sandwich. Broccoli & Cheese Soup, Turkey Sandwich

Mon 1/14
Chili & Crackers
Carrots and Celery
Cornbread, Peach Fruit Cup, Tapioca Pudding

Thur 1/17
Fish Taco
Cole Slaw
Baled Beans, Oranges, Cookie
OR Chef Salad

Mon 1/21 Closed for MLK Day

Thur 1/24
Spaghetti
Green Beans
French Bread, Oranges, Chocolate Pudding
OR soup & Sandwich. Lasagna Soup, Turkey Sandwich

Mon 1/28

Beef and Gravy over Egg Noodles
Buttered Corn
French Bread, Apple Sauce, Oatmeal
Raisin Cookie

Fri 2/1 Membership Lunch
Breaded Bake Cube Steak
Potatoes and Brown Gravy
Buttered Carrots
Roll, Cherry Shortcake

Mon 2/4 Chinese New Year Celebration
Sweet & Sour Chicken
Ham Fried Rice
Egg Role
Fruit Cup, Fortune Cookie

You guys just don’t know how hard it is to keep this center looking nice. Like the ceiling decorations—you can see how hard Smitty has to work to make it look like nice.

Menu NEW!!!!!! Soup and Sandwich Option
Requests for S/S or salad (on alternate Thursdays) must be in the system by the preceding Monday—NOON!!! We cannot get the food ordered for the week after that—you will get the listed meal instead

PLEASE REMEMBER Check in for each meal and make reservations for the next few meals
Membership meals: Your dues must be paid to participate! Bring your own plates and silverware

Membership meals: Your dues must be paid to participate!

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 minimal waste.

Questions, call 801.798.5015