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!

Common sense is a flower that does not grow in everyone’s garden

I like to smile at people who don’t like me. *JC

General Office 801 798 5015
spanishfork.org/seniorcitizencenter/index.php
Verna Jo Hollingshead (Center Director)
Dixie Webb (Assistant Director)
Beverly Schofield (Receptionist)

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 us—talk to us — call us — text us — email us — drop us a note. Let us know what you think

It would be interesting to know: How many members use text, email and the Internet. If you don’t use today’s communication tools, you are missing out on a wealth of good information.
All you volunteers – I need to know your name and what you do as a volunteer for our center. We are building a database to show what jobs/activities need done and who is doing them. Servers, kitchen help, clean up crew, activity lead person, check in crew, greeters, toilet cleaners???, drivers…. (we are in need of a class ‘C’ CDL licensed driver. Call 801 798 5015.

The police just knocked at my door because my dog doesn’t even have a bike. I just closed the door because my dog doesn’t even have a bike.

I bet there are many of our members who are in to genealogy, family trees, etc. We have 3 computers at the back of the room and all have access to the internet. We have a number of members who help other members of their church building their family tree and developing their genealogy. I know there are some who would be more than happy to help you learn more. Computers can be a wonderous tool. Open your mind and don’t be afraid (just be careful and cautious).

Do you know we are setting up a Senior Center Face Book page? More info to come.

How about that super job by our quilting group? I’m not sure what they are going to do with it, but I bet it finds a great home somewhere.

Team effort by our group of senior quilters. Stop by and see what these folks are working on now. They get together on Wed at 10:00.

Bet you would really like to watch them at work or even help. They are more than happy to help you learn to quilt. It is a team effort to get something this nice together.

Go see for yourself.
Sharon Ormond has one of her paintings exhibited upstairs to the right of the stage. Gorgeous! Go ask her what inspired her to do this one? I know she is happy to share her thoughts on how it came to be. One of the benefits of membership with the Spanish Fork Senior Center is participating in a variety of activities available to our members. The ‘Paint’ group meets every Monday (pretty much all day or as long as you want to attend). They gather downstairs and each ‘does their own thing’. The big benefit of sharing time with this group is the comradery. Some have been doing this for years….. And some are brand new—just getting started. Even if you have never held a paint brush in your hand before, within a very short time you will be amazed at what you can get started. Everyone is willing to help. They can help you with ideas, techniques, suggestions, etc. Everyone is always excited when a new person, or an experienced one, starts a new project. They are encouraging and helpful in so many ways. Many find it soothing and relaxing. Some can whip out a painting, others like to dwell over it for days, weeks. Whatever suits your fancy. And if you don’t like how it is going—you just start afresh. GIVE IT A TRY - Are you so set in a rut you won’t even consider it. GO ON—be a devil….Try something new. Come to lunch early and wander downstairs—get involved—inspired! If you like it TELL HER!
Reservations *ARE* required for lunch 798-5015  **FEB 2019** Center hours 8:30—4:00 (Except Tues 8:30—3:30)

*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)*

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<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td>Picture of paint, tai chi and ukulele</td>
<td>Pic of ceramic stuff</td>
<td>Jan craft ideas</td>
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<td>4  Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele, 11:00 Sit down exercises, 12:00 Lunch 1:30 Line dancing</td>
<td>5  8:30—3:15 Ceramics</td>
<td>6  10:00 Honey Bee Quilting 10:00 Craft class,</td>
<td>7  9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch Birthday Party</td>
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<td>13 10:00 Honey Bee Quilting 10:00 Craft class, 10:30 Board Meeting,</td>
<td>14 9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
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<td>22 Closed</td>
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Don’t worry about getting older. You still get to do stupid things, only slower.

**MAR 1**
Membership Lunch – RESERVATIONS REQUIRED 1 WEEK IN ADVANCE, – MUST wear your name tag, bring your own plates/etc
When you're stressed, you eat ice cream, cake, chocolate and sweets. Why? Because stressed spelled backwards is desserts.

Personally, I eat desserts because I like them.

If you ever feel stupid, I mean ‘the NEXT TIME you feel stupid… Remember this: I was Driving my car to the senior center, when I turned around because …… (where did I put that answer??? OH pg 7)

Teachers and their students.

Teacher: how old is your father
Kid: he is 6 years
What? How is this possible
He became father only when I was born

Logic. Children are quick and always speak their minds

Teacher: Maria, go to the map and find north America
Here it is

Teacher: Correct, now class, who discovered America
Class—Maria

Teacher: Glenn how do you spell crocodile
Glenn: Krokodial

Teacher: No, that’s wrong
Glenn: Maybe its wrong, but you asked me how I spell it. (Gotta love this kid)

Teacher: Donald, what is the chemical formula for water
Donald: H I J K L M N O P

Teacher: What are you talking about
Donald: Yesterday you said it’s H to O

Teacher: Clyde your composition on ‘my dog’ is exactly the same as your brother’s. Did you copy his?

Clyde: No sir, it’s the same dog

(I want to adopt this kid)

Laughter is the soul’s medicine
FEBRUARY B/D AND ANNIVERSARY LISTINGS OF CURRENT MEMBERS ONLY. If the membership database has your birthday listed, it will be listed here. If it is not accurate, please let us know.

# 90+ # new member

REMEMBER—We’d like to share your birthday with our senior friends AND YOUR PICTURE. Please find Dan or Roy and let’s get a birthday picture taken so we can post it. You can have the picture if you want it when we take them down next month.

Ladd Abbott
Sharon Braithwaite
Marilyn Brown

Betty Christensen*
Bevalene Evans
Keith Graham
Afton Howard
Sonja Johnson
Dale Mattison
Sharon Maughan
Richard Morgan

Lenore Nelson
Sharon Ormond
Betty Park#
Joel Pendleton
John Salimbene
Mark Wignall#
Mary Williams

REMEMBER
Forgive without punishing

They’re called ‘MAN HOURS’ because a woman would have that stuff done in 20 minutes.

Don’t worry about getting older. You still get to do stupid things, only slower!

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

Chad & Teresa Argyle 2/78
Roy & Kathleen Evans 2/68

We will list them as you let us know. (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

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 let all our members know.
8 oz Cream Cheese
Dash of Salt
1/3 Cup Sugar
1 Egg
6 oz Chocolate Chips.

Prepare cake mix using directions on box. Cream together the cream cheese, salt, sugar and egg. Stir in chocolate chips.

Fill cupcake cups ½ full with cake mix. Put 1 tbsp cream cheese mixture in middle of batter. Bake as directed on box.

Brain teasers.
Don’t let your brain go stagnant

Name four days of the week that start with the letter ‘t’. (See pg 10 for the answer—DON’T PEEK until you guess!)

She was babysitting 10 kids and at one point she searched frantically for 20 minutes because she had only counted 9.

She called the cops—One of my kids is missing! Then she realized.......... She had been holding the 10th child the entire time’

DON’T PEEK until you guess!

Answer from question on pg 5
I thought I forgot my car keys.
“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way…”

This antithesis, from A Tale of Two Cities by Charles Dickens, could have been written about almost any age, even the one we live in today. The world Dickens described was in 1775, at the same time this nation was being born, yet if we think of all that is happening in the world today we can certainly see that his words still apply. I have always been powerfully fascinated that we, as nations, can enjoy all that has been provided for us (i.e. beautiful rivers, majestic mountain ranges, endless seas, bountiful food supplies, and breathless sunsets) and still find time for destruction of our fellow man and all of the gifts listed above. An even larger question is…WHY?

Sir John Dalberg-Acton wrote, “Power corrupts and absolute power corrupts absolutely.” So why do so many people throughout the world continue to bestow absolute power on one person or perhaps a few? You would think we all would have learned by now but apparently we, as a species, have not.

In my little corner of the world it has been a perfectly glorious few days with bright sunshine, albeit cold but with the promise of warmer days somewhere out there waiting to arrive. I can close my eyes and doze as the sun spills in from the window and surrounds me. Yet I can scarcely enjoy dozing for thinking of all of the places in this beautiful world where a carefree day such as the one I’m enjoying is but a dream. I sat utterly transfixed as I pondered the thought and a great whip-lash of emotion suddenly swept over me. With eyes closed I became aware of something more silent than silence. I knew in that moment I was experiencing something so many had never known…peace.

PEACE. I had never known anything but peace. Oh, I was born during WWII and I had lived through the Korean War and Vietnam but the effects of those conflicts had never touched me…not really. The closest it came to my world was the loss of classmates in Vietnam but I had never known the horrors of war…of my country being occupied.

I find that I often offer thanks for my children, grand-

children and great grandchildren and for the bounty of love and food and shelter that I enjoy but I’m afraid I sometimes take PEACE for granted.

Peace protects us; however, there are many types of peace. There is, of course, the peace as described above but there are other types of peace and their destruction can harm us just as badly as any other. Lack or loss of inner peace can destroy us as quickly as war and this is a type of peace we CAN control. We may never possess the power to prevent our country from becoming involved in another military conflict again but we CAN control the inner peace of our own soul…our own mind. Love and peace of mind DO protect us, you know. They can allow us to overcome all sorts of problems that invade our lives. We can learn to survive and live and to have the courage to confront another day…another siege upon our hearts and minds and sanity. I have no control over what others do, say and think. I do, however, have COMPLETE control over my own thoughts and actions and long ago I made a promise to myself to never…EVER allow others to destroy my inner peace. Dr. Wayne Dyer summed it up perfectly when he wrote, “Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.”

No one else can give you this peace. Your children, spouse or friends cannot…YOU have to find it, hold on to it and protect it with all of your might. Find a way to reach that peace. I’ve always loved the ocean and few things bring me inner peace more than to be near the timeless sea as she sings to me. The ocean is one of the delights for the human eye. The seashore is a theater of fluency. When my mind is entangled, it is soothing to walk by the seashore, to allow the rhythm of the ocean inside me. It disentangles my netted mind as few things can. The false divisions are relieved, released and healed. We each must find our own way…to peace.

(*JC)
Doesn’t it make you smile
when you see others just let loose.. And find a way to make those around them smile. The ‘hootin annie’ at our new years luncheon was spontaneous and had to make everyone (well a lot of our members) smile. Were you one of them???? Wasn’t it neat? Or were you the ‘fuddy duddy’ who looked down your nose at it. WELL LOOSEN UP. Next time the urge to break out of your shell tugs at your lips—DON’T FIGHT IT! — LET IT HAPPEN! We might be Seniors, but that doesn’t mean we can’t release our inhibitions and just have a bit of fun— FOR NO REASON AT ALL!
I say THANKS to you who ‘LET GO’ It made ME smile—Felt good too.

Tips for Dealing with Forgetfulness
People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills. Here are some tips:
—Learn a new skill.
—Stay involved in activities that can help both the mind and body.
—Volunteer in your community, at a school, or at your place of worship.
—Spend time with friends and family.
—Use memory tools such as big calendars, to-do lists, and notes to yourself.
—Put your wallet or purse, keys, and glasses in the same place each day.
—Get lots of rest.—Exercise and eat well.
—Don’t drink a lot of alcohol.
—Get help if you feel depressed for weeks at a time
WHAT A SHOCK

She didn’t realize tapping him on the shoulder would make him do this—wow!

A passenger in a taxi heading for the airport, leaned over to ask the driver a question and gently tapped him on the shoulder to get his attention.

The driver screamed, lost control of the cab, nearly hit a bus, drove over the curb and stopped just inches from a large plate window.

For a few moments everything was silent in the cab. Then, the shaking driver said, ‘are you ok? I’m so sorry, but you scared the daylights out of me”..

The badly shaken passenger apologized to the driver and said, ‘I didn’t realize that a mere tap on the shoulder would startle someone so badly.’

The driver replied ‘no, no, I’m the one who is sorry, it’s entirely my fault. Today is my very first day driving a cab. I’ve been driving a hearse for 25 years.

If I keep saying that, Will it happen??????

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.

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
2/15 Valentine Dance and Dinner (reservations required plus cost $10/member, $15/non member
2/20 Wed Temple trip. Jay
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

Isn’t it weird that we have one hand that knows how to do everything and then one hand that just sits there like ‘I don’t know how to hold a pencil”.

Did you know that Ila Gibson was a member of ‘Jeans dancing girls’ a couple years back…… Well, a few years back……….. Well maybe a lot of years back…. Anyone remember them? Love to find some old pictures. What did you do in your younger ‘wild days’ - Come on—Be BRAVE—share.

Summers coming—
—Summers coming—
——Summers coming——

If I keep saying that.

Will it happen???????
Feelin’ a bit Tipsy…..

Can’t do the things you used to do without thinking and worrying about it. Aging isn’t an excuse to stop trying to find ways to stay active. SURE, there are real reasons that keep us from doing what we used to do. Our physical being changes, and that may prevent us from doing some things. Medication, changes in vision and hearing cause an inability to do some things.

BUT… sometimes we are unable to do things because we get a bit lazy… - OKAY, I know I have upset you already—but hear me out. PLEASE……

Physical conditioning (and I don’t mean running marathons, or lifting weights and body building) has a huge impact on what we used to do easily. But, as we have aged, we do less and less and that leads us to being less and less able to do things….. THINK ABOUT THAT FOR A MINUTE. As we age, we do less and less and so we become unable to do those things we used to do. And fear steps in to convince us we can’t do those things.

One of those fears is hurting ourselves by falling….so we do less, to keep from falling and convince ourselves that if we do less we will prevent falling.

Yes, it is real, as we become older we just don’t have the strength we used to. But it doesn’t take a lot of strength to become more stable and help prevent falling or losing our balance.

This program—along with practical help in identifying real things that can contribute to falling, helps build strength and balance that in turn builds confidence that counteracts fear.

Stepping On Class:

A 7 week course begins Wednesday February 20th (2/27, 3/6,13,20 & 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%.

I challenge you to try it. A couple hours per week is a small commitment leading to the probable improvement of your balance and confidence, leading to less falls. Besides you can convince your friends to join you and you’ll enjoy another opportunity to mingle with them.

Don’t let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don’t have to be one of them.

Take a Stepping On workshop!
Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you’ll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

Where: Spanish Fork Senior Center
167 W Center St
Spanish Fork, UT 84660

When: Wednesdays from 1:30 – 3:30 PM
February 20, 27, March 6, 13, 20, 27, April 3

To register: Call 801-853-7084 or visit www.livingwell.utoh.gov
FREE CLASS – REGISTRATION REQUIRED

REMEMBER YOUNGER DAYS??? BE THERE… OR BE SQUARE!!

See Ya there. Probably be some ‘goodies’ too.
**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*

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**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**

2/1 Membership meal — Breaded Bake Cube Steak, Potato's and Brown Gravy, Buttered Carrots, Roll, Cherry Shortcake

2/4. Mon Chinese New Year – Sweet & Sour Chicken, Ham Fried Rice, Egg Roll, Lime Sherbet, Fruit Cup, Fortune cookie

2/7 Thurs Spaghetti, Green Beans, Green Salad, French Bread, Oranges, Chocolate Pudding, or Garden Vegetable Soup and Turkey Sandwich

2/11 Mon. Chicken Noodle Soup, Carrots & Celery, French Bread, Fruit Cup, Chocolate Chip Cookie

2/14 Thurs – Salisbury Steak, Au Gratin Potatoes, Green Salad, French Bread, Cupcake & Ice Cream, or Chef Salad

2/15 Fri Valentines Dinner/Dance. Reservations and tickets required in advance. Tickets $10 for members and $15 for non members

2/18 Mon Closed Presidents Day

2/21 Thurs Shepherd’s Pie, Jell-O Salad, French Bread, Oranges, Oatmeal Raisin Cookie, or/ Cream of chicken soup, and turkey sandwich

2/25 Mon. Beef Tips Over Noodles, Green Salad, Green Beans, Fruit Cup, French Bread, Rice Pudding

2/28 Thurs closed

3/1 Fri Membership Lunch – Beef Pot Roast, Potatoes & Gravy, Green Beans, Roll, Cake

3/4 Mon Brats, Red Beans & Rice, Green Salad, Apple Sauce, Cake

All meals are subject to change without notice — Yea, stuff happens and every once in awhile things go awry.

Have you noticed all the activity that goes on to bring our meals together. Aside from Dixie and her crew in the kitchen who bust their butts to put together those great meals — there are dozens of volunteers helping too.

Setting up the tables and chairs, and tearing them down when the place needs to be cleaned. Making the tables pretty with table cloths, napkins and decorations. Do you take for granted the fact that there is salt and pepper, butter and jam on the tables? Fresh cold water for us to drink. Fellow members who run around madly getting our food trays delivered right under our noses, so we can enjoy our meal while we never miss a beat conversing with our neighbors and friends. Picking up the mess we leave behind, when we could have taken a minute to pick it up and throw it in the trash bins ourselves … That ‘those guys’ (and gals) pack up and throw in the dumpsters. And ‘those folks’ that wait til we are all done eating and then walk around ALL THOSE TABLES wiping them off to insure they are presentable for the next meal — just say THANKS! To all those volunteers who make it easy for us to have a nice meal with friends.

I know I haven’t mentioned all the hard work done by volunteers to get us fed. But hopefully you get the drift.

**TO ALL THOSE VOLUNTEERS**

**THANKS**

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**Who is this (*JC) byline I see periodically. Our own philosopher Jan Carlisle**

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**MOUNTAINEINLAND 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