The paint group and the ceramic group. Working on Mod Podge
How about this >> for a drawing give a way

PREPARED BY ‘PEOPLE WHO CARE’
BOARD OF DIRECTORS
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==================================================================================================
Your folks don’t write to us anymore, so why don’t you drop us a line or give us a call, or stop us in the center and tell us what you like and don’t like about the center. What can we do differently? What more can we do to make this a better place to come to. What can we do to make you feel more like you are ‘Surrounded by People who Care”. Do you realize all the activities that are available here at the center? Get out of the house and away from that TV. Come spend some time, other than lunch, at the center. There is so much to do, I bet you don’t even know half of it. Just stop by and wander! Exercise, Tai Chi, puzzles, cards, quilting, billiards, ceramics, painting, line dance, help decorate the stage, sweep the floors, clean the bathrooms........ Sit and watch the others—it makes them wonder what you’re up to. Need something to do to occupy some time—talk to Verna Jo, there are always small tasks that you could probably help with. Be more active, be part of our center, not just a visitor. Stay after lunch, We have computers—don’t be intimidated... you’d be amazed at the things you can do with a little coaching. We have TV at the center. Never know, we might have different programing..... Get out of the house, take some of the trips we offer, the zoo, aquarium, Wendover. Rather do some yard work, I bet we have some folks that could use some help. Need something done at your place? You might find a bunch of others who would love to help you. Meet some new people. Take the plunge, come over to the deep end and try something different. The Center is seldom empty, come see what is going on besides lunch. Write up something you think others might enjoy to read in this newsletter—get it to Roy. Doesn’t have to be a literary masterpiece.
******************************************************************************************
I love it when I get mail from the family......................
Dear Son, I’m writing this slow ’cause I know you can’t read fast. We don’t live where we did when you left. Your dad read in the paper that most accidents happen within twenty miles of home, so we moved,  Won’t be able to send you our new address as the last Arkansas family that lived here took the numbers with them for their new house, so they won’t have to change their address. This place has a washing machine. The first day I put four shirts in it, pulled the chain and haven’t seen ‘em since. It only rained twice this week, three days the first time and four days the second time. The coat you wanted me to send to you. Aunt Sue said it would be a little too heavy to send in the mail with them heavy buttons, so we cut them off and put them in the pockets.
We got a bill from the funeral home, and it said if we didn’t make the final payment on Grandma’s funeral bill, up she comes. About your sister, she had a baby this morning. I haven’t found out whether if it is a boy or girl, so don’t know if you are an aunt or uncle??
Your uncle John fell in the whiskey vat. Some men tried to get him out, but he fought them off playfully, so he drowned. We cremated him and he burned for three days.
Three of your friends went off the bridge in a pickup. One was driving and the other two were in the back. he driver got out. He rolled down the window and swam to safety. The other 2 drowned, they couldn’t get the tailgate down. Not much more news this time. Nothing much happened. If you don’t get this letter, please let me know and I will send another one. Love, Mom

“Being happy doesn’t mean everything is perfect—you’ve just decided to see beyond the imperfections”
LISTEN UP!!! Take a minute—focus—take a slllooowwww breath in for 3 seconds, ... exhale for 3 full seconds. Do this 10 times (1 minute) and see if you don’t feel better. If you do... Then make the effort to do this periodically during the day. You will find a very wonderful feeling of relaxation and calmness, and you will forget all your worries... at least for that minute. Try it...You might like it.

Bet you didn’t even notice the pictures of some of our activities on the front page? Paint Group, Ceramics Group, Have you taken the time to stop by and see some of the work they do! Pretty NICE! Tai Chi, is really the perfect exercise for balance and relaxations. It is so low key you can almost take a nap while doing it................ What to earn some money??? Stop by the Tai Chi class, I hear they are giving out money if you attend some classes. Talk to Ron or Verna.

Singers of the 60's are revising their hits with new lyrics to accommodate we the baby-boomers ..... New Releases Include: 
Herman's Hermits ---Mrs Brown, You've Got A Lovely Walker
Ringo Starr --- I Get By With A Little Help From Depends 
The BeeGees -- - How Can You Mend A Broken Hip?
Roberta Flack--- The First Time Ever I Forgot Your Face
Johnny Nash -------- I CAN'T See Clearly Now.
Paul Simon---- ......Fifty Ways To Lose Your Liver
The Commodores --- Once, Twice, 3 Times To The Bathroom
Procol Harum--- ......A Whiter Shade Of Hair
Leo Sayer ----.....You Make Me Feel Like Napping
The Temptations --- Papa's Got A Kidney Stone
Abba--------.....Denture Queen
Helen Reddy --------I Am Woman, Hear Me Snore
Lesley Gore--- It's My Hormones & I'll Cry If I Want To
And Last but NOT least...
Willie Nelson --- .......On the Commode Again
Reservations **ARE** required for lunch 798-5015  **MARCH** 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)*

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI – Normally Closed</th>
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<tbody>
<tr>
<td><img src="image" alt="Tai Chi Exercises" /></td>
<td><img src="image" alt="Oil Painting" /></td>
<td><img src="image" alt="Ceramics" /></td>
<td><img src="image" alt="Honey Bee Quilting" /></td>
<td><img src="image" alt="Membership Lunch – RESERVATIONS REQUIRED 1 WEEK IN ADVANCE, – MUST wear your name tag, bring your own plates/etc" /></td>
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<td><strong>4</strong> Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar 10:15 Sit down exercises, 12:00 Lunch 1:30 Line dancing</td>
<td><strong>5</strong> 8:30—3:15 Ceramics</td>
<td><strong>6</strong> 10:00 Honey Bee Quilting 10:00 Craft class, if not as if</td>
<td><strong>7</strong> 9:30 Choir 12:00 Lunch Birthday Party</td>
<td><strong>8</strong> Closed</td>
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<td><strong>11</strong> Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar 10:15 Sit down exercises, 12:00 Lunch 1:30 Line dancing</td>
<td><strong>12</strong> 8:30—3:15 Ceramics</td>
<td><strong>13</strong> 10:00 Honey Bee Quilting 10:00 Craft class, 10:30 Board Meeting,</td>
<td><strong>14</strong> 9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
<td><strong>15</strong> Closed</td>
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<td><strong>18</strong> Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar 10:15 Sit down exercises, 12:00 Lunch</td>
<td><strong>19</strong> 8:30—3:15 Ceramics</td>
<td><strong>20</strong> 10:00 Honey Bee Quilting 10:00 Craft class, 1:30 –3:30 Stepping On Class</td>
<td><strong>21</strong> 9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
<td><strong>22</strong> Closed</td>
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<td><strong>25</strong> Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar 10:15 Sit down exercises, 12:00 Lunch</td>
<td><strong>26</strong> 8:30—3:15 Ceramics</td>
<td><strong>27</strong> 10:00 Honey Bee Quilting 10:00 Craft class 1:30 –3:30 Stepping On Class—must sign up</td>
<td><strong>28</strong> Closed</td>
<td><strong>29</strong> Membership Lunch – RESERVATIONS REQUIRED 1 WEEK IN ADVANCE, – MUST wear your name tag, bring your own plates/etc</td>
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Are you interested in more sudoku, or word find, crossword puzzles, etc. Just let us know.

How about a contest after lunch one day with prizes for the fastest. Can be simple to impossible....... This one has answer somewhere in this newsletter.

George, an old retired teach made a visit to his doctor for a physical. A few day later the doctor saw George walking down the street with a buxom blonde on his arm. He called George over and said, ‘you are really doing great, aren’t you?’ George replied ‘just doing what you said Doc: ‘Get a hot moma and be cheerful’.

The doctor said, ‘I didn’t say that, I said, ‘You’ve got a heart murmur, be careful’.
DAD JOKES:
I just read this book about falling down a staircase —- It’s a step by step guide.....
                     ————————————————————
My wife complains I don’t buy her flowers ...
To be honest, I didn’t even know she sold flowers??
                     ————————————————————
It is admirable for a man to take his son fishing, but there is a Special Place in heaven for the father who takes his daughter shopping. (LT)
(Thanks to LaRue Taylor (LT) for some content)

We welcome anything you have to share with the membership. I will consider all submissions for inclusion—(no guarantees)

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 DATE and picture—Roy (385 224-2390) or Dan 801 602-1591
You can have the pictures the following month if you would like them.

Ceasar & Amparo Sanchez 59yrs

Just SENDING OUT A BIG HUG TO WHOEVER MAY NEED ONE RIGHT NOW...

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
Answer to Sudoku

6 5 8 7 3 1 4 2 9
9 3 4 6 2 5 7 1 8
7 2 1 4 8 9 5 6 3
2 9 7 1 5 8 6 3 4
3 1 5 9 6 4 2 8 7
4 8 6 3 7 2 9 5 1
5 4 2 8 9 3 1 7 6
8 7 9 2 1 6 3 4 5
1 6 3 5 4 7 8 9 2
THE UNCONDITIONAL LOVE OF MOTHERS Jan Carlisle

Unconditional love! Those are two powerful words but they are words I have both received and given. My mother was my rock; she was always there to steady my sometimes rocky ship. I never doubted my mother’s love although she was very different in many ways than I was. She was the strongest woman I ever knew and if there had been a woman super hero in the 50’s and 60’s I know she would have worn that red cape.

In a small book I received some years ago on the Reflections of Motherhood there is a passage that sums up how I have always felt about being a mother. By mother, I do not necessarily mean that you must have given birth. I’m sure you know many women who have served as surrogate moms in the form of aunts, neighbor, teaches and other women in life that are beautiful examples of a mother’s influence.

“Throughout our children’s lives, they will always need a friend to stand by them, no matter what. One of mother’s most important roles is to be that unwavering friend.” As our children grow through the maze of childhood, adolescents and adulthood we may not always agree with their choices of friends, music or career paths but it is imperative that we provide unwavering and unconditional love and acceptance, regardless of whether we agree with them or not. When we release our children out into the world it is one of the most frightening things we will ever be called upon to do yet it must be done. They will face trials...they will be hurt by friends and first loves as they put themselves out there in this big, wide world but we must always let them know that there is a safety net to catch them...a safe haven to retreat to and a warm hug waiting to comfort them when they suffer their first broken heart or when life threatens them.

That doesn’t mean we run interference for them to make life easy or smooth. It just means that when they do put their trust in others and their hearts on the line there is a place to come back to when they are hurt or heartbroken. There will always be a place where they can share their feelings and then take a deep breath before going back out there into the ring of life. I have given tough love as well as safe love and although I may have been the one shedding tears, it made them a better person. Tough love is a teaching tool, not a harmful tool, although they may not see it at the time. If your children know in their heart that you truly love them, they will eventually realize that your dish of tough love is served up with huge slice of unconditional love. The message we want to send to our children is that our love is without measure and that it will last all of their lives and that they will never be without a loyal friend. You never forget that type of love because it stays with you for a lifetime. I was fortunate enough to have two aunts and a mother who always told me I was wonderful and I believe them. I always knew they would listen and love me and yes, sometimes give a little tough love but it would be done with so much trust and affection that it sustained me though more than a few of life’s disappointments and heartbreak. We all need this and no matter how the years have changed the color or our hair or the posture of our bodies, we remember that kind of love no matter who we received it from. Happy Mother’s Day to all of those who remember receiving or giving the wonderful gift of unconditional love. “Once upon a memory, someone wiped away my tears...and held me close and loved me...I miss you, mother dear.”

May B/D. If the membership database has your birthday listed, it should be listed here. If it is not accurate, please let us know. (# = 90+) (* = new member) go say ‘Hi’- Happy Birthday

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.

The computer swallowed Grandma.
Yes, honestly, it’s true.
She pressed ‘control’ and ‘enter’
and disappeared from view.
It devoured her completely,
the thought just makes me squirm.
She must have caught a virus
or been eaten by a worm.
I’ve searched through the recycle bin
and file of every kind:
I’ve even used the internet,
but nothing did I find.
In desperation, I asked Mr. Google
my searches to refine.
The reply from him was negative,
not a thing was found ‘on line’.
So if inside your ‘inbox’,
my Grandma you should see.
Please ‘Copy, Scan and Paste’ her,
and send her back to me.

This is a tribute to all the Grandmas & Grandpas, Nannas & Pops, And all others of a certain age, who have been fearless; and learned to use the computer.
They are the greatest. (LT)

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn’t find a space with a meter. Then he put a note under the windshield wiper that read ‘I have circled the block 10 times. If I don’t park her, I’ll miss my appointment. Forgive us our trespasses.’ When he returned, he found a citation from a police officer along with a note ‘I’ve circle this block for 10 years. If I don’t give you a ticket I’ll lose my job. Lead us not into temptation’ (LT)
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.

5/2  Th CLOSED
5/3  F Membership Meal
5/6  M Congregate Meal
5/7  Tu Mothers Day Tea—Jan Carlisle
5/8  W Board Meeting
5/9  Th Congregate Meal
5/12 Su Mothers Day
5/15 W Wendover Trip (tentative—listen for updates)
5/16 Th Congregate Meal
5/17 F Pot Luck Friday
5/20 M Congregate Meal—Mothers Day Celebration
5/23 Th Congregate Meal
5/27 M Memorial Day—Closed
5/30 Th Congregate Meal
5/31 F Hogle Zoo Trip

Thanks Melba..............Melba King brought a treasure into the center and has allowed me to share a few pages from it. Spanish Fork High School Class of 1941 had a 50 year class reunion in 1991 and here are some excerpts.
Who is a senior citizen? What is one? A senior citizen is one who was here before the Pill and the population explosion. We were here before TV, penicillin, polio shots, antibiotics, open-heart surgery and hair transplants. Before frozen food, nylon, Dacron, Xerox, Kinsey, radar, fluorescent lights, credit cards, ball-point pens and Frisbees.

For us, time sharing meant togetherness, not computers or comics. Co-eds never wore slacks. We were pretty house and dry-dry clothes, before ice makers and dishwashers, clothes dryers, freezers and electric washers. Before Hawaii and Alaska became states, before men wore long hair and earrings and before women wore tuxedos.

We were before Leonard Bernstein and Ann Landers, plastic, the 40-hour week and minimum wages. We got married first and then lived together. How quaint!

Closets were for clothes - not for coming out of. We were before Grandma Moses. "The White Shadow," Frank Sinatra, Batman, Herblock, and Miss Peach. Girls were Pete Pan collars and tight cleavage was what butchers did.

We were before vitamins, disposable diapers, Jell-O, pizza, face-lifts, Cheers, instant coffee, decaffeinated anything, and McDonald's. We thought fast food was what you ate during Lent. We were before Boy George and Chiquita Banana. Before FM radios, tape recorders, electric typewriters, beam boxes, word processors, electronic music and disco dancing.

In our day, cigarette smoking was fashionable; grass was for moving. Coke was a refreshing drink and pot was something you cooked in. If we had been asked to explain CIA, RAND, UFO, VCR, GM, NASA, NASA, VAC, SL, JFK, AB, and MIB - we'd have said "alphabet soup."

We are today's senior citizens, a handy bunch when you think of how our world has changed and the adjustments we have had to make. I'm pretty proud of us.
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 a paid member to participate! **Bring your own plates and silverware**

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<tr>
<td>Apr 29 M</td>
<td>May 2 Th Chicken Noodle Soup, Carrots &amp; Celery w/Ranch, French Bread, Oranges, Chocolate Chip Cookie or, Chicken Noodle Soup &amp; 1/2 Turkey Sandwich</td>
<td>May 3 F Stock Show</td>
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<td>May 6 M Beef Hot Dog on Bun, Mac &amp; Cheese, Pork &amp; Beans, Fruit Cup, Chocolate Pudding</td>
<td>May 9 TH Closed</td>
<td>May 10 F Membership Lunch Chicken Breast, Mashed Potatoes &amp; Chicken Gravy, Green Beans, Roll, Strawberry Shortcake</td>
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</table>
| May 13 M Mothers Day Lunch Chicken & Stuffing, Buttered Baby Carrots, Cranberry Cup, Roll, Fruit Cup, White Chocolate, Macadamia Nut Cookie | May 16 Th Birthday Celebration Goulash, Carrots & Celery w/Ranch, French Bread, Oranges, Cupcake & Ice Cream. | Recipe—Chicken Spaghetti
16oz Spaghetti (cooked)
2 eggs—Beaten
1/3 cup Parmesan Cheese
5 TBS butter—melted
8 oz Cream Cheese—Soft |
| May 20 M Ham & Beans, Celery sticks w/ranch, French Bread, Banana, Corn Bread & Honey Butter | May 23 Th Lasagna, Green Beans, French Bread, Fruit Cup, Pudding...... or Cream of Broccoli soup, 1/2 turkey sandwich | 2-10oz Cream of Chicken Soup
1 Cup Sour Cream
2 Cup M mozzarella Cheese
1# Bacon
1 tsp Italian Season |
| May 27 M Closed Memorial Day | May 30 Th Meatballs, baked Potatoes w/Sour Cream, Corn, French Bread, Oranges, Ice Cream Bar or Chef salad | 1 tsp Salt
1/2 tsp Onion Powder
Use a 9” X 13” Pan
Bake @350 degrees 30-45 min. |
| Jun 3 M Cheeseburger Soup, Carrots & Celery w/ranch, French Bread, Fruit cup, Pudding | June 6 Th Closed | Jun 7 F Membership Meal Roast Beef, Mashed Potatoes & Beef Gravy, Peas & Carrots, Cake, Roll |