Remember that Thanksgiving is a great time to share yourself with others. Make the effort to let others know you care about them. BUT REMEMBER Thanksgiving Dinner is not the only TIME you should be sharing YOURSELF with friends and family. We seniors are the most friendly people around. We care about YOU! Make it known that you are a caring and sharing person. Make new friends, step out of your shell, say ‘Hi” to someone you don’t know at our center. Come to the center at times other than lunch and enjoy other seniors who care about you. Become more active, come to the center any day and see all the great things and activities there are to do, and meet ‘new friends’!

TRY IT—YOU’LL LIKE IT
Senior Center Director, Verna Jo Hollingshead

BOARD OF DIRECTORS (terms expire 12/31/year)

Directors:

(2019) 3 spots open for replacement Roy Anderson 385 224 2390, roysfnewsletter@gmail.com, Jan Carlisle 270 985 8411, jcarlisle43@att.net, Marsha Steggell 801 797 6299. If you want them to continue let them know, if you know of someone who will add a fresh prospective to the operation of the center, put your name/their name into the fray

(2020) Dan Bachler 801 602 1591, Jerry Hansen 801 592 3466, Janice Orr 801 798 7477

(2021) Mary Lou Brandon (Board Chair) 801 798 2451 tbrandon@sfcn.org, Kaye Poulson 801 798 2411, Marie Spencer 801 798 3484

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Each year 3 members terms expire. If you are interested in being a member of the Board, please talk to Verna Jo. This is not a ‘good ole boy’ reappointment process. If you feel you can add a fresh look at how the center operates, please consider making it known to Verna Jo that you would be interested in possibly filling a position. 2022 appointments will be made effective 1/1/20 for 3 seats.

=========================================================================

Employee of the Month—November—Sue Anderson Head of the Ceramics Department.

If you’re ever in the Center on Tuesday—don’t be frightened by all the noise coming from downstairs—it’s just the Ceramics group; and under the direction of Sue they have a heck of a time. The comraderie, friendships, and caring for us seniors (led by Sue) is infectious and sometimes noisy. Aside from the Ceramics group who she loves dearly, she is recognized around the world for the quality Chinese Shar-Pei dogs she has bred and raised since the late 80’s. She has won almost every Shar-Pei award available and is looked at, and respected, as one of the top breeders around the world Simon is/was Sue’s ‘Heart Dog’ Top Chinese Shar-pei in 1997 from 1000’s of Shar-Pei, when it was a very popular breed with lots of competition.
Diabetes also called: dibetes mellitus

A group of diseases that result in too much sugar in the blood (high blood glucose. On December 20, 2006, the United Nations (UN) passed a resolution to designate November 14 as World Diabetes Day. The occasion aimed to raise awareness of diabetes, its prevention and complications and the care that people with the condition need.

this year's focus is on the link between diabetes and cardiovascular disease.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

Stop smoking or using other tobacco products.
Manage your A1C, blood pressure, and cholesterol levels.
Develop or maintain healthy lifestyle habits - be more physically active and learn ways to manage stress.
Take medicines as prescribed by your doctor.

For ad info. call 1-800-950-9952 • www.4lpi.com        Spanish Fork Senior Center, Spanish Fork, UT         A 4C 05-1083
"Come away, O human child!
To the waters and the wild
With a faery, hand in hand.
For the world’s more full of weeping
than you can understand.” Yeats

Yes, I will admit it, I believe in fairies and unicorns and all things magical. It all began when I was but a wee little girl sitting at my great grandmother’s knees. I really have no idea what her age was at the time but I do remember that to me she seemed very old; always wearing a long, black dress and a starched white apron with her waist-length gray hair coiled on the back of her head and I adored her. She was stoic most of the time until she began to tell me tales from the Emerald Isle. Originally from Ireland, she had a plethora of wonderful stories about the wee people (leprechauns) and fairies and all such things that were wondrous to hear and I was a very willing listener.

My grandfather added to the tales from time to time and in the summer he would tell me that if I did my chores and was a good girl that he would see if he could talk the fairies into leaving a watermelon under the old fig tree. Oh, that was all it took for me to be the golden child of the day and sure enough, the next morning when I rushed outside while holding the hand of my grandfather, there would be a dew-covered watermelon nestled beneath the large fig tree, much to my delight. It was then, at this golden age of my childhood, that I first learned the universal language that everyone is capable of understanding in their heart: it was to know what it is to be loved. It is older than humanity and more ancient than the stars. If you are ever fortunate to receive such love then it is very easy to believe in fairies…or so it was to me.

And so it was that when I grew up and became a mother, I taught my children about fairies and would leave gifts for the tiny friends and in return the fairies would present them tiny notes and maple tree seeds (that look like fairy wings… because after all, I told them, fairies shed them constantly) and pretty stones and all things shiny. What fun I had with them creating a world of fantasy and wonder and I never failed to point out fairy rings on the early morning lawn when mushrooms had magically appeared overnight and everyone knows that means the fairies had been dancing there. After all, every child needs to believe that they are special to someone, even it is to imagine a fairy sitting on their pillow as moonbeams dance through the night.

Then we grow up (well some of us) and these magical times might fade but I’ve learned that as I grow older I recall the magic of wonder in a child’s eyes when fairy dust is left on their pillow and they felt loved and the world was full of wondrous possibilities.

I hope you do because when I think of fairies, at least in my mind, it equates to love. If a fairytale can bring a bit of happiness into the life of a child, then, by all means, tell fairytales.

Some of the most brilliant minds in the world of literature were true believers in fairies, elves, unicorns and pixie dust. There are courses taught at Oxford University in England dedicated to the writings of J.R.R. Tolkien, who wrote The Lord of the Rings and developed an entire eleven language. J.M. Barrie, who wrote Peter Pan was a true believer in the power of pixie dust and even Albert Einstein believed in the power of imagination and so I end with a quote from this beloved genius.

"Logic gets you from A to B. Imagination gets you EVERYWHERE."
To My Children

When I spill some food on nice clean dress, or forget to tie my shoes. Please be patient and perhaps reminisce about the many hours I spent with you, when I taught you how to eat with care, plus, tying laces and your numbers too. Dressing yourself and combing your hair. Those wee precious hours spent with you. So, when I forget what I was about to say, just give me a minute or maybe two. It probably wasn’t important anyway. And I would rather just listen to you. If I tell the story one more time and you know the ending through and through. Please remember your first nursery rhyme, when I rehearsed it a hundred times with you. When my legs are tired and it’s hard to stand or walk the steady pace that I would like to do—please take me carefully by the hand and guide me now as I so often did you.

TO DO TODAY

- Dismiss a suspicion and replace it with trust
- Write a letter to someone who misses you
- Encourage a youth who has lost faith
- Keep a promise
- Forget an old grudge
- Examine your demands on others and vow to reduce them
- Fight for a principle
- Overcome an old fear
- Take two minutes to appreciate the beauty of nature
- Tell someone you love them ... tell them again

Things you don’t need to apologize for

Loving someone; Saying no; Following your dream; Taking ‘me’ time; Your priorities; Ending a toxic relationship; Your imperfections; Standing your ground; Delay in your response; Telling the truth.
Upcoming events that you may want to participate in
for fun entertainment

11/1  Friday Membership Meal
11/1  Friday Jenni Around the World Bolivia
11/3  Sunday-Daylight Savings end ('Fall Back')
11/4  Mon Congregate meal
11/7  Thur Congregate meal
11/11 Mon Veterans Day—Closed
11/13 Wed — Board Meeting
11/14 Thursday Congregate meal Movies at the Center
11/18 Monday Congregate meal
11/21 Thursday Congregate meal and Jenni around the world
11/25 Mon thru Fri Center Closed
11/28 Thanksgiving Day closed
11/29 Black Friday closed
12/2  Mon Congregate meal
12/5  Thur Closed
12/6  Fri Membership meal

Fisherman’s Prayer —— I pray that I may live to fish until my dying day, and when it comes to my last cast, I then most humbly pray, when in the Lord’s great landing net and peacefully asleep, that in his mercy, I be judged big enough to keep. Thanks to Ron Gordon

‘On this day: Mend a quarrel.
Search out a forgotten friend.
Dismiss a suspicion & replace it with trust.
Write a letter to some who misses you.
Encourage a youth who has lost faith.
Keep a promise.
Forget an old grudge.
Examine your demands on others and reduce them.
Fight for a principle.
Overcome an old fear.
Take two minutes to appreciate the beauty of nature.
Tell someone you love them.... Tell them again

“I LOVE YOU” means that I accept you for the ‘person you are’ , and I don’t want to change you into someone else. It means that I do not expect perfection from you, just as you don’t expect it from me. ‘I love you’ means that I will love you and stand by you even through the worst of times. It means loving you when you are in a bad mood or too tired to do the things I want t do. It means loving you when you are down, not just when you’re fun to be with. Deanna Laura Gilcuddcubert

Artist of the Month November—The entire paint class will be spotlighted during November and December with their Old World Santa Paintings on the stage and throughout the Center. Watch for these and let them know how much we love their work and appreciate their efforts to make our Center fancy for the season.

And, get your butt downstairs to see them work their magic. They are there frequently but most of the day on Mondays. Stop by and look at their work in progress—maybe you’ll get the bug and decide to give it a try yourself.
Birthdays for November #90#

Dan Bachler
Karen Bradford
Willis Burton
Nina Child #
Melvin Christopherson
LaDell Glazier
Eileen Gull
Shirley Hudman
Carol Laidler
Cathy Meyers
Deanna Nyman
David Snow
Kaye Stallings
Margaret Sumison
Mary Webster
Phillip Whitehead
Anna Wignall #

How about anniversaries!!!!!!!

Clyde & Clarice Nilson 61 years this November

Passing these past few months

Lee Johnson—August
Ron Davis — October

Before it’s too late!

Search out a forgotten friend

Come join us on the 2nd and 4th Thursday, after lunch (around 1:15/1:30)
FREE MOVIES AT THE SENIOR CENTER.
Free Popcorn & Drink
Reminders will be announced during lunches
EXERCISE?????? YOU GOT TO BE JOKING, we’re too old and fragile to be doing this……. I say BULL……

THE BOARD OF DIRECTORS OF ‘YOUR’ SENIOR CENTER HAVE AGREED THAT WE WILL DEMONSTRATE THIS TECHNIQUE FOR YOU ON STAGE IF NEED BE

The benefits of a few minutes of mild exercise WILL DO WONDERS for almost all of us......... IF WE JUST TRY IT!!!!
Don’t you just get tired of me saying “TRY IT YOU MIGHT LIKE IT”. I’m sure some of us are just not capable of doing anything like this… BUT I WOULD BET MONEY that most of us are just too lazy to give it a try. DARE YOU!!!!!!! DOUBLE DARE YOU!!!!!!!!!

The Cardio Blast Workout for Beginners
(Brought to you through ‘Silver Sneakers’ and plagiarized by me) - I have the videos that anyone can view on their phone, or we can put them on the tv in the library or downstairs or on your tv at home.

If you struggle to find 30 solid minutes a day, five days a week, for heart-pumping exercise, you’ll want to hear this: You don’t have to. Here’s something else: If you’re just starting exercise and finding more than a few minutes at a time is a challenge, that’s okay. Even five or 10 minutes of physical activity has real health benefits, according to the latest fitness guidelines. That’s right, five or 10 minutes!
Right away, you might notice that short bursts of exercise improve your mood and help you move better. Over time, if you go from no physical activity to just 10 minutes a day, six days a week, you’ll start to gain tremendous health benefits. You’ll lower your risk of heart disease, type 2 diabetes, and some cancers.
Feeling inspired? Here’s a 10-minute beginner cardio workout to try. Plus, see tips for five-minute and one-minute workouts too.

DON’T QUIT NOW — IT WILL ONLY TAKE YOU A COUPLE MINUTES TO SEE THIS THROUGH!!!!!!!

How the 10-Minute Cardio Blast Workout Works All you need is some open floor space, and water and a towel if you want it. If you’d like support during exercises, feel free to use a wall, chair, or counter You can use the moves here in a few different ways, and you can do multiple options per day. For example:

10-Minute Workout: Do each move for 30 seconds, and repeat the sequence four times, resting as needed.
5-Minute Workout: Do each move for 30 seconds, repeat the sequence two times, resting as needed.
1--Minute Workout: Pick just one move to do for one minute, resting as needed. It’s a great way to add movement throughout your day.

The lawyers make me say this////////As always, safety is key. The exercises here may be different or more advanced than those you’ll experience in a SilverSneakers class. If you have a chronic condition, an injury, or balance issues, talk to your doctor about how you can exercise safely. I truly believe this really only applies to a few of us……. SOOOOO the rest of you get off you butt and give it a try……..

Cardio Move #1: March in Place How to do it: Stand tall facing a wall, kitchen counter, or back of a sturdy chair, holding on for support if needed. From here, raise one knee as high as you comfortably can, making sure not to tilt your trunk as you do so. Pause, then lower your leg to the starting position. Repeat with your opposite leg.
Cardio Move #2: Alternating Reach How to do it: Stand with your feet wider than shoulder-width apart. Reach to the left with your right arm overhead. Then reach to the right with your left arm overhead. Reach to the left with your right arm across your chest. Then reach to the right with your left arm across your chest. As you move your upper body, pivot your feet. Make it easier: If it’s uncomfortable to reach overhead, alternate reaching across your chest.
Cardio Move #3: Modified Seal Jack How to do it: Stand with your feet together and arms straight out in front of you, palms touching. With control, step one foot out to the side, and open your arms wide. Still with control, step your foot back to center and close your arms to return to the starting position. Repeat on the opposite side.
Cardio Move #4: Skater Step How to do it: Stand with your feet hip-width apart. With control, step one foot behind you at a slight angle, landing on the ball of your foot with your hips and knees bent slightly. You can step back as little or as much as comfortable for you. Let your arms swing gently and naturally. Still with control, return your foot to the starting position. Repeat on the opposite side.
Cardio Move #5: Heel Kick How to do it: Stand with your feet about shoulder-width apart, and raise your arms overhead. Kick one heel toward your glutes, lower your foot, shift your weight, and kick the other heel behind you. As you kick your heels, bring your arms down. As you lower your foot back down to the floor, raise your arms back up. Make it easier: Keep your hands on your hips or down by your sides, and focus on the footwork first. Once you’re comfortable, you can add the arm movements.
**Broccoli with Wild Rice Soup**

1 box Rice-A-Roni Wild rice
5 cups chicken broth
10 oz. package frozen broccoli
1 large carrot—shredded
1 can cream of chicken soup
3 cups shredded chicken
8 oz. cream cheese

Add rice and seasoning packet to broth. Bring to boil. Reduce heat and simmer 10 minutes. Add vegetables and cook until soft. Add soup, shredded chicken and cream cheese. Warm on low heat until cheese melts.

Thanks to Dixie for coming up with a new recipe every month. Hopefully you will take the time to say thanks also! AND I say thanks to Beverly for typing this and other things up for the newsletter. I appreciate it.
**NOVEMBER 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>Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar 10:15 Sit down exercises, 12:00 Lunch Card Games, etc.</td>
<td>8:30—3:15 Ceramics</td>
<td>10:00 Honey Bee Quilting 10:00 Craft class, 10:30 Board Meeting.</td>
<td>9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
<td>1  Membership Luncheon</td>
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<td>8 Closed</td>
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<td>11 Closed Veterans Day</td>
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Do you know Gordon Warner? Bet you do. He teaches Banjo, Harmonica, Guitar (using one finger), and other musical instruments right here at our Senior Center. He would love you to share some time with him and learn something new. Talk to him. I would love to have him sit on stage one day and just talk to us about things he has done, accomplished, and his visions of the future and answer questions about his accomplishments.

Yes, many of his accomplishments in business are well above our heads, I am amazed at what he has accomplished.

Something many of you do not know about Gordon (aside from him being 96 years YOUNG), He was a child prodigy…… developed his first invention in the color print industry when he was but 12 years old……. He and his family were instrumental in the newspaper color print industry. His company developed numerous new processes and designed and developed numerous pieces of equipment that revolutionized color printing into the newspaper and magazine industry from the 40’s through the 80’s. Even though the implementation of digital technology brought about change, Gordon was a pioneer and entrepreneur for decades. Even today this man’s imagination would make your head spin. You bring up a topic and Gordon could turn it into the unimaginable. I’m sorry, but I see this man as a true ‘genius’! Can’t say enough about him.

But he is a quiet gentleman and might not be willing to share some of his accomplishments, concepts, and ideas…….. UNLESS many of us ask him. I don’t think Gordon is a man who would say NO to us seniors. Stop by during lunch and say hi.

The ‘SOC HOP’ turned out super! Lot’s of fun (Thanks to our GREAT ‘Special Events Volunteers’, and plenty of food (thanks to our OUTSTANDING kitchen staff)
**Menu**

Requests for salads 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!

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**Monday 4**th
Chicken nuggets/dipping sauce
Mac-n-cheese
Cole slaw salad
French bread
Oranges
Cookie

**Thursday 7**th
Lasagna
Green beans
Green salad
French bread
Fruit cup
Tapioca pudding
Or Broccoli cheese soup

**Friday 1**st (Membership meal)
Turkey slice & stuffing/cranberry cup
Potatoes & turkey gravy
Buttered carrots
Beehive dinner roll
Pumpkin pie

**I hate it when you offer someone a sincere compliment on their mustache And suddenly she’s not your friend any More!!!**

**Monday 11**th (closed for Veteran’s Day)

**Thursday 14**th
Chili & crackers
Celery sticks/ranch dressing
French bread
Fruit cup
Peanut butter bar
Or Chef’s salad

**Friday 15**—Closed

**Confidence is silent**

**Insecurities are loud**

**Monday 18**th
Chicken noodle soup
Green salad
French bread
Fruit cup
Crunch Cookie

**Thursday 21st** (Thanksgiving lunch)
Turkey & stuffing casserole
Potatoes & turkey gravy
Cranberry cup Buttered carrots
Jell-O salad Roll Carmel apple pastry
Or Chicken & wild rice soup/Turkey sandwich

**Friday 22**—Closed

**The best thing about telling the truth is you don’t have to remember what you said**

**Monday 25 Closed**

**Thursday 28 Closed**

**Friday 29**—Closed

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**THINGS TO TRY**

Start a decision journal—actually write down what you decide to do and keep focused. Don’t let the minor distractions keep you from you INITIAL decision. It you do get distracted…. READ YOUR JOURNAL!

Start a GRATITUDE JOURNAL. Write down the things you are grateful for. When you start feeling down, read your journal and move on to your decision journal