“SURROUND YOURSELF WITH PEOPLE WHO CARE”

M—Th 8:30-4pm
Special Events January
1/6 “Welcome in the New Year” Party @ noon
1/10 Membership luncheon @ noon
1/10 Jenni Around the World-Figi @ 1pm
1/13 Honor our Spanish Fork Police Officers Luncheon
2/7 Membership Luncheon

Billiards Tournament
Members no cost /Non-Members $5
February Wednesday 19th @ 10am
Registration required
Monetary Prizes 1st & 2nd Place
Ideas for the New Year

1. Become social media savvy
If you don’t already have a Facebook or another social media account – and you’ve been wanting to join the fun – consider resolving to open one. Social media can help you keep in touch online with people you know.

2. Challenge your memory
If you’re looking to exercise your brain – and enjoy yourself too – start 2020 off with these traditional games like chess to smartphone apps like Lumocity®, you can have fun challenging your memory while also helping boost other cognitive functions that can enhance your health and life.

3. Volunteer in your community
Whether it’s starting a donation drive, lending your skills to organizations in need, or donating blood, there are plenty of ways to be charitable. Not only will your efforts serve your community, but they can also make you feel great.

4. Spread kindness to strangers
Random acts of kindness are a heartwarming way to spread warmth and cheer wherever you go. If making strangers smile fills you with joy, consider resolving to perform simple gestures in 2020 to make someone’s day.

5. Stay in touch more often
Resolve to reach out to the important people in your life in the coming new year. Take time to send a friendly card or, better yet, call them just to chat. They’ll love to hear from you!

6. Practice good sleep habits
Sleep is one of the cornerstones of good health. In fact, there are many health benefits of adequate sleep, including weight regulation, lower risk of heart disease, and increased immunity.

7. Be a good neighbor
Establishing relationships with your neighbors can help enrich your home life. Make a phone call or even better go visit your neighbors and “make their day”!

8. Up your strength training regimen
Strength training moves like squats and wall push-ups can help keep your bones healthy, prevent falls, and reduce arthritic pain. If you want to boost your body strength in the New Year, talk to your doctor or a fitness expert before you begin. Look on line or YouTube for ideas.

9. Celebrate your friends
Good friends can lend a supportive shoulder to lean on. Resolve to show your pals you care with fun get-together luncheons or playing games, even just casual visits. Try throughout 2020, hosting gatherings to keeping in touch, nurturing your friendships is a New Year’s resolution tip bound to have a lasting effect.

10. Learn gardening
There are many health benefits of gardening for seniors, making it a wonderful new year goal. Embracing your green thumb not only encourages healthy physical activity, but it can also reduce stress and boost your mood.

11. Try new crafts
Whether you’re a novice or seasoned crafter, learning a new crafting skill is a creative way to spend your time in the New Year. From painting to jewelry-making, there are endless ways to create unique treasures.

12. Adopt a pet
While caring for a pet isn’t for everyone, it certainly can have its perks for those who enjoy the companionship and responsibility of having furry friends. Not only will this New Year’s resolution idea help you give an animal in need a new home, think about adopting a service dog in 2020 to help support your hearing.

13. Have regular playdates with your grandchildren
This new year tip hardly feels like a resolution at all – it’s something many grandparents just can’t get enough of. If spending more time with the little ones in your life is on your wish list for 2020, arrange unforgettable playdates filled with joy and laughter. Consider vacationing with your grandkids next year.

14. Eat healthily
No list of New Year’s resolution ideas would be complete without giving the nod to healthy eating. While reducing calories and increasing your fruit and vegetable intake are a no-brainer, keep this in mind to help make 2020 the healthiest year yet.

15. Schedule a medical checkup and hearing test
The start of a fresh new year makes an ideal time to schedule medical check-ups and a hearing test. Contact your doctor’s office to find out which appointments you’re due.

Resolve to make 2020 healthy, fruitful, and fun with these New Year’s resolution ideas for seniors
Happy New Year

Wordsearch

Search for the words going up, down, left and right.

CELEBRATION  COUNCIL  COUNTDOWN  EXTRAVAGANZA

FIREWORKS  GATHERING  INVITATION

JANUARY  MIDNIGHT  NOISEMAKER

PARTY  RESOLUTION  TRADITION
I was born to J. Martell and Venice Bird in Little Rock, Arkansas and also lived in Wisconsin and San Francisco, CA before I was 2. I am the oldest of 4 children. My father was an FBI agent and when I was 3 we moved to Provo, Utah where he was the resident agent until I was 8. I attended schools in Provo, Bountiful, Portland, OR, and then we settled in the Los Angeles, California area where I attended high school. I left for BYU on a leadership scholarship and loved my time there. I married my husband, Pat, in 1964 and we were married for 52 1/2 years before he passed away from Parkinson's in 2016. We have 13 children, 53 grandchildren and 4 great grandchildren. I had a few jobs right after high school and in between my years at BYU. I worked for the FBI and the City of Los Angeles as a clerk and a stenographer. After I married, Pat, I worked for a few months at Walker Bank in Provo while he was at BYU. I helped my husband as he built a successful company in California and stayed at home with our children. Then at 58, I applied to work for the school district in Visalia, CA where we had raised our children. I had a wonderful job as the clerical assistant to an elementary principal for 9 years. After Pat was diagnosed with Parkinson's, I retired and we moved to Rexburg, Idaho for 2 years and then bought our little home in Spanish Fork where I live now. I love being a member of the Church of Jesus Christ of Latter-day Saints and have enjoyed many ward and stake callings throughout my life. I currently teach Relief Society and love studying the Conference talks. I began bringing my husband to the Senior Center in 2012 and he loved coming and getting to know many people. So did I. After he died, I was asked if I wanted to be an employee rather than just volunteer and I have loved it. I work with great people and love getting to know our members. I enjoy reading, cooking, baking, walking, family activities, friends, computer work, technology, volunteering, attending the temple and learning.

We at the Senior Center love, appreciate and adore our precious Beverly... She is very mindful and attentive to our Seniors and staff!!
Did you recently get an official FTC (Federal Trade Commission) from “me”? That’s in quotes because it wasn’t actually from me. And the letter wasn’t official, or even from the FTC at all. In fact, scammers have been faking official-looking letterhead to write scary messages to people, threatening them. But, again: it’s not real. We know about this scam because a gentleman in Pennsylvania was smart enough to take it to his bank, and together, they reported it to the FTC. The letter said his online and financial activities put him under suspicion of money laundering and terrorism. And now, all his “activities will be under review.” Our best guess is that this letter is just the first part of a scam. The second part will probably involve “urgent” phone calls telling people to send money right away. Now, though, you can spot the scam. Here’s what to know to protect yourself against government imposters like these. ☐ The FTC will never send a letter like this, and we’ll never threaten you. ☐ The FTC does write back to people who write to us, and we sometimes send letters about a refund from a case—but then, we’ll never ask you to pay anything or give personal info to collect your funds. (Find more about FTC refunds at ftc.gov/redress.) ☐ No government agency will ever demand that you pay by gift card, wiring money, or bitcoin. Anyone who does that is a scammer. Full stop. ☐ Find out more about imposter scams of all sorts at ftc.gov/imposters. If you get a letter from the FTC, we want to know. Before you do anything else, please call the FTC’s Consumer Response Center at 1.877.FTC.HELP (1.877.382.4357). Meanwhile, sign up to get the FTC’s consumer alerts to stay up on the latest scams.

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something." -- Neil Gaiman

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Spanish Fork Senior Center  
Mission Statement

It is our honor, as the Staff and Volunteers of the Spanish Fork Senior Citizen 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 that 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!

Our Goals:

To design a support system for our participants, that encourages continued independence. Provide them with resources and options to cope with stress and reduce depression and anxiety.

To develop meaningful and fun opportunities that will teach skills and improve personal development, through a variety of activities.

To provide leadership opportunities allowing participants to use their interests and life experiences.

To promote a better quality of life and positive feelings of self-worth and confidence, by providing educational classes and presentations, on health and wellness.

To encourage opportunities for interactions with other participants and the community for social enrichment.

Reduce social alienation and create a sense of genuine belonging.
DIXIES CULINARY CORNER

Cornbread

1 C. melted butter  4 eggs  2 C. buttermilk
1 C. sugar  Beat together

ADD: 2 C. cornmeal, 2 C. flour, 1 teas. Salt and 1 teas. baking soda.
Stir only until dry ingredients are wet. Just don’t over beat.
Bake in 9x13 pan @ 350 F for 35 minutes. ENJOY!

Move in silence. Only speak when it's time to say...CHECKMATE
By now you probably know, from reading my articles, that I love the rain, the ocean, the mountains and nature; especially the animals in nature. Birds top that list and they have brought me immense pleasure over the years. I grew up listening to the songs of the mockingbirds and the arguments among crows, but in between there have been many more. Mockingbirds and jays are the ones I recall most from my childhood and woe be unto anyone who came close to their nest because they became the equivalent of dive bombers who were fearless in the protection of their young form humans or cats. I remember well watching my cat slink close to the ground as she attempted to reach the safety of the porch as these missiles dove relentlessly at her. Humans likewise were targets if they ventured to close to the baby birds in nest high in the trees or in bushes.

Then there was the haunting call I heard, while sitting on the front porch of my daughter’s home near a cornfield in Kentucky. I sat forward in the large white rocker and held my breath, hoping to hear another note drifting on the morning breeze. I imagined the large raptor; perhaps returning from a night’s hunting, and was rewarded with a repeat performance. The sound was hauntingly beautiful as I sat enjoying it in the early morning light. The sound never failed to take my breath away and put a smile on my face.

Then, what can compare to the sight of bright red cardinals against the backdrop of snow on my deck as they battled the squirrels for the food in the feeders. There were hours of enjoyment as I sat watching the brightly dressed males and the beautiful paler shade females flutter and chat with one another in their daily search for the seeds scattered about from the antics of the squirrels.

Another favorite of mine has always been the magical hummingbird who challenges the laws of physics with its acrobatic maneuvers in and around the blossoms and feeders. They are so tiny yet so powerful and the irradiances of their plumage never fails to take my breath away.

Birds of prey have fascinated me for years; with their fierce eyes, hooked beaks and sharp talons. I recall one of my rare sightings of these magnificent birds years ago. It was early spring when I heard a ruckus outside my balcony overlooking a steep valley where tall tree canopies grew close to my windows. I opened the tall French doors and stepped out and sat down because nearby, sitting on a sturdy branch, were two beautiful red tail hawks. It was springtime and the male was courting a female with an offering of some sort of food. I watched as she turned away coyly but he never gave up. Time after time he offered the morsel of food to the female and each time she seemed un-impressed but persistence paid off and she finally took the gift and shortly after that they flew off together. Weeks passed and then on another Saturday morning I heard them again but when I eased out once more to observe them, they were with their two young fledgling, teaching them to fly and the ruckus was fun to watch and listen to. That pair of hawks returned for four years and I found myself looking forward to the sound of their shrill calls that would alert me of their arrival.

In many ways we are like birds; some just share their beauty for others to enjoy, some speak such lovely words of encouragement that they inspire, some soar like eagles seeming touching the heavens and then there are those who are content to sit and listen and bring comfort simply by existing. Oh how sad we would all be without the lovely sights and sounds of birds.

“A bird doesn’t sing because he has the answer,
he sings because he has a song.”

Each of us have a song…sing it!!!
**January Birthdays**
1/2  Roy Anderson  
1/6  Joyce Ballard  
1/7  Mary Lou Brandon  
1/8  James Calhoun  
1/9  Joe Girot  
1/10  Dorothy Jones  
1/11  Ronald Braithwaite  
1/12  Marlene Harkness  
1/13  Nancy Bachler  
1/13  Angel Jolley  
1/17  Susana Barragan  
1/17  Merry Brown  
1/18  Maria Zamora  
1/20  Stephen Lengel  
1/22  Pat Banks  
1/22  Sharlene Woffinden  
1/23  Gordon Orr  
1/23  La Vaun Story  
1/24  DeeDee Jay  
1/27  Mavis Nybo  

**Anniversaries** — Do you have an anniversary coming up or from the past few months? If you have one you would like to share? We will list them as you let us know.

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Happy New Year to you!  
May every great new day  
Bring you sweet surprises—  
A happiness buffet.  

Happy New Year to you,  
And when the new year’s done,  
May the next year be even better,  
Full of pleasure, joy and fun.  

By Joanna Furts
Pensacola.com
**January Activities**

**Monday—Thursday 8:30—3:00**

*Billiard room, exercise room, jigsaw puzzle, card games, board games, etc. are available whenever the center is open.*

*Lunch is served on Monday/Thursday.*

**First Friday Membership Lunch Open 8:30—3:00**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>9 am Oil Painting</td>
<td>8:30 Ceramics</td>
<td>10 Honey Bee Quilting</td>
<td>10 Closed</td>
<td>Membership Luncheon Jenni Around the World Figi</td>
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<td>9am Tai Chi, 10:15 Ukulele/Guitar</td>
<td>11 Sit Down exercises 12:00 Lunch</td>
<td>New Years Party</td>
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<tr>
<td>9 am Oil Painting</td>
<td>8:30 Ceramics</td>
<td>10 Honey Bee Quilting</td>
<td>9:30 Choir Practice 11Sit Down Exercises 12 Lunch</td>
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<td>9am Tai Chi, 10:15 Ukulele/Guitar</td>
<td>11 Sit Down exercises 12:00 Lunch</td>
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<td>10 Craft Class 10:30 Board Meeting 10:30am Zumba</td>
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<td>Keys to the Calendar Special events TRIPS LUNCH SPONSORS</td>
<td>11 am Oil Painting 10 Craft Class 10:30 Board Meeting 10:30am Zumba</td>
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### January Menu

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<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
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<tr>
<td>6. Beef Stew</td>
<td>9</td>
<td>10. BBQ Ribs</td>
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<tr>
<td>Green salad w/ ranch cup</td>
<td>CLOSED</td>
<td>Potatoes &amp; Country Gravy</td>
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<td>French Bread</td>
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<td>Buttered Chuck wagon Corn</td>
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<td>Fruit Cup</td>
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<td>Roll &amp; Butter</td>
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<tr>
<td>Cookie</td>
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<td>Cake</td>
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<td>13 Honor Law Enforcement Day</td>
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<td>16 Happy Birthday”</td>
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<tr>
<td>Ham Slice w/pineapple</td>
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<td>Goulash</td>
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<tr>
<td>Scalloped Potatoes</td>
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<td>Carrot &amp; Celery Sticks</td>
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<tr>
<td>Green Beans</td>
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<td>French Bread</td>
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<tr>
<td>French Bread</td>
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<td>Orange</td>
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<td>Fruit Cup</td>
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<td>Cupcake &amp; Ice Cream</td>
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<td>Pie</td>
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<td>CHEF SALAD</td>
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<tr>
<td>20 Beef Tips in Gravy over noodles</td>
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<td>23 Meatballs</td>
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<td>Peas &amp; Carrots</td>
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<td>Baked Potatoes</td>
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<td>Green salad w/ranch cup</td>
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<td>Roll &amp; butter</td>
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<td>French bread fruit cup</td>
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<td>Orange Cookie</td>
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<td>Tapioca pudding</td>
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<td>OR</td>
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<td>Chef Salad</td>
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<td>FEBRUARY 3rd</td>
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<td>Chili &amp; crackers</td>
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<td>Spaghetti</td>
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<td>French bread</td>
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<td>Green Beans</td>
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<tr>
<td>Carrot &amp; celery sticks w/ranch cup</td>
<td></td>
<td>Green Salad w/ ranch cup</td>
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<tr>
<td>Fruit cup</td>
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<td>French bread</td>
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<tr>
<td>Chocolate pudding</td>
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<td>Cookie</td>
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<td>Chef Salad</td>
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Menu requests for alternate meal of Soup/ sandwich or salad on Thursdays, must be in the system by the preceding Monday –NOON. Please remember if you order the alternate meal on Thursdays, that is your reservation and can not be changed on that day.

Please remember to bring your name tag, plate, cup and silverware.

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 up-coming week (Monday). Thanks for your cooperation, so we have enough for everyone and we have no waste. 801.798.5015
Please talk to your kids and grandkids!!!
Help make sure they are prepared for the later years.

Most of us seniors are already on Social Security. And some of us didn’t prepare for it as well as we should have. But, many, many of us have kids and even grandkids who are approaching retirement age. We know what that means... Are they prepared. If they haven’t started seriously considering preparing for retirement - they better get at it. Approaching and preparing for retirement can be a daunting task, but the Social Security website makes it as easy as possible. Social Security has eliminated the forms, signatures, wait time, and appointments. They have made it easy, convenient and secure. They can complete an online retirement application in as little as 15 minutes. They can read about other things to consider before they make their decision about when to begin their benefits. It’s easy, convenient, and secure!

https://secure.ssa.gov/iClaim/rib They should think about things like how they’ll receive benefits, their health, and whether anyone else in their family can get benefits on their record. Go over the basics, just to make sure they’re on the right track for retirement, when the time comes. The age they choose to retire affects the amount of benefits they receive and when they can start receiving them. If they start them any time before their full retirement age, it will reduce their monthly benefit. Depending on their year of birth, their full retirement age is likely between age 66 and 67. they may start receiving benefits as early as age 62 or as late as age 70. If they elect to receive benefits before they reach full retirement age, and continue to work, it can affect their benefits. Social Security has an awesome tool called the Retirement Estimate that calculates a personal estimate of how much their benefit will be at different ages and “stop work” dates. They can use it to find the best combination for their situation.

Don’t let your kids and grandkids be unprepared for those “later years”.

- If you get a call that looks like it’s from the Social Security Administration (SSA), think twice. Scammers are spoofing SSA’s 1-800 customer service number to try to get your personal information. Spoofing means that scammers can call from anywhere, but they make your caller ID show a different number – often one that looks legit. Here are few things you should know about these so-called SSA calls. These scam calls are happening across the nation, according to SSA: Your phone rings. Your caller ID shows that it’s the SSA calling from 1-800-772-1213. The caller says he works for the Social Security Administration and needs your personal information – like your Social Security number – to increase your benefits payments. (Or he threatens to cut off your benefits if you don’t give the information.) But it’s not really the Social Security Administration calling. Yes, it is the SSA’s real phone number, but the scammers on the phone are spoofing the number to make the call look real. What can you do if you get one of these calls? Hang up. Remember: • SSA will not threaten you. Real SSA employees will never threaten you to get personal information. They also won’t promise to increase your benefits in exchange for information. If they do, it’s a scam. • If you have any doubt, hang up and call SSA directly. Call 1-800-772-1213 – that really is the phone number for the Social Security Administration. If you dial that number, you know who you’re getting. But remember that you can’t trust caller ID. If a call comes in from that number, you can’t be sure it’s really SSA calling. • If you get a spoofed call, report it. If someone calls, claiming to be from SSA and asking for information like your Social Security number, report it to SSA’s Office of Inspector General at 1-800-269-0271 or https://oig.ssa.gov/report. You can also report these calls to the FTC at ftc.gov/complaint. For more tips, check out the FTC’s How to Stop Unwanted Calls and Government Imposter Scams. If you think someone has misused your personal information, go to IdentityTheft.gov to report identity theft and find out what steps to take.