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Spanish Fork Senior Center

*"Surround Yourself
With People Who Care"*

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WELCOME TO THE SPANISH FORK SENIOR CENTER

We want to welcome you to our center where you can
"Surround yourself with people who care"



As the Senior Advisory Board, members, numerous volunteers and staff of the Spanish Fork Senior Center, we want your experience here to be fun, fruitful, enlightening and helpful to your wellbeing. A place where you are afforded the opportunity to socialize with interesting people, experience a variety of activities, have opportunities to learn new things, share fun, laughter and camaraderie. On the following pages you will see all that we have to offer and hopefully you will become involved and get to meet many new friends.

Please don't be afraid to ask any of our members questions – what they enjoy, what they like or what they don't like, about our center. We are always looking for suggestions of ways to improve our center!

Take a deep breath, lose some of your inhibitions and jump right in ... or simply wander around and see what others are doing.

Many local Senior Centers here in Utah County, have a nutritious meal prepared in one location and transported to their Senior Center.

One of our biggest attractions are the luncheons we serve. Our meals are prepared right here in our Senior Center, by our experienced Kitchen Manager, Dixie Webb. She has a crew of five cooks and you can ask anyone who has eaten here – they will rave about the food. Meals are nutritious, healthy and include a wide variety of tasty menus!

We also offer a variety of activities, presentations on various topics of health and interest. We also organize day and overnight trips, etc. that will be explained in more detail in the following pages.

We believe our Senior Citizens Center services are essential to our community! We want to be a resource for answering any questions, finding the facts and resolutions to all aging issues, educating seniors 55+ about Social Security, Medicaid, healthcare, end of life planning or any issue related to a senior's golden years. We may not have all of the answers; however, we will search until we can answer your question! We welcome you to our center and if you have any questions or comments, please let us know. Included, are pages that provide the names of our board members, volunteers and staff, with phone numbers and pictures. They should all be wearing their name tags or you can just ask anyone milling around.

We also do a Senior Center Monthly Newsletter. We can get you a copy of the most recent issue on request. We welcome your comments and input for future issues. The newsletter includes a menu for the month, a listing of activities/dates/times, fun trips, special events

and articles that hopefully will entertain and interest you. Please make the time to visit the advertisers of our newsletter and let them know we appreciate their support of our senior center.

If you have comments or questions, ask Roy Anderson editor: 385-224-2390 or leave him a note at the center.

Our newsletter and information about our center are also online at:
<http://spanishfork.org/seniorcitizenscenter>

Also, in this packet is information to help you get familiar with our center and a good reference for future questions.

We do need a picture of each member for our files, plus birthdays, and if married we would like your anniversary date and a picture of the two of you. Contact Roy Anderson 385-224-2390 or find him at the center and we will snap a quick, painless picture. Nothing special, no special clothes or grooming. Just a quick picture!

You will be assigned a current member or board member who will be available to sit with you at lunch (at your discretion) and to chat about the center and answer any questions you may have.

Name -

Contact info -

Your mentor will be happy to take you for a tour of the center, show you where things are, point out some key individuals and answer any other questions, if you desire.

Please keep this information for future reference

Congregate Meals for all Seniors 55+

Membership to the Spanish Fork Senior Citizens Center and the congregate meal program, are completely separate from each other. Any senior 55+, can join us for our congregate meal; it does not require membership to the senior center. The congregate meals at our center, are sponsored by the City of Spanish Fork and subsidized by Mountainland Associations of Government Aging & Family Services (Federal Government). Lunch requires a reservation being placed the week prior to attending lunch (each time you come for lunch, reserve for the following week). A reservation is necessary at least a week in advance, because sometimes we order food 1-2 weeks out. When we prepare food, we want to plan for everyone, with minimal waste. One of our goals is to be accountable and responsible with tax payer's money. We serve lunch on most Mondays and Thursdays at 12 noon (excluding Federal Holidays). Please be sure you check in with the check-in ladies, when you come in for lunch. The first time you come, be sure to ask them to check and see if you are in the Congregate Mountainland system. If not, you will need to fill out a one-time form (that the Federal Government requires). At this time, you will be issued a number, that will identify you. If your name is already in the system, then your number (that you are identified by) and name will come up on the system. Checking in is vital for your lunch to count towards getting our monetary reimbursement from Mountainland Associations of Governments. If you don't check in, then we will lose out on that count (money). These meals are available for any senior, 55+ and you are asked (by the U.S. Government) for a suggested donation of \$3.00 to help offset the costs of these meals. The money box is located near the kitchen. Menus are printed in each newsletter.

Milk is available at each meal. Water will be available on each table. Collect your cup and utensils when you check in. Find a seat and your meal will be delivered to you at your table by our volunteer servers. Salt, pepper, butter, jam, etc. is available on the table. When you are done eating please take your tray, cup, trash etc. and empty your trash and left overs into the available trash cans and stack the trays on the available cart. There are spatulas available to scrape out the trays if needed. There is also coffee, tea, cocoa, etc. available near the kitchen. The first cup is \$.50 and refills are free. Directions for using the water machine for tea, etc. are posted by the water dispenser. There is also a pop machine near the front door. Cost is \$.50 and the machine does take dollar bills (and it gives change). Please dispose of your pop cans in the containers marked for them near the back door. Occasionally there are extra complete meals that can be purchased for \$3.00. Please inquire at the kitchen, speak directly to Dixie, to see if there are any available. This money will be paid directly to Dixie.

Ensure is available to Seniors 55+ at a very reasonable suggested donation price of \$20.00 per case. Glucerna is also available to Seniors 55+ at a mandatory cost of \$30.00 per case. You do need a prescription for either product, and the prescription must specify which item is prescribed.

Membership

Our Membership Drive begins in August each year and runs thru June of the following year. We close for the summer during the month of July. The annual cost of membership is \$20 per person. Membership is free to seniors that are over 90 years of age. With your paid membership you will be entitled to come to a Membership Luncheon the first Friday of each month (reservation required, as for the regular congregate meal).

As you will see, those dues alone do not support the delicious Membership Luncheon Meal each month, nor the center with all of the activities, programs, presentations and etc.

We do not turn away any senior, who desires to be a member, regardless of ability to pay.

We firmly believe that activities, companionship and a warm tasty meal, not only improves the quality of life, but also makes it more productive and meaningful! Many of our seniors have very limited resources and even \$20 for membership can be a burden. We appreciate and welcome those members who so desire to make an anonymous donation, that goes into a special fund to assist seniors with membership.

- Also, any current member who brings in a potential member, gives them a tour of our center, who then joins, will receive a free meal. Please contact one of the staff members to arrange the meal and reservation or for any other questions concerning this matter.

Membership Luncheons

The first Friday of each month (September through June) is our FREE Membership Luncheon, for members only. We do not have a Membership Luncheon in August, because membership has not begun for the year. You must wear your membership name tag when you come to that meal in order to get into the center. You must also bring your own plate and utensils for this meal. If upon occasion you forget, the kitchen staff can provide a paper plate and utensils. PLEASE remember to bring your own. You can use either paper products from home and dispose of them altogether or use regular utensils and scrape them off into the trash and take them home, to be cleaned thoroughly. Please never use our drinking fountain to rinse off any food from your dishes (this clogs our fountain). Thank

you for your cooperation 😊. Occasionally there are extra portions on the kitchen counter- PLEASE only take one portion per person.

Membership Name Tags

Each new member will receive a regular pin closure membership name tag at the time they join for the first time. The name tag has to be worn in order to get into the Membership Luncheon the first Friday of each month. If members lose their name tag, then they will need to pay for a replacement. Cost will be \$3 for a regular name tag and \$5 for a magnetized. If members prefer to change out an existing name tag for a magnetized name tag, then they will need to bring in the one they have and along with payment of an additional cost of \$2 to offset the cost.

Special Events

During each year we have special planned events, such as Fall Hurrah Dinner, Christmas Party Dinner and Valentine's Dinner/Dance – just to name a few. Some special events require a ticket at an additional cost.

Library

There is a library available to you at no charge. You can take reading material home if you desire – PLEASE return them when you are done with them, and help maintain the organization of the room.

At the back door there are a couple items worth mentioning. A 'FREE' TABLE – anything on this table is free to whoever wants it. Please only take what you can use. If you have items at home you do not want any more, feel free to bring it to the center and put it on the free table for others to take.

FREE BREAD – often there is a cart with loaves of bread located near the back door. This bread is donated by Maceys and Kneaders for seniors. Please when you visit these business, thank them for their contribution to our senior center. Please only take one loaf per day.

Corner of Fun - At the back of the center, in the southeast corner is an area of information. Be sure to check out upcoming trips, classes, etc. that you are interested in. When signing up be sure to write your full name and current phone number so we can contact you, about the activities you wish to participate in. Some trips or classes have fees.

Check for reminders about upcoming events, trips, classes, etc. in the monthly newsletter.

If you need assistance with transportation to or from the center for lunch only, we can accommodate you. The service to pick you up for lunch, is available at no charge, just contact our staff. Events or trips that use the vans/bus may have a transportation charge attached.

A great deal of our center is taken care of by, volunteers. Please pick up after yourselves. If you have an interest in being a volunteer, contact us – we are always looking for people to help out; serving the meals, clearing the tables, decorating, Special Events, etc.

Computers are available near the back of the room. Please contact Roy Anderson at 385-224-2390 if you have some interest. They basically are used for word processing, excel, and internet browsing.

Activities/Schedule

Current membership is required to participate in all activities, day trips and classes. The pool table is available whenever the center is open.

There is a great exercise room downstairs with a variety of equipment available for your use anytime the center is open

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Oil Painting All Day	Ceramics All Day		
Tai Chi & Tai Chi Arthritis 9:00 a.m.	Senior Zumba 9:00 a.m.	Tai Chi & Tai Chi Arthritis, 9:00 a.m.	Choir Practice 9:30 a.m.
Ukulele (learn to play) 10:15 a.m.		Craft Class 10:00 a.m.	
Sit Down Exercises, 10:30 a.m.		Honey Bee Quilting 10:00 a.m.	Sit Down Exercise 10:30 a.m.
Congregate Meal 12 noon			Congregate Meal 12 noon
Card Games after lunch			Card Games after lunch
Line Dancing after lunch			

FRIDAY – Closed except for the Membership Luncheon on the first Friday of each month (September thru June)

Committees and Volunteer Opportunities

“In the spirit of volunteerism, I declare that I am young, global, active and proudly a volunteer. The fact that I am not paid does not mean I am worthless; it just means I am priceless!” — China F. Madu

Volunteers are vital to our center running so efficiently and because of the numerous and variety of opportunities we have to offer, our volunteers really are the “HEART OF OUR CENTER”!

If you are looking for something to do, or be of service ... If you are waiting for something good to happen, to you ... Only YOU can make it happen! Come volunteer, share your talents, help fill other seniors’ lives with happiness and hope! As a result, you will fill more appreciated and enjoy more meaning in your own life!

Senior Member Code of Conduct

A Senior Member Code of Conduct was adopted into policy in February 2019. This policy was created so that members and staff as well as guests, entertainers and those visiting our center for congregate meals, could enjoy an environment that was inviting, safe and secure.

Everyone who is in our center or at a senior center organized activity outside of our center will be expected to adhere to the guidelines of this Code of Conduct. A copy has been included in this packet for your information.

Revised 8.12.2019



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