February 2017

# PROVO SENIOR CENTER

Monthly Newsletter

## Ongoing Programs

**Track Walking**
Monday-Friday
10AM-12PM

**Water Aerobics**
Mon/Wed/Fri
8-8:45AM

**Tai Chi**
Monday/Thursday
10:30-11:30AM

**Zumba**
Mon/Wed/Fri
1:30-2:30PM

**Book Club**
2nd Tuesday
1-2:00PM

**Bingo**
Tuesdays
1-2PM

***Programs w/ Fees**
Computer Classes
Porcelain
Discovery Tours
Senior Dance

provo PARKS & RECREATION

## Director's Note

**Jimmy Golding**
**Senior Meal Coordinator**

Hello my dear friends! I have happy and sad news for all of you. I have accepted a new position as the Volunteer Coordinator at the Mountainland organization. I will be leaving January 31 to start there up in Orem. To say that I have enjoyed getting to know you is an understatement. You have become my friends and people I love. You are the reason I love my job. Every day I get to talk with you and hear how your lives are going. You tell me about your children, health concerns, past professions, new experiences, and how grateful you are for me and the staff here at the Provo Recreation Center. It has truly been a blessing and a pleasure for me to know and serve you. Thank you for your friendship and love.

In that same spirit and since Valentine's Day is this month I wanted to share this message with you:

In life, you will realize there is a role for everyone you meet. Some will test you, some will use you, and some will teach you. But the ones who are truly important are the ones who bring out the best in you. They are the rare and amazing people who remind you why life is worth living every second.

Those people are the ones I call friends; the ray of sunshine that makes the day brighter. Friends fill our lives with light when all around us are dark clouds. A friend brings us happiness and shares our pain. I hold friends close in my heart.

All of you are my friends. I hope you are all each other's friends. If there is someone who you have drifted apart from remember this:

"Love is the healing balm that repairs rifts in personal and family relationships. It is the bond that unites families, communities, and nations." –Dieter Uchtdorf

This Valentine's Day go see or call your loved ones that you have drifted from and reunite with them. Share your love and be happy. I love all of you and thank you for your friendship.

Jimmy Golding

P.S. Always live your life saying, "I don't care how old I am, I am going in the bouncy castle!" It will keep a smile on your face.

SENIORprograms

# Coming **Up**

## **Valentine's Day** PARTY

**Tuesday | February 14 | 11:30-1 pm**

The Day of Love is a day to celebrate! Join us for a Valentine's Day lunch party! We'll have decorations and games a-plenty. Here's a hint: refresh your memory on popular love songs from your youth. That information might come in handy! Valentine's Day is a day about showing everyone you love that you care, so come and let us show you how much we love you!

## **ADVENTURE CLUB** TOURS

Can you believe that we've already gone through half of our Adventure Club tours?? If you haven't come along with us yet, or even if you have, sign up for the last few things we have planned before all the spots are taken! Here's what we have coming up before we start our Discovery Tours:

- War Toys
- Provo's Future
- Lehi Roller Mills
- BYU's Living Legends: Seasons

## War Toys: Israel, West Bank, & Gaza Strip

**Thursday | February 16 | 12-4:00 PM**
**$12.50 or $10 for pass holders**
***Lunch not included**

Join us to see the works of photographer Brian McCarty. He offers a unique perspective into war and conflict, but taking photographs from the view of children and their toys. This particular exhibit focuses on the conflict in Israel, West Bank, and Gaza Strip. And to start off our tour the right way, we'll have a tasty middle-eastern lunch at Galilee Grill & Bakery!

## Provo's Future

**Thursday | February 23 | 10-12 pm**
**$12.50 or $10 for pass holders**

Have you noticed all of the changes and construction happening in Provo recently? Are you curious to know what city officials have in store for Provo's future? If so, this is the tour for you! Come along on our bus ride with City Councilman, Gary Winterton, to learn about what Provo will eventually look like!

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## **BOOK** Club

Tuesday | February 14
1-2:00 PM

FREE for Senior Pass Holders
2017 Reading List

**February 14:** Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain
**March 14:** A Long Way from Chicago by Richard Peck

## Tax Counseling

**Thursdays| 8:30 am-3:30 pm**

It's that time of year again- time to start preparing your taxes! We understand that taxes can be confusing and hard to understand, which is why we have our awesome senior tax volunteer come in! Louise Helps is taking appointments starting Thursday, February 9th and will continue taking appointments on Thursdays, from 8:30 am to 3:30 pm. Appointments can be scheduled at the Community Desk!

## **COMPUTER** Classes

**Tuesday/Thursday| 3:30-4:30 PM**

Guess what? We've got more computer classes for you! These classes are a great opportunity for you to become more comfortable with technology and all of the many different things you can use it for! Our instructor is very patient and always willing to help with whatever you need! Here's what we have coming up:

**Photos & Social Media | 2/2– 2/28**
**Computer Basics | 3/7-3/30**
**Microsoft Office (Word/Excel/ PowerPoint) | 4/4-4/27**

## Senior Programs

Did you know that we have fitness programs exclusively for seniors? Find out all the information you need on the Senior Programs bulletin board, or ask the Community Desk for more information! Come check out Senior Swim, Zumba, Tai Chi or others!

SENIORmenu

# February 2017

PLEASE NOTE: Please reserve your lunch 24 hours in advance. If you miss 3 or more lunches, your name will be removed from the list. *24 hour cancellation notice is requested*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | 1<br>Sloppy joe<br>Hamburger bun<br>Potato wedges<br>Green beans<br>Mandarin oranges | 2<br>Chicken pot pie w/ gravy<br>Biscuit<br>Green salad<br>Banana | 3<br>Baked ham<br>Scalloped Potatoes<br>Beets<br>Peaches<br>Roll<br>**Utah College of Dental Hygiene** |
| 6<br>Salisbury steak<br>Potatoes & gravy<br>Mixed vegetables<br>Pears<br>Roll | 7<br>Meatloaf<br>Potatoes & gravy<br>Corn<br>Orange<br>Roll<br>**Senior Dance 8-10 PM** | 8<br>Lemon pepper chicken<br>Potatoes & gravy<br>Mixed vegetables<br>Cottage cheese/ fruit<br>Roll<br>**Utah Valley Rehab** | 9<br>Corn chowder<br>Green beans<br>Corn bread<br>Peaches | 10<br>Roast pork<br>Potatoes & gravy<br>Peas & carrots<br>Mandarin oranges<br>Roll<br>**Louise Payne** |
| 13<br>Country-fried steak<br>Potatoes & gravy<br>Mixed vegetables<br>Pears<br>Roll | 14<br>Lasagna<br>Green beans<br>Garlic bread<br>Fruit cocktail<br>Valentine's Day cookie<br>**Valentine's Day Party 11:30-1 pm** | 15<br>Hawaiian haystacks<br>Cali blend veg<br>Mandarin oranges<br>**Harmony Home Blood Pressure Clinic** | 16<br>Chili<br>Corn bread<br>Mixed veg<br>Apple sauce<br>**Cash Presentation** | 17<br>Roast turkey<br>Potatoes & gravy<br>Corn<br>Mandarin oranges<br>Roll<br>**Birthday Lunch– Mac & Co** |
| 20<br>**Presidents' Day**<br>**No Meal** | 21<br>Shepherd's pie<br>Corn<br>Jell-O/fruit<br>Brownie | 22<br>Ham and beans<br>Cooked cabbage<br>Applesauce<br>Corn bread | 23<br>Malibu chicken<br>Au gratin potatoes<br>Beets<br>Peaches<br>Roll | 24<br>Roast beef<br>Potatoes & gravy<br>Peas<br>Tropical fruit<br>Roll |
| 27<br>Sweet & sour chicken w/ rice<br>Stir fry veg<br>Orange<br>Roll | 28<br>Swedish meatballs<br>Rice<br>Carrots<br>Peach crisp<br>Roll<br>**UVU Screening** | | • Lunch is served at 12:00PM<br>• Patrons on waitlist may be admitted at 12:10PM | |

*Contact Senior Programs Specialist, Bre, with any questions, sign ups, or cancellations: (801)852-6043 | Hours: 10AM-2PM, Monday-Friday