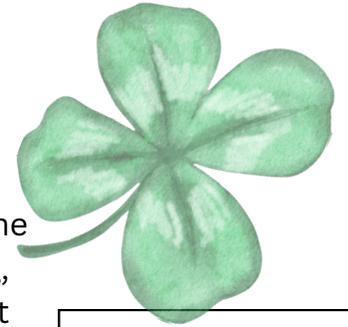




March 2026 Newsletter

FIT60+ NEWS
980 S MAIN
801 798-5015

St. Patrick's Day



Ever since I was a wee lass, growing up in the land of Tara (Georgia...think Gone with the Wind.) I have claimed my heritage as pure Irish. For almost that long, my youngest daughter has mocked me, arguing that we were English, and not from the Emerald Isle. And so it was that when I went to the Genealogy Library in Salt Lake City, I was greeted by a charming gentleman who asked where I wanted to start my genealogy adventure. I then told him of my quest to prove to my youngest daughter that my line of the family tree was, indeed, dominated by my Irish ancestors. He laughed and then assured me we could certainly find out more about my family roots. To make a long story short (or as short as I can make any story) he took the little information I had and quickly found where one line of my family arrived (1735) in this country from SCOTLAND, not Ireland. (The gentleman assisting me was Scottish himself and quickly deemed us cousins. We continued on and on and on along the Duncan and Alexander (MacAlasdair) line until...AT LAST...in 1666, Patrick Duncan married an Irish lass, Margaret Campbell in the County Down, IRELAND. Of course, this led to research on my part and I learned that Ireland and Scotland are similar, but they also have distinct differences. Today, however, it is about St. Patrick's Day and Ireland.

Who was St. Patrick? Well, according to Wikipedia, Saint Patrick was a fifth-century Romano-British Christian missionary and bishop in Ireland. The holiday has developed into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green.

In my home, because...(remember, I thought I was 99.9% Irish,) I would serve my kiddos a good old Irish breakfast (Southern style) of green eggs, green grits, green milk and a cookie in the shape of a shamrock, and I sang every Irish song I knew while driving them to school. (I can still hear the groans!)

So, it matters not if you have any Irish in your family tree, enjoy an excuse to laugh, party and look for a four-leaf clover. When I think of the Irish, I think of laughter and when I recall seeing the forty shades of green years ago, I still smile and cherish all the ancestors who made me who I am today...Irish, Scottish, and yes, even English and all the other smidgens. Happy St. Patrick's Day!!!

Jan Carlisle

CLASS LOCATIONS

Tai Chi,
Zumba, Line
Dancing
(FitCity Stage)

Rock Painting,
Watercolor,
Made by Me
Ceramics,
Healthy Aging
(Art Room)

Choir Practice,
Open Games,
Self-Care
(FitCity Stage)

Pickleball
**(PICKLEBALL
COURTS)**



NEW OUTINGS

Springville Museum
Tuesday, March 17th
Departing at 1:00 pm
\$5.00 per person

Self-Care 4th Thursday

Haircuts

Hand & Massage

Reflexology

Golden Wish

Join us in celebrating a
Friendship Dinner for Phil at
Costa Vida
Wednesday,
March 25th at 5:00 pm
Spanish Fork



Experience the wonder of the Titanic

Step *Back in* Time

Departure Tuesday, March 31st at 10am

**Includes Golden Corral Lunch, Titanic
Exhibit Ticket and Travel**

Fit60+ Passholders \$60

Non Passholders \$65

*Space is limited, register &
pay at front desk*

SPOTLIGHTS



JAMES CALHOUN

Where were you born and raised?
Gardenia, California

What did you want to be growing up?
Baseball player

What is/was your occupation/profession?
Truck driver

What is your favorite hobby or pastime?
Fishing & Hunting



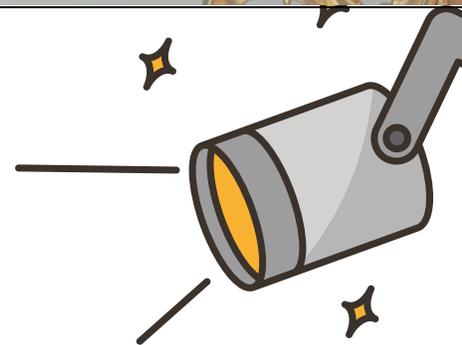
PAM RICE

Where were you born and raised?
Born in Oakland, CA. Raised in Palo Alto
and Sunnyvale, CA

What did you want to be growing up?
I don't remember

What is/was your occupation/profession?
Mother, homemaker, waitress for 13 years
(cleaner, cook, chauffer, peacemaker)

What is your favorite hobby or pastime?
Crafts, diamond dot, sewing, reading



Sweetheart Couple



Jay and JoAnn Crowther

MENU

March 2026

HOW TO SIGN UP FOR MEALS:
(All meals require a one week advance notice)
Sign ups can be done in person, by phone
801-798-5015

Monday, March 2nd

Crispitos
Shredded lettuce
Black bean & corn salsa
Fruit
Cookie
Milk

Monday, March 9th

French Dip Sandwich
Tater Tots
Broccoli Salad
Oranges
Smores Bar
Milk

Monday, March 16th

Corned beef
Carrots & potatoes
Steamed cabbage
Watergate salad
Milk

Monday, March 23rd

Meatloaf
Scalloped Potatoes
Peas & Carrots
Grape Salad
Milk

Thursday, March 12th

Sweet & Sour Chicken
Brown Rice
Oriental Salad
Fruit
Cookie
Milk

Thursday, March 19th

Chicken Broccoli Rice
Garden Salad
Fruit
Cookie
Milk

Thursday, March 26th

2 Meat Spaghetti
Italian Salad
Breadsticks
Fruit
Brownie
Milk

Friday March 6th

(PASSHOLDER MEAL)

Lasagna
Garden Salad
Fruit
Garlic Knots
Chocolate Lava Cake



Monday, March 30th

Chicken Enchilada Soup
Garden Salad
Cornbread
Fruit
Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>3 9 am Pickleball 10 am Ceramics</p>	<p>4 9 am Tai Chi 10 am Watercolor 10:30 am Bunco & Open Games 11 am Line Dancing</p>	<p>5 11 am Zumba</p>	<p>6 9 am Pickleball 12 pm Passholder Lunch 1 pm Bingo</p>
<p>9 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>10 9 am Pickleball 9 am SCERA Movie</p>	<p>11 9 am Tai Chi 10 am Watercolor 11 am Line Dancing</p>	<p>12 10:15 am Choir Practice 11 am Zumba 11 am Ask an Expert 1-2:30 pm Made by Me</p>	<p>13 9 am Pickleball</p>
<p>16 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>17 9 am Pickleball 1-3 pm Springville Art Museum</p>	<p>18 9 am Tai Chi 10 am Watercolor 11 am Line Dancing</p>	<p>19 10:15 am Choir Practice 11 am Zumba 11 am Ask an Expert 1:15 pm Bingo</p>	<p>20 9 am Pickleball 11 am Lunch Bunch</p>
<p>23 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>24 9 am Pickleball 9 am SCERA Movie</p>	<p>25 9 am Tai Chi 10 am Watercolor 11 am Line Dancing</p>	<p>26 10:15 am Choir Practice 11 am Zumba 11 am Ask an Expert 1:30 pm Self-Care 1-2:30 pm Made by Me</p>	<p>27 9 am Pickleball</p>
<p>30 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>31 9 am Pickleball 10 am Titanic Excursion</p>			