

# APRIL 2026 Newsletter

FIT60+ NEWS

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[spanishfork.gov/fitcity](http://spanishfork.gov/fitcity)

*"Our spring has come at last with the soft laughter of April suns and shadow of April showers."*

April is a month worth celebrating (with the possible exception of Tax Day.) It is also my birth month; another reason it brings a smile to my face! Usually, it is welcomed because it is a reprieve from the harsh winds and cold breath of winter's fury. This year; however, the warm days of spring and summer never completely left our little valley for its annual vacation. They simply hung around the area while allowing Ole Man Winter, with its abundance of cold winds, ice and snow, to visit other parts of the country that rarely see any of it.

April is also filled with holidays and observances. This year, April hosts Easter Sunday, which certainly becomes the center of attention for people who celebrate. But the month of April is also associated with springtime, new beginnings, and a time to bloom. The month of revival: of the trees, the gardens, the air and our bones. We feel like stretching up as high as we can go, and for some of us, that is not very high. (I place myself in that category.)

Yes, spring is meandering through the canyons and across the valley to lift our spirits and to put a skip in our steps. But there is just MORE in spring; more sunshine, more hours in the day, more flowers in the neighborhood, more blossoms on the trees, even more sightings of birds and other wildlife. (There may even be more smiles!) When the sun shines in spring and summer and the days grow longer, the light triggers the release of serotonin (aka the happiness hormone), and our spirits soar again. We become supercharged, energetic, and ready to conquer the world. So, whether you just plant that one tomato plant in a bucket or a quarter acre garden, go outside and inhale the sweet, warm air of spring. Winter has retreated for a few months so now is the time to enjoy yet another turn of our planet.

## CLASS LOCATIONS

Tai Chi,  
Zumba, Line  
Dancing  
**(FitCity Stage)**

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

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

Pickleball  
**(PICKLEBALL  
COURTS)**

**JUST FOR FUN**  
Find & Count  
the hidden  
eggs in the  
newsletter for  
a prize

*"Spring is nature's way of saying...Let's Party!"*

*Jan Carlisle*

## NEW OUTING

Springville Art Museum &  
Maglebys Lunch Buffet

Wednesday, April 15th

Departing at 11 am

\$30 per person

sign up & pay

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## KENTUCKY DERBY

Saturday, May 2nd 4:00 pm

\$10.00 60+ Patrons

- Race Day Viewing
- Derby themed snacks
- Friendly games
- Fun for everyone

# Tulip Festival

at Thanksgiving Point

Wednesday, April 29th

Departure 10:30am

Lunch at Harvest Restaurant

\$50 60+ Passholder

\$55 Non Passholder

Sign up and Pay by April 20th

Wheelchairs & Scooters available to rent

## SPOTLIGHTS



### Lynn Todhunter

Where were you born and raised?  
Payson Hospital, raised in Benjamin Utah

What did you want to be growing up?  
Nurse, married, and children

What is/was your occupation/profession?  
Registered R.N.

What is your favorite hobby or pastime?  
Sports and Crafts. Ceramics cookie jar  
that I poured, cleaned and glazed

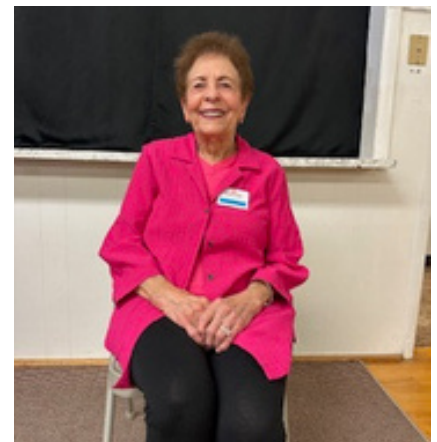
### Joyce Callister

Where were you born and raised?  
Oxford, Idaho

What did you want to be growing up?  
A dancer and A Mother

What is/was your occupation/profession?  
Special Education Teacher

What is your favorite hobby or pastime?  
Reading



# MENU

## April 2026

**Friday, April 3rd**  
**(PASSHOLDER MEAL)**  
Lemon Chicken Picatta  
Garden Salad  
Garlic Mashed Potatoes  
Rolls  
Carrot Cake

Monday, April 6th  
Beef Stroganoff  
Potatoes  
Steamed Veggies  
Cookie  
Milk

Thursday, April 9th  
Chicken Salad Croissant  
Kettle Chips  
Fruit  
Lemon Bars  
Milk

Monday, April 13th  
Honey Glazed Ham  
Yummy Potatoes  
Green Beans  
Lemon Blueberry Cake  
Milk

Thursday, April 16th  
Nifty 90's Lunch  
Celebrate our 90+ Patrons

Chicken Alfredo Bake  
Garden Salad  
Fruit  
No Bake Cookie  
Milk

Monday, April 20th  
Beef Taco Salad  
Fruit Cup  
Cookie Bar  
Milk

Monday, April 27th  
Pulled Pork Sandwich  
Broccoli Salad  
Kettle Chips  
Fruit Cookie  
Milk

Thursday, April 23rd  
Chicken Strips  
Pasta & Veggie Salad  
Fruit  
Cookie Bars  
Milk

### HOW TO SIGN UP FOR MEALS

ALL meals require a one week  
advance notice

Sign ups can be done in person  
Mondays & Thursdays at the  
Community Desk

Alternative meal  
available upon  
request!



# April 2026

FIND YOUR FIT

BUILD YOUR COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9 am Tai Chi 10 am Watercolor 10:30 am Bunco &amp; Open Games 11 am Line Dancing</p>	<p>2 11 am Zumba</p>	<p>3 9 am Pickleball 12 pm Passholder Lunch 1 pm Bingo</p>
<p>6 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 12 pm Hat Parade 1 pm Healthy Aging</p>	<p>7 9 am Pickleball</p>	<p>8 9 am Tai Chi 10 am Watercolor 11 am Line Dancing</p>	<p>9 10:15 am Choir Practice 11 am Ask an Expert 1-2:30 pm Made by Me</p>	<p>10 9 am Pickleball</p>
<p>13 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>14 9 am Pickleball 9 am SCERA Movie</p>	<p>15 9 am Tai Chi 10 am Watercolor 10 am Museum &amp; Lunch Outing 11 am Line Dancing</p>	<p>16 10:15 am Choir Practice 11 am Zumba 11 am Ask an Expert 12 pm Choir Performs 1:15 pm Bingo</p>	<p>17 9 am Pickleball 11 am Lunch Bunch</p>
<p>20 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>21 9 am Pickleball</p>	<p>22 9 am Tai Chi 10 am Watercolor 11 am Line Dancing</p>	<p>23 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>24 9 am Pickleball</p>
<p>27 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging</p>	<p>28 9 am Pickleball 9 am SCERA Movie</p>	<p>29 9 am Tai Chi 10 am Watercolor 10:30 am Tulip Festival 11 am Line Dancing</p>	<p>30 10:15 am Choir Practice 11 am Zumba 11 am Ask an Expert</p>	