

June/July 2026 Newsletter

60+ NEWS
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spanishfork.gov/fitcity

The Mystery of Dawn

If you have ever had occasion to be out early in the morning before the dawn breaks, you will have noticed that the darkest time of night is immediately before dawn. The darkness deepens and becomes more anonymous. When you attend to the way the dawn comes, you learn how light can coax the dark. The first fingers of light appear on the horizon, and ever so deftly and gradually, they pull the mantle of darkness away from the world. Quietly, before you is the mystery of a new day, a new dawn. It is one of the tragedies of modern culture, I think, that we have lost touch with these primal thresholds of nature. We take this dawn of a new day for granted. When was the last time you watched a sunrise? I hope it was recently, but I confess that until a few weeks ago, it has been a long time since I had watched this wonder. While out of state on a visit, I had a night of insomnia and so I was awake when the first pale shade of gold and pink began to lighten the horizon. I walked outside and relished the new day dawning in the eastern skies. Taking a deep breath, I smiled at the sight because there are few things that can compare to the promise and gift of a new day, heralded by such a sunrise. We need to learn to savor such moments; to awaken slowly and perhaps to just lie there for a moment in the silence before rushing to begin a new day.

The world, like us, rests at night. Each thing creeps back into its own nature within the shelter of the dark. Our subconscious comes out to play and darkness absolves everything; the struggles of life and the sorrow of our hearts.

We rest in the night but the dawn; ah, the dawn is a refreshing time; a time of possibility and hope. Just as darkness brings rest and release, the dawn brings awakening and renewal. Ultimately, light is the mother of life.

Where there is no light, there can be no life. If the angle of the sun were to turn away from the earth, all human, animal, and vegetative life, as we know it, would disappear. In our world filled with worry and stress, we forget that we are privileged to live in a wondrous universe. And dawn IS the ultimate surprise; it awakens us to the immense possibilities of nature. The wonderful subtle color of the universe arises to clothe everything, especially this time of year. We plant flowers and gardens, with the warm sun to spotlight the colors of new growth as we inhale the fragrance of summer.

Here in our little valley, the sunlight settles softly over us, long moments before the sun actually breaks over the top of our majestic mountains. When it does, however; there are few sights to equal the mystery and beauty of a new dawn. We are always on a journey from darkness into light. Embrace the promise a new dawn always brings. Remember; "Every ending glows like a sunset, but its beauty whispers...come closer, for a new dawn begins with us."

Jan Carlisle

SUMMER CLASSES & LOCATIONS

Tai Chi
Line Dancing
(FitCity Stage)

Rock Painting,
Watercolor,
Made by Me
(FitCity Art Room)

Scera Movies

6/12 Murder Ahoy
6/26 On Moonlight Bay
7/10 Vivacious Lady

Meet by FitCity
Community Desk



MENU

June 2026

Monday, June 1

Sweet Pork Salad
Applesauce Cup
Lime Cookie
Milk

Friday, June 5 (PASSHOLDER MEAL)

Grilled Steak
Smashed Potatoes
Green Beans
Fresh Baked Rolls
Watermelon Pizza

Spanish Fork 60 + Summer Happenings

- Mornings Made Better 10-11:30 am
- Kneaders Bread Mondays 10-11:30 am
- Tai Chi
- Line Dancing
- Water Color Class
- Rock Painting
- Made by Me
- Scera Movies



Check activity calendar for days and times

SPOTLIGHTS



MADE BY ME

Get creative and make your very own items in this fun hands on class! Participants will create projects using a variety of materials and crafting techniques.

No experience needed, come bring your creativity to create works of art while connecting with others. Register for each class by date!

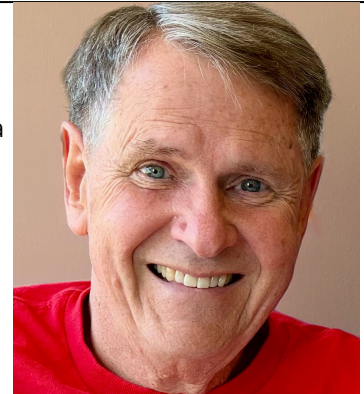
Cliff Rice

Where were you born and raised?
Born in Livermore, CA. Raised in Livermore and Modesto California

What did you want to be growing up?
High School band director

What is/was your occupation/profession?
Financial accountant for Lockheed Martin for 29 years, retired in 2016

What is your favorite hobby or pastime?
BYU football, reading, gardening, playing games with friends and grandkids, traveling.



Friday 6/12-Murder Ahoy
Friday 6/26 On Moonlight Bay
Friday 7/10 Vivacious Lady

Transportation, Movie & Snack Pack

Register & pay at Front Desk!

\$8.00



June 2026

FIND YOUR FIT

BUILD YOUR COMMUNITY

1

MONDAY

9 am Tai Chi
10 am Rock Painting
10am Mornings Made
Better & Kneaders
Bread Available

TUESDAY

2

3

WEDNESDAY

9 am Tai Chi
10 am Watercolor
11 am Line Dancing

THURSDAY

4

FRIDAY

5

8

9 am Tai Chi
10 am Rock Painting
10am Mornings Made
Better & Kneaders
Bread Available

9

10

9 am Tai Chi
10 am Watercolor
11 am Line Dancing

11

1:00 pm Made by Me

12

9 am SCERA Movie
Murder Ahoy

15

9:30 am Tai Chi
10 am Rock Painting
10am Mornings Made
Better & Kneaders
Bread Available

16

17

9:30 am Tai Chi
10 am Watercolor
11 am Line Dancing

18

19

22

9:30 am Tai Chi
10 am Rock Painting
10am Mornings Made
Better & Kneaders
Bread Available

23

24

9:30 am Tai Chi
10 am Watercolor
11 am Line Dancing

25

1:00 pm Made by Me

26

9 am SCERA Movie
On Moonlight Bay

29

9:30 am Tai Chi
10 am Rock Painting
10am Mornings Made
Better & Kneaders
Bread Available

30

FIND YOUR FIT

July 2026

BUILD YOUR COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	2	3
6 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	7	8 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	9 1:00 pm Made by Me	10 9 am SCERA Movie Vivacious Lady
13 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	14	15 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	16	17
20 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	21	22 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	23 1:00 pm Made by Me	24
27 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	28	29 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	30 Congregate Meals Restart Monday, August 17	
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