



August 2026 Newsletter

Memory

First of all: **WELCOME BACK!!!** Your smiles and laughter have been missed! But we all remember them, don't we?

Memory is one of the most beautiful realities of the soul. Since the body itself is so linked into the visual sense it often does not recognize memory as the place where the past is gathered.

One of the greatest poverties of our modern culture is that there is so little attention paid to memory. The computer industry has hijacked the notion of memory. The notion that computers have memory is false. A computer has storage and recall. Human memory is, however, more refined, sacred and personal. Memory has its own inner selectivity and depth and is an inner temple of feeling and sensibility. Within that temple our different experiences are grouped according to their particular feeling and those memories shape us. Our time suffers from a great amnesia. The American philosopher Santayana once said, "Those who cannot remember the past are condemned to repeat it."

The beauty of growing older is that old age offers a time of silence and solitude for a visit to the house of your inner memory. You can revisit all of your past. (Well, most of it. I cannot recall what I had for lunch yesterday but can tell you my first grade teacher's name.) Your soul is where your memory lives. Since linear time vanishes, everything depends on memory. In other words, our time comes in yesterdays, todays, and tomorrows.

Shakespeare knew this, I think, and the memory of having to memorize great swaths of his writings in eleventh grade English class is stored in my memory to this day. "Tomorrow, and tomorrow, and tomorrow, creeps in this petty pace from day to day, to the last syllable of recorded time..." Oh yes, my memory does, indeed, have memories of those days.

Memory is another way of saying, I have tasted life, with all of its flavors and I am richer for it. My memories are a great source of comfort as I age. Not all are pleasant, but they are what has made me...me. I hold them close and cherish each one as the precious gift that they are. Cherish your memories.

Jan Carlisle



60+ NEWS

980 S. MAIN

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spanishfork.gov/fitcity

MONDAYS

Mornings Made Better &
Kneaders Bread Available

FITCITY FITNESS CLASSES

Come find your Fit with
more than 90 fitness
classes many tailored to
support mobility &
wellness

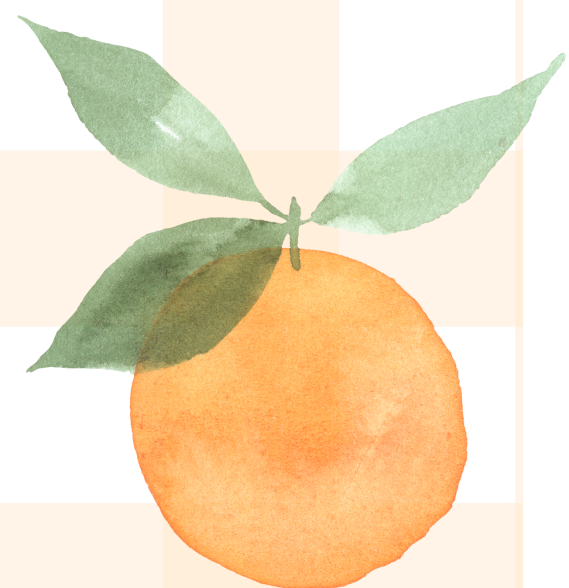
60+ PROGRAMS

Come find you Community!
Register and participate in
programs!

60+ OUTINGS

August 21 SCERA THEATER
Solo Mio

September 17-19 TUACHAN
Musicals & Overnighter





MENU

August 2026

Monday 17

Sloppy Joes
Veggies & Ranch
Chips
Watermelon
Smores Cookie Bars
Milk

Thursday 20

Zucchini Boats
Garden Salad
Breadstick
Mixed Fruit Cup
Milk

Monday 24

2 Meat Spaghetti
Italian Salad
Fruit
Fresh Bread
Chocolate Mousse
Milk

Thursday 27

Chicken Salad
Chips
Fresh Veggies
Cantaloupe
Lemon Bars
Milk

Monday 31

Lemon Baked Chicken
Red Smashed Potato
Berry Salad
Cookie
Milk



Spanish Fork 60 + Community

Lunch Program

- NO MEMBERSHIP REQUIRED
- Mondays & Thursdays 12 pm
- MAG Based (Government Program)
Must fill out MAG intake form at front desk/ community desk/ online
- Requires sign-up 1 week in advance to participate in meals

Lunch will resume August 17

Activities & Special Events

Fall Game Night Aug 28
60 + Health Fair Oct 2
Christmas Dinner Dec 4
Valentine Dinner & Dance Feb 12
Women's Day April 16
Kentucky Derby May 1
Men's Day May 21
Summer Social June 30

Programs

It's never too late to learn something new! Our 60+ programs offer instructor led experiences that encourage creativity, personal growth and connection. Whether trying a new skill, discovering a hidden talent or meeting new friends, there's an opportunity for everyone!

- **Water Color**
- **Made by Me**
- **Rock Painting**
- **More Coming Soon**

RecOnline Registration Required
Resident Fee
Non-Resident Fee



Outings

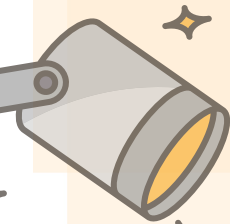
We love to explore!

- **SCERA Movies**
- **Day Trips**
- **Overnight Excursions**

Looking Ahead

August 21 SCERA Movie SOLO MIO
August 28 Fall Game Night
September 17 -19 Tuachan
Grease & Les Miserable

RecOnline Registration Required
Resident Fee
Non-Resident Fee



DID YOU KNOW

90

FitCity has over Fitness Classes

Fun, gentle water aerobics class for adults 60+

along with many other activities to help you Find your Fit

helps improve strength, flexibility and balance

FitCity Splash

- **Tai Chi**
- **Line Dancing**
- **Zumba**
- **FitCity Splash**
- **Silver Sneakers**
- **Yoga**
- **Sound Bath**
- **Dance Fit**
- **Track**
- **Weights**



FIND YOUR FIT

August 2026

BUILD YOUR COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	4	5	6	7
10 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	11	12 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	13 1:00 pm Made by Me	14
17 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	18	19 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	20	21 9 am SCERA Movie Solo Mio
24 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available	25	26 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	27 1:00 pm Made by Me	28 5:30 pm Game Night
31 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better & Kneaders Bread Available				