

May 2026 Newsletter

60+ NEWS



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spanishfork.gov/fitcity

The Passionate Heart Never Ages

Often, older people have a touching mellowness about them. Age is not dependent on chronological time, rather it is more related to a person's temperament. Some eighteen and twenty year olds are so serious, grave and gloomy they sound decades older than they are. Conversely, I know some very old people who have hearts full of fun; there is a sparkle in their presence. They have a sense of light, brightness and gaiety. You have only to look around this room, here at our FitCity Center, to see it in play. (Mae, at 104 years old, comes to mind, still witty and full of fun, but there are many others.) Sometimes in very old bodies there are incredible young and wild souls looking back at you. Meister Eckhart (a German priest from the thirteenth century) said that in a more formal way: There is a place in our soul that is eternal. Time makes us old, but there is a place in the soul that time cannot touch.

Even though time will inscribe our faces, weaken our limbs, make our movements slower; nevertheless, there is still a place in your spirit that time can never reach. The soul is the natural shelter around your life. Many people, as they age, get very worried and anxious. It is precisely when things are difficult and when you may feel vulnerable that we really have to mind ourselves. I love the idea that in difficult or stressful times, we should always keep something beautiful in our sight.

Many of our troubles do not belong to us. They are troubles we draw upon ourselves through our gloomy attitude. I, for one, can depress myself. I don't need assistance, but I much prefer to surround myself with positive thoughts, with beauty, with fun. We should forever guard against the allure of being pulled into negative conversations. Things will not always go our way and when we have no control over these things, we sometimes become frustrated and allow negative thoughts to rob us of the joy all around us. I challenge you to fight this insidious enemy of happiness. As I look around our beautiful facility, I see many smiling faces and yet I know that each and everyone here could find many reasons not to wear a smile, yet I see countless ones everywhere. It's a choice and it will only serve you well to look at the glass as being half full instead of half empty. Choose...choose to be happy. What do you have to lose????

Jan Carlisle

CLASS & LOCATIONS

Tai Chi, Zumba,
Line Dancing
(FitCity Stage)

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

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

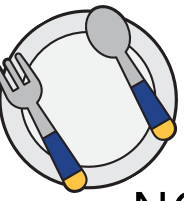
OUTINGS

Meet by
Community Desk

Scera Movies
5/12 Shenandoah
5/26 NO movie

5/20 BYU Art
Museum & Lunch

Spanish Fork 60 + Community Details



Lunch Program

- NO MEMBERSHIP REQUIRED
- Mondays & Thursdays 12 am
- 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

Programs/Activities

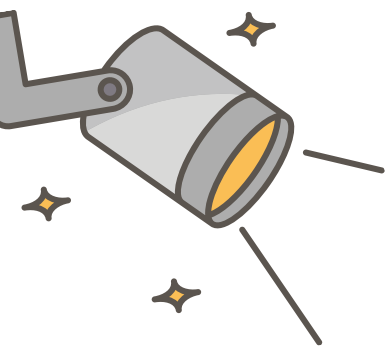
- FitCity Membership Required (most insurances cover the cost) optional day pass \$6
- Requires sign up & any fees for class/activity



Looking Ahead 60+ May/ June 2026

- Saturday, May 2 Kentucky Derby
- Wednesday, May 20 BYU Museum & Lunch at Mollys
- Tuesday, May 26 Celebrating Women 60+ FREE Event 1 pm (Sign up at desks/ online)
- Monday, June 1 Last Congregate/MAG meal
- Tuesday, June 2 Celebrating Men 60+ FREE event 11 am (sign up at desks/online)
- Friday, June 5 Last Membership/Passholder Meal

SPOTLIGHTS



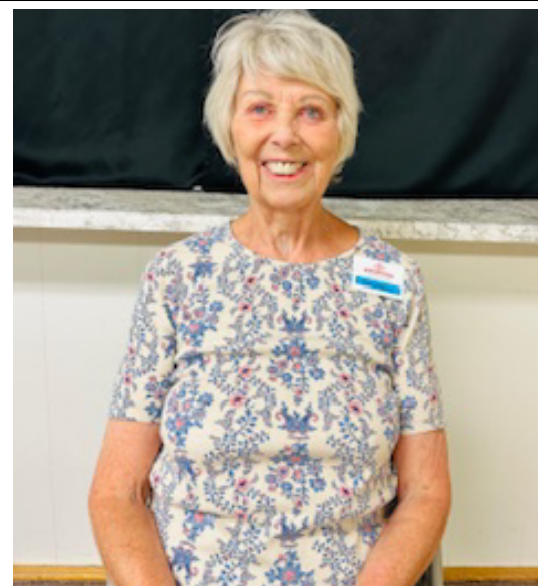
Elaine Pidcock

Where were you born and raised?
Spanish Fork

What did you want to be growing up?
Mother

What is/was your occupation/profession?
Banker

What is your favorite hobby or pastime?
Gardening



TAI CHI



Find your balance with 60+ Tai Chi every Monday & Wednesday 9 am on FitCity Stage in the Community Rooms and outside behind Community Entrance in the grass during warm weather.

No experience needed come and move at your own pace as you relax your mind, strengthen your body and connect with others.

Register for this class monthly!

WATER COLOR

Discover the joy of Watercolor every Wednesday at 10 am in the FitCity Art Room
A Creative Class for 60+ patrons
No experience needed
Gentle step by step instruction to create beautiful works of art.

Water Color is a monthly series of classes and has a materials fee.

Register & pay at Front Desk!



MENU

May 2026

Friday, May 1

(PASSHOLDER MEAL)

Crispy Chicken Leg
Garden Salad
Garlic Mashed Potatoes
Rolls
Banana Pudding

Monday, May 4

Cinco de Mayo
Steak Quesadila
Chips & Salsa
Mexican Street Corn
Fruit & Cream
Milk

Thursday, May 7

Chili Cheese Dogs
Fries
Coleslaw
Peanut Butter Bars
Milk

Monday, May 11

2 Meat Spaghetti
Garden Salad
Fresh Bread
Bread Pudding
Milk

Thursday, May 14

Chicken Stir Fry
Fried Rice
Spring Roll
Oriental Salad
Mango Chia Pudding
Milk

Monday, May 18

Chicken Sandwich
Tomato/Lettuce
Tots
Red Velvet Cookie
Milk

Thursday, May 21

Homemade Pizza
Garden Salad
Fruit
Brownie Sundae
Milk

Monday, May 25

CLOSED FOR
MEMORIAL DAY

Thursday, May 28

Chicken Carbonara
Salad
Fresh Bread
Apple Crisp & Cream
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 8:30-1 pm**

Alternative Meal
Available upon
request with 1
week notice

May 2026

FIND YOUR FIT

BUILD YOUR COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9 am Pickleball 12 pm Passholder Meal 1 pm Bingo
4 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging	5 9 am Tai Chi 10 am Watercolor 11 am Line Dancing	6 9 am Tai Chi 10 am Watercolor 11 am Line Dancing	7 10:15 am Choir Practice 11 am Ask an Expert	8
11 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging	12 9 am SCERA Movie Shenandoah	13 9 am Tai Chi 10 am Watercolor 11 am Line Dancing	14 11 am Zumba 11 am Ask an Expert 1:00 pm Made by Me	15
18 9 am Tai Chi 10 am Rock Painting 11 am Ask an Expert 1 pm Healthy Aging	19	20 9 am Tai Chi 10 am Watercolor 10 am BYU Museum & Lunch at Molly's 11 am Line Dancing	21 10:15 am Choir Practice 11 am Zumba 11 am Ask an Expert 1:15 pm Bingo	22
25 Memorial Day No 60+ Programs Today	26 1 pm Women's Celebration	27 9 am Tai Chi 10 am Watercolor 11 am Line Dancing	28 11 am Zumba 11 am Ask an Expert 1 pm Made by Me 1:30 pm Self-Care	29