



February 2026 Newsletter

The best and most beautiful things in the world cannot be seen or even touched-they must be felt with the heart.

"Helen Keller

The heart's role as the seat of the soul translated into religious significance. In Europe during the Middle Ages, people believed that goodness and holiness could be physically manifested in the body, particularly in the heart. We often say that someone has a "good heart," or that someone's heart is broken and, indeed, when we suffer a great personal loss, whether through death, divorce or separation for a long period of time, it feels as if our hearts are broken and there is actual, physical pain in the area of one's heart. Our hearts are not broken, we all know that; but we associate emotional pain with our heart because somewhere down the line, that association has been repeated and magnified in our culture to the point that we truly do associate emotional pain with our brave, hard working, VITAL organ that has been beating constantly since before we were even born.

We have only to look at song titles and movies (Braveheart, Heart of the Sea, Crazy Hearts, Places in the Heart, The Heart will go on, Where Do Broken Hearts Go, to name a few) to realize that when one talks about the heart, we are not simply talking about the vital fist size muscle that pumps oxygenated blood to other parts of your body. No, it is much more complicated than that.

Like the Egyptians, the ancient Greek and Roman philosophers similarly considered the heart of utmost importance. Aristotle, in the fourth century B.C. Greece, posited that the heart was the source of life and the center of the nervous system. About 500 years later, the Roman physician Galen argued that nerves are connected to the brain. Since the heart was believed to churn and heat the blood, it could affect your emotions. You can have a heart, and you can lose it. You can leave it in San Francisco. Or, you can suffer from heartache, and you might get a toothache from all the sentimental heart-shaped candies that emerge each February. That's an awful lot of emotion for an organ that is, essentially, a big muscle.

So, in this month, that most of us associate with love, may we salute the small but mighty heart that we did not leave in San Francisco after all, and thankfully it has remained steady and true. May love fill your heart, may your heart be light, may your heart go on and on because I know each of you really do have hearts of gold. Happy Valentine's month. Love one another and as we say in the south...BLESS YOUR HEART!!!

 Jan Carlisle

FIT60+ NEWS
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801 798-5015



CLASS LOCATIONS

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

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

Healthy
Aging, Choir
Practice,
Open
Games,
Haircuts
**(FitCity
Stage)**

NEW CLASS!!
Pickleball
Tuesday & Friday
9am
**(PICKLEBALL
COURTS)**

NEW CHANGES

10 AM Doors Open & Check-In Starts
10-11:30AM Mornings Made Better
11:30 AM Water Pitcher on Tables
12 PM Lunch Starts
12:05 PM Check-In Closes

LUNCH POLICY

- You are on the list as coming after filling out MAG Form
- Call 801-798-5015 if you are not coming
- If you miss 3 meals in a row we will take you off our list.
- Call 801-798-5015 if you want to come back 1 week prior to the meal you want to join
- \$4 contribution 60+ and older
- \$6 mandatory payment 60 and under
- Credit Card Payment Preferred

JOIN US FOR A

Valentine's

DINNER & DANCE

Friday, February

13

at 6:00 pm

FEATURING FIRE AT WILL BAND

FIT60+ PASSHOLDER \$20

NON-PASSHOLDER \$25

RESERVE YOUR SPOT & PAY AT THE FRONT DESK

SPOTLIGHTS



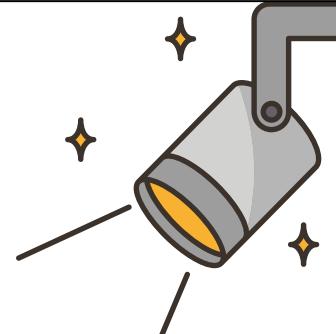
CLARICE NILSON

Where were you born and raised?
Ophir, Utah. Raised in East Los Angeles

What did you want to be growing up?
A Nurse

What is/was your occupation/profession?
Behavior Therapist-17 years.
Piano Teacher-53 years

What is your favorite hobby or pastime?
Music, my grandchildren.



RON PAYNE

Where were you born and raised?
Alamosa, Colorado

What did you want to be growing up?
Happy...a Bachelor

What is/was your occupation/profession?
Marketing and Advertising

What is your favorite hobby or pastime?
Tai Chi - Studying Mandrian Chinese

SPANISH FORK SENIOR CENTER



MENU

February 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 2nd
2 Meat Spaghetti
Italian Salad
Garlic Bread
Fruit
Peanut Butter Kisses
Milk

Monday 9th
Teryiaki Chicken
Brown Rice
Steamed Veggies
Applesauce
Cookie
Milk

Monday 16th
CLOSED

Monday 23rd
Shephards Pie
Green Salad
French Bread
Fruit Cobbler
Milk

Alternate meal
available upon
request!



Friday 6th
(PASSHOLDER MEAL)
Green Salad
Country Fried Steak
Potatoes & Gravy
Steamed Veggies
Fresh Baked Rolls
Raspberry Mousse

Thursday 12th
Tomato Basil Soup
Grilled Cheese
Sweet Potato tots
Fruit
Valentines Surprise
Milk

Thursday 19th
Green Chile Chicken
Spanish Rice
Street corn
Fruit
Cookie
Milk

Thursday 29th
Totchos (Beef Chili)
Fresh Veggies & Ranch
Fruit
Cookie
Milk

See a \$\$ next to a class or event?
Just stop by the FitCity front desks,
our friendly team will gladly assist
you!



February 2026

LOVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
F 2	9 am Tai Chi	3 9 am Pickleball	4 9 am Tai Chi	5 11 am Zumba	6 9 am Pickleball
I 10 am	Rock Painting	10-2 pm Ceramics \$\$	10-12 pm Watercolor \$\$		12 pm FIT60+ PASSHOLDER MEAL
N 11-1 pm	Ask an Expert		10:30-12:30 pm Open Games		1 pm Bingo
D 1-2 pm	Healthy Aging		1 pm Line Dancing		
			2 pm Free Haircuts		
Y 9	9 am Tai Chi	10 9 am SCERA	11 9 am Tai Chi	12 10:15 am Choir	13 9 am Pickleball
O 10 am	Rock Painting	Theater \$\$	10-12 pm Watercolor \$\$	11 am Zumba	6 PM Valentine's Dinner & Dance \$\$
U 11-1 pm	Ask an Expert	9 am Pickleball	10:30-12:30 pm Open Games	11-1 pm Ask an Expert	
R 1-2 pm	Healthy Aging	10-2 pm Ceramics \$\$	1 pm Line Dancing	1 pm Made by Me \$\$	
				1:15 pm Bingo	
F 16		17 9 am Pickleball	18 9 am Tai Chi	19 10:15 am Choir	20 9 am Pickleball
I CLOSED FOR HOLIDAY		10-2 pm Ceramics \$\$	10-12 pm Watercolor \$\$	11 am Zumba	11 am Lunch Bunch \$\$
T			10:30-12:30 pm Open Games	11-1 pm Ask an Expert	
			1 pm Line Dancing		
23	9 am Tai Chi	24 9 am Pickleball	25 9 am Tai Chi	26 10:15 am Choir	27 9 am Pickleball
10 am	Rock Painting	9 am SCERA	10-12 pm Watercolor \$\$	11 am Zumba	
11-1 pm	Ask an Expert	TheatSer \$\$	10:30-12:30 pm Open Games	11-1 pm Ask an Expert	
1-2 pm	Healthy Healthy Aging	10 am Ceramics \$\$	1 pm Line Dancing	1 pm Made by Me \$\$	
				2 pm Free Haircuts	

BUILD YOUR COMMUNITY

