



December Newsletter

THE SENIOR
CENTER NEWS

★
2025



*“Blessed is the season which engages the whole world
in a conspiracy of love.”*

As the festive season approaches, we are reminded of the joy, warmth, and togetherness that make Christmas so special. It's a time to celebrate cherished memories, reconnect with loved ones, and reflect on the blessings of the year gone by. Whether it's singing carols, decorating the tree, or sharing a warm cup of cocoa, these simple traditions continue to bring comfort and cheer. It only takes a few lines from our favorite Christmas Carol to take us back through the years to revisit the past, just as the aroma of cinnamon and apple cider conjure up memories from our youth and it all brings a smile to our hearts. Even if we're celebrating in smaller gatherings or from afar, the spirit of Christmas can still shine brightly in our hearts.

This season is also a wonderful opportunity to reach out and share kindness with others. A friendly phone call, a handwritten card, or even a smile can brighten someone's day in ways we might not imagine. Let us pause and perhaps take a moment to appreciate the friendships we've made here at the Senior Center and elsewhere and the strength that has given us throughout the year.

May your holiday be filled with peace, laughter, and the gentle joy that comes from knowing you are loved and appreciated. Merry Christmas and a very Happy New Year

Jan Carlisle

CLASS LOCATIONS

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

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

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

Golden Wish

Jaqueline made a Golden Wish to visit Tuacahn with her family once again, reliving the memories they made there years ago



Tuacahn Trip Recap!



What began as a Golden Wish for Amparo Sanchez turned into a joyful adventure for all! Our seniors took a trip to Tuacahn to see the high energy performance of Newsies, followed by delicious dining at Cliffside and Golden Corral and a stroll to Red Hills Desert Garden. Laughter, good food and great company made it a weekend to remember. Proof that wishes really do come true for everyone!



VELMA SCOTT

Where were you born and raised?
Spanish Fork, Utah

What did you want to be growing up?
A nurse

What is/was your occupation/profession?
Nurse, wife and mother

What is your favorite hobby or pastime?
Ceramics and hiking



LARRY CHADWICK

Where were you born and raised?
Los Angeles, California through elementary school

Where did you grow up?
Springville, Utah for high school, University of Utah for college

What is/was your occupation/profession?
Accountant for United Airlines

What is your favorite hobby or pastime?
Working at the temple

SENIOR SPOTLIGHT



MENU

December 2025



Monday 1st

Chicken Salad Croissants
Chips
Fruit Cup
Cookie
Milk

Fri 5th (MEMBER MEAL)

Apple Cranberry Salad
Chicken Cordon Bleu
Potatoes
Green Beans
Fresh Roll & Butter
Cherry Croissants

Monday 8th

Crispy Chicken Sandwich
Sweet Potato Tots
Orange Slices
Brownies
Milk

Thursday 11th

2 Meat Spaghetti
Green Salad
Breadsticks
Apple Crisp
Milk

Monday 15th

Shepherds Pie
Cooked Veggies
Bread
Fruit
Gingerbread Cookies
Milk

Thursday 18th

Ham
Potatoes
Cooked Veggies
Rolls & Butter
Christmas Bread Pudding
Milk

Alternate meal
available
upon request!





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

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9 am Tai Chi 10 am Rock Painting 11-1 pm Ask an Expert 12 pm Lunch 1-2 pm Healthy Aging	2 10-12 pm Ceramics \$\$	3 9 am Tai Chi 10-12 pm Water Color \$\$ 10:30-12:30 pm Open Games & Bunco 1 pm Line Dancing	4	5 MEMBER LUNCH 1:00 pm Bingo
8 9 am Tai Chi 10 am Rock Painting 11-1 pm Ask an Expert 12 pm Lunch 1-2 pm Healthy Aging	9 9 am Scera Theater \$\$ 10-2 pm Ceramics \$\$ 2 pm Made by Me \$\$	10 9 am Tai Chi 10-12 pm Water Color \$\$ 10:30-12:30 pm Open Games 1 pm Line Dancing 5 pm Festival of Lights	11 10:15 am Choir 11 am Zumba 11 am Hand Massages 11-1 pm Ask an Expert 12 pm Lunch	12 6 pm CHRISTMAS DINNER \$\$ AT FITCITY CENTER
15 9 am Tai Chi 10 am Rock Painting 11-1 pm Ask an Expert 12 pm Lunch 1-2 pm Healthy Aging 5 pm Festival of Lights	16 10-2 pm Ceramics \$\$ 2 pm Made by Me \$\$	17 9 am Tai Chi 10-12 pm Water Color \$\$ 10:30-12:30 pm Open Games 1 pm Line Dancing	18 10:15 am Choir 11-11:30 am Zumba 11-1pm Ask an Expert 12 pm Lunch 1:15 pm Bingo	19
22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED		

BUILD YOUR COMMUNITY

