FIND YOUR FIT

November 2026

BUILD YOUR COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 am Tai Chi 10 am Rock Painting 10 am Mornings Made Better 10:30 am Dance Fit 1 pm Healthy Aging	3	4 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	5 10 am Mornings Made Better 10:15 am Choir 12:45 pm Medicare Education Class	6
9 9:30 am Tai Chi 10 am Rock Painting 10 am Mornings Made Better 10:30 am Dance Fit 1 pm Healthy Aging	10 10:00 am Krishna Temple Outing	11 9:30 am Tai Chi 9:30 am Pickleball 10 am Watercolor 11 am Line Dancing	12 10 am Mornings Made Better 10:15 am Choir 1:00 pm Made by Me	13
16 9:30 am Tai Chi 10 am Rock Painting 10 am Mornings Made Better 10:30 am Dance Fit	17 10 am Ceramics Clay Creations	18 9:30 am Tai Chi 9:30 am Pickleball 10 am Watercolor 11 am Line Dancing	19 10 am Mornings Made Better 10:15 am Choir	20 1:00 pm Chocoate Making Outing
23 9:30 am Tai Chi 10 am Rock Painting 10 am Mornings Made Better 10:30 am Dance Fit	24 10 am Ceramics Clay Creations	25 9:30 am Tai Chi 9:30 am Pickleball 10 am Watercolor 11 am Line Dancing	26 FitCity Center CLOSED	27 NO 60+ Programming
30 9:30 am Tai Chi 10 am Rock Painting 10 am Mornings Made Better 10:30 am Dance Fit				



November 2026 Newsletter

60+ NEWS
980 S. MAIN
801-798-5015
spanishfork.gov/fitcity

Thankfulness

Thankfulness, or gratitude, is at the forefront of our thoughts during this month of Thanksgiving. There's power in gratitude. In fact, it can actually change your brain. Gratitude reduces stress and the stress hormone cortisol, which in turn benefits cardiac function. For example, regular gratitude practice correlates with better heart rate variability. Recently, a group of people suffering from various levels of depression were asked to write one thank-you note each week to someone...anyone, who had crossed their path positively. The results were a marked increase in their feeling of happiness and satisfaction in life. If we stop, even for a brief moment, to reflect on how many people do small acts of kindness for us on a daily basis, the list would astound us. These small, seemingly snippet acts of kindness SHOULD make us grateful, but rarely do. Being thankful, or showing gratitude, helps you develop a more positive mindset. While it can lead to an improvement in your mood, it can also help in conditioning your brain to filter out negative ruminations.

When we stop to think of all that we have to be thankful for, we usually have a few that instantly come to mind: family, good health, friends, job, food, financial stability and that we live in a free country. Other things may not come as easily to mind but are, nevertheless, important and often vital to our feeling of happiness and thanksgiving; a good night's sleep, clean water, transportation, our pets and all of the things that bring us happiness. (The Senior Center is one that pops in my mind.) I am thankful for all of the work and support that goes into creating a safe, beautiful, amazing space for our Senior 60+ community to gather, to have a wonderful home cooked meal, attend classes, that exercise our bodies and our minds. For a City Council, who provides most of the funding for all of this and the volunteers who serve, decorate, teach classes and a million things that are never seen; done out of sight and behind the scene.

Another thing that I am EXTREMELY thankful for, because I have loved ones who suffer from Alzheimer or dementia, is my mind. It is no small thing; to be aware of those around you and to know that your mind is still sharp, even if you often go into another room...only to stand there wondering why you came in there in the first place. I may have issues that have attacked my body, so that I can no longer walk as well or stand as long as I once could, but I do have my semi-sharp mind that allows me to enjoy the things I love.

Life can be hectic, but if we simply slow down and take the time to appreciate the good things we have, it will launch our mental health into the stratosphere. Thanksgiving serves as a gentle reminder to us all to pause and reflect on a few of the things that bring us joy, that puts a smile on our faces and warms our hearts. Look around you, and I promise you will find dozens of reasons to be happy and thankful. Happy Thanksgiving, y'all.

Jan Carlisle

FITCITY FITNESS CLASSES

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

FITCITY 60+ PROGRAMS

Come find your Community! Register and participate in new programs

CERAMICS
NEW WATER COLOR
PICKLEBALL

FITCITY 60+ OUTINGS

11/10 Krishna Temple
11/14 Pride & Prejudice
11/20 Chocolate Making
12/4 Christmas Dinner
12/5 Christmas around the World
12/12 A Christmas Carol
12/14 Festival of Lights
12/17 Festival of Lights



MENU

November 2026

Thursday 5
Chicken
Smashed Potato
Green Beans
Fresh Roll & Butter
Pumpkin Roll
Milk

Thursday 12
Chicken Enchilada Soup
Garden Salad & Ranch
Cornbread & Honey Butter
Fruit Cup
Milk

Thursday 19
Turkey
Mashed Potato & Gravy
Stuffing
Green Beans
Grape Salad
Rolls & Butter
Pumpkin Pie & Cream
Milk

happy thanksgiving

Monday 2
Chicken Alfredo Pasta
Green Salad & Ranch
Garlic Bread
Apple Crisp & Ice Cream
Milk

Monday 9
Hot Ham & Cheese Croissant
Green Salad
Applesauce
Pumpkin Chocolate Chip
Cookie
Milk

Monday 16
Beef Stroganoff with
Potatoes
Cooked Veggies
French Bread
Berry Cobbler & Cream
Milk

Monday 23
Spaghetti with 2 Meat Sauce
Italian Salad
French Bread
Mandarin Orange Fluff
Milk

Monday 30
Broccoli Cheddar Soup
Grilled Cheese Sandwich
Pears with Cottage Cheese
Cookies
Milk

Spanish Fork 60+ Community Details

BINGO

Nov 2 Golden Age

Nov 19 Legacy House

Expert Line up for November

Monday, November 2

Sky Torres- Home Repair

Jared Gaetz- Home Repair

Thursday, November 5

Dr Grossman-Mobile Dentist

Jordan Picarro- Fyzical Therapy

Thursday, November 12

Spring Gardens-Assisted Living- Hand Massages

Monday, November 16

Linda Bastian-Medicare

Thursday, November 19

Karlene Creer-Medicare

Kelli Coppieters- Walker Mortuary

Looking Ahead

November

Tuesday 11/10 10 am (approx 2 hours)
Join us as we explore the Krishna Temple, vegetarian buffet at Krishna Temple included. $15 resident $25 non-resident

Saturday 11/14 3 pm (approx 4.5 hours)
Pride & Prejudice at The Ruth $63 resident $73 non-resident

Friday 11/20 1:00 pm (approx 3.5 hours)
A deliciously fun outing as we explore the world of chocolate making $32 resident $42 non-resident

December

Friday 12/4 6 pm
Annual Christmas Dinner & Dance $25 resident $30 non-resident

Saturday 12/5 11 am (approx 4 hours)
Christmas around the World at BYU and Chuck-A-Rama $46 resident $56 non-resident

Saturday 12/12 1:30 pm (approx 2.5 hours)
A Christmas Carol
at Angelus Theater with scones and hot chocolate $15 resident $25 non-resident

Monday 12/14 6 pm or **Thursday 12/17 6 pm**
Caroling, doughnuts & Festival of Lights- FREE FOR ALL- Registration required

Register & Pay Online or in Person

SPOTLIGHTS

Ceramics Clay Creations

Discover your creativity in this 6 weeks, instructor led ceramics program! Learn hand building techniques to shape and create your own unique clay pieces. No experience necessary!

Tuesdays, November 17 - December 29

NO CLASS DECEMBER 1

10-11:30 am

Cost: $55 resident

$60 non-resident

Materials included



60+PICKLEBALL



Ready to dink, rally and have some fun? Join our 6 week pickleball program to learn the basics, build yours skills and enjoy friendly competition. Starting on Wednesday

November 11 - December 16

9:30- 10:30 am

Cost : $30 resident

$35 non-resident