

FIND YOUR FIT		BUILD YOUR COMMUNITY		
September 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 am Scera Theater Sense & Sensibility	2 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	3	4
7 LABOR DAY No 60+ Programs Today	8	9 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	10 10:15 am Choir 1:00 pm Made by Me	11
14 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better 10:30am Dance Fit 1pm Healthy Aging	15 9:00 am Scera Theater Singing in the Rain	16 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	17 10:15 am Choir	18
21 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better 10:30am Dance Fit 1pm Healthy Aging	22	23 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing	24 10:15 am Choir 1:00 pm Made by Me	25
28 9:30 am Tai Chi 10 am Rock Painting 10am Mornings Made Better 10:30am Dance Fit 1pm Healthy Aging	29 9:00 am Scera Theater How to Marry a Millionaire	30 9:30 am Tai Chi 10 am Watercolor 11 am Line Dancing		

September 2026 Newsletter



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

Anam Cara (Soul Friend)

Friendship is always an act of recognition. Real friendship or love is not manufactured or achieved by an act of will or intention. Plato adverts to the myth that humans in the beginning were not single individuals. Rather, each person was two selves in one. Then they become separated; consequently, you spend your life looking for your other half. I'm not sure about that but I do know that on occasion, you meet someone that something inside you seems to recognize immediately.

In the Celtic tradition, there is a beautiful understanding of love and friendship. The idea of soul-love and the term for this is anam cara. So anam is Gaelic for soul and cara is the word for friend. It is one of my favorite terms. Have you ever met someone that you clicked with immediately, as if you recognized something about them that "spoke" to you. I have been fortunate to have had that experience several times in my life. They are rare, but when your paths cross, it is if your soul releases a deep sigh.

This type of friendship is an act of recognition and belonging. When you have an anam cara, your friendship cuts across all convention, morality and category. You are joined in an ancient and eternal way with the "friend of your soul." In everyone's life, there is a great need for an anam cara, a soul friend. In this love you are understood as you are without mask or pretension.

Friends, on any level, are precious gifts that we dare not take for granted, because real friendship is precious and rare. We all have many levels of friendships and here at our Senior Center we have many. Occasionally, however, we meet someone whose soul we seem to recognize. When it reaches out to us we pause and think...Ah, there you are, my friend.

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 you Community! Register and participate in programs!

FITCITY 60+ OUTINGS

SCERA THEATER

9/1 Sense & Sensibility

9/15 Singing in the Rain

9/29 How to Marry a Millionaire

10/9 Heber Valley Fall Train Ride

FITCITY 60+ SPECIAL EVENTS

10/2 60+ Health Fair





September MENU

Thursday 3

Chicken Cordon Bleu
Potatoes
Green Beans
Fresh Baked Rolls
Brownie
Milk

Thursday 10

Chicken Alfredo Bake
French Bread
Garden Salad & Ranch
Fresh Fruit
No Bake Cookie
Milk

Thursday 17

Crispitos
Shredded Lettuce
Black Bean Salsa
Street Corn
Berries & Cream
Milk

Thursday 24

Pulled Pork Sandwich
Sweet Potato Fries
Pea Salad
Fruit
Rice Crispy Treat
Milk

Monday 7

NO LUNCH
CLOSED FOR LABOR
DAY

Monday 14

Hamburger Gravy
Potatoes
Peas & Carrots
Fruit Cobbler
Milk

Monday 21

Country Fried Steak
Mashed Potatoes
Cooked Veggies
Grape Salad
Fresh Rolls
Milk

Monday 28

Teriyaki Chicken
Steamed Rice
Oriental Salad
Jello Fruit Cup
Milk



Spanish Fork 60 + Community Details

LUNCH SIGN UPS ARE IMPORTANT!

- Helps us know how many meals to prepare
- Reduce food & resource waste

If you are unable to come, please call to cancel at least a week in advance.

If you have not been attending regularly or are returning please call at least one week in advance

801.798.5015

Are you missing out on Special Events Pictures?

Update your email with the front desk or at the community desk. All pictures from events are sent via email.



Looking Ahead Outings

SCERA THEATER

9/1 Sense & Sensibility

9/15 Singing in the Rain

9/29 How to Marry a Millionaire

OUTING

10/9 Heber Valley Fall Train Ride

60+ Community

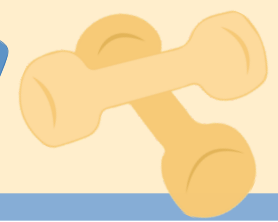
HEALTH & WELLNESS FAIR

FREE!

Friday, October 2

10am-12pm

FitCity Center Community Rooms



DID YOU KNOW

**New FitCity Fitness Class
on FitCity Stage**

Mondays at 10:30 am



DanceFit
with Dana

**Spanish Fork 60+ Lunch
more happening then a good meal**

When signed up for lunch you can participate in

- Mornings Made Better 10-11:30 am connect and enjoy variety of teas, coffee, hot chocolate and toast
- Kneaders Bread 10 am
Please 1 per household must be present to take bread, available while it lasts.
- Game Time 10:30-11:30 am
Join us for games, puzzles, laughter and a little friendly competition
- Choir Thursdays 10:15 am
starting 9/10 on FitCity Stage
- Golden Wish Program
Spanish Fork residents
- Ask an Expert Community Business Experts providing information & resources
- Entertainment & Bingo
- City Updates
- Health & Wellness Classes