



# OCTOBER 2026

FIND YOUR FIT

BUILD YOUR COMMUNITY

| MONDAY                                                                                                                    | TUESDAY | WEDNESDAY                                                       | THURSDAY                                                    | FRIDAY                                  |
|---------------------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------|
|                                                                                                                           |         |                                                                 | 1<br>10:15 am Choir                                         | 2<br>10 am-12 pm HEALTH & WELLNESS FAIR |
| 5<br>9:30 am Tai Chi<br>10 am Rock Painting<br>10 am Mornings<br>Made Better<br>10:30 am Dance Fit<br>1 pm Healthy Aging  | 6       | 7<br>9:30 am Tai Chi<br>10 am Watercolor<br>11 am Line Dancing  | 8<br>10:15 am Choir<br>1:00 pm Made by Me                   | 9<br>2 pm Heber Valley Fall Train Ride  |
| 12<br>9:30 am Tai Chi<br>10 am Rock Painting<br>10 am Mornings<br>Made Better<br>10:30 am Dance Fit<br>1 pm Healthy Aging | 13      | 14<br>9:30 am Tai Chi<br>10 am Watercolor<br>11 am Line Dancing | 15<br>10:15 am Choir                                        | 16                                      |
| 19<br>9:30 am Tai Chi<br>10 am Rock Painting<br>10 am Mornings<br>Made Better<br>10:30 am Dance Fit<br>1 pm Healthy Aging | 20      | 21<br>9:30 am Tai Chi<br>10 am Watercolor<br>11 am Line Dancing | 22<br>10:15 am Choir<br>1:00 pm Made by Me                  | 23                                      |
| 26<br>9:30 am Tai Chi<br>10 am Rock Painting<br>10 am Mornings<br>Made Better<br>10:30 am Dance Fit<br>1 pm Healthy Aging | 27      | 28<br>9:30 am Tai Chi<br>10 am Watercolor<br>11 am Line Dancing | 29<br>10:15 am Choir<br>12 pm Halloween Parade during lunch | 30                                      |

# OCTOBER 2026 NEWSLETTER



60+ NEWS  
980 S. MAIN  
801 798-5015  
[spanishfork.gov/fitcity](http://spanishfork.gov/fitcity)

## IMAGINATION

Albert Einstein wrote: “The true sign of intelligence is not knowledge, but Imagination ” Imagination is not just something for children to indulge in; it is vital to our mental health. Existing research has suggested that what we imagine can actually affect our minds and bodies in very specific ways.

I’ve been known to be a bit of a “head in the clouds” kind of person, because I find it easier to focus on the positive, as opposed to feeling stuck in the reality of what is. While many in my life have reminded me of the importance of being responsible and realistic, I have long held to the belief that my imagination is far more valuable to me than reality; so I will explain why.

First of all, imagination ignites passion. As adults we have been forced into a world of responsibility and practicality where money, bills and jobs dictate how we live and experience the world. Who says we can’t be passionate and responsible at the same time? I found it entirely possible to teach my children about the magic of a fairy ring of mushrooms, as easily as it was to teach the names of all of the states or how to make their bed. Plus it was oh so much more fun.

Scientists and creative artists have an amazing gift for thinking outside the box and allowing their imagination the freedom to grow and evolve. Their thoughts, many of which have created products that have changed the way we live entirely, began with an image in their mind. Simply put, imagination is the key ingredient to expansion and the advancement of our world. Most of our modern inventions were first imagined in science fiction years ago. (Remember flip communicators on Star Trek?) Have you ever watched a young child play alone? When you do, you will experience first hand the magic that comes from imagination: when a simple box is transformed into a powerful rocket, a laundry basket into a pirate ship. Full disclosure here; I will admit to having a bit of a Peter Pan complex, because I don’t think I have ever truly grown up. I believe in fairies and leprechauns. I taught my children to believe in such things and I hope they will always remember the fun it brought into our lives. I hope they will always hear the bells at Christmas and wonder at the magical display of fireflies on a summer’s night. I also tried to teach my children the value of an education, whether that is in the form of a college degree or life lessons in a field they are passionate about. I hope I have also taught them that two of the greatest gifts they could ever keep in their hearts are imagination and love.

*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

10/9 Heber Valley Fall  
Train Ride



# MENU

October 2026

## THURSDAY 1

Greens Salad  
Cranberry Chicken  
Rice  
Fruit Salad  
Fresh Rolls & Butter  
Milk

## THURSDAY 8

Two Meat Spaghetti  
Italian Salad  
French Bread  
Chocolate Crinkle Cookie  
Milk

## THURSDAY 15

Bird Dog Sandwich  
Power Slaw  
Sweet Potato Tots  
Fruit  
Peanut Butter Bars  
Milk

## THURSDAY 22

Green Chili Chicken Burritos  
Street Corn  
Southwest Salad  
Lime Carlotta Cups  
Milk

## THURSDAY 29

Creamy Cheese Ravioli  
Spooky Greens Salad  
Cuties  
Halloween Dessert  
Milk

## MONDAY 5

Grilled Cheese Sandwich  
Tomato Basil Soup  
Pear half with Cottage Cheese  
Chocolate Chip Cookie  
Milk

## MONDAY 12

French Dip Sandwich  
Chips  
Fall Green Salad  
Fruit  
Cookies  
Milk

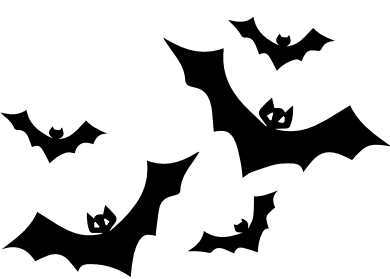
## MONDAY 19

Chicken Broccoli Rice Bake  
Green Salad & Ranch  
Breadsticks  
Fruit Cobbler & Ice Cream  
Milk

## MONDAY 26

Meatloaf  
Scalloped Potatoes  
Peas & Carrots  
Snickerdoodle Cookies  
Milk

# Spanish Fork 60 + Community Details



FREE!

HEALTH & WELLNESS FAIR

Friday, October 2  
10am-12pm  
FitCity Center Community Rooms

Come for the Information...  
stay for the raffle

## Looking Ahead

Grab your costume don't be shy  
Thursday, October 29  
Halloween Parade



★ BINGO

Oct 5 Golden Age  
Oct 15 Legacy House

★

## DID YOU KNOW

### HAVE A QUESTION? WE HAVE AN EXPERT!

Ask the Expert connects our 60+ community with local professionals who can answer question, share helpful information, and provide valuable resources on topics that matter to you.

Stop by their table. ask questions and discover helpful resources.  
No pressure, just answers!

### Expert Line up for October

#### Thursday, October 1

Dr Grossman- Mobile Dentist  
Jordan- Fyzical Therapy

#### Monday, October 5

Sky Torres- Home Health  
Jared Gaetz- Home Repair

#### Thursday, October 8

Spring Gardens- Assisted  
Living- Hand Massages

#### Thursday, October 15

Karlene Creer- Medicare  
Kelli- Walker Mortuary

#### Monday, October 19

Linda Bastian- Madicare

#### Thursday, October 22

Synergy Physical Therapy

#### Monday, October 26

UVU Nurses- Blood pressure

