

Volume 6, Issue 2

February 2012

# Syracuse City Senior Citizen Newsletter



SYRACUSE COMMUNITY CENTER

FEBRUARY 2012

## Timeless Valentine

As time goes by from year to year,  
One thing is surely true, my dear;  
Though decades come and decades go,  
Just seeing you sets me aglow.

Time shifts my body; I start to sag,  
When I pass a mirror, it can make me gag.  
My joints all ache; I can hardly move;  
Still a smile from you, and I'm in the groove.

Getting older can be a pain,  
But with you along, I can't complain.  
Despite the things that we go through,  
I know I'll never stop loving you.

Your loving heart turns life to play,  
As we laugh at time from day to day.  
So I write this poem, and I'll hang my sign,  
Saying, "Always Be My Valentine."

*By Karl & Joanna Fuchs*

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"Love is the condition in which the happiness of another person is essential to your own"

Robert Heinlein

# Monthly Luncheon

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The Monthly Luncheon will be on **Friday, February 24, 2012**. Lunch will be served at **12:30 p.m.**, followed by Bingo with Kim! There will also be a blood pressure clinic from Noon to 12:30 p.m., sponsored by Dignity Home Health. The menu (subject to change) will be shepherd's pie, tossed salad, roll, and apple cobbler. Reservations are required and can be made by calling the Front Desk at **801-614-9660 #1** by Tuesday, February 21, 2012. There is a requested donation of **\$2.50** per person.

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## Hearing Screenings

A representative from the Hearing Zone will be here at the Syracuse Community Center on **Friday, February 24, 2012** to do **FREE** hearing screenings. She will be here from **11:30 a.m. to 1:30 p.m.** Each screening will take about **15** minutes. Appointments are recommended by calling the Front Desk at **801-614-9660 #1**.

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Be sure to visit our website at [www.syracuser recreation.com](http://www.syracuser recreation.com) "Senior Citizens" to view this newsletter and for links to other websites that may provide useful information for seniors.

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## Tax Preparation

The AARP will once again be offering **FREE** tax preparation for Senior Citizens. Appointments will run every **Tuesday** beginning **February 7th** through **April 17th** from **1pm to 4pm** at the Community Center. Appointments are mandatory and can be made by calling **801-614-9660 #1**. Appointments fill up quickly... so make yours today!!

# Valentine Day Lunch & Movie

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Come join us for lunch and a movie at the Syracuse Community Center on **Tuesday, February 14, 2012**. We will be showing **"Dolphin Tale"** an amazing true story centered on the friendship between a boy and a dolphin whose tail was lost in a crab trap. Lunch will be served at **12:30 p.m.**, followed by the movie. The menu will be baked chicken, mashed potatoes/gravy, mixed veggies, jello with fruit, and a roll. Reservations should be made by Wednesday, February 8, 2012 by calling the Front Desk at **801-614-9660 #1**. There is a requested donation of **\$2.50** per person for the meal... movie is **FREE!** Please feel free to bring a cushion to sit on... and maybe a box of tissues!

Dolphin Tale is inspired by the amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life. Swimming free, a young dolphin is caught in a crab trap, severely damaging her tail. She is rescued and transported to the Clearwater Marine Hospital, where she is named Winter. But her fight for survival has just begun. Without a tail, Winter's prognosis is dire. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor, and the unwavering devotion of a young boy to bring about a groundbreaking miracle—a miracle that might not only save Winter but could also help scores of people around the world.

Rated PG Drama, Kids & Family 1hr 52min

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**Q:** *What did the Valentine card say to the stamp?*

**A:** *Stick with me and we will go places!*

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## Personal History Introduction Class



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Come and join us for **four** fun classes and learn how to create the introduction to your **Personal History**. This is a great way to begin or sum up your work. Classes will be held on **Wednesdays** beginning **February 15, 22, 29** and **March 7, 2012** from **10:00 a.m. to 12:00 noon** at the Syracuse Community Center. The cost will be **\$5.00** which will pay for supplies including a notebook and hand-outs. The class will be taught by Craig Page who has an MBA and is a published, freelance writer. He has taught several writing classes here at the SCC and is a wonderful instructor that you won't want to miss!

# February Bus Tour

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We will be taking a **GUIDED** tour of the Salt Lake City **Capitol Building** on **Friday, February 10, 2012**. The bus will leave the Community Center at 11:30 a.m. We will stop for lunch first at Chuck-A-Rama in Bountiful. Our tour is scheduled for 2:00 p.m., and will last one hour. Extra time will be provided if you need more time to enjoy the exhibits. We should arrive back at the Community Center around 4:30 p.m. The cost is **\$2.00** with lunch on your own. Space is limited... so reserve your seat today!

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## **VOLUNTEERS**

**WE NEED YOU!** If you are interested in teaching a class here at the Syracuse Community Center, please contact Paula Jourdan at 801-614-9658 and leave a message. In the past, there has always been an interest in our Beginner Computer Classes. If you, or someone you know, would be interested in sharing your computer skills and knowledge with other seniors, we would love to hear from you. If you have some other skill or hobby that you think other seniors would enjoy, please give us a call.

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## **Senior Yoga**

Classes are held on **Tuesdays** and **Thursdays** from **8:00 a.m.** to **8:45 a.m.** This class is available for anyone aged 50+. Please call the Community Center at **(801) 614-9660 #1** for cost and membership options.

