

Syracuse City Senior Citizen Newsletter



SYRACUSE COMMUNITY CENTER

JANUARY 2012

I would like to inform you that there have been some changes here at the Syracuse Community Center. In December, we were sad to say “goodbye” to Tiffany. I would like to thank her for her service to Syracuse City and in particular to our Senior program. She did an outstanding job and we are all sad to see her leave. I know she will be greatly missed and we wish her luck with her new endeavors. The staff at the Syracuse Community Center will continue to provide the Monthly Luncheon and offer monthly trips and activities. I hope you will bear with us during this transitional period. I would like to wish you all peace, happiness, and good health as we start the New Year and hope to see you soon at one of our activities.

Kresta Robinson

Inside this issue:

Monthly Luncheon	2
Tax Preparation	2
Lunch & Movie... “The Help”	3
Personal History Introduction Class	3
Senior Yoga	4
Looking Ahead	4
HAPPY NEW YEAR!	4

Always bear in mind that your own resolution to succeed is more important than any other.

-Abraham Lincoln

Monthly Luncheon



The Monthly Luncheon will be on **Friday, January 27, 2012**. Lunch will be served at **12:30 p.m.**, followed by Bingo with Kim! In keeping with last year's tradition, Bingo prizes will be provided by **YOU!** Please bring a white elephant gift... this could be a gift you didn't need, but got anyway for Christmas, or anything else you have around the house that might be enjoyable to someone else! Gifts do not need to be wrapped. There will also be a blood pressure clinic from Noon to 12:30 p.m. The menu will be teriyaki chicken, tossed salad, oriental veggies, rice, roll, and mandarin oranges. Reservations are required and can be made by calling the Front Desk at **801-614-9660 #1** by Tuesday, January 24, 2012. There is a requested donation of **\$2.50** per person.

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!!

Lunch & Movie

We will be serving an additional lunch this month. Come join us for lunch and a movie at the Community Center on **Friday, January 13, 2012**. We will be showing **The Help...** the #1 New York Times best seller by Kathryn Stockett comes to vivid life through the powerful performances of a phenomenal ensemble cast. Lunch will be served at **12:30 p.m.**, followed by the movie. The menu will be baked fish, corn, coleslaw, fruit cocktail, rice pilaf, and bread stick. Reservations should be made by Tuesday, January 10, 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!**

Set in Mississippi during the 1960s, a southern society girl returns from college determined to become a writer, but turns her friends' lives... and a small Mississippi town... upside down when she decides to interview the black women who have spent their lives taking care of prominent southern families. Aibileen, Skeeter's best friend's housekeeper, is the first to open up...to the dismay of her friends in the tight-knit black community. Despite Skeeter's life-long friendships hanging in the balance, she and Aibileen continue their collaboration and soon more women come forward to tell their stories... and as it turns out, they have a lot to say!
Rated PG-13 Drama 2hr 17m

Personal History Introduction Class



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!



Senior Yoga



Start the New Year right with a resolution to do at least 30 minutes of exercise each day! This class is taught by Lori Williams, a fabulous instructor who volunteers her time here at the Community Center. The class teaches movements to strengthen muscles, improve balance, and help increase mobility for people who are challenged by arthritis, or the stiffness that comes with age and/or injury. 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. Classes will begin on Tuesday, January 10th.

Looking Ahead... Mark your calendar!

Join us on Tuesday, February 14 (Valentine's Day) for lunch followed by a movie here at the Senior Center... look for more details in February's newsletter!



Hope you **all** will make a resolution to join us for an activity this month and throughout the year.

We are always looking for ideas and suggestions!

HAPPY NEW YEAR!