

## Jimmie Almond Jr.: A Life of Resilience, Heart, and Community

This month, we are excited to feature Jimmie Almond Jr., a valued member of our senior center community. Originally from Detroit, Michigan, Jimmie is passionate about basketball and dancing, staying active in both body and spirit. His most memorable trip was to New York, a place full of energy and excitement that left a lasting impression on him. Throughout his career, Jimmie found fulfillment in working, staying busy, and being productive. His most significant accomplishments, however, are his son and daughter, whom he is immensely proud of. When asked for advice, Jimmie shares a simple yet powerful message: "Do what you can for who you can, when you can."

A fan of horror and thriller films, Jimmie also enjoys cooking, with oxtails, pinto beans, and cornbread among his favorite dishes. Many might not know that he is always willing to lend a helping hand, a quality that shines in how he engages with those around him. He appreciates the diverse personalities at the senior center and values the opportunity to contribute to the community.

Family plays a significant role in Jimmie's life. His biggest influences are his mom and dad, who instilled in him a deep sense of care and responsibility. His favorite childhood memory is a trip to Cedar Point in Ohio, and he credits his upbringing in Detroit with making him "rough around the edges but with a big heart."

A lifelong learner, Jimmie recently embraced the wisdom of ignoring ignorance. He believes in taking responsibility for one's actions, whether in victory or defeat. His dream destination is Africa, which Jimmie sees as the motherland of his roots. If given the chance, he would love to have dinner with Nelson Mandela, a man he admires for standing by his words and beliefs.

Jimmie's resilience is evident in his life experiences. Suffering burns at the age of two, he learned over the years that he didn't have to be ashamed of his scars. His philosophy is to "accept what you can't change," he continues to strive for personal growth, holding his head high through struggles.

Above all, Jimmie values family and wishes he knew more about his cultural heritage. He believes in putting family first and celebrating life's milestones with self-satisfaction and the determination to keep improving. His motivation to stay engaged in the community is simple—his heart leads the way.

We are grateful to have Jimmie as part of our senior center family, and we celebrate the wisdom, warmth, and strength he brings to our community.

### Events in May & Upcoming Events:

- \* **Vital Aging counselling** with Jesse on Thursdays, 10AM - 11AM
- \* **ESL: Mon. & TH.** 10 AM - 11:30 AM
- \* **Need help with housing questions?** Contact Kelly Roemer @385-468-3245
- \* **Book Club: Firekeeper's daughter - Summary:** Daunis, who's part Ojibwe, defers attending the University of Michigan to care for her mother and reluctantly becomes involved in the investigation of a series of drug-related deaths. **Discussion questions available: See Arthur or email amatthews@slco.org**
- \* **Karaoke:** Monday, May 26 - 10:30 AM - 12 PM
- \* **Joke:** "You know you're getting older when...you bend down to tie your shoes and wonder what else you can do while you're down there!"
- \* **Quote:** "Do not regret growing older. It is a privilege denied to many." — Unknown
- \* **Haircut: Friday, May 23, 1 - 3 PM, Room #5**
- \* **Armchair traveling: Boston, Ma.: The First U.S. Subway System** – Boston built America's first subway system in 1897, known as the Tremont Street Subway. And, **Boston's Name Is British** – Boston was named after Boston, Lincolnshire, England, where many of the early Puritan settlers originated.
- \* Drop your **suggestions** in our magic box (a.k.a., the suggestion box) or tell a staff member—we're all ears, laughs, and open schedules!
- \* **May Insight:** "May is a season of renewal—nature blooms, opportunities grow, and every day is a chance to embrace change with fresh energy."
- \* **Flowers of the month: Lily of the Valley:** Known for its delicate, bell-shaped blossoms and sweet scent, it symbolizes sweetness, humility, and renewed happiness. **Hawthorn:** Represents hope, love, and protection, with its flowers blooming in late spring, signaling new beginning.
- \* **Luncheon @Parklane Senior Living:** You're invited to enjoy a delicious, chef-prepared lunch at Park Lane Senior Living, an independent living community with an upscale menu and warm hospitality; experience a gourmet meal in a beautiful setting  
**When: May 14; leaving the senior center at 11 AM**

# May 2025 Center Information

## Hours:

*Monday - Friday*

**7:00 AM - 4:00 PM**

## Contact:

**(385)-468-3170**

**lcschofield@slco.org**

**Manager: Lisa Schofield**

**Programs: Arthur Matthews**

**Office: Tim Early**

**Driver: Vacant**

**Custodian: Mark Aldred**

**Kitchen: Monique Montano**

**Deputy: R. Curley**

**Housing: Kelly Roemer**

## Address:

251 East 700 South  
Salt Lake City, UT  
84111

## Website:

[slco.org/liberty-senior-center](http://slco.org/liberty-senior-center)



**SALT LAKE  
COUNTY**

**AGING & ADULT  
SERVICES**

# May, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Flower of the Month: Lily of the Valley & Hawthorn			1.	2.
			9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging <b>10:00 Computer Class</b> 1:00 Open Art Studio <b>Armchair Traveling:</b> <b>Boston, Ma.</b>	7:00 Tees & Socks Donation 10:00 3D Pen <b>10:00 Computer Class</b> <b>12:30 AF Exercise</b> 1:15 Friday Film:
5.	6.	7.	8.	9.
10:00 ESL: All Levels 11:00 <b>Heart &amp; Soul</b> 12:30 Computer Aide 1:00 Book Club: <b>Questionnaire Available</b>	8:00 Tax Preparation <b>10:00 Guitar Lessons</b> <b>11:30 Birthday Meal</b> <b>12:30 AF Exercise</b> 12:30 Computer Aide 1:00 Open Art Studio	8:00 Craft Lab 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging <b>10:00 Computer Class</b> 1:00 Open Art Studio <b>Armchair Traveling:</b> <b>Boston, Ma.</b>	7:00 Tees & Socks Donation 10:00 3D Pen <b>10:00 Computer Class</b> <b>12:30 AF Exercise</b> 1:15 Friday Films:
12.	13.	14.	15.	16.
10:00 ESL: All Levels 12:30 Computer Aide 1:00 Book Club 1:00 Movie	9:00 Games 9:00 Outreach <b>10:00 Guitar Lessons</b> <b>12:30 AF Exercise</b> 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Lab <b>11:00 Luncheon</b> 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging <b>10:00 Computer Class</b> <b>11:15 Larry Turner</b> 1:00 Open Art Studio <b>Armchair Traveling:</b> <b>Boston, Ma.</b>	7:00 Tees & Socks Donation 10:00 3D Pen <b>10:00 Computer Class</b> <b>12:30 AF Exercise</b> 1:15 Friday Films:
19.	20.	21.	22.	23.
10:00 ESL: All Levels <b>11:15 16-Strings</b> 12:30 Computer Aide 1:00 Book Club 1:00 Movie	9:00 Games <b>10:00 Guitar Lessons</b> <b>12:30 AF Exercise</b> 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Lab 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging <b>10:00 Computer Class</b> <b>11:15 Calvin Law</b> 1:00 Open Art Studio <b>Armchair Traveling:</b> <b>Boston, Ma.</b>	7:00 Tees & Socks Donation 10:00 3D Pen <b>10:00 Computer Class</b> <b>12:30 AF Exercise</b> <b>1:00 Hair cuts</b> 1:15 Friday Films:
26.	27.	28.	29.	30.
10:00 ESL: All Levels <b>11:00 Karaoke</b> 12:30 Computer Aide 1:00 Book Club 1:00 Movie	9:00 Games <b>10:00 Guitar Lessons</b> <b>12:30 AF Exercise</b> 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Lab 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging <b>10:00 Computer Class</b> <b>11:00 Live Piano</b> 1:00 Open Art Studio <b>Armchair Traveling:</b> <b>Boston, Ma.</b>	7:00 Tees & Socks Donation 10:00 3D Pen <b>10:00 Computer Class</b> <b>12:30 AF Exercise</b> 1:15 Friday Films:

# Older Americans Month 2025 Theme: Flip the Script on Aging

## *Giving to the Next Generation*

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

*Everyone* has something to share, and these ideas can help get you started.

- **Mentor.** Use professional or personal experiences to guide a child, young adult, or even a peer. Example: Visit Senior Corps at [nationalservice.gov](https://nationalservice.gov) to learn about becoming a foster grandparent.
- **Volunteer.** Put skills to use while giving back to your community.  
Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills.
- **Teach.** Impart expertise via formal or informal education and tutoring opportunities.  
Example: Check with local schools that may need reading, math, or science tutors.
- **Speak.** Sign up for speaking engagements, paid or unpaid, as well as storytelling events.  
Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.
- **Engage.** Visit a senior center or organize a gathering focused on connecting with others.  
Example: Book clubs attract participants of all ages and encourage the exchange of ideas.
- **Write.** Pen an article, op-ed, or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby, or historical event, and submit a column to your local newspaper.
- **Create.** Pick a medium and use art to express yourself and share your perspective.  
Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.
- [acl.gov/oam](https://acl.gov/oam)