



Thinking like Rembrandt

The artist Rembrandt saw the world not just with his eyes, but with his heart. His paintings remind us that light and shadow belong together — that beauty isn't found in perfection, but in honesty.

To think like Rembrandt is to slow down and *truly see*. It's worth noticing how sunlight falls across a table, how laughter softens a face, or how kindness can brighten even the cloudiest day. He painted people as they were — tired, hopeful, flawed, and radiant all at once.

This December, let's see like Rembrandt:

- Find light in ordinary moments.
- Welcome both joy and shadow as part of life's picture.
- Let compassion be the brushstroke that connects us all.

When we do, we paint our days with grace, and discover that every season, even winter, holds its own quiet glow.

Events in December & Upcoming Events:

- * **Donation Day every Friday: T-shirts, socks, backpacks, coats**
- * **Vital Aging counselling** with Jesse on Thursdays, 10AM - 11AM
- * **Need help with housing questions?** Contact Kelly Roemer @385-468-3245
- * **At Home Book Club: The Thursday Murder Club by Richard Osman** - "In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves The Thursday Murder Club".
Review questions available: See Arthur or email Amatthews@saltlakecounty.gov
- * **Karaoke:** December, 15th @ 10:45 AM - 12 PM
- * **Joke: Q:** Why did the senior bring string to the library?
A: To *tie up* a few loose ends in the story!
- * **Quote:** "Be the change you wish to see in the world" Mahatma Ghandi
- * **Haircut: December Friday, 19th, 1 - 3 PM, Room #5**
- * **Armchair Traveling: North Pole** - How can the North Pole still hold so many mysteries in our modern world?

Santa's Address Is Real (Sort Of): Letters sent to Santa Claus, North Pole often end up at real postal programs in places like North Pole, Alaska, or Santa Claus Village in Finland, where volunteers write back to children every year.

Unsolved Mysteries: Vanishing explorers: Several 19th-century Arctic expeditions, like Franklin's in 1845, vanished without clear explanation — their fates remain part of Arctic legend.

No Penguins! Many people imagine penguins at the North Pole — but they only live in the Southern Hemisphere. The Arctic's true stars are polar bears, walruses, and narwhals (the "unicorns of the sea").

DEC. 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: Lea Robledo

Driver: Frankee Thomas

Custodian: Mark Aldred

Kitchen Lead: Monique Montano

Deputy: R. Curley

Housing: Kelly Roemer

Address:

251 East 700 South
Salt Lake City, UT
84111

Website:

slco.org/liberty-senior-center



December, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1.	2.	3.	4.	5.
9:30 Dental Care 10:00 ESL 11:15 Heart&Soul 12:30 Computer Aide 1:00 Book Club <i>Questionnaire available on the first Monday</i>	9:00 UofU Fitness 9:00 Health Clinic 10:00 Guitar Lessons 11:30 Birthday Meal 12:30 AF Exercise 12:30 Computer Aide 1:00 Open Art Studio	8:00 Craft Lab 9:45 Yoga 11:15 BD Howes 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 UofU Fitness 9:00 Games w/ Matthew 10:00 Vital Aging 1:00 Open Art Studio	7:00 Donation Day 10:00 3D Pen 11:00 School Performance 12:30 AF Exercise 1:15 Friday Films: Roman Holiday - A timeless romantic adventure about freedom, kindness, and discovery full of charm and laughter.
8.	9.	10.	11.	12.
9:00 Proactive Health 9:30 Dental Care 10:00 ESL 12:30 Computer Aide 1:00 Book Club	9:00 UofU Fitness 9:00 Health Clinic 10:00 Guitar Lessons 12:30 AF Exercise 12:30 Computer Aide 1:00 Open Art Studio	8:00 Craft Lab 9:45 Yoga 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	Kindness All Day 9:00 UofU Fitness 9:00 Games w/ Matthew 10:00 Vital Aging 11:15 16-Strings 1:00 Open Art Studio	7:00 Donation Day 10:00 3D Pen 12:30 AF Exercise 1:15 Friday Films: Peter Pan - A delightful animated escape to Neverland — nostalgia, imagination, and the joy of feeling young at heart. Perfect for the holiday season.
15.	16.	17.	18.	19.
9:30 Dental Care 10:00 ESL 11:00 Karaoke 12:30 Computer Aide 1:00 Book Club 1:00 Movie	9:00 UofU Fitness 10:00 Guitar Lessons 12:30 AF Exercise 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Lab 9:45 Yoga 11:30 Holiday Meal 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 UofU Fitness 9:00 Games w/ Matthew 10:00 Vital Aging 11:15 Calvin Law 1:00 Open Art Studio	7:00 Donation Day 10:00 3D Pen 10:30 Christmas Special 12:30 AF Exercise 1:15 Friday Films: The Robe - A sweeping biblical epic and the first movie ever released in CinemaScope! It carries theme of redemption
22.	23.	24.	25.	26.
9:30 Dental Care 10:00 ESL 11:15 Larry Turner 12:30 Computer Aide 1:00 Book Club 1:00 Movie	9:00 UofU Fitness 10:00 Guitar Lessons 12:30 AF Exercise 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Darts 9:45 Yoga 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	Happy Holiday Center Closed	7:00 Donation Day 10:00 3D Pen 12:30 AF Exercise 1:15 Friday Films: Gentlemen Prefer Blondes - Glamorous, musical, and full of fun — the songs (“Diamonds Are a Girl’s Best Friend”) and humor make it a lively December pick before the new year.
29.	30.	31.		
9:30 Dental Care 10:00 ESL 12:30 Computer Aide 1:00 Book Club 1:00 Movie	9:00 UofU Fitness 10:00 Guitar Lessons 12:30 AF Exercise 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Lab 9:45 Yoga 11:30 Holiday Meal 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie		