



### **A Life in Harmony: The Journey of Brian Francis Dempsey**

Brian Francis Dempsey—just Brian—has lived a life as dynamic as the music he composes. Born in Los Angeles, California, his journey has taken him through Dallas, Miami, New York City, Albuquerque (twice), Corpus Christi, and now Salt Lake City, where he enjoys the quiet beauty of the mountains from the library window. A composer, music theorist, and musicologist, Brian has dedicated himself to the art of music. Though he began studying piano at the age of 12, mastery never came easily—it has always been a discipline of hard work rather than an innate gift. Yet, with a

musical eidetic memory and an appreciation for all genres, his passion never wavered. His love for literature and art is equally vast, matched only by his devotion to the LA Dodgers and classic cinema, from the silent era to Hollywood’s golden age. One of his proudest accomplishments was teaching Show Choir at an inner-city high school in Albuquerque, guiding students to victory year after year. He believes in teamwork built on firm, fair, and consistent leadership and treats each person with dignity, knowing that first impressions rarely reveal the full story of an individual. Brian credits his brilliant and supportive parents for allowing him to embrace his artistic eccentricities, always encouraging his journey. Now, he takes life one day at a time, savoring the company of dear friends at Liberty Senior Center, where each moment is another note in his ever-evolving symphony.

### **Events in April & 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: “The Maimed”** by Hermann Ungar - **Why it’s great for book clubs:** At under 200 pages, it’s a manageable read while still being thought-provoking and emotionally intense. **Discussion questions available: See Arthur or email amatthews@slco.org**
- \* **Get Your Taxes Done for Free:** AARP’s Tax-Aide Program provides tax preparation at Liberty using IRS-certified volunteers, free of charge, with a focus on those over 50. Last year, over 150 tax returns were prepared here; contact Liberty’s front desk after mid-January to reserve an appointment time for Tuesday’s beginning on February 4<sup>th</sup>.
- \* **Karaoke & Crepes:** Monday, April 21, 10:30 - 11:15 AM
- \* **Joke:** What has one horn and gives milk? **A milk truck.**
- \* **Quote:** “with the measure you use, it will be measured back to you”
- \* **Haircut:** Friday, April 25, 1 - 3 PM
- \* **Armchair traveling (New): Nepal. Home to the World’s Tallest Mountain** – Nepal is home to Mount Everest, the highest peak in the world at 8,848.86 meters (29,031.7 feet).
- \* **University of Utah exercise program: Mon. & Wed. 10AM-11AM**
- \* 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!
- \* **April Insight:** Renewal, growth, optimism, fresh starts, energy, reflection, planning, transition, motivation.
- \* **2025 Spring Clinic** - Vaccines available: Covid-19, Flu, RSV, and Shingles
- \* **Land Records Outreach:** provide legal proof of ownership, help resolve property disputes, establish boundaries, track historical ownership, assist in land taxation, and more.
- \* Handprint Lilies Craft Workshop: **Thursday, April 17, 9:30 - 11:30 AM**

# **April 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: Carl Roose**

**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



# April, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1.	2.	3.	4.
<b>Daisy &amp; Sweet Pea:</b> Symbolizes innocence, purity, and new beginnings Often associated with children and motherhood Known for its simplicity and is often used in minimalist designs	8:00 Tax Preparation 10:00 <b>Guitar Lessons</b> 11:30 <b>Birthday Meal</b> 12:30 <b>AF Exercise</b> 12:30 Computer Aide 1:00 Open Art Studio	8:00 Craft Lab 10:00 <b>UofU Exercise</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 1:00 Open Art Studio 1:00 <b>Armchair</b> Traveling: <b>Nepal</b>	7:00 Hygiene Products Donations 10:00 3D Pen 12:30 <b>AF Exercise</b> 1:15 Friday Film: <b>A kiss Before Dying</b> 1h 34m
7.	8.	9.	10.	11.
10:00 ESL: All Levels 10:00 <b>UofU Exercise</b> 11:15 <b>Heart &amp; Soul</b> 12:30 Computer Class 1:00 Ham Radio 1:00 Book Club: Questionnaire Available	8:00 Tax Preparation 8:30 <b>Larry Turner</b> 10:00 <b>Guitar Lessons</b> 12:30 <b>AF Exercise</b> 12:30 Computer Aide 1:00 Open Art Studio	8:00 Craft Lab 10:00 <b>UofU Exercise</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 11:15 <b>Calvin Law</b> 1:00 Open Art Studio 1:00 <b>Armchair</b> Traveling: <b>Nepal</b>	7:00 Hygiene Products Donations 10:00 3D Pen 12:30 <b>AF Exercise</b> 1:15 Friday Films: <b>On the Bowery</b> 1h 5m
14.	15.	16.	17.	18.
10:00 ESL: All Levels 12:30 Computer Class 1:00 Ham Radio 1:00 Book Club 1:00 Movie	9:00 Games 10:00 <b>Guitar Lessons</b> 12:30 <b>AF Exercise</b> 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Lab 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	9:00 <b>Build A Easter Basket</b> 9:00 Games 10:00 ESL: All Levels 10:00 Vital Aging 1:00 Open Art Studio 1:00 Movie	7:00 Hygiene Products Donations 10:00 3D Pen 12:30 <b>AF Exercise</b> 1:15 Friday Films: <b>Trapeze</b> 1h 45m
21.	22.	23.	24.	25.
10:00 ESL: All Levels 12:30 Computer Class 1:00 Ham Radio 1:00 Book Club 1:00 Movie	9:00 Games 10:00 <b>Guitar Lessons</b> 12:30 <b>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 11:15 <b>Larry Turner</b> 1:00 Open Art Studio 1:00 <b>Armchair</b> Traveling: <b>Nepal</b>	7:00 Hygiene Products Donations 10:00 3D Pen 12:30 <b>AF Exercise</b> 1:00 <b>Hair cuts</b> 1:15 Friday Films: <b>The Rack</b> 1h 40m
28.	29.	30.	Flower of the Month: <b>Daisy &amp; Sweet Pea</b>	
9:30 <b>Land Records</b> 10:00 ESL: All Levels 10:00 <b>UofU Exercise</b> 11:15 <b>Gene Sartine</b> 12:30 Computer Class 1:00 Ham Radio 1:00 Book Club 1:00 Movie	9:00 Games 10:00 <b>Guitar Lessons</b> 12:30 <b>AF Exercise</b> 12:30 Computer Aide 1:00 Movie 1:00 Open Art Studio	8:00 Craft Lab 10:00 <b>UofU Exercise</b> 12:30 Table Tennis 12:30 Computer Aide 1:00 Open Art Studio 1:00 Movie	 	

# How Can We Meaningfully Recognize and Celebrate National Volunteer Month in April 2025?

- National Volunteer Month in April is a special time to honor the dedication and generosity of volunteers who give their time and energy to make a difference. Recognizing and celebrating their efforts in meaningful ways fosters appreciation, strengthens community bonds, and encourages ongoing participation. Here are some impactful ways to celebrate National Volunteer Month in 2025:
- **Host a Volunteer Appreciation Event:**  
Organize a luncheon, breakfast, or social gathering to express gratitude. A heartfelt thank-you speech, certificates of appreciation, and small tokens of recognition can make volunteers feel valued.
- **Spotlight Volunteers on Social Media & Newsletters:**  
Share stories, photos, and testimonials highlighting volunteers' contributions. Featuring them in a newsletter or on social media increases visibility and shows appreciation in a public way.
- **Create a Wall of Gratitude:**  
At community centers, libraries, or workplaces, set up a display where people can write messages of thanks to volunteers, creating a visual representation of appreciation.
- **Encourage Peer Recognition:**  
Ask staff and fellow volunteers to nominate individuals for awards or recognition. A "Volunteer of the Week" program could highlight different individuals throughout the month.
- **Provide Professional Development Opportunities:**  
Offer skill-building workshops, networking events, or small incentives such as discounts on classes to show appreciation while supporting their growth.
- **Give Personalized Thank-You Notes:**  
A handwritten note expressing gratitude for specific contributions can be deeply meaningful. Personal touches go a long way in making volunteers feel seen and valued.
- **Organize a Group Service Project:**  
Celebrate volunteers by giving them a chance to come together for a larger impact. A community cleanup, food drive, or collaborative service project aligns with their passion for giving back.
- **Partner with Local Businesses for Special Offers:**  
Work with local restaurants or shops to provide discounts or special offers for volunteers during April as a token of appreciation.
- **Host a "Bring a Friend" Volunteer Day:**  
Encourage volunteers to invite friends or family members to join a project, expanding engagement and recognizing their role in inspiring others.
- **Share a "Thank You" Video or Slideshow:**  
Compile photos and messages of gratitude into a short video or slideshow to be shared online or played at an appreciation event.

**By implementing these ideas, we can ensure that National Volunteer Month in April 2025 is both meaningful and inspiring, reinforcing the importance of volunteers in our communities.**