



# January 2025



Dear Hyrum Senior Center Community,

Happy New Year from the Hyrum Senior Center!

We're ringing in 2025 with exciting updates and activities! Our meal schedule has changed: Lunch is now served every Monday, Wednesday, and Friday at noon. We're thrilled to have Lisa join us as our new cook, and we're looking forward to her delicious meals and other contributions.



Here's a few highlights from this month:

- We are offering a class on personal values and goal-setting on January 8th at 11am.
- Mindfulness Group: A new way to focus and refresh! Join us for informative discussions of various topics related to emotional health and wellness every Friday after lunch.
- Exercise Classes: Start the year strong with Chair Yoga (Mondays at 10 AM) and SilverSneakers (Wednesdays at 10 AM).
- January Field Trips:
  - Experience the Utah Symphony at USU—don't miss the RSVP deadline!
  - Lunch outing to Tandoori Oven, a local favorite.

For a full list of activities, classes, and more, check out our newsletter calendar.

Closures: We will be closed on January 1 (New Year's Day) and January 20 (Martin Luther King Jr. Day).

Thank you to our incredible Hyrum Senior Center community for making this such a special place. Let's make 2025 a fantastic year together!

Warm regards,

Jesse Walker  
Director, Hyrum Senior Center

**695 E Main St, Hyrum 84319 | 435-245-3570 | Open Mon - Fri 9am-2pm**

# Hyrum Senior Center

## January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED FOR NEW YEARS DAY	2	3 11:00 Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group
6 10:00 Chair Yoga 11:00 Bingo 12:00 Lunch (\$3) 1:00 Senior Center Board Meeting	7 10:00 Craft: 3D paper snowflakes 1:00 Poker	8 10:00 SilverSneakers 11:00 Class: Values & Goals 12:00 Lunch (\$3) 12:30 Face Down	9 7:15pm Field Trip: Utah Symphony at USU - Brahms' Violin Concerto (\$2 + \$10 ticket; must RSVP & pay by the 3rd)	10 11:00 White Elephant Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group
13 10:00 Chair Yoga 11:00 Music Bingo: Elvis 12:00 Lunch (\$3) 12:30 Movie: Viva Las Vegas (1964)	14 10:30 Bunco	15 10:00 SilverSneakers 11:00 Photography Class 12:00 Lunch (\$3) 12:30 Music: Todd Milovich	16	17 11:00 Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group
20 CLOSED FOR MLK DAY	21 1:00 Card Games	22 10:00 SilverSneakers 11:00 Tech Class: Computers & the Internet 12:00 Lunch (\$3) 12:30 Jeopardy	23 11:30 Field Trip: Lunch at Tandoori Oven (\$2 + meal cost)	24 11:00 Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group
27 10:00 Chair Yoga 11:00 Bingo 12:00 Lunch (\$3) 12:30 Learn about Bears	28 10:30 Bunco	29 10:00 SilverSneakers 11:00 Origami 12:00 Lunch (\$3) 12:30 Social Game	30	31 11:00 Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group

Please RSVP for all meals and field trips by calling or texting 435-245-3570

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