



# February 2025



Dear Hyrum Senior Center Community,

Happy February! This month is packed with exciting activities, delicious meals, and opportunities to stay active and engaged at the Hyrum Senior Center.

Get ready to move! Start your week with Chair Yoga every Monday at 10:00 AM, join the popular SilverSneakers class on Wednesdays at the same time, and join our new 12-week "Strong Bodies" exercise class with Jenna from USU Extension on Fridays.



Here's this month's exciting field trips:

- February 4th: Enjoy a performance of "Twelfth Night" by Logan Youth Shakespeare (\$2 + \$8 ticket donation)
- February 10th: Catch the vocal performances at the USU Aria Competition (\$2)
- February 13th: Join us for snowshoeing at Beaver with Common Ground (\$5 + \$5 activity fee, snowshoe rental and sack lunches are included)
- February 20th: Explore the USU Printmaking & Ceramics Art Exhibition (\$2)
- February 21st: Experience the Fry Street Quartet at USU (\$2 + \$10 ticket; RSVP/Pay by Feb 19th)
- February 27th: Enjoy a delicious lunch out at Yeidi's Mexican Restaurant here in Hyrum.

If you haven't been in recently, you're missing out on some great meals. We serve delicious lunches every Monday, Wednesday, and Friday at noon. The suggested donation is \$3.

Note that the Center will be closed on February 17th for Presidents' Day.

We look forward to seeing you at the Center!

Jesse Walker  
Director, Hyrum Senior Center

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

# Hyrum Senior Center

## February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>10:00 Chair Yoga 11:15 Bingo 12:00 Lunch (\$3) 1:00 Senior Center Board Meeting</p>	<p><b>4</b></p> <p>10:00 Craft: Pine Cone Bird Feeders 6:00 Field Trip: Play - Twelfth Night (\$2 + \$8 ticket)</p>	<p><b>5</b></p> <p>10:00 SilverSneakers 11:00 Brain Games 12:00 Lunch (\$3) 12:30 Nutrition info with Jenna, USU Extension</p>	<p><b>6</b></p> <p>11:30 Cooking Class with Lisa: Street Tacos (must RSVP)</p>	<p><b>7</b></p> <p>10:00 Strong Bodies Exercise Class 11:00 Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group</p>
<p><b>10</b></p> <p>10:00 Chair Yoga 11:15 Music Bingo 12:00 Lunch (\$3) 12:30 Movie: 80 for Brady (2023, PG-13) 7:00 Field Trip: USU Aria Competition (\$2)</p>	<p><b>11</b></p> <p>10:30 Bunco 1:00 Poker</p>	<p><b>12</b></p> <p>10:00 SilverSneakers 11:15 Hard of Hearing Specialist Visit 12:00 Lunch (\$3) 12:30 Logan FamilySearch Center</p>	<p><b>13</b></p> <p>9:15am Field Trip: Snowshoeing at Beaver with Common Ground (\$5 + \$5 activity fee, lunch included)</p>	<p><b>14</b></p> <p>10:00 Strong Bodies 11:00 White Elephant Bingo 12:00 Lunch: Lasagna (\$3) 12:30 Mindfulness Group</p>
<p><b>17</b></p> <p>CLOSED FOR PRESIDENTS DAY</p>	<p><b>18</b></p> <p>1:00 Card/Board Games</p>	<p><b>19</b></p> <p>10:00 SilverSneakers 11:00 Tech Class: Artificial Intelligence (AI) 12:00 Lunch (\$3) 12:30 Jeopardy</p>	<p><b>20</b></p> <p>5:45p Field Trip: USU Printmaking &amp; Ceramics Art Exhibition (\$2)</p>	<p><b>21</b></p> <p>10:00 Strong Bodies 11:00 Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group 7:00 Field Trip: USU Concert - Fry Street Quartet (\$2 + \$10 ticket; RSVP/Pay by Feb 19th)</p>
<p><b>24</b></p> <p>10:00 Chair Yoga 11:15 Bingo 12:00 Lunch (\$3) 12:30 TED Talk: The Power of Introverts</p>	<p><b>25</b></p> <p>10:30 Bunco</p>	<p><b>26</b></p> <p>10:00 SilverSneakers 11:00 UNO Tournament 12:00 Lunch (\$3) 12:30 Music: Mike Bailey</p>	<p><b>27</b></p> <p>11:30 Field Trip: Out to lunch at Yeidi's Mexican Restaurant</p>	<p><b>28</b></p> <p>10:00 Strong Bodies 11:00 Bingo 12:00 Lunch (\$3) 12:30 Mindfulness Group</p>

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