



March 2025



Dear Hyrum Senior Center Community,

As the days get longer and the promise of spring fills the air, we're excited to invite you to join us at the Hyrum Senior Center for a March filled with engaging activities, delicious meals, and exciting adventures.

This month, we're celebrating the arrival of spring with a variety of events to refresh your mind and body. Come try an exercise class (MWF at 10am), discover new flavors (and cooking methods) in our Instant Pot cooking class, and find serenity in our weekly mindfulness group.



With the warmer weather, we're also thrilled to offer a full and fantastic lineup of field trips! Catch the excitement of a USU Organ Concert or the Cowboy Rendezvous, savor the flavors of the newly opened Sabores in Hyrum, challenge yourself with indoor rock climbing (no experience required!), and experience the magic of Sleeping Beauty performed by the Cache Valley Civic Ballet. We'll finish the month with a concert from the Air Force Band, and trips to see Mamma Mia (Four Seasons) and Anastasia at the Old Barn Theater. Many of these trips require early RSVPs for tickets, so don't delay!

Of course, we'll also have all of our regular activities as well, including Chair Yoga, Bingo, Silver Sneakers, and more. Check out the full calendar for all the details.

Meals continue to be served Mondays, Wednesdays, and Fridays at noon, and Lisa is an absolute wizard in the kitchen! Come benefit from her talents with a suggested donation of \$3 for a meal (RSVP by calling or texting so we've got you on our lunch list).

We can't wait to see you at the Hyrum Senior Center this March!

Jesse Walker and Lisa Weiss
Hyrum Senior Center Staff

Hyrum Senior Center

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Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	4 11:00 Poker	5 10:00 SilverSneakers 11:00 Brain Games 12:30 Independent Living Resources with ComForCare	6 11:30 Cooking Class with Lisa: Using an Instant Pot 7:00 Field Trip: USU Concert - Organ Festival (\$2)	7 10:00 Strong Bodies 11:00 Bingo 12:30 Mindfulness Group 5:00 Field Trip: Cowboy Rendezvous (\$2; RSVP)
10 10:00 Chair Yoga 11:15 Bingo with ComForCare 12:30 Music-making with Boomwhackers	11 10:30 Bunco	12 10:00 SilverSneakers 11:00 Tech Class: Cell Phone 101 12:30 Nutrition Info with Jenna, USU Extension	13 11:30 Field Trip: Out to Lunch, Sabores-Hyrum	14 10:00 Strong Bodies 11:00 White Elephant Bingo 12:30 Mindfulness Group
<i>St. Patrick's Day</i> 17 10:00 Chair Yoga 11:15 Bingo 12:30 Movie: Waking Ned Devine (1998,PG,1h27m)	18 11:00 Card/Board Games	19 10:00 SilverSneakers 11:00 Origami 12:30 FamilySearch Center	<i>First Day of Spring</i> 20 10:15 Field Trip with Common Ground: Indoor Rock Climbing! (\$2 + \$8)	21 10:00 Strong Bodies 11:00 Bingo 12:30 Poetry Scavenger Hunt
24 10:00 Chair Yoga 11:15 Bingo 7:00 Field Trip: Sleeping Beauty, CV Civic Ballet (\$2 + \$18 ticket; RSVP/pay by 17th)	25 10:30 Bunco 6:30 Field Trip: USU Concert: Air Force Band (\$2, RSVP by 21st)	26 10:00 SilverSneakers 11:00 Social Game 12:30 Music: Lyndi Perry	27 6:45 Field Trip: Mamma Mia, Four Seasons (\$2 + \$20 ticket; RSVP/pay by 20th)	28 10:00 Strong Bodies 11:00 Bingo 12:30 Mindfulness Group 6:45 Field Trip: Anastasia @Old Barn (\$2 + \$12 ticket; RSVP/pay by 21st)
31 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: The Power of Vulnerability	<p>Note: We'll also be joining the Bridgerland Audubon Society for a bird-watching walk around Wellsville Reservoir (3/4 mile total, slow pace) on Saturday, March 22nd, leaving from the senior center at 8am. Bring binoculars if you have them! (\$2)</p>			

Lunches are served MWF at noon | \$3 suggested donation

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

695 E Main St, Hyrum 84319 | 435-245-3570 | Open Mon - Fri 9am-2pm | hyrumcity.gov/seniors