



# April 2025



Dear Hyrum Senior Center Community,

Spring has officially arrived, and with it comes warmer weather, new opportunities, and some changes at the Hyrum Senior Center. We're excited to take advantage of the season with more outdoor activities and field trips, including birdwatching with the Audubon Society, archery with Common Ground, and visits to concerts, plays, and more. Be sure to check our calendar for details!

We also have some staff changes on the horizon. Our wonderful cook, Lisa, will be leaving us to pursue new opportunities. We will miss her (and her delicious meals!) dearly, but we wish her the best and hope she'll visit often. We'll be looking for someone new to step into this important role, so stay tuned.

Meanwhile, our exercise classes continue to grow! Join us for Chair Yoga, SilverSneakers, or Strong Bodies on Mondays, Wednesdays, and Fridays at 10 AM—it's a great way to stay active and enjoy time with friends.

If you haven't been to the center in a while, now is the perfect time to stop by! There's always something happening, from bingo, games, and music to interesting guest speakers and fun social outings. We're getting better all the time, and you don't want to miss out!

We serve lunch every Monday, Wednesday, and Friday at noon for a \$3 suggested donation—please call or text (435) 245-3570 to RSVP. Other activities are detailed on our calendar attached to this newsletter.

See you soon at the Hyrum Senior Center!

Jesse Walker  
Director, Hyrum Senior Center



# Hyrum Senior Center

## April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 11:00 Board Game: Ticket to Ride	<b>2</b> 10:00 SilverSneakers 11:00 Brain Games 12:30 Music: Hawgwash - Spring Celebration!	<b>3</b> 10:00 Field Trip: Baby Animal Days/Mountain Man Rendezvous (\$2+\$12 ticket; RSVP/pay by 2nd)	<b>4</b> 10:00 Strong Bodies 11:00 Bingo 12:30 Fraud and Scam Info, UT Commerce Dept.
<b>7</b> 10:00 Chair Yoga 11:15 Music Bingo 1:00 Senior Center Board Meeting	<b>8</b> 10:30 Bunco 7:00 Field Trip: USU Concert, Caine Ensembles (\$2)	<b>9</b> 10:00 SilverSneakers 11:00 Tech Class: Cell Phones 12:30 Jeopardy	<b>10</b> 10:15 Field Trip: Archery with Common Ground at the Cache Valley Shooting Range (\$2+\$6 activity fee)	<b>11</b> 10:00 Strong Bodies 11:00 Wht. Elephant Bingo 12:30 Mindfulness Group 7:00 Field Trip: Choral Concert (\$2)
<b>14</b> 10:00 Chair Yoga 11:15 Bingo with ComForCare 12:30 Scrabble	<b>15</b> 9:15 Line Dancing with Rosie 10:30 Game: Hand and Foot	<b>16</b> 10:00 SilverSneakers 11:00 Origami 12:30 Diabetic Shoe Program Info, Scott Clark	<b>17</b> 11:30 Field Trip: Out to Lunch, Beehive Grill (\$2 + meal cost)	<b>18</b> 10:00 Strong Bodies 11:00 Bingo 12:30 Mindfulness Group 7:00 Field Trip: USU Concert, Wind Orch. (\$2)
<b>21</b> 10:00 Chair Yoga 11:15 Bingo 12:30 Movie: Fantastic Fungi (2019, NR, 1h 21m) 7:00 FT: USU Concert (\$2)	<b>22</b> 9:15 Line Dancing with Rosie 10:30 Bunco	<b>23</b> 10:00 SilverSneakers 11:00 Social Game 12:30 Music by Marly	<b>24</b> 6:30 Field Trip: Little Women, Logan HS Theater (\$2+\$10 ticket; RSVP/pay by 17th)	<b>25</b> 10:00 Strong Bodies 11:00 Bingo 12:30 Mindfulness Group 5:45 Field Trip: Gallery Walk (\$2)
<b>28</b> 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: The history of our world in 18 minutes	<b>29</b> 9:15 Line Dancing with Rosie 10:30 Pickleball	<b>30</b> 10:00 SilverSneakers 11:00 Games 12:30 TBA	<b>Saturday Field Trips:</b> April 5th, 7pm: "The Aunties" at the Eccles Theater (\$2) April 12th, 8am: Birdwatching with Audubon at Sue's Pond – Logan Wetlands (\$2)	

**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](http://hyrumcity.gov/seniors)**