



# May 2025



Happy May from the Hyrum Senior Center!

May is Older Americans Month—and here, we honor the wisdom, energy, and generosity of the older adults in our community every single day. As spring bursts into bloom, we invite you to embrace the warmer weather with a host of indoor and outdoor opportunities designed just for you.

This month we're thrilled to welcome Shannon as our new cook. Be sure to stop by, say hello, and sample her first dishes—our lunches are served Mondays, Wednesdays, and Fridays at noon for a \$3 suggested donation. To help us plan, please RSVP by calling or texting 435-245-3570 by the day before. May 7th will be a special lunch in honor of Mother's Day, with music from Mike Bailey.



Keep moving with Chair Yoga, SilverSneakers, and Strong Bodies every Monday, Wednesday, and Friday at 10:00 AM—and don't miss our brand-new Line Dancing class with Rosie on Tuesdays at 9:15 AM.

Our field trips continue to be a highlight. On Thursday, May 8th, join us for a lunch outing to Maddox, and on Thursday, May 15th, bring your sense of wonder to the Bear River Migratory Bird Refuge for a bird-focused auto tour. These and the other excursions listed on our calendar are perfect ways to connect with friends and explore our beautiful area.

Please note that we'll be closed on Monday, May 26th in observance of Memorial Day. Otherwise, our doors are open Monday through Friday from 9:00 AM to 2:00 PM.

For full details on all of our activities and special events, pick up a printed copy of this newsletter and calendar at the Senior Center, follow us on Facebook at [facebook.com/HyrumSeniorCenter](https://facebook.com/HyrumSeniorCenter), or visit [hyrumcity.gov/seniors](https://hyrumcity.gov/seniors). We can't wait to see you this May—there's something for everyone at the Hyrum Senior Center!

Jesse Walker and Shannon Barton  
Hyrum Senior Center Staff

# Hyrum Senior Center

**May 2025**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

***Saturday Field Trips:***

May 3rd, 7:00pm: "Sojourn" modern dance performance by Valley Dance Ensemble (\$2+\$10 ticket;RSVP/pay by 2nd)

May 17th, 8am: Birdwatching Walk with Audubon at Third Dam/Spring Hollow (\$2)

10:00 Chair Yoga 11:15 Bingo with ComForCare	5	9:15 Line Dancing with Rosie 10:30 Board Games	6	10:00 SilverSneakers 11:00 Brain Games 12:30 Music with Mike Bailey (Mother's Day Celebration)	7	10:00 Horseshoes 11:30 Field Trip: Out to Lunch - Maddox, Brigham City (\$2 + meal cost)	8	10:00 Strong Bodies 11:00 Wht. Elephant Bingo 12:30 Croquet	9
10:00 Chair Yoga 11:15 Music Bingo 1:00 Senior Center Board Meeting	12	9:15 Line Dancing with Rosie 10:30 Bunco	13	10:00 SilverSneakers 11:00 Tech Class: Online Banking/Finance 12:30 Nutrition w/ Jenna, USU Extension	14	9:30 Field Trip: Birdwatching at the Bear River Migratory Bird Refuge (\$5, includes sack lunch)	15	10:00 Strong Bodies 11:00 Bingo 12:45 Field Trip: Cache Rock&Gem Show (\$2+\$3 admission)	16
10:00 Chair Yoga 11:15 Bingo 6:45 Field Trip: Harvey (\$2+\$12 ticket;RSVP/pay by 12th)	19	9:15 Line Dancing with Rosie 10:30 Games: Hand and Foot and/or Board Games	20	10:00 SilverSneakers 11:00 Social Game 12:30 Presentation: Camping for Older Adults, Golden Spike Campers	21	9:30 Field Trip: Walk - Logan River Trail (\$2) 1:00 Pickleball	22	10:00 Strong Bodies 11:00 Bingo	23
CLOSED FOR MEMORIAL DAY	26	9:15 Line Dancing with Rosie 10:30 Bunco	27	10:00 SilverSneakers 11:00 Outdoor Games 12:30 Jeopardy	28	10:00 Field Trip: Canoeing Cutler Marsh with Common Ground (\$2+\$8 activity fee)	29	10:00 Strong Bodies 11:00 Bingo 12:30 Mindfulness Group	30

***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)**