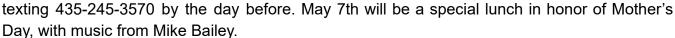


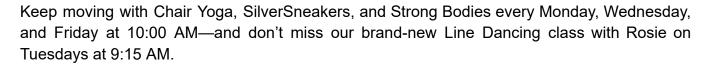


Happy May from the Hyrum Senior Center!

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





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

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