



June 2025



Dear Hyrum Senior Center Community,

Summer is finally here—and with it comes sunshine, fresh air, and a full calendar of activities designed to get us out and about!

Our field trips this month take us to some beautiful and unique spots around northern Utah. We'll enjoy peaceful morning walks at Trapper Park, explore the vibrant poppy fields in Mantua, take in the sights and smells of the Ogden Botanical Gardens, and enjoy a summer tradition with a visit to Logan's Summerfest. We're also trying something special with a firefly viewing field trip in Nibley! And a Shakespeare play!



If you're looking to stay moving and healthy, don't forget our regular exercise classes: Chair Yoga, SilverSneakers, and Strong Bodies continue every Monday, Wednesday, and Friday at 10:00 AM. These classes are a great way to maintain strength and flexibility while enjoying time with friends. And if games are more your style, join us for Bingo, Bunco, Jeopardy, Music Bingo, Pool, or Brain Games—you'll find all the dates and times on the calendar.

We're also offering some engaging learning opportunities this month, including a cell phone tech class, mental health education for older adults, and a hands-on session on crafting your personal mission statement.

As always, we serve delicious lunches on Mondays, Wednesdays, and Fridays at noon for a suggested donation of \$3. RSVP by calling or texting 435-245-3570 so we know to expect you. Meals are a wonderful time to connect and unwind.

Please note that we'll be closed on Monday, June 16th in observance of Juneteenth.

Whether you're here for the fitness, the fun, the friendships, or the field trips, there's something for everyone this June at the Hyrum Senior Center. We'd love to see you soon!

Warm wishes,

Jesse Walker and Shannon Barton
Hyrum Senior Center Staff

Hyrum Senior Center

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Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Chair Yoga 11:15 Bingo with ComForCare 1:00 Senior Center Board Meeting	3 9:15 Pickleball 10:30 Board Games 9:15p Field Trip: Fireflies in Nibley (\$2)	4 10:00 SilverSneakers 11:00 Brain Games 12:30 Jeopardy	5 9:30 Field Trip: Walk - Trapper Park (\$2)	6 10:00 Strong Bodies 11:00 Bingo 12:45 Class - Crafting a Personal Mission Statement
9 10:00 Chair Yoga 11:15 Music Bingo 12:30 Movie: The Call to Courage (Brene Brown; PG-13)	10 9:15 Pickleball 10:30 Bunco	11 10:00 SilverSneakers 11:00 Coloring 12:30 Poison Prevention, BRHD	12 10:30 Field Trip: Poppies in Mantua, lunch included (\$5)	13 10:00 Strong Bodies 11:00 Wht. Elephant Bingo 12:45 Field Trip: Summerfest (\$2)
16 CLOSED FOR JUNETEENTH	17 9:15 Line Dancing with Rosie 10:30 Pickleball 12:30 Board Games	18 10:00 SilverSneakers 11:00 Tech Class: Cell Phones 12:30 Nutrition w/ Jenna, USU Extension	19 9:30 Field Trip: Ogden Botanical Garden and lunch at Rainbow Gardens (\$2 + meal cost)	20 10:00 Strong Bodies 11:00 Bingo 12:45 Mindfulness Group
23 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: My stroke of insight	24 9:15 Line Dancing with Rosie 10:30 Bunco	25 10:00 SilverSneakers 11:00 Social Game 12:30 Mental Health for Older Adults, w/ The Family Place	26 9:30 Field Trip: Hike - 3rd Dam River Trail (\$2) 7:00p Field Trip: The Scarlet Pimpernel (\$2+\$20 ticket; RSVP/Pay by <u>18th</u>)	27 10:00 Strong Bodies 11:00 Bingo 12:45 Mindfulness Group
30 10:00 Chair Yoga 11:15 Bingo	Saturday Field Trips: June 7th, 10:00am: Hot Wheels in Hyrum Car Show June 14th, 1:30pm: "Much Ado About Nothing", Logan Youth Shakespeare (\$2 + \$5 ticket) June 21st, 8am: Birdwatching Walk with Audubon at Bud Phelps Wildlife Management Area (\$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