



July 2025



Dear Hyrum Senior Center Community,

July is here, and we're excited to celebrate the season with fun events, delicious food, and great company. We're starting the month off right with our Independence Day Celebration on Wednesday, July 2nd, featuring patriotic music from Mike Bailey following lunch—don't miss it! The center will be closed on Thursday, July 4th in observance of Independence Day, and again on Thursday, July 24th for Pioneer Day.

Jesse will be out of town from July 7th through the 18th, so our activity schedule is a little lighter during that window. Please check the calendar carefully—some days have early closures or revised programming, and no lunch will be served on Friday, July 18th.

We'll return to our regular schedule the following week, and we've saved some wonderful things for the end of the month. On Wednesday, July 30th, our very own cook Shannon will be performing with her group, Musicality, after lunch. The next day, Thursday, July 31st, we're taking a field trip to the Loveland Living Planet Aquarium in Draper, followed by lunch in Salt Lake City (restaurant to be announced later).

As always, we serve lunch every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. Please call or text 435-245-3570 to RSVP for meals and field trips. Our regular exercise classes—Chair Yoga, SilverSneakers, and Strong Bodies—continue every Monday, Wednesday, and Friday at 10:00 AM. They're a great way to stay active and connect with others.

The center is open Monday through Friday from 9:00 AM to 2:00 PM. You can always find our calendar and newsletter online at hyrumcity.gov/seniors, and also follow us on Facebook for updates.

Wishing you a safe, happy, and healthy July—see you at the center!

Jesse Walker and Shannon Barton
Hyrum Senior Center Staff



Hyrum Senior Center

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:15 Line Dancing with Rosie 10:30 Board Games	2 10:00 SilverSneakers 11:00 Independence Day Celebration 12:30 Patriotic Music: Mike Bailey	3 9:30 Pickleball 11:30 Field Trip: Out to Lunch at Himalayan Flavor (\$2 + meal cost)	4 CLOSED FOR INDEPENDENCE DAY
7 10:00 Chair Yoga 11:15 Bingo with ComForCare	8 9:15 Line Dancing with Rosie 10:30 Bunco	9 10:00 SilverSneakers 11:00 Brain Games 12:30 Nutrition w/ Jenna, USU Extension	10 10:00 Cooking Class: Making Greek Yogurt with Shannon *Center closing at noon*	11 10:00 Strong Bodies 11:00 Wht. Elephant Bingo
14 10:00 Chair Yoga 11:15 Bingo	15 9:15 Line Dancing with Rosie 10:30 Board Games	16 10:00 SilverSneakers 11:00 Games 12:30 Social Game	17 *Center closing at noon*	18 10:00 Strong Bodies 11:00 Bingo NO LUNCH TODAY, CLOSING AFTER BINGO
21 10:00 Chair Yoga 11:15 Bingo 12:30 Movie: My Octopus Teacher (2020)	22 9:15 Line Dancing with Rosie 10:30 Bunco	23 10:00 SilverSneakers 11:00 Tech Class: Cell Phones 12:30 Learn: Information on Assisted Living	24 CLOSED FOR PIONEER DAY	25 10:00 Strong Bodies (w/ substitute teacher) 11:00 Bingo
28 10:00 Chair Yoga 11:15 Bingo with CV Assisted Living 12:30 TED Talk: Frientimacy	29 9:15 Line Dancing with Rosie 10:30 Games	30 10:00 SilverSneakers 11:00 Music-making with Boomwhackers 12:30 Musicality (Shannon's group)	31 9:00 Field Trip: Aquarium in Draper, and lunch in SLC (restaurant TBA; \$16 admission + \$2 + meal cost)	

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