



August 2025



Dear Hyrum Senior Center Community,

As summer continues to grace us with warm days, August offers a wonderful opportunity to nurture the friendships that brighten our lives. This month, we're celebrating the joy of connection and the importance of our social circles. Sharing experiences with friends, both old and new, is at the heart of what makes our center a vibrant community. We have a calendar full of activities designed to bring us together for fun, fitness, and friendship.

We have some exciting outings planned this month that are perfect for socializing. We'll be canoeing at Benson Marina, taking a trip to the Cache County Fair, hiking around Tony Grove Lake, and walking the Highline Trail from First Dam. Our lunch outing will be to the Greek Streak 2. See more details on our calendar.

Stay active and connect with others through our regular exercise classes. We offer Chair Yoga on Mondays at 10:00 AM, SilverSneakers on Wednesdays at 10:00 AM, and Strong Bodies on Fridays at 10:00 AM. These classes are a fantastic way to stay healthy while enjoying the company of friends.

Of course, our center is also a place for games, learning, and entertainment. This month features favorites like Bingo, Bunco, and various card games, as well as a special Hyrum Youth Council Talent Show on Wednesday, the 6th.

Sharing a meal is one of the best ways to connect. We serve delicious lunches every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. Please remember to RSVP for all meals and field trips so we can plan and prepare accordingly. You can reserve your spot by calling or texting us at 435-245-3570.

The center is open Monday through Friday from 9:00 AM to 2:00 PM. We hope you'll join us often this August to create new memories and strengthen the bonds of friendship.

Warmly,

Jesse Walker and Shannon Barton
Hyrum Senior Center Staff



Hyrum Senior Center

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Strong Bodies 11:00 Bingo 12:45 Emotional Wellness Group
4 10:00 Chair Yoga 11:15 Bingo with ComForCare 1:00 Senior Center Board Meeting	5 9:15 Pickleball 10:30 Game: Catan	6 10:00 SilverSneakers 11:00 Brain Games 12:30 Hyrum Youth Council Talent Show!	7 9:15 Field Trip: Canoeing at Benson Marina, includes lunch (\$12)	8 10:00 Strong Bodies 11:00 Wht. Elephant Bingo 12:45 Field Trip: Cache County Fair (\$2)
11 10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: How great leaders inspire action	12 9:15 Croquet 10:30 Bunco	13 10:00 SilverSneakers 11:00 Coloring and Games 12:30 Music: Colleen Gordin	14 9:30 Field Trip: Hike around Tony Grove Lake, includes lunch (\$5)	15 10:00 Strong Bodies 11:00 Bingo 12:45 Emotional Wellness Group
18 10:00 Chair Yoga 11:15 Bingo 12:30 Movie: Forks Over Knives (PG)	19 9:15 Pickleball 10:30 Game: Ticket to Ride	20 10:00 SilverSneakers 11:00 Tech Class: Cell Phones 12:30 Senior Companions	21 9:15 Pickleball 11:30 Field Trip: Lunch at Greek Streak 2 (\$2 + meal cost)	22 10:00 Strong Bodies 11:00 Bingo 12:45 Emotional Wellness Group
25 10:00 Chair Yoga 11:15 Bingo with CV Assisted Living 12:30 TED Talk: What makes a good life?	26 9:15 Bocce 10:30 Bunco	27 10:00 SilverSneakers 11:00 Music-making with Boomwhackers 12:30 Game: Face Down	28 9:15 Field Trip: Walk the Highline Trail at First Dam (\$2)	29 10:00 Strong Bodies 11:00 Bingo 12:45 Emotional Wellness 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