



# *September 2025*



Dear Hyrum Senior Center Community,

September is here, bringing cooler mornings, the first hints of fall, and lots of opportunities to come together at the Center. This month is National Senior Center Month, a perfect time to celebrate the role our Center plays in fostering connection, learning, and healthy living. September is also National Preparedness Month—a reminder that one of the best ways to prepare for life's challenges is by staying active, engaged, and connected with a supportive community. We hope you'll join us often this month!

Our calendar is full of activities to enjoy: line dancing, poetry circles, exercise classes, and plenty of games like Bingo, Bunco, Jeopardy, and Music Bingo. Special highlights include a disc golf outing at Salt Hollow Park (Sept 4th), a USU Symphony concert field trip (Sept 11th), a Porcupine Reservoir salmon run visit (Sept 18th), and a scenic hike to the Temple Fork/Spawn Creek beaver dams (Sept 25th). We also have a Gallery Walk evening outing (Sept 19th), and for something unique, join us on Sept 6th for a double-header field trip to the Creative Aging Art Day and the Logan Pride Festival.

Don't forget our regular exercise classes to keep you moving: Chair Yoga (Mondays), SilverSneakers (Wednesdays), and Strong Bodies (Fridays), all at 10:00 AM. These are a fun and social way to stay strong and energized.

We serve lunch every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. Please remember to RSVP for meals and field trips by calling or texting 435-245-3570.

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](http://hyrumcity.gov/seniors) or follow us on Facebook for updates.

Let's celebrate this special month together—join us in strengthening our social connections and preparing for a vibrant, healthy season ahead.

Warmly,

Jesse Walker and Shannon Barton  
Hyrum Senior Center Staff



# Hyrum Senior Center

## September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
CLOSED FOR LABOR DAY	9:15 Line Dancing with Rosie 10:30 Games	9:00 Morning Poetry Circle 10:00 SilverSneakers 11:00 Social Game 12:30 Cowboy Poetry with Dave Harston	10:00 Field Trip: Disc Golf at Salt Hollow Park	10:00 Strong Bodies 11:00 Bingo 12:45 Tech Assistance
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	9:15 Line Dancing with Rosie 10:30 Bunco	9:00 Morning Poetry Circle 10:00 SilverSneakers 11:00 Brain Games 12:30 Jeopardy	7:15pm Field Trip: Utah Symphony at USU (\$2+\$10 ticket; RSVP/Pay by 10 Sep)	10:00 Strong Bodies 11:00 White Elephant Bingo 12:45 Tech Assistance
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: How to hack your brain when you're in pain	9:15 Line Dancing with Rosie 10:30 Games	10:00 SilverSneakers 11:00 Tech Class: Cell Phones 12:30 2025 Tax Changes affecting Older Adults	9:30 Field Trip: Kokanee Salmon at Porcupine Reservoir and lunch at Cooks Underground (\$2 + meal cost)	10:00 Strong Bodies 11:00 Bingo 12:45 Tech Assistance 5:00pm Field Trip: Gallery Walk (\$2)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 Chair Yoga 11:15 Bingo with ComForCare	9:15 Line Dancing with Rosie 10:30 Bunco	10:00 SilverSneakers 11:00 Coloring and Games 12:30 Senior Helpers	10:00 Field Trip: Hike - Beaver Dams at Temple Fork/Spawn Creek with Becky Yeager (\$2)	10:00 Strong Bodies 11:00 Bingo 12:45 Tech Assistance
<b>29</b>	<b>30</b>	<b>Saturday Field Trips:</b> 06 Sep, 9:30am: Creative Aging Art Day *AND* then the Logan Pride Festival (\$2)		
10:00 Chair Yoga 11:15 Bingo with CV Assisted Living 12:30 Movie: The Wisdom of Trauma (2021; NR)	9:15 Line Dancing with Rosie 10:30 Games			

***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)**