



October 2025



Dear Hyrum Senior Center Community,

Happy October! As the autumn leaves bring a splash of color to our valley, we have a calendar packed with opportunities to connect, learn, and stay active. This month is filled with exciting outings and new classes. We have a fantastic lineup of field trips, from a scenic hike on the River Trail to evenings at the theater to see "Seussical the Musical" and "The Addams Family". We'll also be visiting the Pumpkin Walk, going disc golfing, and much more. Be sure to check the calendar for dates, times, and any associated costs or RSVP deadlines for these wonderful adventures.



Get your creative juices flowing with our new Beginner Art Classes every Tuesday at noon. We are also thrilled to offer a special Flower Arranging Class on Friday, October 3rd, at 1:30 PM; please be sure to RSVP for this class, we will only have enough material for 20 people. For those interested in the world of radio, join us for an informative evening Radio Class taught by Friend Weller, retired chief engineer for Utah Public Radio, on Tuesdays at 7:00 PM.

We are excited to partner with USU nutrition students who will be holding food demonstrations after lunch on Fridays, showing us how to make a variety of tasty treats! And of course, our delicious lunches are served every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. Your health is important to us. We will be hosting a flu shot clinic on Wednesday, October 8th, from 11:30 AM to 1:00 PM. And to keep you moving, our regular exercise classes (Chair Yoga, SilverSneakers, and Strong Bodies) continue all month long.

The center is open Monday through Friday from 9:00 AM to 2:00 PM. Please remember to RSVP for all meals and field trips by calling or texting us at 435-245-3570. You can find our full activity calendar and more information on our website at hyrumcity.gov/seniors.

We can't wait to see you at the center this October!

Warmly,

Jesse Walker and Shannon Barton
Hyrum Senior Center Staff

Hyrum Senior Center

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Other Field Trips: *17 Oct (Fri) 6:45pm: Seussical the Musical at Old Barn Theater (\$2+\$12 ticket; RSVP/Pay by 10 Oct) 18 Oct (Sat) 7:00pm: The Addams Family Musical at Eccles Theater (\$2+\$20 ticket; RSVP/pay by 10 Oct)		1	2	3
		10:00 SilverSneakers 11:00 Brain Games 12:30 Muscle loss, Aging, and Your Health	5:30pm Field Trip: Garden Club Meeting (topic: Fall bulb planting) at Logan Library (\$2)	10:00 Strong Bodies 11:00 Bingo 12:30 Demo: Brownies 1:30 Flower Arranging Class w/ Cammy & Lorie
	6	8	9	10
	10:00 Chair Yoga 11:15 Bingo with ComForCare 1:00 Senior Center Board Meeting	10:00 SilverSneakers 11:30 Flu Shot Clinic 12:30 Jeopardy	10:00 Field Trip: Disc Golf at Salt Hollow Park 6:30p: Field Trip: Helicon West at Logan Library (\$2)	10:00 Strong Bodies 11:00 Wht. Elephant Bingo 12:45 Field Trip: Hike - River Trail, Stokes Nature Center (\$2)
	13	15	16	17
CLOSED for Indigenous Peoples' Day	14 9:15 Line Dance Class 10:30 Bunco 12:00 Beginner Art class 7:00p Radio Class w/ Friend Weller	10:00 SilverSneakers 11:00 Adult Coloring 12:30 Memory Loss & Chronic Pain in Seniors	10:00 Field Trip: Pumpkin Walk and lunch at Angie's (\$2 + meal cost)	10:00 Strong Bodies 11:00 Bingo 12:30 Food Demo, USU Students: Hummus! 6:45: Field Trip: Seussical*
20	21	22	23	24
10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: Why people believe they can't draw	9:15 Line Dance Class 12:00 Beginner Art class 7:00p Radio Class	10:00 SilverSneakers 11:00 Tech Class: Computers & the Internet 12:30 Game: Face Down	1:00pm Field Trip: Adaptive Cycling with Common Ground at Elk Ridge Park (\$2 + \$10 activity fee)	10:00 Strong Bodies 11:00 Bingo 12:30 Food Demo, USU Students: Cupcake decorating
27	28	29	30	31
10:00 Chair Yoga 11:15 Bingo 12:30 Movie: Hocus Pocus (1993, PG, 1h 36m)	9:15 Line Dance Class 10:30 Bunco 12:00 Beginner Art class 7:00p Radio Class	10:00 SilverSneakers 11:00 Music-making with Boomwhackers 12:30 Health & Wellness	10:00 Pickleball	10:00 Strong Bodies 11:00 Bingo 12:00 Halloween Lunch/Party, w/ Demo: Halloween Cake Pops

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