



November 2025



Dear Hyrum Senior Center Community,

November is a time for reflection, gratitude, and gathering with friends and loved ones. As the days grow shorter and cooler, the Senior Center offers a warm and welcoming place to connect with your community. Sharing a meal, learning a new skill, or simply enjoying good company are wonderful ways to foster connection and lift our spirits during this season of thanks.



We have several field trips planned this month to attend a variety of musical concerts at USU, in addition to birding trips, and more.

For those looking to explore their creative side, our Beginner Art Class continues on Tuesdays at noon. We are currently working with watercolors, and it's a fantastic, supportive environment to try something new.

To keep you active and moving, don't forget to join our exercise classes, held every Monday (Chair Yoga), Wednesday (SilverSneakers), and Friday (Strong Bodies) at 10:00 AM.

Our delicious lunches are served every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. Please be sure to RSVP by calling or texting us at 435-245-3570 by the day before so we can save you a seat. We are especially excited to announce our special Thanksgiving Holiday Meal, which will be on Wednesday, November 19th, at noon. \$5 suggested donation for that one, and please RSVP for it well in advance, as we may need to limit attendance, depending on interest.

The Hyrum Senior Center is open Monday through Friday from 9:00 AM to 2:00 PM. Please note that we will have three holiday closures this month: Tuesday, November 11th, for Veterans Day, and Thursday, November 27th, and Friday, November 28th, for the Thanksgiving holiday.

You can find a digital copy of this newsletter and activity calendar online at hyrumcity.gov/seniors, and at facebook.com/HyrumSeniorCenter. We look forward to seeing you here soon!

Jesse Walker and Shannon Barton
Hyrum Senior Center Staff

695 E Main St, Hyrum 84319 | 435-245-3570 | Open Mon-Fri 9am-2pm | hyrumcity.gov/seniors

Hyrum Senior Center

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	4 10:30 Bunco 12:00 Beginner Art Class 7:00p Radio Class	5 10:00 SilverSneakers 11:00 Tech Class: Phones 12:30 Jeopardy	6 11:30 USU Music Dept. Student Recital Hour (\$2) 7:00p USU Concert: Music and Memory (\$2)	7 10:00 Strong Bodies 11:00 Bingo 12:30 USU Food Demo 7:00p Field Trip: USU Wind Orchestra (\$2)
10 10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: TBA 7:00p Field Trip: USU Small Ensembles (\$2)	11 CLOSED for Veterans Day	12 10:00 SilverSneakers 11:00 Coloring and Games 12:30 Music by Marly	13 10:00 Field Trip: Birding (swans!) at the Bear River Migratory Bird Refuge (\$5, includes sack lunch)	14 10:00 Strong Bodies 11:00 Wht. Elephant Bingo 12:30 USU Food Demo: Stewed Apples
17 10:00 Chair Yoga 11:15 Bingo 12:30 Movie: Jane	18 10:30 Board/Card Games 12:00 Beginner Art Class 7:00p Field Trip: USU Caine Ensembles (\$2)	19 10:00 SilverSneakers 11:00 Brain Games 12:00 Holiday Meal (\$5)	20 11:30 Field Trip: Out to Lunch - The Crepery (\$2 + meal cost)	21 10:00 Strong Bodies 11:00 Bingo 12:30 USU Food Demo
24 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: TBA 5:30p Field Trip: USU Art Museum Concert (\$2)	25 10:30 Bunco 12:00 Beginner Art Class 6:30p Field Trip: 7 Brides for 7 Brothers (\$2+\$10 ticket;RSVP/Pay by 21st)	26 10:00 SilverSneakers 11:00 Music-making with Boomwhackers 12:30 Game: Face Down	27 CLOSED for Thanksgiving	28 CLOSED for Thanksgiving

Other Field Trips:

22 Nov (Sat) 8:00am Birding at Hyrum Reservoir with Bridgerland Audubon

01 Dec (Mon) 7:00pm Ballet: The Nutcracker with Cache Valley Civic Ballet at Eccles Theater (\$2 + \$17 ticket; RSVP/Pay by 21 Nov)

Lunches are served MWF at noon | \$3 suggested donation

Please RSVP for all meals and field trips by calling or texting 435-245-3570

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