



January 2026



Dear Hyrum Senior Center Community,

Happy New Year! We hope you had a wonderful holiday season and a restful break. We are so excited to be back open and welcoming you into the center once again. While the winter weather often encourages us to stay indoors, it is also a perfect time to slow down, reconnect with friends, and find warmth in our community. We have a calendar filled with engaging activities to keep your mind and body active.



Our programming offers plenty of variety to beat the winter blues. On January 7th, Jesse will lead a session on Personal Values and Goal-setting after lunch, and we invite you to join our Tech Class on cell phones on January 14th. For those looking to explore their creative side, our Beginner Art Class continues every Tuesday at noon, and we will even be trying our hand at Origami on January 28th. We are also pleased to host a special presentation from the Alzheimer's Association on January 14th and a live musical performance by Anna Anawalt on January 28th. For those ready to brave the snow, we have two wonderful excursions: snowshoeing at Beaver with Common Ground on January 15th and a lunch outing to the newly opened Seven Brothers Burgers on January 29th.

To keep you moving through the season, our regular exercise classes continue every Monday, Wednesday, and Friday at 10:00 AM. These classes are a fantastic way to stay healthy while enjoying the company of friends.

Our delicious lunches are served every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. Please remember to RSVP for all meals and field trips by calling or texting us at 435-245-3570 by the day before so we can save you a seat. The center is open Monday through Friday from 9:00 AM to 2:00 PM. Please note that we will be CLOSED on Monday, January 19th, in observance of Martin Luther King Jr. Day.

We look forward to starting a fantastic 2026 with all of you!

Warmly,

Jesse Walker and Shannon Barton
Hyrum Senior Center Staff

Hyrum Senior Center

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED FOR NEW YEARS DAY	2 CLOSED
10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	5 10:00 Board Games 12:00 Beginner Art Class	6 10:00 SilverSneakers 11:00 Brain Games 12:30 Personal Values and Goal-setting with Jesse	7	8 10:00 Strong Bodies 11:00 Wht. Elephant Bingo
10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: The brain-changing benefits of exercise	12 10:30 Bunco 12:00 Beginner Art Class	13 10:00 SilverSneakers 11:00 Tech Class: Cell Phones 12:30 Alzheimer's Association Presentation	14 9:15 Field Trip: Snowshoeing with Common Ground at Beaver (\$5+\$10 activity fee; sack lunch included)	15 10:00 Strong Bodies 11:00 Bingo
CLOSED FOR MARTIN LUTHER KING DAY	19 10:00 Board Games 12:00 Beginner Art Class	20 10:00 SilverSneakers 11:00 Social Game 12:30 Jeopardy	21	22 10:00 Strong Bodies 11:00 Bingo
10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: The daily practice that could rewire your brain	26 10:30 Bunco 12:00 Beginner Art Class	27 10:00 SilverSneakers 11:00 Origami 12:30 Music: Anna Anawalt	28 11:30 Field Trip: Lunch at Seven Brothers Burgers (\$2+meal cost)	29 10:00 Strong Bodies 11:00 Bingo
				30

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