



# February 2026



Happy February!

While winter and cooler temperatures continue outside, we have a calendar full of engaging activities to keep your mind and body active and find warmth in our community. We have a bit of staff news regarding our fitness programming; our SilverSneakers instructor, Kamyren, is moving on to a new job, and we wish her the very best in her new role. While we look for a new permanent exercise teacher, Jesse will continue stepping in to lead our Wednesday morning exercise sessions at 10:00 AM.



This month is especially exciting for fans of the arts, as we have two fantastic field trips to local plays. On February 5th, we will head out at 6:00 PM to see *The Tempest* performed by Logan Youth Shakespeare (\$2 for transportation and a \$5 suggested ticket donation). Later in the month, join us on February 27th at 6:30 PM for a trip to see *Our Town* at Logan High School (\$2 for transportation and a \$10 ticket). Please remember to RSVP and pay for the *Our Town* trip by February 20th. Beyond the theater, you won't want to miss our cooking class with Shannon on February 26th at 10:00 AM, where she will show us how to make healthy smoothies. We will also celebrate the season with a Valentine's Dance that Shannon is planning on February 13th at 12:45 PM.

Our regular programming continues to keep you moving and well-fed throughout the week. Join us at 10:00 AM on Mondays, Wednesdays, and Fridays for our exercise classes. Delicious lunches are also served every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. Please note that the center is open Monday through Friday from 9:00 AM to 2:00 PM, though we will be closed on Monday, February 16th, in observance of Presidents' Day. As a reminder, please RSVP for all meals and field trips by calling or texting us at 435-245-3570 by the day before so we can ensure we can accommodate everyone. We look forward to seeing you at the center soon!

Warmly,

Jesse Walker and Shannon Barton  
Hyrum Senior Center Staff

# Hyrum Senior Center

## February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	<b>3</b> 10:00 Board Games 12:00 Beginner Art Class	<b>4</b> 10:00 Exercise Class 11:00 Brain Games 12:30 Music: Anna Anawalt	<b>5</b> 6:00p Field Trip: "The Tempest" by Logan Youth Shakespeare (\$2+\$5 ticket)	<b>6</b> 10:00 Strong Bodies 11:00 Bingo
<b>9</b> 10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: How the worst moments in our lives make us who we are	<b>10</b> 10:30 Bunco 12:00 Beginner Art Class	<b>11</b> 10:00 Exercise Class 11:00 Tech Class: Smart Tech for your Home 12:30 Medicare Info and Q&A	<b>12</b> 11:30 Field Trip: Lunch at Vessel Kitchen (\$2 + meal cost)	<b>13</b> 10:00 Strong Bodies 11:00 Wht. Elephant Bingo 12:45 Valentine's Dance (with Shannon)
<b>16</b>  CLOSED FOR PRESIDENTS' DAY	<b>17</b> 10:00 Board Games 12:00 Beginner Art Class	<b>18</b> 10:00 Exercise Class 11:00 Social Game 12:30 Trivia Game with USU students	<b>19</b>	<b>20</b> 10:00 Strong Bodies 11:00 Bingo
<b>23</b> 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: How to speak so that people want to listen	<b>24</b> 10:30 Bunco 12:00 Beginner Art Class	<b>25</b> 10:00 Exercise Class 11:00 Coloring and Games 12:30 Jeopardy	<b>26</b> 10:00 Cooking Class with Shannon: Healthy Smoothies!	<b>27</b> 10:00 Strong Bodies 11:00 Bingo 6:30 Field Trip: "Our Town" @ LHS (\$2+\$10 ticket; RSVP&Pay by 20 Feb)

***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)**