



March 2026



Happy March!

As we look toward the first day of spring on March 20th, we can't help but notice a sense of "new growth" happening right here within our own walls. It has been such a joy to see so many new faces at the center lately! Our community is expanding, and we want to keep that momentum going. If you have a friend or neighbor who hasn't visited us in a while—or perhaps has never been through our doors—we encourage you to bring them along. If you are one of our "regulars," please consider introducing yourself to someone you don't recognize yet. A simple "hello" is often the start of a wonderful new friendship, and there is no better time than spring to cultivate those connections.



While you can find the full details of our busy month on the attached calendar, we have some special highlights you won't want to miss. We are hitting the road for several cultural excursions, including the USU Organ Festival (Mar 5), birding (via vehicle) at the Brigham City Bird Refuge on March 12th (we're hoping for swans!), the Cowboy Rendezvous (Mar 13), and two wonderful plays: "Arsenic and Old Lace" and "Footloose." Please note that RSVPs and payments for both plays are due by March 13th. Whether you are joining us for a trip, a TED Talk, or our Tech Class on phone photography, your presence is what makes the Hyrum Senior Center such a special place to be.

As always, our exercise classes (Chair Yoga, SilverSneakers, and Strong Bodies) meet every Monday, Wednesday, and Friday at 10:00 AM to keep us moving. Lunches are served those same days at noon for a suggested \$3 donation. We are open Monday through Friday from 9:00 AM to 2:00 PM, and we ask that you please RSVP for all meals and field trips by calling or texting 435-245-3570 by the day before. Let's work together to make this spring a season of friendship and growth for everyone!

Warmly,

Jesse Walker & Shannon Barton
Hyrum Senior Center Staff

Hyrum Senior Center

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	3 10:00 Board Games 12:00 Art Studio Time	4 10:00 SilverSneakers 11:00 Brain Games 12:30 Guided Painting with USU Students	5 7:00p Field Trip: USU Organ Festival Concert (\$2)	6 10:00 Strong Bodies 11:00 Bingo 12:30 Music & Cowboy Poetry with Dale Major
9 10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: The art of reading minds	10 10:30 Bunco 12:00 Art Studio Time	11 10:00 SilverSneakers 11:00 Tech Class: Phone Photography 12:30 Home Health and Hospice Information	12 9:15 Field Trip: Birding at the Bird Refuge in Brigham City & lunch at Peach City (\$2 + meal cost)	13 10:00 Strong Bodies 11:00 Wht. Elephant Bingo 2:45p Field Trip: CV Cowboy Rendezvous (\$2)
16 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: How to be a great listener	<i>St. Patrick's Day</i> 17 10:00 Board Games 12:00 Art Studio Time	18 10:00 SilverSneakers 11:00 Social Game 12:30 Bird Feeder Craft with USU Students	19 6:45p Field Trip: "Arsenic and Old Lace" at the Brigham City Fine Arts Center (\$2+\$12 ticket/RSVP&Pay by 13 Mar)	<i>First Day of Spring</i> 20 10:00 Strong Bodies 11:00 Bingo 6:45p FT: "Footloose" @ Old Barn (\$2+\$12 ticket/RSVP&Pay by 13 Mar)
23 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: A surprisingly effective way to fight misinformation	24 10:30 Bunco 12:00 Art Studio Time	25 10:00 SilverSneakers 11:00 Coloring and Games 12:30 Jeopardy	26 11:15 Field Trip: Out to Lunch at Le Croissant (\$2 + meal cost)	27 10:00 Strong Bodies 11:00 Bingo
30 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: To love is to be brave	31 10:00 Board Games 12:00 Art Studio Time			

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