



# April 2026



With the arrival of spring, we are thrilled to see a continued sense of "new growth" and energy at the Hyrum Senior Center. Our community is truly growing, and it has been a joy to see so many new faces joining our "regulars" lately. This center is special because of its friendly, welcoming atmosphere; if you see someone you don't recognize yet, please consider introducing yourself. A simple "hello" is often the start of a wonderful new friendship, and there is no better time than spring to cultivate those connections.



This month is particularly exciting for fans of the arts, as many of our field trips are headed to the theater. Our upcoming excursions include: Mozart's *The Abduction from the Seraglio* (USU Opera), *Peter and the Starcatcher* (a prequel to Peter Pan, with Four Seasons Theater), *Charlie and the Chocolate Factory* at USU, and *Bright Star* at Logan High School. See the calendar for more details on these.

Beyond the theater, you won't want to miss our brunch outing to First Watch on April 2nd or our Disc Golf trip to Salt Hollow Park on April 30th. We also have an engaging lineup of TED Talks on Mondays after lunch, covering topics from AI risks to the science of fresh produce.

Our regular programming continues to keep your mind and body active. Exercise classes meet every Monday, Wednesday, and Friday at 10:00 AM. Our Line Dancing class with Rosie is also starting back up the middle of this month, and will be on Tuesdays at 9:15 AM.

Delicious lunches are served every Monday, Wednesday, and Friday at noon for a suggested donation of \$3. The Hyrum Senior 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 435-245-3570 by the day before so we can ensure we have a seat and a plate for everyone.

We look forward to seeing you at the center soon as we 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

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Exercise Class 11:00 Brain Games 12:30 Jeopardy	2 10:00 Out to Brunch: First Watch (\$2 + meal cost)	3 10:00 Strong Bodies 11:00 Bingo
6 10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	7 10:00 Pickleball 12:00 Beginner Art Class	8 10:00 Exercise Class 11:00 Tech Class: Editing and Printing Photos 12:30 Medicare Info and BRAG	9 7:00p Field Trip: USU Opera - The Abduction from the Seraglio (\$2+\$13 ticket; RSVP&pay by 03 Apr)	10 10:00 Strong Bodies 11:00 Wht. Elephant Bingo 6:15p FT: Peter and the Starcatcher (\$2+\$20 ticket RSVP&pay by 03 Apr)
13 10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: The catastrophic risks of AI — and a safer path	14 10:30 Bunco 12:00 Beginner Art Class	15 10:00 Exercise Class 11:00 Social Game 12:30 Music by Marly	16 7:00p Field Trip: Charlie and the Chocolate Factory play at USU (\$2+\$10 ticket; RSVP&pay by 10 Apr)	17 10:00 Strong Bodies 11:00 Bingo 12:30 Musical Entertainment! (Accordian)
20 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: The science of making fruits and veggies last longer	21 9:15 Line Dance Class 12:00 Beginner Art Class	22 10:00 Exercise Class 11:00 Coloring and Games 12:30 Senior Center Listening Session and Feedback Survey	23 6:30p Field Trip: "Bright Star" at Logan HS Theater (\$2+\$10 ticket; RSVP&pay by 17 Apr)	24 10:00 Strong Bodies 11:00 Bingo with Blacksmith Fork Assisted Living
27 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: How to spot fake AI photos	28 9:15 Line Dance Class 10:30 Bunco 12:00 Beginner Art Class	29 10:00 Exercise Class 11:00 Origami 12:30 Game: Face Down	30 10:00 Field Trip: Disc Golf at Salt Hollow Park	

**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)**