



June 2026



Happy June from the Hyrum Senior Center! As summer arrives, we invite you to enjoy the warmer weather and connect with friends in our welcoming, "home-town" environment. Whether you are dropping in for a social game, a fitness class, or a hot meal, our doors are always open to you.

We have two fantastic field trips scheduled this month that you won't want to miss. First, we will visit the Mantua poppies followed by a potluck lunch at Cherie's on Thursday, June 4th at 10:30 AM (please bring a dish to share if you can). Later in the month, we will travel down to Summerfest on Thursday, June 18th at 10:00 AM. Please remember that while the senior center building remains closed on Thursdays, our scheduled field trips always depart from the facility right on time. Additionally, please note that the center will be closed on Monday, June 15th in observance of the Juneteenth holiday.

To stay active and healthy this summer, join our line dancing class on Tuesdays at 9:15 AM, or our regular morning exercise classes every Monday, Wednesday, and Friday at 10:00 AM. These sessions feature a rotating mix of Chair Yoga, Strong Bodies, and general fitness tailored for all ability levels. Following exercise, we invite you to stay for our wonderful congregate lunches served Mondays, Wednesdays, and Fridays at 12:00 PM for a suggested \$3.00 donation. Please remember to RSVP by calling or texting us by the day before you plan to eat so we can save you a plate.

The center is located at 695 E Main St and our regular hours are Monday, Tuesday, Wednesday, and Friday from 9:00 AM to 2:00 PM. You can reach us anytime at 435-245-3570 or via email at jesse.walker@hyrumcity.gov. For our full schedule of games, educational presentations, and special crafts like this month's gourd painting with Rosie, please pick up a physical calendar at the front desk, visit hyrumcity.gov/seniors, or find us on Facebook at facebook.com/HyrumSeniorCenter. We look forward to spending a wonderful June with you!

Jesse Walker & Shannon Barton, *Hyrum Senior Center Staff*



Hyrum Senior Center

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Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	2 9:15 Line Dance Class 12:00 Art Studio time	3 10:00 Exercise Class 11:00 Brain Games 12:30 Jeopardy	4 10:30 Field Trip: Poppies in Mantua and potluck lunch at Cherie's (\$2; bring a dish to share if you can)	5 10:00 Strong Bodies 11:00 Bingo
8 10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: Why having fun is the secret to a healthier life	9 9:15 Line Dance Class 10:30 Bunco 12:00 Art Studio time	10 10:00 Exercise Class 11:00 Tech Class: Phones 12:30 Medicare Minute with Bear River Area Agency on Aging	11 Senior Center CLOSED	12 10:00 Strong Bodies 11:00 Wht. Elephant Bingo
15 CLOSED FOR JUNETEENTH	16 9:15 Line Dance Class 12:00 Art Studio time	17 10:00 Exercise Class 11:00 Social Game 12:30 Craft: Gourd Painting with Rosie	18 10:00 Field Trip: Summerfest (\$2)	19 10:00 Strong Bodies 11:00 Bingo
22 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: The secret to living longer may be your social life	23 9:15 Line Dance Class 10:30 Bunco 12:00 Art Studio time	24 10:00 Exercise Class 11:00 Coloring and Games 12:30 TBA	25 Senior Center CLOSED	26 10:00 Strong Bodies 11:00 Bingo
29 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: The benefits of not being a jerk to yourself	30 9:15 Line Dance Class 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 - Wed, Fri 9am-2pm | hyrumcity.gov/seniors