



July 2026



Happy July from the Hyrum Senior Center! As summer continues, we invite you to beat the heat and connect with friends in our welcoming community. Whether you are dropping in for a social game, a fitness class, or a hot meal, our doors are always open to you. Please note a few important holiday closures this month: the center will be closed on Friday, July 3rd for Independence Day and Friday, July 24th for Pioneer Day. Also, we are in the process of hiring another staff member for the center, so expect to see a new face here to help out soon!



While our building remains closed on Thursdays for now, our scheduled field trips always depart from the facility right on time. This month, we have two fantastic Thursday excursions including the Tabernacle Concert Series: a trip to hear Chamber Music Concert and have lunch at Mo' Bettahs on July 16th, and brunch at Herm's Inn with Blues Guitar afterwards on July 23rd (\$2 transportation donation plus meal cost for each).

Back at the center, our calendar is filled with engaging programming to keep your mind active. Mondays feature a rotating lineup of Bingo and our 12:30 PM TED Talk series, covering fascinating topics like democracy, digital coups, and science experiments. Tuesdays are slower, offering line dancing in the morning and Bunco at 10:30 AM twice a month. On Wednesdays, join us for unique activities such as a phone tech class, indoor seated volleyball, a USU Extension fall prevention presentation, and origami. Fridays are also a blast with Bingo sessions at 11:00 AM.

To stay active and healthy, join our regular morning exercise classes (Chair Yoga, SilverSneakers, and Strong Bodies) every Monday, Wednesday, and Friday at 10:00 AM. 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 at 435-245-3570 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 building hours are Monday, Tuesday, Wednesday, and Friday from 9:00 AM to 2:00 PM. For our full schedule, please visit hyrumcity.gov/seniors or find us on Facebook at facebook.com/HyrumSeniorCenter. We look forward to spending a wonderful July 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 SilverSneakers 11:00 Brain Games 12:30 Jeopardy	2 Senior Center CLOSED	3 CLOSED FOR INDEPENDENCE DAY
6 10:00 Chair Yoga 11:15 Bingo 1:00 Senior Center Board Meeting	7 9:15 Line Dance Class 12:00 Beginner Art Class	8 10:00 SilverSneakers 11:00 Tech Class: Phones 12:30 The 8 Dimensions of Wellness	9 Senior Center CLOSED	10 10:00 Strong Bodies 11:00 Wht. Elephant Bingo
13 10:00 Chair Yoga 11:15 Music Bingo 12:30 TED Talk: Why democracy requires renewal	14 9:15 Line Dance Class 10:30 Bunco 12:00 Beginner Art Class	15 10:00 SilverSneakers 11:00 Social Game 12:30 Senior Center Indoor Seated Volleyball	16 11:30 Field Trip: Chamber Music Concert at the Tabernacle, and lunch at Mo' Bettahs (\$2 + meal cost)	17 10:00 Strong Bodies 11:00 Bingo
20 10:00 Chair Yoga 11:15 Bingo 12:30 TED Talk: This is what a digital coup looks like	21 9:15 Line Dance Class 12:00 Beginner Art Class	22 10:00 SilverSneakers 11:00 Coloring and Games 12:30 Fall Prevention with USU Extension	23 10:15 Field Trip: Brunch at Herm's Inn and Blues Guitar Concert at Tabernacle (\$2 + meal cost)	24 CLOSED FOR PIONEER DAY
27 10:00 Chair Yoga 11:15 Bingo with BSFAL 12:30 TED Talk: Mark Rober's \$60 Million Science Experiment	28 9:15 Line Dance Class 10:30 Bunco 12:00 Beginner Art Class	29 10:00 SilverSneakers 11:00 Origami 12:30 TBA	30 Senior Center CLOSED	31 10:00 Strong Bodies 11:00 Bingo

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