

The Hyrum Senior Center is open Monday-Friday from 9:00-2:00.

We invite ALL seniors to come in for yummy food, free bread, some fantastic programs and fun road trips.

We are planning some overnight trips this year, so if you are interested please call for details at 245-3570.

We have beautiful quilts for sale, the pool room is open for games. If you haven't been in before, come in and check us out.

We have newsletters available on the first of each month.

April 2013

Mondays

- 10:00 Fit Over 60 classes open to everyone.
- Road trips on the first Monday of the month at 11:00.
- 8th Board Meeting at 1:15. Everyone is invited.

Tuesdays

- Zumba Gold for seniors at 10:00, Game day at 12:30
- 9th Awesome Tips class at 11:00

Wednesdays

- Easy, beneficial chair yoga at 10:00
- 3rd author Bretton Hadfield will be speaking about his book Max Goes to the Moon at 12:30
- 10th Let's Make a Deal. Load up your purses and pockets and come prepared to wheel and deal
- 17th Brian Cannell will be speaking about living wills
- 24th Bingo day with guest from Williamsburg

Thursdays

- Chair yoga at 10:00
- 11th is Red Hat day at 11:00
- 25th Road Trip call for destination and to sign up. Cost \$2.00 for gas

Fridays

- Zumba at 10:00 and Bingo at 12:30
- 26th The center will be CLOSED to prepare for a painting project on Saturday the 27th