

BEAR RIVER VALLEY SENIOR CENTER JANUARY NEWSLETTER

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The Director's Corner

A Note From Jenny

Happy New Year! I am so excited to get back to the Center and back to visiting with many of you on a daily basis. I hope you all had an amazing Christmas visiting with family and friends. I would like to challenge each of us to carry that loving spirit of Christmas into the New Year with us. As the cold weather persists, please let us at the Center know if you need any help staying warm. Hopefully those who are in need have already signed up with the Heat Program and homes that need repairs get in touch with BRAG. If you need help, please reach out to us and we will do all we can to help you get in touch with these programs.

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Center Information

Lunch Options: We still offer pick up lunches, dine in lunches and Meals on Wheels to those who qualify. We ask that you please call in the **day before** and make your reservations for which ever meal you would like.

Lunch Prices: 60 and over is a recommended \$3.75 donation. 59 and under is \$8.60. Please pay one of our staff.

Dine in: We serve lunch at Noon each day in the center. Please plan on being in your seat by Noon. We enjoy serving you lunch.

Pick up: You may pick up a meal at our back kitchen door from 11:30 – 12:00 each day that you have made a reservation. If you come after 12:00 to pick it up, please come inside the front door and it will be waiting for you in the front lobby fridge.

Meals on Wheels: You must be over 60 and **NOT driving at all** to qualify for meal delivery. If you are now driving, please call and talk to Jenny. We can also deliver to the spouse that lives in the same residence.

Newsletter: Our Newsletter is available monthly at the Center or an email version is available upon request. You can also access it on tremontoncity.com.

WE NEED YOUR HELP!

All lunch reservations and changes need to be made at least 1 day in advance. Please call 435-257-9455 or fill out and return the order form below. We order our food weekly so it is much easier for our cooks to plan how much when we know ahead.

We really appreciate all the help that you can give us to make your lunch time as enjoyable as it can be. Thank you for being great!

Name: _____

Order form: Please mark the days you want a meal with one of the following:

D = Dine in

T = Take out/Pick up

1	X Closed	2		3		4		5	
8		9		10		11		12	
15	X Closed	16		17		18		19	
22		23		24		25		26	
29		30		31					

Happy Birthday

1-Diane DeJanrnatt, Carol Heusser
2-LuAnn Anderson, William Bronson,
Juanita Stevens
3-Linda Courtney, Ned Darling
4-Verlin Hess, Bernard Hill
5-Rawlin Andersen, Dorene Bernegg,
Rick Gundersen, Kathleen Oneal,
Suzanne Wyatt
7-Patricia Goad, Joyce Johnson, Verl
Peterson, Pauline Smith
8-Lillian Levingston
9-Cloe Anderson, Jerry Clausing,
Rulayne Derrickson, Connie Golightly,
Wesley Hansen, Marilyn Lightfoot,
Julie Lish, Charles Marriott, Shirley
Summers
10-Beverly Barfuss, Arlene Bingham,
William Denkers, Robert Knight, Eileen
Lindsay, Lorraine McCullough
12-Cathi Anderson, Arnold Eberhard,
Burnett Hopkins, Floyd Jennings,
Harold Udy, Jim Williams
13-Marlene Coombs, Hubert Fransen,
Shirley Voss
14-Linda Cullimore, Jeff Hess, James
Shelton, Robert Skinner
15-Sue Fox, Carol Petersen
16-Ronald Cole, John Hoffman, Norm
Howell

17-Donna Garrett, Rusty Lugwig,
Sandra Smith
18-Marily Anderson, Jun Campbell,
AdaMae Griffen, Roy Hansen,
Leobardo Hernandez, Dan James,
Mary Merrill,
19-Jack Gage, Lyle Holmgren, Jean
Humphreys
20-Shirley Barfuss, Mark Rasmussen,
Reva Roland, Daryl Steele
21-Arlene Oyler, Orson Poulsen
22-Sharon Cole, Lyn Jenkins
23-Marla Pierce, Elton Priel, Rodney
Reineccius, Kevin Rupp, Robert
Whiting
24-Sherry Auger, Helen Noble,
Alberta Ross
25-ANna Allen, Jeff Barr, Michelle
Hotmer, Brent Layton, Mike Nicholas
26-Heber Andersen, Lorna Evans,
Sandra Hoskins, Ron Kay
27-Susan Hawks, Wilbert Hess, Max
Hull, Pauline Maguire, Danny
Ravsten, Joan Waldron
28-Brenda Darling, Jeffrey Kent, Terry
Montague, Anna Sanders, Gerald
Smith
29-Larry Peterson, Margo Peterson
30-Sandra Astle, Ann Jensen,
Douglas Pearson, Peggy Snachez

Monthly Calendar JANUARY



Monday-Friday

9:00am-4:00pm



Saturday-Sunday & Holidays

Closed

Check us out on
Facebook @ Bear
River Valley Senior
Center for more
fun!

DON'T FORGET

To sign up for any
meals or activities
you want to
participate in as
early as you know
for sure. We
appreciate your
help in keeping us
informed.

MONDAY	TUESDAY
1 	2 9:30 Silver Sneakers 12:00 Tatting 1:00 Stage Coach DUP 11:30 New Years Celebration and Photo Booth 6:00 Creative Bug
8 9:30 Mobility Exercise 1:00 Garland DUP 12:30 CSFP Food Box Pick up 4:00 Project Night	9 9:30 Silver Sneakers 12:00 Tatting 12:00 Law Enforcement Appreciation Day 6:00 Creative Bug
15 	16 9:30 Silver Sneakers 12:00 Tatting 1:00 Foot Clinic w/ Ageis by Appt. 6:00 Creative Bug
22 9:30 Mobility Exercise 12:00 Birthday Lunch with Bryce from RT MedMobile 4:00 Project Night	23 9:30 Silver Sneakers 12:00 Tatting 1:00 Brain Building w/ Jenny 6:00 Creative Bug
29 9:30 Mobility Exercise 4:00 Project Night	30 9:30 Silver Sneakers 12:00 Tatting 1:00 Intro To Dance 6:00 Creative Bug

W E D N E S D A Y	T H U R S D A Y	F R I D A Y
3 9-11 Computer Help 9:30 Mobility Exercise 1:00 Bingo	4 9:30 Silver Sneakers 1:00 Cards Making w/Deon	5 9:30 Mobility Exercise 12:00 Dennis Layne Music 10:00-12:30 Haircut Day-by Appointment Only
1 0 9-11 Computer Help 9:30 Mobility Exercise 1:00 Bingo	1 1 9:30 Silver Sneakers 12:00 Hearing Aid Cleaning w/ Andrea	1 2 9:30 Mobility Exercise
1 7 9-11 Computer Help 9:30 Mobility Exercise 1:00 TV Game Show *National Betty White Day	1 8 9:30 Silver Sneakers 10:00 Bear River Valley Museum Tour Fieldtrip 1:00 Create Better Health-Nutrition Class Rudd Dine and Eat Free Day	1 9 9:30 Mobility Exercise 12:00 Amy Carter Music 1:00 Movie Day-"Yes Day" *National Popcorn Day
2 4 9-11 Computer Help 9:30 Mobility Exercise 11:00 Out to Lunch Bunch-Burt's Cafe' in Brigham *National Compliment Day	2 5 9:30 Silver Sneakers	2 6 9:30 Mobility Exercise 12:00 Best Friends
3 1 9-11 Computer Help 9:30 Mobility Exercise		Looking ahead: Tax Appointment will begin in February. They will be on Wednesday evenings this year. Call the Center to schedule your appointment today. 435-257-9455

Monthly Staples

Mobility Exercise

Monday/Wednesday/Friday @ 9:30

Mobility Exercise Class is geared toward joint mobility, range of motion and balance. Most movements can be done sitting down.

Silver Sneakers

Tuesday/Thursday @ 9:30

Silver Sneakers focuses improving your Stability, Flexability and Range of Motion. It also incorporates some cardio, relaxation and Tia Chi.

Creative Bug/Scrapbooking

Tuesday & Thursday @ 6:00 pm

Tuesday, come and create a project. All supplies provided, please sign up with the Library. Thursday, come and Paper or Digital scrapbook with us. Please enter on the East side first door.

Computer Class

Every Wednesday @ 9:00 - 11:00

Come to Computers for a laid back work time with help on any device.

Haircut Day

Every First Friday of the Month

Sheri Kwapis will be at the center on the first Friday of the month to cut hair. It will be \$10 for Men's cuts and \$15 for Women's cuts. By appt. only.

Bingo Days

1st & 2nd Wednesdays @ 1:00

Come have some fun and win some prizes with your friends! Donations always appreciated.

Movie Day

January 19th @ 1:00

Come in and watch a movie with us! We will be watching "Yes Day".

Hearing Aid Cleaning

January 11th @ 12:00

Come get your hearing aids cleaned for free with Andrea.

Foot Clinic w/ Aegis

January 16th @ 1:00 Cost: \$15

Aegis sets up shop to clip toenails. This is by appointment only. Please call them at 435-723-9000 to schedule.

Birthday Lunch

January 22nd @ 12:00

Everyone with a birthday in the month is invited to attend lunch the third Monday of the Month.

Out to Lunch Bunch

January 24th @ 11:00

Once a month we will load up the bus and go out to lunch to somewhere different. This month we are headed to Burt's Cafe' in Brigham City.

Haircuts Are Back!!

The First Friday of each Month-Jan. 5th

Come get your haircut by Sheri Kwapis! She will be here once a month for haircuts. It is by appointment only so please get signed up at the Senior Center. Prices will be: \$10.00 for men's cuts and \$15.00 for women's cuts.

New Years Celebration

Tuesday, January 2nd @ 11:30 AM

Join us for a fun little celebration to welcome in the New Year! There will be lots of fun and friends and even a photo booth! Bring your friends, we can't wait to see you there!

Create Better Health Nutrition Class

Thursday, January 18th @ 1:00



This will be a 5 session class taught by the USU extension Office. They will be talking about good nutrition, grocery shopping and meal prep for one, how to eat healthy long term and so much more. It will be every third Thursday starting on the 18th. It will be held at the Senior Center and the cost is free! Call your friends.

Intro to Dance

Tuesday, January 30th @ 1:00 PM

Many of you have been waiting a long time for a floor we can dance on. It is finally here, bring your friends and learn a new style of dance the last Tuesday of each month at 1:00!

January Menu

MON	TUES	WED	THUR	FRI
1 	2 Cod Potato Bake Coleslaw 5-way Veg	3 Sloppy Joe/Bun California Veg Potato Salad Lemon Supreme Cake	4 Chicken/Brocc. Cass. over rice Carrots Spinach Salad Brownie	5 Turkey Steak Potato/Gravy Green Bean Seafoam Salad Roll
8 Chicken Cordon Bleu Capri Veg Cottage cheese & Pears Coco Chip Cookie	9 chow Mein Brown Rice 5-way Veg Egg Roll Chinese Salad	10 Taco Soup Cornbread Buttermilk Salad Cheese Cake	11 Cowboy Delight Corn Fruity Carrot Sld Bread Apple Bars	12 Pork Roast Potatoes/Gravy Peas & Carrots Ambrosia Salad Roll
15 	16 Hamburger Pie Cabbage Bread Applesauce	17 Chicken Noodle Soup Egg Salad Sandwich Beets Choc. Pudding	18 Loaded Potato Broccoli 3 Bean Salad Fruit in Season Snickerdoodle	19 Turkey Stuffing/Gravy Green Beans Frogeye Salad Roll
22 Chicken & Rice Casserole Peas & Carrots Tropical Fruit Pineapple Upside down Cake	23 Deli Sandwich Potato Chip Orange Beets	24 Tamale Pie Cornbread Capri Veg O'Henry Bars	25 Chicken Enchilada Fiesta Blend Veg Green Salad Pumpkin Dessert	26 Salmon Rice Pilaf Roll California Veg Orange Julius
29 Hamburger Gravy/Mashed Potato Corn Pistacio Salad Oatrageous Bar	30 Chicken Salad Sandwich Broccoli Salad Beets	31 Lasagna Green Beans Green Salad Garlic Bread Texas Sheet Cake	*This menu is subject to change without notice.	