

BEAR RIVER VALLEY SENIOR CENTER APRIL NEWSLETTER

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The Director's Corner

A Note From Jenny

Spring is right around the corner and we can't wait for that warmer weather! There's even some science to the joy of spring. Research suggests that for many people, the extended daylight boosts mood, well-being and energy. Dopamine – a neurotransmitter associated with attention, motivation, pleasure and mood – seems to increase with more exposure to sunlight.

With the changing of the seasons comes a renewed sense of vitality and opportunity, and here at the senior center, we are delighted to usher in the spirit of spring with open arms.

As we embrace the spirit of renewal and growth this spring, let us be a place that inspires you to try something new! Go on a walk, join us on a fieldtrip, try a new exercise class, come into eat with us or write a letter to someone you love.

We look forward to sharing this exciting season with each and every one of you.

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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

M=Meals on Wheels

1		2		3		4		5	
8		9		10		11		12	
15		16		17		18		19	
22		23		24		25		26	
29		30		April 2024					

Happy Birthday

1-Sandra Christensen, Elden Fuller,
Donna Hansen, Dean Rock, Dorothy
Sonato-Saldana, Mike Tennis
2-Vergalee Anderson, David Bingham,
Brenda Bourne, Concuelo Harris,
Shirley Midget, Judith Pulver, Dee
Smith, Marilyn Smith, Steven Vaassen,
Annette Yoder
3-Steven Benson, Eugene Smith
4-MaryAnn Andersen, Shauna
Fonnesbeck, Kenneth Hibler, Val
Scoffield, Paul Yoder
5-Eustacio Chairez, David Garfield,
April Miller, LaMont Nessen, Charles
Nicholas, Marilyn Oliver, Elaine
Palmer, Vicente Papa, Kim Yates
6-Joy Brower, Jenny Diaz, Sandra
Draper, Elaine Johnsen
8-Charlotte Andreason, Liz Glade,
Mary Hansen
9-Jerry Deatry, Doris Giles, Sandra
Thompson
10-Terri Gamble, Carol Henrikson,
Linda Low, Astrid Wolin
11-Paul Stine
12-Edwin Miller, Joseph Noble, Brenda
Sagers, Sheila Skinner
13-Darlene Cannon, James DeBres,
Joyce Julander, Blaine Lindsay, Janet
Sagez, Marion Sparks, Cecelia
Warden

14-Mark Bertlshofer, David Conger
15-Bonnie James, Cherre Lish, Vanda
Simanavicius
16-Vickie Mills, LeAnna Skinner,
Katherine Winningham
17-Lori Adams, Roy Hill, Sam Smith
18-Richard Gill, ReNae Hunter
19-Michael Anderson, Gloria
Fredrickson, Roberta Fronk, Jeanne
Jones, Don Potter, LaVone Woodward
20-CoraLee Norr
21-Jim Adams, Jim Call, Minnie
Harger, Denise Mark, Drex Wilson
23-Sally Dobbins, Patsy Fridal, Ron
Hinkley, Stephen Hodges, Melvin
Ostler, Karin Rasmussen
24-Byron McDonald, Donald
Vanderhoof
25-Ann Johnson, Jane Taylor
26- Mary Elizabeth Anderson, Michael
Auger, Ila Okada, Arthur Peabody,
Karl Womack
27-Karen Bingham, Cynthia Eskelson,
Kent Miller, Roger Wilde
28-Fran Doney, Donna Packer,
Charlotte Reeder, Geraldine
Roderick, Vera Rose, Gayle Taylor,
Jess Courter
29-Christine Gardner, Shari Green,
Blake Southwick, Pamela Wilcox

Monthly Calendar
APRIL



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
<p>1 9:30 Mobility Exercise 11:00 Company DUP *April Fools Day</p>	<p>2 9:30 Silver Sneakers 12:00 Tatting 1:00 Stagecoach DUP 6:00 Creative Bug</p>
<p>8 9:30 Mobility Exercise 12:30 CSFP Food Box Pick up 1:00 Garland DUP</p>	<p>9 9:30 Silver Sneakers 12:00 Tatting 6:00 Creative Bug Out to the Movies Day-Time and show TBD</p>
<p>15 9:30 Mobility Exercise 1:00 Midland DUP 11:00 Out to Lunch Bunch- City Buffett-Roy</p>	<p>16 9:30 Silver Sneakers 12:00 Tatting 1:00 Foot Clinic w/ Ageis by Appt. 6:00 Creative Bug</p>
<p>22 9:30 Mobility Exercise 12:00 Birthday Lunch 12:00 Lunch and Learn with Caption Call</p>	<p>23 9:30 Silver Sneakers 12:00 Tatting 6:00 Creative Bug</p>
<p>29 9:30 Mobility Exercise</p>	<p>30 9:00 Tulip Festival Fieldtrip *Check back for more info 9:30 Silver Sneakers 12:00 Tatting 6:00 Creative Bug</p>

WEDNESDAY	THURSDAY	FRIDAY
<p>3 9-11 Computer Help 9:30 Mobility Exercise 1:00 Bingo *VITA Tax-by Appointment Only</p>	<p>4 9:30 Silver Sneakers 1:00 Chess Club 1:00 Cards Making w/Deon *National Cordon Bleu Day</p>	<p>5 9:30 Mobility Exercise 12:00 Dennis Layne Music 10:00-12:30 Haircut Day-by Appointment Only</p>
<p>10 9-11 Computer Help 9:30 Mobility Exercise 12:00 Hearing Aid Cleaning w/ Andrea 1:00 Bingo</p>	<p>11 9:30 Silver Sneakers 12:00 Lunch & Learn- Relay Utah 1:00 Brain Building w/ Jenny- Electronic Games 2:00 Kirsti's Baby Shower</p>	<p>12 9:30 Mobility Exercise 1:00 Movie Day-The Hill</p>
<p>17 9-11 Computer Help 9:30 Mobility Exercise 12:30 USU Learn how to Garden Class</p>	<p>18 9:30 Silver Sneakers Rudd Dine and Eat Free Day 1:00 Create Better Health-Nutrition Class-USU</p>	<p>19 9:30 Mobility Exercise 12:00 Amy Carter Music</p>
<p>24 9-11 Computer Help 9:30 Mobility Exercise 11:00 National Bucket List Day! - Learn how to build a bucket list with us! 1:00 Heathy Living for Brain and Body Class</p>	<p>25 9:30 Silver Sneakers 1:00 TV Game Show</p>	<p>26 9:30 Mobility Exercise 12:00 Best Friends</p>

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 @ 6:00 pm

Tuesday, come and create a project. All supplies provided, please sign up with the Library. 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 are always appreciated.

Movie Day

April 12th @ 1:00

Come in and watch a movie with us! We will be watching "The Hill".

Hearing Aid Cleaning

April 10th @ 12:00

Come get your hearing aids cleaned for free with Andrea.

Foot Clinic w/ Aegis

April 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

April 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

April 15th @ 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 City Buffet in Roy. Please RSVP \$3 for the bus ride plus Lunch



Kirsti's Baby Shower

April 11th @ 2:00

Kirsti is having a boy! We are so excited to celebrate her and her new bundle of joy! Everyone is welcome. We will have it at the Senior Center at 2:00. She is registered on amazon but gifts are not required.

Tulip Festival

Tuesday April 30th @ 9:00AM

We are headed back to the Tulip Festival at Thanksgiving Point! Join us for over 750,000 spring flowers, including tulips, daffodils, hyacinths, poppies, and more create the award-winning Tulip Festival – an unforgettable display of color and design through the 50-acre Ashton Gardens.

Spots will fill up fast so please RSVP your spot by the 16th. We will leave the Senior Center at 9:00AM.

Participants will be responsible for bus fare, lunch, entrance fees and golf carts as needed. Golf carts can be split between 4 people. You must RSVP your cart by the 16th also.

Bus-\$6

Entrance Fee-\$21

Cart Fee-\$12.50 Per Person for 4 person Cart



April Menu

MON	TUES	WED	THUR	FRI
1 Deli Sandwich Beets Parfait Tropical Cake	2 Southwest Chicken Salad Apple Sauce Corn Bread	3 Mad Matter Meat Balls Rice Carrots 3 Bean Salad German Choc Cake	4 Chicken Cordon Bleu Corn Colorful Veg Sld Ohenry Bar	5 Baked Chicken Stuffing/gravy 5 way Veg Pistachio Sld Roll
8 Tuna Cass Peas & Carrots Broc Salad Peach Cobbler	9 Spaghetti Soup Bread Spinach Salad Beets	10 Philly Cheese St Capri Veg Pears & Cottage Cheese Banana Cake	11 Chow Mein Rice Chinese Salad Egg Roll Stir Fry Peanut Butter Bar	12 Pork Roast Potato/Gravy Carrots Ambrosia Salad Roll
15 Breakfast Cass Tater Tots Parfait Chuck Wagon Veg Creamy Carrot Cake	16 Veg Beef Soup Bread Tropical Fruit Beets	17 Spaghetti Green Beans Green Salad Brownies	18 Cod Potato Bake Green Bean Sld Cole Slaw Pumpkin Dessert	19 Meatloaf Ranch Potato Norm. Veg Buttermilk Sld Roll
22 Ham Balls Rice Carrot Salad Broccoli Apple Crisp	23 Deli Sandwich Beets Waldorf Salad	24 Beef Enchiladas Southwest Veg Surprise Cake	25 Biscuits and Gravy Mixed Veg Parfait Banana Blueberry Bars	26 Salmon Baked Potato Capri Veg Pina Colada Salad Roll
29 Chicken Strips Sweet Potato Tots Confetti Salad Peas & Carrots Choc. Chip Cookie	30 Chef Salad Muffin Banana		*This menu is subject to change without notice.	