

# *BEAR RIVER VALLEY SENIOR CENTER AUGUST NEWSLETTER*

Work 435-257-9455 | Cell 435-230-1353 | 510 W 1000 N | [jchristensen@tremontoncity.gov](mailto:jchristensen@tremontoncity.gov)



## *The Director's Corner*

### **A Note From Jenny**

I have heard it said that to stay young you need to stay on your toes and keep up with all of the changes that come along. Many of you have commented on the rearranging that has taken place at the senior center. We are looking forward to adding a few new people to our staff to help keep you on your toes. Hopefully by the end of this month there will be a new receptionist inside the front door. We will do our best to hire someone just as sweet and thoughtful as you have come to expect, to answer the phones, pass out meals, help with ensure, and keep paperwork up to date. I am looking forward to spending more quality time with you.

How cool is this?

A 100 year Love A Fair.

You all need to see this.

Ride with us on Thur. Aug.

21 for a Burger and views.



## **Senior Center Hours**

**Monday-Friday**

9:00am-4:00pm

Closed

**Saturday-Sunday**

**& Holidays**

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

# It's Time for Lunch!

## Home Delivered Meals

Those who qualify for this program, are over 60 and homebound. You are required to be home to receive your meal each day. If you cannot be home, please inform us so there is no confusion.

## Pick up Meals

If for some reason you cannot dine in with us, we can still get you a nutritious, home made meal. We must know in advance for this meal, so fill out the form or call as early as possible. These meals are available for pick up from 11:30-12:00 each day at the back door. Please stay in your car and we will bring it out. After noon they will be put in the fridge in the front lobby for pick up. Please take the bag with your name on it.

**Please call to make  
your Reservation or Cancellation  
435-230-1353**

## Dine in Meals

We love for you to join us for lunch each day. Please either fill out the form below or let us know when you will be eating with us so that we can have a place set and enough food ready for all. It is so great to eat and visit with friends each day.

## Meal Prices

If you are 60 and older, the cost is a suggested donation of \$4.00. Drop what you can afford in the black box at the end of the hall. If you are under 60 it is required that you pay \$12.00, please pay an employee.

## Meal Reservations

Please call ahead to make your reservations and be sure to tell us the days that you will be eating and how you will be getting your meal, Dine-In, Pick-up, or Home Delivered. If you know the entire month, filling out this form will help us greatly to plan ahead.

Your Name: \_\_\_\_\_

Order form:

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

**D = Dine in**

**T = Take out/Pick up**

**H = Home Delivered**

August 2025

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4		5		6		7		8	
11		12		13		14		15	
18		19		20		21		22	
25		26		27		28		29	

# 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 on improving your Stability, Flexability and Range of Motion. It also incorporates some cardio, relaxation and Tia Chi.

## Computer Class

**Every Wednesday @ 2:00 - 4:00**

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

## Haircut Day

**One Friday per Month - Aug. 8th**

Sheri Kwapis will be at the center to cut hair. It will be \$10 for Men's cuts and \$15 for Women's cuts. By appointment only.

## Walmart Day

**Every First Thursday of the Month**

**Bus fee \$3.** Meet at the center at 12:30 for a ride to the Brigham Walmart where you will be given 1 hr. to shop. Please RSVP to hold your spot.

## Bingo Days

**1st & 2nd Wednesdays @ 1:00**

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

## Movie Day

**Aug. 15 @ 1:00**

Join us for "Fly Away Home". A movie about a lost Goose, a lost girl and how they help each other.

## Hearing Aid Cleaning

**Canceled for August, Come see Andrea in Sept.**

## Podiatry Clinic

**Aug. 26 @ 11:00 - 3:00** Mountain

West Podiatry will be here to check your feet and trim your nails. They will bill your insurance for this service.

## Birthday Lunch

**August 18th @ 12:00**

Everyone with a birthday this month is invited to attend lunch for Free!

## Out to Lunch Bunch

**Aug. 21 @ 11:00 No bus fee**

This month we will be going to the fair for a Farm Bureau Burger and walk around the booths. Must RSVP to reserve your spot.

## August Menu

MON	TUES	WED	THUR	FRI
				<b>1</b> Pork Roast Pot/Gravy Green Beans OJ Salad Roll
<b>4</b> Cowboy Delight Mixed Veggies Green Salad Chocolate Chip Cookie	<b>5</b> Chef Salad Fruit in Season Bread	<b>6</b> Tuna Casserole Carrots Broccoli Salad Ice Cream	<b>7</b> Egg Salad Sandwich Fruit in Season Robert Redford Dessert	<b>8</b> Baked Chicken Stuffing/Gravy 5 Way Veg Pistachio Salad Roll
<b>11</b> Beef Stroganoff Fruity Carrot Peas & Carrots Lemon Cake	<b>12</b> Deli Sandwich Beets Fruit Cup	<b>13</b> Ham Balls Rice Carrots Coleslaw Apple Pudding	<b>14</b> Hamburger Pie Broccoli Fruit Crunch Salad Pumpkin Choc Cookie	<b>15</b> Ham Potato Bake Green Beans Pina Colada Roll
<b>18</b> Chicken Cordon Bleu Normandy Veg Ambrosia Salad Rice Crispy Treat	<b>19</b> Potato Bar Broccoli Ham Fruit	<b>20</b> Breakfast Casserole/bacon Peas Parfait Apple Bar	<b>21</b> Spaghetti Green Beans Green Salad Garlic Bread Brownie	<b>22</b> Salmon Baked Potato Cascade Veg Coconut Salad Roll
<b>25</b> Cod Mac & Cheese Coleslaw Peas & Carrots Apple Crisp	<b>26</b> Deli Sandwich Beets Applesauce	<b>27</b> Chicken Rice Casserole Green Beans Broccoli Salad Peach Cobbler	<b>28</b> Chicken Alfredo Mixed Veg Ceaser Salad Raisin Cookie	<b>29</b> Meat Loaf Ranch Potato Corn Seafoam Salad Roll

**\*This menu is subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Monthly Event Calendar</div> <div>AUGUST</div>				<b>1</b> 9:30 Silver Sneakers 12:00 Dennis Layne
<b>4</b> 9:30 Mobility Exercise  <b>National Chocolate Chip Cookie Day</b>	<b>5</b> 9:30 Silver Sneakers 12:00 Tatting	<b>6</b> 9:30 Mobility Exercise 1:00 Bingo 2-4:00 Computer Help  <b>National Root Beer Float Day</b>	<b>7</b> 9:30 Silver Sneakers 12:30 Walmart Shopping Day	<b>8</b> 9:30 Mobility Exercise 10:00 Haircuts by Appt. 12:00 Music by Dixieland Diva
<b>11</b> 9:30 Mobility Exercise 12:30 Food Box Pick-up	<b>12</b> 9:30 Silver Sneakers 11:00 Cache Valley Factory Tour 12:00 Tatting	<b>13</b> 9:30 Mobility Exercise 1:00 Bingo 2-4:00 Computer Help	<b>14</b> 9:30 Silver Sneakers 12:00 Rudd's Free Meal w/reservation	<b>15</b> 9:30 Mobility Exercise 12:00 Amy Carter 1:00 Movie Day "Fly Away Home"
<b>18</b> 9:30 Mobility Exercise 12:00 Birthday Lunch	<b>19</b> 9:30 Silver Sneakers 12:00 Tatting 1:00 The More you Know w/Det. Cluff  <b>National Potato Day</b>	<b>20</b> 9:30 Mobility Exercise 2-4:00 Computer Help <b>Cancelled</b>  <u>Closing at 2:00 for the Parade</u>  <b>National Bacon Lovers Day</b>	<b>21</b> 9:30 Silver Sneakers 11:00 Out to lunch Bunch Fair Burger & Walk around w/Home watch caregivers	<b>22</b> 9:30 Mobility Exercise  No Music
<b>25</b> 9:30 Mobility Exercise	<b>26</b> 9:30 Silver Sneakers Podiatry Clinic by appointment only 11:00 WinCo/D.I. Field Trip 12:00 Tatting	<b>27</b> 9:30 Mobility Exercise 1:00 Games with Jenny New Card Game "Poof" 2-4:00 Computer Help  <b>National Peach Day</b>	<b>28</b> 9:30 Silver Sneakers	<b>29</b> 9:30 Mobility Exercise



To celebrate your August birthday, we invite you to join us for a **FREE LUNCH** at the Senior Center on August 18, 2025 at noon. Please RSVP by the Friday before at 435-257-9455.

1-Janice Shaffer, Della McAllister, Lamont Miller, Janet Lund

2-Anita Bennett, Tamara Westmoreland, Elizabeth Payne, Marcene Belche

3-Michael Schellhorn, David Jensen

4-Althera Larkin, Mike Ransom, Faye Clark, Judy McCorristin

5-Jim Udy

6-Sherma Fridal

7- Kaye Firth, Terri Fridal, Warren Stoddard, Norma Thomas, Cindy Payne, Terry Vincent

8- Patricia Brown, David West

9-Pat Drollette, Mark Jensen, Vonda Smith, Coye Richards, Deborah Mohan, Rex Sonnenfelt, Layne Wilding

10- Annette Macfarlane, Rosalie Silvester, LaRita Udy

11- Susan Chidester, Linda Cutler, Richard Drollette, Patsy Woods, Virginia Henry, John Baxter, Pauline Johnson, J. Dile Robinson

12- Rick Hurst, Patsy Rasmussen

13- Gary Conger, Kathryn Hutchen, DeeLou Riser, LaDean Forsgren

14-Penny Larson, Gabriel Mejia

15-Peggy Johnson, Larry Derrickson

16-Ryla Haramoto, Cheryl Graham

17-Curtis Christensen, Carol Stone, Jean Jones, Connie Nelson

18- Beva Marble, Donna Johnson, Norma Lindsay, Maria Arreguin, Dennis Cronin, Teresa Toone

19-Arlene Eakle, Gwen Rupp, Genaro Sanchez

20-Harry Hulce, Sandra McKay, Vicki Fonnesbeck

21-Louise Corbett, Dr. Kerr, Mary Summers, Evelyn Landon

22-Maja Christensen, Rosemarie Fallis, Sharon Jensen, Crystal Deatry, Robert Harris

23-Sandra Sullivan, Benn Blackmer, Michael Coombs

24- Melvin Coburn

25-Anna Hopkins, Michael Leighner

26-Barbara Erickson, Larry Shires, Gloria Burton, Sandra Hood, Stephan Misrasi, Lyman Anderson

27- Robert Belew, Jimmy Petersen, John Sagers, Steve Brayton

28-Julie Bilbrey, Maralene Udy, Ronald Skidmore, Kerry Brower, Elizabeth Udy, Sandi Hansen, Eileen Firth

29- Jay Dee Scott

30- Mitze Schellhorn, Richard Rampton, Larry Anderson, Eldene Jeppson

31-Ruth Andersen, Lillian Deters, Anna Pearson, Yanet Eberhard, Sherry Hirschi

## *The More You Know w/Det. Cluff*

**A new staple, the third Tuesday of each month at 1:00PM**

**Talking about the latest Scams and how to avoid them.**

Det. Cluff from right here in Tremonton will be sharing some stories both good and bad of scams that are in our area. She will help you learn how to avoid them and how to keep you and your money safe.

There will be time for questions and answers after each lesson.

Invite your friends for this great new opportunity.

## *Winco & the D.I.*

**Tuesday, Aug. 26 @ 11:00**

We are going to take the bus to do a bit of shopping. We will visit the D.I. in Logan and then over to Winco for some fun grocery shopping time (each 45 min). Bring a cooler if you plan to buy many cold items. Please RSVP to get your name on the list, space is limited. \$3.00 for the bus ride.

## *Another Cache Valley Factory Tour*

**Tuesday, Aug. 12 @ 11:00**

Call to reserve your spot. Bring your own cooler if you have one and plan on getting ice cream. We run out of space quick with the coolers we have here at the center. Bus ride is \$3.00

## *Podiatry Clinic*

**Tuesday, Aug. 26 starting at 11:00**

We will be alternating every other month between Toenail Clinics with Canyon Home Care & Hospice and Mountain West Podiatry Group. August will be for the podiatry group who can help those with diabetes or for any foot problems. They will bill your insurance for this service. You must have an appointment to be seen so call and make yours today.

## *Fieldtrip Fun!*

### Fishing fieldtrip in Ogden



### Ombu out to lunch



### Summer Picnic at North Park Park

