

BEAR RIVER VALLEY SENIOR CENTER SEPTEMBER NEWSLETTER

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The Director's Corner

A Note From Jenny

August was a hard month for our community. It is so wonderful to see everyone come together with love and compassion to uplift the many families who have been so deeply affected. We appreciate each of you for all that you do to help and support each day. As we move forward, I want to remind you all how important it is to be kind to your neighbors, give a smile to those you pass, and be aware that everyone is fighting a battle of some kind. You are such great people whom I feel blessed to know and to be a part of your lives.

September is National Senior Center Month, so we have a jam-packed calendar to give you each an opportunity to participate in several events, classes, and fieldtrips. Make a craft, do some exercises, play a game or two, watch a couple of movies, and get your toenails trimmed. Sign up for anything and everything that looks fun to you! Come join in with us.



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 Cancelation
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

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

September 2025

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 - Sept. 5

Sheri Kwapis will be at the center to cut hair. It will cost \$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 Days

Aug. 5th, 12th 19th & 25th @ 1:00

Join us for Movies based on true stories about amazing seniors the first three Friday's (down) and a great animated film on Thursday the 25th (upstairs).

Hearing Aid Cleaning

Join us on **Sept. 10 @ 10:00 am** to get your hearing aids cleaned and your ears checked with Dr. Andrea. Price \$15

Toenail Clinic

Sept. 25 @ 12:30 Canyon Home Care will be here to check your feet and trim your nails. Please call to schedule your appointment. No Diabetics FREE

Birthday Lunch

Sept. 22 @ 12:00

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

Out to Lunch Bunch

Sept 30th @ 11:00 \$3 bus fee

This month we will be going to "The Rusted Spoon" in Perry. Must RSVP to reserve your spot.

September Menu

MON	TUES	WED	THUR	FRI
1 	2 Chicken Salad Sandwich Tropical Fruit Beets	3 Beef Enchilada Southwest veg Green Salad Pumpkin Choc- Chip Cookie	4 Chicken Strips Sweet Potato Tot Normandy Veg Zesty Salad Banana Cake	5 Lemon Pepper chicken/Rice Green Beans Working girl Salad Roll
8 Biscuits and Sausage Gravy Peas & Carrots Parfait Apple Crisp	9 Southwest Chicken Salad Corn Bread Fruit Cocktail	10 Chow Mein Rice Chinese Salad Stirfry Veg Egg Roll German Choc Cake	11 Beef stew Bread Tropical Fruit Cheese Cake	12 Turkey Roast Stuffing/Gravy Corn Acini de Pepe Salad Roll
15 Lasagna Green Beans Green Salad Garlic Bread Blueberry Bars	16 Deli Sandwich Beets Fruit	17 Sloppy Joe Bun Cabbage Potato Salad Brownie	18 Chicken Broccoli Cass/Rice Carrots Apple Crunch Salad Coco Chip Cook	19 Salmon Baked Potato Capri Veg Pina Colada Salad Roll
22 Tater Tot Cass California Veg Spinach Salad Pumpkin Dessert	23 Chicken Pot Pie Mixed Veg Broccoli Salad	24 Philly Cheese Steak Sandwich Broccoli 3 Bean Salad Lemon Cake	25 Breakfast Sandwich Corn Parfait Carrot Cake	26 Meatloaf Ranch Potato Cascade Veg OJ Salad Roll
29 Chicken Alfredo Mixed Veg Cesar Salad Raisin Cookie	30 Ham & Beans Bread Working Girl Beets			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 9:30 Silver Sneakers 12:00 Tatting 12:00 Senior Helpers Lunch and Learn 1:00 DUP Stagecoach	3 9:30 Mobility Exercise 1:00 Bingo 2-4:00 Computer Help	4 9:30 Silver Sneakers 12:30 Walmart Shopping Day & Peach Days Quilt Show	5 9:30 Silver Sneakers 10:00 Haircuts by Appt. 12:00 Dennis Layne 1:00 Movie "The Straight Story"
8 9:30 Mobility Exercise 12:30 Food Box Pick-up 1:00 DUP Garland	9 9:30 NO Silver Sneakers 12:00 Tatting 1-4 Craft Day w/Jenny: Sign-up	10 9:30 Mobility Exercise 10:00 Hearing aid cleaning w/ Dr. Andrea Page 1:00 Bingo 2-4:00 Computer Help	11 9:30 NO Silver Sneakers Limited Staff available  Kind	12 9:30 Mobility Exercise 12:00 Music by Dave Deakin & Amy Rowin Jazz Favorites 1:00 Movie "Thelma" National Chocolate Shake Day
15 9:30 Mobility Exercise 1:00 DUP Midland 11:30 Lunch @ The Grille, 1:00 Bowling	16 9:30 NO Silver Sneakers 12:00 Tatting 1:00 The More you Know w/Det. Cluff 2:00 Card Making	17 9:30 Mobility Exercise 1:00 TV Gameshow 2-4:00 Computer Help	18 9:30 NO Silver Sneakers 12:00 Rudd's Free Meal w/reservation 1:00 Ping Pong	19 9:30 Mobility Exercise 1:00 Movie "The Trip to Bountiful"
Tuacahn Fieldtrip for those who signed up				
22 9:30 Mobility Exercise 12:00 Birthday Lunch 1:00 Family Fued National Family Day	23 9:30 Silver Sneakers 12:00 IHC Lunch & Learn About Falls 12:00 Tatting National Pot Pie Day	24 9:30 Mobility Exercise 1:00 Games w/Jenny 2-4:00 Computer Help Fall Prevention Week 	25 9:30 Silver Sneakers 12:30 Toenail Care Canyon Home Care 1:00 Movie "UP" will play upstairs	26 9:30 Mobility Exercise 12:00 Best Friends 1:00 Karaoke
29 9:30 Mobility Exercise 1:00 Crochet & Knitting: come and learn with friends	30 9:30 Silver Sneakers 12:00 Tatting 11:00 Out to Lunch "The Rusted Spoon" National Orange Shirt Day, wear your Orange	Monthly Event Calendar SEPTEMBER		



To celebrate your August birthday, we invite you to join us for a **FREE LUNCH** at the Senior Center on Sept. 22, 2025 at noon. Please RSVP by the Friday before at 435-257-9455.

1-Mary Christensen, Dave Worley, Shirley Pollock

2-Gregory Anderson, NaDean Bjorkman, Robert Scheppard, Harold Hawkins, Debbie Brantner

3-Lorene Jordan, Isabelle Barber

5-Gale Howard, Connie Fridal, Wanda Branson, Vicki Chavez

6-JG Bronson, Sharon Williamson

7- Dennis Montgomery, D UdyJohn Baltazar, Janice Jacobsen, Kent Hoffman, Roger Wolfe, RonDell Nielson, Christine Horspool

8- Lyn Michaelis

9-Nyla Mecham, Mary Thompson, Pat Anderson, Leslie Evans, Thomas Branson, Silvia Martinez

10- John Krey, Rachel Holdaway, Linda Zollinger, Cindy Simcox

11- Robert Anderson, Becky Atkin, Larry Sapp, J. Ward

12- James Haugen, Sherman Savage, Ray Sorensen, Janice McAllister

13- Blaine Gardner, Christine Kitchen, Pegi Anderson

14-Raymond Brown, Patricia Smith, Carla Atkin, Ray Manning

15-Agnes Montague, Janiece Pugsley, Seth Wilcox, Kristine Hansen

16-Michael Anderson, Denise Bell, Stacie Ferguson

17-LaRue Hansen, Lesley Smith, Annette Williams, Shelley Lamb, David Guilot, David Litchford, Robert Hall

18- Lana Christensen, Orvin Pierson, Donald Wilson, Darlene Jamison, Jane Munns, Candice Bird

19-Royal Anderson, Sheila Rucker, Grant Theurer, Karen White, Joellyn Harris

20-Wilma Neal, Brent Hansen, Nancy Crookston

21-Allan Barfuss, Lupe Solis, James Mansell

22-Linda Manning, Wanda Patterson, Francisco Solis

23-Terry Harrison, Dale Archibald

24- John Peters

25-Harlene Edmonds, Gayle Udy, Jerrold Ward, Dorothy Richards, Lizandra Campos

26-Jim Garn

27- Paul Leonhardt, Judy Lisonbee, Roger Stanger

28-Avelina Juarez, Bonnie Love, Boyd Giles, Ester Garza, Arlene Hubble

29- Reni Jensen, Wayne Mellies, JoAnne Okada, Ila Mae VanValkenburg, Shelley Mills, Mont Rose, Robin Roylance

30- LaPrele Hill, Geraldine Mattinson, Wesley Bennett, Shiralee Barela

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.

Sorry for the cancelation of our opening lesson from Det. Cluff due to the unforeseen tragedy our community faced last month. We will start again this month with 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. All are welcome.

Senior Food Boxes

The Utah Food Bank, Food Boxes

If you are low-income and would like to pick up a box of shelf-stable food and a brick of cheese each month, we have apps. here. If you are on this program, please pick up your box on the 2nd Monday of each month unless arrangements have been made.

We are bringing back Craft Days

Tuesday, Sept 9 @ 1:00

Do you enjoy crafts? We are excited to start "Craft Days" again here at the Center. They will be held on the 2nd Tuesday of each month. Watch for sign-ups to reserve your spot and get a look at the sample photo and a description and cost of each craft.

Medicare Open Enrollment Next Month

Appointments Every Thursday from Oct. 16 - Dec. 4

When you are ready to discuss your Medicare options, please call us to schedule an appointment with Tammy, who will be available each Thursday during Open Enrollment. She can answer all of your Medicare Insurance questions. When you come, please bring your insurance card and all the prescription bottles you are actively taking.

Quilt Retreat

Friday & Saturday Nov.

7 & 8 Bring your own
Projects and supplies,
we will provide
everything else.

Cost \$150

Register here:

[https://tremonton.activityreg.com/
selectactivity_t2.wcs](https://tremonton.activityreg.com/selectactivity_t2.wcs)

Silent Auction

Open to the Public

View items Fri. Nov. 7

4pm - 8 pm

Bidding starts

Sat. Nov. 8 @ Noon

Bidding Ends

Sat. Nov. 8 @ 6:00 pm

Winners will be announced
and payment will be
accepted at this time.



Join us for all the fun at
510 W 1000 N Tremonton
Call with questions:
435-230-1353 or 257-9455
or visit us on FaceBook



BEAR RIVER VALLEY SENIOR CENTER PRESENTS:

Fall into Piecing

A Quilt Retreat & Silent Auction

to benefit Home Delivered Meals for Seniors in our area