

BEAR RIVER VALLEY SENIOR CENTER FEBRUARY NEWSLETTER

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The Director's Corner

A Note From Jenny

February is well known as the month of love, and I encourage each of you to take time this month to let the people you care about know how you feel. Make sure that if tomorrow doesn't come for you or for someone you love, all the good has already been said. The bad doesn't matter.

We have a great lineup of activities planned for February, including Thursdays: Make Me Laugh! Jeneanne suggested that we start sharing jokes at lunch, and I love the idea. Every Thursday at 11:45, we'll gather with our best jokes. You can write them down for me to read, or feel free to recite them yourself. I'll try to keep a list of the really good ones so they don't get forgotten. Hopefully, we'll all get a good belly laugh and maybe even extend our time here on Earth.

I truly love each one of you and wish you all the very best that this life has to offer.



Monday-Friday

9:00am-4:00pm

Closed

Saturday-Sunday

& Holidays

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

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.

If for some reason you cannot dine in with us, we can still get you a nutritious, homemade 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**

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.

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.

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.

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

T = Take out/Pick up
H = Home Delivered

February 2026

[illegible]

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.

Mindful Movement with Ease

Jenny Napoli: Classes will be every **Friday at 10:30**. If you haven't tried this class, come give it a try.

Hearing Aid Cleaning

Join us on **Feb 18th @ 10:00 am** to get your hearing aids cleaned and your ears checked with Dr. Andrea. Price \$15

Toenail Clinic

Mountain West Podiatry will be here on **Feb 26th @ 12:30**. For an appointment please call us to schedule a time.

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

Bingo Days

1st & 2nd Wednesdays @ 1:00

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

Movie Day

Feb 20th @ 1:00

Join us to watch "Our Fathers Keeper" is a story that tests the limits of a family when the Father gets early onset Dementia. It's a film that encourages viewers to grow in love and understanding for one another.

Card Playing Group

Most every day after lunch a group meets to play card games. Everyone is welcome. Canasta is a favorite but if you like cards, come in and play with us.

Haircut Day

One Friday per Month - Feb 6th

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

Birthday Lunch

Feb 23rd @ 12:00

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

Out to Lunch Bunch

Thurs. Feb. 17th @ 11:00 \$4 bus fee

This month we will be going to El Toro Viejo. Must RSVP to reserve your spot.

February Menu

MON	TUES	WED	THUR	FRI
2 Chicken Alfredo Broccoli Working Girl Salad Carrot Cake	3 Minestrone Soup Deli Sandwich Beets Tropical fruit	4 Turkey Potato/Gravy Mixed Veg Buttermilk Salad Peanut Butter Bars	5 Beef Stroganoff Noodles Carrots Spinach Salad Choco. Chip Cookie	6 Chinese Chicken Rice Stir Fry Veg Chinese Salad Egg Roll
9 Chicken cordon Bleu Capri Veg Cottage Cheese & Pear Salad Carrot Cake	10 Southwest Chicken Salad Corn Bread Oranges	11 Ham Balls Rice Capri Veg Apple Sauce OHenry Bars	12 Hamburger Gravy Mashed Potato Carrots Apple Crisp	13 Spaghetti Green Beans Green Salad Garlic Bread Sugar Cookie
16 	17 Chicken Soup Bread Beets Crunchy Fruit Salad	18 Chicken Enchiladas Southwest Veg Green Salad Brownie	19 Chicken Rice Casserole 3 Bean Salad Broccoli Ice Cream	20 Ham Potato Bake 5 Way veg Orange Julius Salad Roll
23 Cod Mac & Cheese Peas Coleslaw Lemon Squares	24 Deli Sandwich Veggie Sticks Applesause	25 Sloppy Joes Cabbage Potato Salad Outrageous Cookie	26 Breakfast Sandwich Corn Parfait Blueberry Bars	27 Meat Loaf Ranch Potato Mixed Veg Pina Colada Salad Roll



◆ FRIDAY, FEBRUARY, 13TH 2026 ◆
 DINNER @ 5:30 PM, DANCING 6:00 - 8:00



Valentine's Dinner & Dance




TICKETS ARE REQUIRED AND MUST BE PURCHASED AHEAD OF TIME!



PLEASE SEE THE FRONT DESK OR THE CITY OFFICE.

*This menu is subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Mobility Exercise 	3 9:30 Silver Sneakers 12:00 Tatting 1:00 Stagecoach DUP Tax Appointments available by appointment. See Pg. 7 for phone #.	4 9:30 Mobility Exercise 1:00 Bingo 2-4:00 Computer Help	5 9:30 Silver Sneakers 11:45 Make me Laugh 12:30 Walmart	6 9:30 Mobility Exercise 10:00 Haircuts 10:30 Mindful Movement w/ Ease National Chopstick Day
9 9:30 Mobility Exercise 12:30 Food Box Pick- up 1:00 Garland DUP National Pizza Day - Sponsored by Pizza Plus	10 9:30 Silver Sneakers 12:00 Tatting 1:00 Card making Tax Appointments available by appointment. See Pg. 7 for phone #.	11 9:30 Mobility Exercise 1:00 Bingo with Homewatch 2-4:00 Computer Help	12 9:30 Silver Sneakers 11:45 Make me Laugh 1:00 Decoration making for the Dinner and Dance	13 9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease 12:00 Dave Deakin & Polly with 70's Hits 5:30 Dinner & Dance
16 	17 9:30 Silver Sneakers 12:00 Tatting 11:00 Out to Lunch - El Toro Viejo-Logan Tax Appointments available by appointment. See Pg. 7 for phone #.	18 9:30 Mobility Exercise 10:00 Hearing Aid Help w/ Dr. Andrea 1:00 TV Game Show 2-4:00 Computer Help	19 9:30 Silver Sneakers 11:45 Make me Laugh Rudd's Free Day National Chocolate Mint Ice Cream	20 9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease 1:00 Movie Day-Our Father's Keeper.
23 9:30 Mobility Exercise 12:00 Birthday Lunch 1:00 Knitting: Come and Learn with friends	24 9:30 Silver Sneakers 12:00 Tatting 1:00 The More you Know Class w/ PD Tax Appointments available by appointment. See Pg. 7 for phone #.	25 9:30 Mobility Exercise 1:00 Games w/Jenny & Janet Sagez, learn to play Cribbage 2-4:00 Computer Help	26 9:30 Silver Sneakers 11:45 Make me Laugh 12:30 Mountain West Podiatry clinic-by appointment only	27 9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease National Strawberry Day

FROM OUR HEARTS TO YOURS...

 *Let's Stay Connected!* 

We love each one of you, and we want to make sure we can always stay in touch! Please make the time this month to fill in a new registration form. Thank you!



To celebrate **February** birthdays, we invite those with birthdays this month to join us for a **Free** lunch, with a reservation, on **February 23rd 2026**, at noon. Please RSVP by the Friday before at 257-9455.

1-Calvin Hunsaker, Richard Roche, Cuong Tran, Debbie Udy, Jan Ross

2-Janet Seeley, Vicki Hawkins, Catherine Williams, Craig Rawlings, Val Bush, Judy Collom, Scott Parker

3-Deanna Arbon, Stephen Carter, Richard Frank, Karla Jenkins, Jeanetta Smith, Carol Anderson, Pat Garner

4-Karren Rinderknecht, Judy Thompson, Larry Stokes

6-Ileen Barfuss, Chris Barfuss

7- Wendy Ernststrom, Jerry Reisner, Paula Dean

8-Rosemary Lobato, Rebecca Wigington

9-Linda Brown, Jeaninne Hawkes, Steven Johnson, Gary Johnson, Dixie Yoder, Vernal Steward

10-Laura Elmer, Catherine Hancock, David Frodsham, Glen Palmer

11-Shirleen Anderson, Ed Beitzel, Glenn Johnson, Virlie Jeppesen, Shirley Colvin

12-Irene Pope, Vicki Rasmussen, Cathy Kimber

13-Linda Williams

14-Kevin Firth, LeVae Heiner

15-Gayla Thompson, Eli Anderson, Nathan Braegger, Bruce Dunn

16-M. Frances Haugen, Shirlene Miller, Bertha Barela, Dorcee Winward, Marilyn Pali

17- Connie Adams, Judy Bush

18-Leslie Pingel

19-Colleen Johnson, Kevin Richer

20-Ann Haines, JD Eskelson, Rosaura Garza

21-Billie Draper, Barbara Gill, Brenda Godfrey, Susan Anderson

22-Sheryl Gage, Laralee Hansen, Becky Porter, David Pratt

23-Karen Christensen, Steven Cramer

24- Don Clawson, Donald Belche, Marc Stromberg

25-JoAnn Allen, Julee Brown, Diane Roche Jere Dean, Richard Hartline, Eloisa

Armenta, Jodi Jones Bowcutt, Terri Taylor

26-Sylvia Andrews, Barbara Grover, Julia Christensen, David Cottle

27-Wesley Scott, Lillie Henry, Craig Garbanati

28-David Kilfoyle



Share the Love Event

All Month Long!

❤️ FROM OUR HEARTS TO YOURS ❤️

February is our time to share the love and make sure we can always stay in touch with you. Fill out a new intake form at the front desk and receive a treat from our hearts to yours!

Updating your information helps us better serve, support, and care for our senior community.

Games with Jenny

Wednesday, February 25 @ 1:00

This month, we will have a special guest, Janet Sagez, who will be teaching us how to play cribbage. It is a game I have always wanted to learn, and Janet has been playing since her childhood. Come and learn with me.

VITA Tax Assistance

February, March & April

The VITA Tax Assistance Program will be returning this year. They will be in the Computer Room every Tuesday from February 3rd to April 14th. If you would like to make an appointment, please call 435-713-1434

Card Playing Group

Most Days after lunch upstairs (Tue are downstairs)

If you like a good card game, come and join some of our regulars in a game of Canasta. If you have a favorite game, we have two tables upstairs for playing. Come and join in the fun.

Valentine's Dinner & Dance

FRIDAY,
FEBRUARY, 13TH 2026
DINNER @ 5:30 PM
DANCING 6:00 - 8:00

WE ARE DELIGHTED TO INVITE
SENIORS AND ALL ADULTS 18+ TO A
VALENTINE'S EVENING FEATURING
DINNER, DANCING, AND
WONDERFUL COMPANY.

BEAR RIVER VALLEY SENIOR CENTER
510 W 1000 N, TREMONTON

TICKETS REQUIRED

TICKETS MUST BE PURCHASED AHEAD OF TIME
AT THE SENIOR CENTER OR THE
TREMONTON CITY OFFICE

60 yr and up \$5 per person
18-59 yr \$8 per person