

# *BEAR RIVER VALLEY SENIOR CENTER APRIL NEWSLETTER*

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## *The Director's Corner*

### **A Note From Jenny**

What a wonderful time of year. Thank you to all the vendors and each of you for a wonderful Health Fair and Bake Sale. Your support is very much appreciated. I hope you were all able to find the information you were looking for or even the pieces you didn't know you needed. We are trying a couple of new events this month. We are going back to the Providence Movie theater, with the show to be determined because we can't look out that far. Check back for more accurate info. We are also doing an AARP Webinar watch party. This month we will watch "Wills and Trusts, what you should know." If you can think of anything else we can do to help you, please let us know. We are always trying to improve and be as helpful as possible. I also want to remind those of you who are homebound that there is a service called Senior Companions that can give you the help and visit that you may need. Call us for more information. Have a wonderful Spring!



**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 ASAP 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, homemade meal. We must know in advance for this meal, so fill out the form or call as early as possible. We ask for changes by 10:100 AM. 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**

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**

**April 2026**

## Dine in Meals

Dine in meals are served each day at 12:00 pm. Please fill out the form below or let us know when you will be eating with us so we can have a place set and enough food ready for all. It is wonderful 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.

				1		2		3	
6		7		8		9		10	
13		14		15		16		17	
20		21		22		23		24	
27		28		29		30			

## 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

Classes will be every **Friday at 10:30**.

If you haven't tried this class, come give it a try.

### Blood Pressure checks w/Symbii

Join us on **Thur., April 23 @ 11:00 am** to have your blood pressure checked and any questions answered

### Toenail Clinic

Mountain West Podiatry will be here on **Thurs., April 23<sup>rd</sup> @ 12:30**. For an appointment, please call us to schedule your 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

**Join us Friday April 10th @ 1:00**

Join us to watch "The Emperors New Groove" an animated movie where the Emperor is taught how to care about other people and not just himself.

### 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 - April 10<sup>h</sup>**

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

**April 20<sup>th</sup> @ 12:00**

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

### Out to Lunch Bunch








**April 30 @ 11:00 \$4 bus fee**

This month we will be going to Ramblin Roads Diner in Ogden. Must RSVP to reserve your spot.

# April Menu

MON	TUES	WED	THUR	FRI
		<b>1</b> Mad Hatter Meat Balls Rice 3 Bean Salad German Choc. Cake	<b>2</b> BBQ Chicken Rice Corn Apple Crunch Salad Lemon Squares	<b>3</b> Ham Potato Bake Carrots Buttermilk Salad Roll Easter Dessert
<b>6</b> Chicken Cordon Bleu Corn Colorful Veg Sld Suprise Cake	<b>7</b> Southwest Chicken Salad Applesauce Cornbread Peanut Butter Pie	<b>8</b> Spaghetti Green Beans Green Salad Garlic Bread	<b>9</b> Sweet & Sour Pork/Rice Stirfry Veg Chinese Salad Eggroll Peanut Butter Bar	<b>10</b> Turkey Steak Potato/Gravy 5 Way Veg Americana Salad Roll
<b>13</b> Breakfast Sandwich Parfait Chuck Wagon Veg Peach Cobbler	<b>14</b> Veg Beef Soup Bread Beets Cottage Cheese w/Pears Eclair Pie	<b>15</b> Chicken Enchilada Southwest Veg Green Salad	<b>16</b> Hamburger Pie Mixed Veg Working Girl Sld Banana Snicker Doodle	<b>17</b> Baked Chicken Stuffing/Gravy Capri Veg Pistachio Salad Roll
<b>20</b> Meatball Sub Cottage Cheese w/Pineapple Green Beans Carrot Cake	<b>21</b> Chef Salad Muffin Tropical Fruit Robert Redford	<b>22</b> Cod Mac & Cheese Peas & Carrots Coleslaw	<b>23</b> Sloppy Joe Cabbage Potato Salad Oatrageous Bar	<b>24</b> Meat Loaf Ranch Potato Green Beans Seafoam Salad Roll
<b>27</b> Hamburger Gravy/Potato Carrots Spinach Salad Apple Pudding	<b>28</b> Chicken Tortilla Soup Corn Bread Beets Fruit Cocktail Cream Cheese Brownies	<b>29</b> Hamballs Rice Broccoli Carrot Salad	<b>30</b> Tamale Pie Peas Green Salad Applesauce Cake	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>9:30 Mobility Exercise 1:00 Bingo 2-4:00 Computer Help</p> 	<p><b>2</b></p> <p>9:30 Silver Sneakers 12:30 Walmart</p>	<p><b>3</b></p> <p>9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease 11:30 Easter Egg Hunt around the building 12:00 Music w/ Dennis &amp; Marion</p> 
<p><b>6</b></p> <p>9:30 Mobility Exercise</p>	<p><b>7</b></p> <p>9:30 Silver Sneakers 12:00 Tatting 1:00 Stagecoach DUP Tax Appointments</p> 	<p><b>8</b></p> <p>9:30 Mobility Exercise 1:00 Bingo 2-4:00 Computer Help</p> 	<p><b>9</b></p> <p>9:30 Silver Sneakers 12:00 Medicare Minute Lunch &amp; Learn w/ Tammy 1:00 Caregiver Support Group, Talking Points</p>	<p><b>10</b></p> <p>9:30 Mobility Exercise 10:00 Haircuts 10:30 Mindful Movement w/ Ease 1:00 Movie: The Emperors New Grove</p>
<p><b>13</b></p> <p>9:30 Mobility Exercise 12:30 Food Box Pick-up 1:00 Garland DUP</p> <p><b>National Peach Cobbler Day</b></p>	<p><b>14</b></p> <p>9:30 Silver Sneakers 9:00 Tulip Festival Field Trip 12:00 Tatting Tax Appointments</p> 	<p><b>15</b></p> <p>9:30 Mobility Exercise 1:00 TV Game Show 2-4:00 Computer Help</p> 	<p><b>16</b></p> <p>9:30 Silver Sneakers <b>Rudd's Free Day</b> 12:30 AARP Webinar "Wills &amp; Trusts" watch party</p> <p><b>National Banana Day wear your yellow</b></p>	<p><b>17</b></p> <p>9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease 12:00 Music: Dave Deakin</p>
<p><b>20</b></p> <p>9:30 Mobility Exercise 12:00 Birthday Lunch sponsored by Sara w/ Enhabit 12:45 Bingo w/ Sara</p>	<p><b>21</b></p> <p>9:30 Silver Sneakers 12:00 Tatting 1:00 Cribbage W/ Jenny and Janet</p>	<p><b>22</b></p> <p>9:30 Mobility Exercise 11:00 Cinema Out to the Movie TBD \$4 for bus + cost of movie 2-4:00 Computer Help</p>	<p><b>23</b></p> <p>9:30 Silver Sneakers 11:00 Mountain West Podiatry -by appointment only 11:00 - 12:00 Blood Pressure Clinic w/Symbii</p>	<p><b>24</b></p> <p>9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease 12:00 Lunch &amp; Learn Melissa w/ Senior Helpers</p>
<p><b>27</b></p> <p>9:30 Mobility Exercise 12:00 Mayor Monday 1:00 Knitting: Come and Learn or just enjoy with friends</p>	<p><b>28</b></p> <p>9:30 Silver Sneakers 12:00 Tatting 12:30 The More you Know Class w/ PD</p>	<p><b>29</b></p>  <p>Closed for Training</p>	<p><b>30</b></p> <p>9:30 Silver Sneakers 11:00 Out to Lunch: Ramblin Roads Ogden Bus \$4.00</p>	



To celebrate **April** birthdays, we invite those with birthdays this month to join us for a **Free** lunch, with a reservation, on **April 20, 2026**, at 12:00 pm. Please RSVP by the Friday before at 257-9455.

1-Sandra Christensen, Elden Fuller, Dean Rock, Dorothy Sonato-Saldana, Mike Tennis

2-Annette Yoder, Vergalee Anderson, Concuelo Harris, Shirley Midget, David Bingham, Brenda Bourne, Jeffrey Toone

3-Sтивен Benson

4-Mary Ann Andersen, Shauna Fonnesbeck, Paul Yoder, Val Scoffield, Dennis Osmond

5-Marilyn Oliver, Kim Yates, Vicente Papa, David Garfield

6-Jenny Diaz, Joy Brower

8-Charlotte Andreason, Liz Glade, Mary Hansen, Dale Ricks, RaNae Anderson

9-Sandra Thompson, Doris Giles, Jerry Deatry

10-Linda Low, Carol Henrikson, Terri Gamble, Peter Zolintakis, Merrilyn Nelson

11-Paul Stine, Kevin Price

12-Edwin Miller, Brenda Sagers, Joseph Noble

13-James DeBres, Janet Sagez, Marion Sparks, Cecelia Warden, Darlene Cannon, Blaine Lindsay, Camille Lopez

14-Mark Bertlshofer, Sandra Roberts

15-Cherre Lish, Bonnie James

16-LeAnna Skinner, Katherine Winningham, Phillip Simpson

17- Roy Hill, Sam Smith, Shirley Simper

18-Richard Gill

19-Roberta Fronk, LaVone Woodward, Gloria Fredrickson, Michael J Anderson, Josette Jenkins

20-CoraLee Norr

21-Drexel Wilson, Denise Mark, Sandra Neff, Carolyn Hale, Alan Christensen

22-Lorna Moss

23-Patsy Fridal, Stephen Hodges, Karin Rasmussen, Sally Dobbins, Ron Hinkley

24-Byron MacDonald, Donald Vanderhoof, Carol Brady

25-Jane Taylor, Sandra Homer

26-Mary Elizabeth Anderson, Ila Okada, Arthur Peabody, Michael Auger, Ronald Womack, Sandra Johnson, Anna Anderson

27-Karen Bingham, Cynthia Eskelson, Kent Miller, Mary Thompson

28-Donna Packer, Geraldine Roderick, Vera Rose, Gayle Taylor, Fran Doney, Charlotte Reeder, Judy Facer

29-Blake Southwick, Christine Gardner, Shari Green

30-Brian Pali, Sheryl Rohde

## *Tulip Festival Fieldtrip*

**Tuesday April 14, 2026**

We will be leaving the center at 9:00 am. The cost of the Bus is \$8.00. The entrance into Thanksgiving Point is \$21.00 and \$14.00 for a seat on the golf cart. You will also be responsible to buy your own lunch. So you would need to have \$43.00 plus lunch money. This is a wonderful field trip we do every year. The flowers and scenery is amazing. There is a sculpture garden with scenes of Christ that is stunning. Sign up to spend the day with us. Remember to bring a water bottle for this warm weather.

## *CAREGIVER SUPPORT CLASSES*

**Come and get some ideas, or invite your kids.**

Tammy with BRAG will be holding a monthly “Medicare Minute” and “Caregiver Support Group” (free with registration). These classes will have very beneficial information for you and/or your caregiver. Some of the action items being discussed are: Medicare 101, Fraud Prevention, Caregiver talking points, Stress busting, and navigating your aging Journey. Come and take advantage of this wonderful information.

**Reserve your spot by calling 435-713-1462.**

## *Blood Pressure/Health Clinic*

**Fourth Thursday of each Month, Starting on April 23, 2026**

We have changed the date of this clinic to the fourth Thursday of each month. We are pleased to announce the organization of a monthly Blood Pressure/Health Clinic, hosted by Symbii Home Health and Hospice. This clinic is designed to support participants in monitoring and managing their cardiovascular health through preventive screening and education.

Licensed healthcare professionals will be available to provide complimentary blood pressure screenings and answer simple health questions. All are welcome to attend.

## *Hearing Aide Cleaning W/ Dr. Andrea*

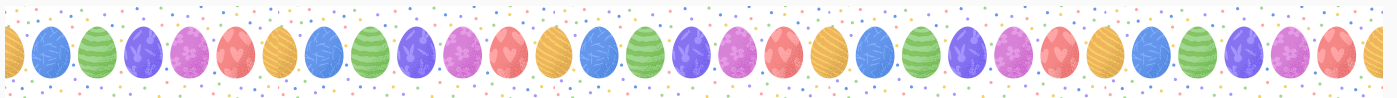
### **Coming Next Month**

Dr. Andrea is getting very busy in her new local office, and we are so excited for her success. She has decided to only come to the center once every other month. We look forward to her visit in May. Thanks to all of you for your support in her new venture.

## *Easter Egg Hunt*

**Friday, April 3 @ 11:30**

We will have several eggs hidden around the building. Starting at 11:30, you can collect the eggs and bring them to the front desk for a prize. Why should the kids have all the fun? We hope you can have fun with us!



## *Out to the Movie*

**Wednesday, April 22 @ 11:00**

We are bringing back this field trip. Providence Movie Theater offers matinees during the week. We do not know what will be playing that far out to advertise right now. Check back, and we will let you know what movie will be showing and what time we will need to leave the center. We will look for G and PG movies. The bus will cost \$4.00, and you will be responsible for the cost of the movie and refreshments. Bring a jacket, theaters are always cool.

