



# MAY NEWSLETTER

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## Senior Center Staff

Director:  
Jenny Christensen

Admin Assistant:  
Kathryn Bodrero

Receptionists:  
Kaydee Scott  
Stefanie Oyler

Activity's  
Heather Connelly  
Kirsti Summit

Cooks:  
Lyn Corbett  
Drex Wilson  
Jennifer Duncan  
Charley Kwapis

Kitchen Volunteer:  
Ashlee Bennett  
Sister Leckie

Meal Delivery's:  
Mary Ann Andersen  
Laura Lee Woolsey  
Charlie Bourne  
Anna Sanders  
Dorcee Winward  
Sylvia Lopez  
Ronda Bingham

Exercise Instructors:

Mobility:  
Marilyn Anderson  
Silver Sneakers:  
Kris Saunders  
Movement:  
Jenny Napoli

## The Director's Corner

### A Note From Jenny

We'd love your input! What kinds of activities would help you live a healthy, happy, and full life? Here's one idea we're considering: a field trip to Hale Center Theatre to see *My Fair Lady*. Tickets are \$73 each. We will go out to eat before the show, so the total cost will be around \$125. We could either make it a late night and drive home or turn it into an overnight trip—depending on interest.

We're also thinking about bringing back some past favorites and trying new things:

- A walking group during the warmer months or some group hikes.
- Are there more classes you might be interested in?
- A book club (possibly reading books that have movie adaptations, then hosting a movie night!)

We really want to plan things you'll enjoy, so please let us know what sounds fun to you—or share any other ideas you have!

Thanks so much for your input!

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# BEAR RIVER VALLEY SENIOR CENTER



Open Monday-Friday | 9:00 am - 4:00 pm | Closed Sat-Sun & Holidays



# About our Lunch Service!

## 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 or concern.

## Pick-up Meals

If you are unable to dine in with us or will not be home for your delivery, you can schedule a pickup meal. Please schedule your meal at least one day before and make any changes to the delivery type by at least 10:00 am on that day. These meals are available for pick-up at the back door from 11:30 to Noon each day. After that, they will be placed in the refrigerator in the Lobby. Our receptionist will help you there.

## Dine in Meals

Dine in meals are served each day at 12:00 pm. Orders must be placed at least one day in advance. Please notify us by filling out the form or calling us as early as possible. We ask that any changes (cancel or switch to pick up) be made before 10:00 am the day of so that we can be prepared.

## 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 to the receptionist.

## Our Goal

We strive to have enough food for each one of you, hot and cooked to perfection. We need your help by letting us know how many we are preparing for and how you want it. Every little change takes time, effort, and communication. We appreciate you help and effort in keeping us informed.

Please call to make your Reservation, Cancellation, or Change ASAP. 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**

May 2026

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11		12		13		14		15	
18		19		20		21		22	
25	<b>X</b>	26		27		28		29	

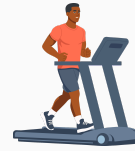


# Monthly Staples

# Everyday Activities

## Monday's

- 1st Monday: *Mobility Exercise*
- 2nd Monday: *Mobility Exercise, Food Box Pick-up, Garland DUP*
- 3rd Monday: *Mobility Exercise, Birthday Lunch*
- 4th Monday: *Mobility Exercise, Mayor Monday, Knitting Group*
- 5th Monday: *Mobility Exercise*



## Tuesday's

- 1st Tuesday: *Silver Sneakers, Tatting, Stagecoach DUP*
- 2nd Tuesday: *Silver Sneakers, Tatting*
- 3rd Tuesday: *Silver Sneakers, Tatting*
- 4th Tuesday: *Silver Sneakers, Tatting, The more you know*
- 5th Tuesday: *Silver Sneakers, Tatting*

## Wednesday's

- 1st Wednesday: *Mobility Exercise, Bingo, Computer Help*
- 2nd Wednesday: *Mobility Exercise, Bingo, Computer Help*
- 3rd Wednesday: *Mobility Exercise, TV Game Show, Computer Help*
- 4th Wednesday: *Mobility Exercise, Games w/Jenny, Computer Help*
- 5th Wednesday: *CLOSED*

## Thursday's

- 1st Thursday: *Silver Sneakers, Walmart Trip*
- 2nd Thursday: *Silver Sneakers, Medicare Minute, Caregiver Talking Points*
- 3rd Thursday: *Silver Sneakers, Rudd's Free Lunch for Dine-In's & Pick-ups*
- 4th Thursday: *Silver Sneakers, Foot Care By Appointment, Blood Pressure*
- 5th Thursday: *Silver Sneakers*

## Friday's

- 1st Friday: *Mobility Exercise, Mindful Movement, Dennis Layne*
- 2nd Friday: *Mobility Exercise, Mindful Movement, Dave Deakin & Friends*
- 3rd Friday: *Mobility Exercise*
- 4th Friday: *Mobility Exercise*
- 5th Friday: *Mobility Exercise*

Computers



Treadmill



Billiards



Reading



Canasta



Puzzles



Visiting



Lunch



Recumbant

Bikes

“BE POSITIVE. YOUR MIND IS MORE POWERFUL THAN YOU THINK. WHAT IS DOWN IN THE WELL COMES UP IN THE BUCKET. FILL YOURSELF WITH POSITIVE THINGS.” –TONY DUNGY



















# May Menu

MON	TUES	WED	THUR	FRI
<p>These amazing meals are only a suggested donation of \$4.00. You only need to pay what you can afford. All we ask is that you let us know when and how we can provide them.</p> 				<p><b>1</b> Sliced Turkey Stuffing/gravy 5 Way Veg Pistachio Salad Roll</p>
<p><b>4</b> Chicken Strips Sweet Potato Tots Cowboy Coleslaw Peas &amp; Carrots Brownie</p>	<p><b>5</b> Taco Salad Cornbread Banana Pudding</p>	<p><b>6</b> Chicken Fettuccini California Veg Broccoli Salad Cheese Biscuit</p>	<p><b>7</b> Cowboy Delight Peas &amp; Carrots Carrot Salad Raisin Cookie</p>	<p><b>8</b> Lemon Pepper Chicken/ Rice Pina Colada Salad Green Beans Roll</p>
<p><b>11</b> Southwest Chicken Salad Tropical Fruit Cornbread 7 Layer Cookie</p>	<p><b>12</b> French Dip Sandwich Carrots Fruit Crunch Salad Texas Sheet Cake</p>	<p><b>13</b> Chinese Chicken Rice Stir Fry Veg Egg Roll Oriental Salad</p>	<p><b>14</b> Shepherds Pie Corn Applesauce Cup Carrot Cake</p>	<p><b>15</b> Salmon Baked Potato Capri Veg Coconut Salad Roll</p>
<p><b>18</b> Chicken Cordon Bleu Green Beans Spinach Salad Lemon Bars</p>	<p><b>19</b> Egg Salad Sandwich Veggi Sticks Ambrosia Salad Better Than Cake</p>	<p><b>20</b> Lasagna Broccoli Green Salad Garlic Bread</p>	<p><b>21</b> BBQ Chicken Rice 5 Way Veg 3 Bean Salad Pumpkin Chocolate Chip Cookie</p>	<p><b>22</b> Meatloaf Ranch Potato Carrots Orange Julius Salad Roll</p>
<p><b>25</b> </p>	<p><b>26</b> Tater Tot Cass Cateau Veg Cottage Cheese &amp; Pineapple Choc. Chip Cookie</p>	<p><b>27</b> Sloppy Joe Cabbage Potato Salad</p>	<p><b>28</b> Tuna Cass. California Veg Working Girl Salad Peanut Butter Bars</p>	<p><b>29</b> Pork Roast Pot/Gravy Corn Frogeye Salad Roll</p>

\*This menu is subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Just a little reminder, this is a <b>FREE</b> club,  <b>NO</b> membership is required.                      Most of our activities are <b>FREE!</b>                      We only ask that you help us track                      what you are doing, and fill out an                      Information form once a year!</p> 				<p><b>1</b>                      9:30 Mobility Exercise                      10:00 Haircuts  <del>10:30 Mindful                      Movement w/ Ease</del>                      Canceled</p>
<p><b>4</b>                      9:30 Mobility Exercise                      1:00 Movie: "Star Wars - A New Hope"    <b>National Star Wars Day</b></p>	<p><b>5</b>                      9:30 Silver Sneakers                      12:00 Tatting                      11:30 <b>Cinco De Mayo Lunch Fiesta</b>                      12:30 Heat Help                      Computer Room Closed                      1:00 Stagecoach DUP</p>	<p><b>6</b>                      9:30 Mobility Exercise                      1:00 Bingo                      2-4:00 Computer Help  </p>	<p><b>7</b>                      9:30 Silver Sneakers                      12:00 Medicare Minute Lunch &amp; Learn w/ Tammy                      12:30 Walmart                      1:00 Caregiver Support Group</p>	<p><b>8</b>                      9:30 Mobility Exercise  <del>10:30 Mindful                      Movement w/ Ease</del>                      Canceled                      12:00 Dave Deakin and Friends  </p>
<p><b>11</b>                      9:30 Mobility Exercise                      12:30 Food Box Pick-up                      1:00 Garland DUP  </p>	<p><b>12</b>                      9:30 Silver Sneakers                      10:00 Bird Refuge                      12:00 Tatting                      12:30 Heat Help                      Computer Room Closed  </p>	<p><b>13</b>                      9:30 Mobility Exercise                      1:00 Bingo                      2-4:00 Computer Help    <b>National Receptionist Day</b></p>	<p><b>14</b>                      9:30 Silver Sneakers                      12:30 AARP Webinar "The New Currency of Scams"                      9:30 Out to the Movie "The Sheep Detectives" \$4.00 for the bus + ticket and treats</p>	<p><b>15</b>                      9:30 Mobility Exercise  <del>10:30 Mindful                      Movement w/ Ease</del>                      Canceled                      1:00 Movie Day: "The Cowboys" w/John Wayne  <b>May 16 National Classic Movie Day</b></p>
<p><b>18</b>                      9:30 Mobility Exercise                      12:00 Birthday Lunch                      12:00 Mayor Monday                      1:00 Knitting: Come and Learn or just enjoy with friends  </p>	<p><b>19</b>                      9:30 Silver Sneakers                      10:00 Cache Valley Outlets                      12:00 Tatting    <b>National Devil's Food Cake Day</b></p>	<p><b>20</b>                      9:30 Mobility Exercise                      10:00 Hearing Aid w/Dr. Andrea cost (\$15)                      1:00 TV Gameshow                      2-4:00 Computer Help  <b>National Slush Day</b></p>	<p><b>21</b>                      9:30 Silver Sneakers  <b>Rudd's Free Day</b>                      11:00 Out to Lunch bunch to "The Dude Ranch Cafe" in Malad Idaho  </p>	<p><b>22</b>                      9:30 Mobility Exercise                      10:30 Mindful Movement w/ Ease  </p>
<p><b>25</b>  </p>	<p><b>26</b>                      9:30 Silver Sneakers                      12:00 Tatting                      12:30 The More you Know Class w/ PD                      1:00 BRHS Senior Motorcade  </p>	<p><b>27</b>                      9:30 Mobility Exercise                      1:00 Games w/Jenny                      2-4:00 Computer Help  </p>	<p><b>28</b>                      9:30 Silver Sneakers                      12:30 Canyon Home Health Toenails -by appointment only                      11:00 - Noon Blood Pressure Clinic w/Symbii  </p>	<p><b>29</b>                      9:30 Mobility Exercise                      10:30 Mindful Movement w/Ease  </p>



To celebrate May birthdays, we invite those with birthdays this month to join us for a Free lunch, with a reservation, on **May 18, 2026**, at 12:00 pm. Please RSVP by the Friday before at 257-9455.

1-Linda Cutler, Iris Douglas, Margaret Maryott, Gayle Wakely, Lynda West, Dan Drake  
 2-Nona Bee, John McMinn, Lori Process  
 3-Becky Duncan, Marie Jeppsen, Lyn Corbett, Kip Heiner, Saveun Ngen, Gloria Hunter  
 4-Connie Sessions, Clair Zollinger, Rozanne Ashby  
 5-Joyce Gardner, Shirley Montgomery, Dixie Whiting, Yale King, Diane Crump  
 6-Genaro Zarate, Richard Fuller, Bruce White  
 7-Douglas Hutchen, Boyd Parker, Janet Wilson, Beverly Yates  
 8-Allan Christensen, Cheryl Allen, Vicki Austin, Claire Robinson  
 9-Marie Crook, Barbara Foote, Deborah Munns, Cristie Boyer  
 10-Denson Henry, Kathleen Peterson, Carma Ricks, Michael Morton, Melanie Capener  
 11-Nona Hunsaker, Robert Pulver, Pegi Carpenter, Talauna Stokes, Holly Church  
 12-Lanette Huggins, Coreen Barry, Winnifred Johnson, Steve Lowder  
 13-Norma Lasa, Alice Ward, Harvey Evans, Jan Anderson, Christy Guynn, Danna Koyle  
 14-Deanna Greer, Michele Orosco  
 15-Lorraine Coppenger, Helen Howell, Marye Okada, Gayle Profaizer, Dixie Jones, Vickie Harper, Ken Simcox

16-Linda Alico, Elaine Clausing, Colyn Knudsen, Heidi Pittman  
 17- Grant Homer  
 18-Lori Hidalgo, Shelley Evans, Neil Bailey, Stanley Bywater  
 19-Terry Christensen, Camylla Butler, Ann Spackman, Carol Dawn Limb, Janet Morton, Milo Porter, John Langley, Brett, Massengale  
 20-Debra Fitzgerald, Marjorie Mills, Arlene Thurgood, Patrioia Shurtz, Neil Neson  
 21-Deana Frank, Kathleen Christensen, Judy Phillips, Lynda Johnson, Barbara Barrow  
 22-Jean Eddy, Janet Firth  
 23-Sтивен Erickson, Linda Johnson, Richard Kidd, Charlotte Port, Barry Mohlman, Marlon Bingham  
 24-Ben Burkey, D-Ann Hoopes  
 25-Don Anderson, Marilyn Smith, Dorlyn Ramsdell, De Vere Hansen, Sharon Ericson  
 26-Carol Davis, Debbie Deakin, Lynn Reeder  
 27-John Alico, Jerald, Johnson, Kerry Goodrick, Sue Ellen Macfarlane, Sharon Nielson, Debra White  
 28-Arnold Krabbenholt, Darlene Miller, Kristan Hess, Norma Jean Earl, Karen Wright  
 29-Glen Smith, Allan Sutch, Shannon Robinson, Alta Baumgartner, Janeen Ardito  
 30-Iva Alison, Beth Hill, Dot Ross, Dee Loy Rupp  
 31-Joe Harper, Linda Kuwana





# BRAG HEAT Page #7

## Assistance Program

This is for anyone who needs help with filling out their HEAT Program paperwork. If you are low-income and need help paying your heat bill to stay warm next winter, come and visit with these helpful people.



May 5<sup>th</sup> & May 12<sup>th</sup>  
12:30 to 3:30



Wear bright colors and join us for a celebration of the Mexican army over French forces. We will have games and trivia for you before a yummy lunch of taco salad.

11:30, May 5th

9:30, May 14th

## Out to the Movie



The bus will depart at 9:30am to go to the Animated Movie "The Sheep Detectives" at the Providence Theater. Senior tickets are \$8.50. Space is limited; please call to reserve your spot today. Cost of the bus is \$4.00.

11:30, May 12th



## The Bird Refuge



We will be packing a lunch and enjoying a drive through the bird refuge enjoying the scenery and the wild life. We will also stop at the visitors center for some learning.

Cost of the bus will be \$3.00.

Sign up, space is limited.

10:00 May 19th

## Cache Valley Outlet Tour



We will visit Gossner's Cheese Factory, Pepperidge Farm, Lower's Meats, and Casper's Ice Cream. Bring your coolers and your wallet for a fun ride and good shopping. Cost of the bus is \$5.00.



# Looking Back



# Looking Ahead

JUNE



**Wednesday, June 10:** Annual Summer Picnic with Let's Make a Deal Bingo. Costumes anyone?

**Thursday, June 18:** Summerfest Arts Fair 10:30-3:30 Featuring 160+ visual artists, 38 performances on an indoor and outdoor stage, and 30 food vendors offering a variety of international cuisine, this event encompasses a variety of art genres. Cache County Fair Grounds

**Friday, June 19:** **CLOSED**

**Tuesday, June 30:** Day Trip, Front Runner & Out to Lunch with possible shopping and site seeing. Walking involved.

**Friday, July 3:** **CLOSED**

**Friday, July 17:** Fort Hall Trip Bus departs at 9:00 am. Cost is \$12.00. Sign ups begin June 1.



**SHOSHONE-BANNOCK**  
CASINO HOTEL

**Friday, July 24:** **CLOSED**

**Wednesday, July 29:** Our Annual Bear Lake Trip. Out to lunch with a beautiful drive through Logan Canyon.

