



JUNE NEWSLETTER

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Stefanie Oyler

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Kirsti Summit

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Drex Wilson
Jennifer Duncan
Charley Kwapis

Kitchen Volunteer:
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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

Custodian:
Miguel Lopez

The Director's Corner

A Note From Jenny

In The Wizard of Oz, at the end, little Dorothy from Kansas destroys the wicked Witch of the West. As she melts, she screams, "what a world, what a world!" I have quoted this line many times in my life. I feel it now more than ever. I never dreamed our piece of earth would ever be so far from peace. I wish that people could remember how to communicate and be respectful of other opinions. We don't all have to agree, but we can still be respectful and caring. I hope that we can all gather at the Senior Center and be kind to one another. We are all adults who know how to speak about our different opinions and go on being friends. I truly want each of you to feel welcomed and appreciated when you walk through our doors.

Summer is here! Let the adventures begin. We have so many fun things planned for you this summer, and I am very excited. The summer picnic is just two weeks away, and always a fun time to be together while eating a great traditional picnic meal and visiting with our dear friends. This year's theme is TV Gameshows! Do you have a costume you want to wear? Are there prizes you hope to win? Who will get the ZonK!

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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. When ordering for the month, please return your order slip within the first week of the Month. Changes can be made as needed with a phone call.

Pick-up Meals

If you are unable to dine in with us or will not be home for your meal, you can schedule a pickup meal. Please schedule your meal at least one day before. Please make any changes (Cancel or switch to dine-in) by 10:00 the day of. These meals are available for a drive thru pick-up at the back door from 11:30 to Noon each day. After that, they will be placed in the refrigerator in the front Lobby. Our receptionist will help you get your meal 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.

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 on the counter. If you are under 60 it is required that you pay \$12.00 to the receptionist before your meal.

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 to receive it. Every little change takes time and effort. We appreciate your diligence in keeping us informed so we can best serve you.

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

June 2026

| | | | | | | | | |
|----|----|----|-------------|----|----|--|--|--|
| 1 | 2 | 3 | 4 | 5 | | | | |
| 8 | 9 | 10 | NO pick-ups | 11 | 12 | | | |
| 15 | 16 | 17 | 18 | 19 | X | | | |
| 22 | 23 | 24 | 25 | 26 | | | | |
| 29 | 30 | | | | | | | |



Monthly Staples

Monday's

- 1st Monday: *Mobility Exercise*
- 2nd Monday: *Mobility Exercise, Food Box Pick-up*
- 3rd Monday: *Mobility Exercise, Birthday Lunch*
- 4th Monday: *Mobility Exercise, Mayor Monday*
- 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*
- 2nd Friday: *Mobility Exercise, Mindful Movement, Dave Deakin & Friends*
- 3rd Friday: *Mobility Exercise*
- 4th Friday: *Mobility Exercise, Music by Susan Wilcox*
- 5th Friday: *Mobility Exercise*



Everyday Activities

Computers



Treadmill



Billiards



Reading



Canasta



Puzzles



Visiting



Lunch



Recumbant









Bikes

“Your talent determines what you can do.
Your motivation determines how much you're willing to do.
Your attitude determines how well you do it.”

Lou Holtz















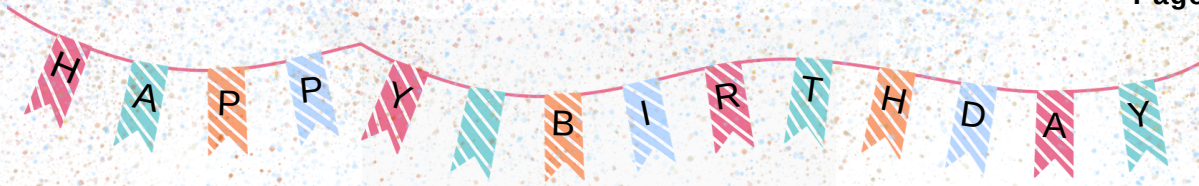
June Menu

| MON | TUES | WED | THUR | FRI |
|---|--|---|---|--|
| <p>1</p> <p>Philly Cheese Steak Sandwich Normandy Fruit in Season Lemon Square</p>  | <p>2</p> <p>Chow Mein Rice Stir Fry Veg Chinese Salad Apple Crisp</p> | <p>3</p> <p>Egg Casserole Tater Tots Parfait Corn</p> | <p>4</p> <p>Mad Hatter Meatballs Rice Carrots Peaches Peanut Butter Finger</p> | <p>5</p> <p>Ham Potato Bake Peas & Carrots Pistachio Salad Roll</p>  |
| <p>8</p> <p>Cod Mac & Cheese California Veg Coleslaw Pinnacle Upside Down Cake</p> | <p>9</p> <p>Deli Sandwich Broccoli Salad Beets Rice Crispy Treat</p> | <p>10</p> <p>Chicken Strips Tater Tots Bowtie Salad Baked Beans Fruit</p>  | <p>11</p> <p>Shepherds Pie Corn Cottage Cheese & Pears Surprise Cake</p> | <p>12</p> <p>Baked Chicken Stuffing Normandy Veg Pina Colada Salad Roll</p> |
| <p>15</p> <p>Hamburger Gravy Mashed Potato Broccoli Carrot Salad Ice Cream</p> | <p>16</p> <p>Chicken Salad Muffin Banana Lemon Lush</p>  | <p>17</p> <p>Spaghetti Green Beans Green Salad Garlic Bread</p> | <p>18</p> <p>Meatloaf Ranch Potatoes Mixed Veg Depepe Salad German Chocolate Cake</p> | <p>19</p>   |
| <p>22</p> <p>Taco Salad Corn Bread Tropical Fruit Eclair Pie</p>  | <p>23</p> <p>Sloppy Joes Cabbage Potato Salad Rice Pudding</p> | <p>24</p> <p>Chicken Broccoli Casserole Rice Capri Veg 3 Bean Salad</p> | <p>25</p> <p>Chicken Fettuccini Carrots Applesauce Snickers Doodles</p>  | <p>26</p> <p>Turkey Steak Potatoes/Gravy Green Beans Zesty Jello Salad Roll</p> |
| <p>29</p> <p>Tuna Casserole Peas Spinach Salad Oatrageous Cookies</p> | <p>30</p> <p>Chicken Enchilada Southwest Veg Green Salad Brownie</p> | | | |

*This menu is subject to change without notice.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| <p>1 9:30 Mobility Exercise</p> | <p>2 9:30 Silver Sneakers 12:00 Tatting</p>  | <p>3 9:30 Mobility Exercise 12:45 Bingo 2-4:00 Computer Help</p> <p>National Egg Day</p>  | <p>4 9:30 Silver Sneakers 12:30 Walmart Trip</p> | <p>5 9:30 Mobility Exercise 10:00 Haircuts by Appt. only 10:30 Mindful Movement w/ Ease - 11:00 John Dalley @ Logan Tab. Tribute to Niel Diamond</p> |
| <p>8 9:30 Mobility Exercise 12:30 Food Box Pick-up Today please</p>  | <p>9 9:30 Silver Sneakers 12:00 Tatting 12:45 Karaoke</p> | <p>10 NO pick-up meals 9:30 Mobility Exercise 11:00 Summer Picnic Games At the Park Center Closing @ 11:00</p>  | <p>11 9:30 Silver Sneakers 12:45 In house Movie "Remarkably Bright Creatures" (PG13 for Swearing)</p> | <p>12 9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease- 12:00 Dave Deakin and Friends</p>  |
| <p>15 9:30 Mobility Exercise 12:00 Birthday Lunch</p>  | <p>16 9:30 Silver Sneakers 12:00 Tatting 11:00 Mike Christiansen @ Logan Tab. Guitar Music</p> | <p>17 9:30 Mobility Exercise 12:45 TV Gameshow 2-4:00 Computer Help</p> | <p>18 9:30 Silver Sneakers Rudd's Free Day 10:30 Summerfest Arts Festival</p>  | <p>19</p>   |
| <p>22 9:30 Mobility Exercise 12:00 Mayor Monday</p> <p>National Eclair Day</p> | <p>23 9:30 Silver Sneakers 12:00 Tatting 1:00 The More you Know</p>  | <p>24 9:30 Mobility Exercise 12:45 Games w/Jenny 2-4:00 Computer Help</p> | <p>25 9:30 Silver Sneakers 11:00 Allevio Podiatry by Appt. only 12:30-1:30 Blood Pressure w/Symbii 12:00 Medicare Minute w/Tammy</p> | <p>26 9:30 Mobility Exercise 10:30 Mindful Movement w/ Ease 12:00 Music of Susan Wilcox</p>  |
| <p>29 9:30 Mobility Exercise</p> | <p>30 9:30 Silver Sneakers 12:00 Tatting 9:45 Front Runner & Out to Lunch @ Cheesecake Factory</p>  | | | |



To celebrate **June** birthdays, we invite those with birthdays this month to join us for a **Free** lunch, with a reservation, on **June 15, 2026**, at 12:00 pm. Please RSVP by the Friday before at 257-9455.

- 1-Arlene Hales, Lois Miller, Matt Zollinger, Linda Ritter, Cuba Nuttall, Sandra Burnett
- 2-Hazel Anderson, Nola Hale, William Warden, Yvonne Vincent, Lynn Bradak, David LeFors, Thomas Bingham, Alan Stanberry, Randy Call, John Taylor
- 3-J Chapman, Pamela Litchford, Jerry Stam, Carolyn Nash, Susan Holland
- 4-Valorie Stander, Linda Udy, Alan Zobrist, Cathy Newman
- 5-LaRaine Harris, Devon Foote, Sharon John, Donna Anderson, Shauna Halls, Edward Quinn
- 6-Connie Esquivel, Nancy Hunsaker, Richard Oliver, Gerald Davenport, Jeannette Bosworth
- 7-Brad Archibald
- 8-Janna Mellies, Connie Miller, Reed Norr, Michelle Cutler, Greg Grant, Kathy Wilks
- 9-Craig Christensen, Betty Misrasi, Susie Trush, Dennis Holland
- 10-Deborah A Bellon, Walter Hardester, Nancy Waite, Kim Nivison, Pamala Pickard, Craig Nielson, Richard Lucchino
- 11-Charles Bourne, Michael Foster, Bruce Roberts, Duane Christensen
- 12-Anelle Bleak, Bruce Anderson, Della Taylor
- 13-Betty Spencer, Rex McKee, Ramiro Gonzalez, Thomas Hoesch
- 14-Rose Brummett, Clair Holmgren, Emma Evans, Dean Umpleby, Denis Roberts

- 15-Susan Huddleston, Elvira Suan, Molly Ladd
- 16-Shirley Josephson, Darwin Burnett
- 17-Marie Carter, Joy Webb, Mary Wolfe, Teresa Clark
- 18-Elizabeth Snow, Marilyn Roylance, Walton Summers, Berniece Peabody, Nelda Bolton
- 19-LaDene Jeppesen, Connie Mansell, Paula Kluss, Lewis Henry
- 20-Gordon Pope, Lee Summers, Mary Beth, Williams, Ronald Clark, Carol Thurgood, Vickie Day
- 21-Tamara Lee, Kim Bonanza, Linda Cowley
- 22-Floyd Jensen, Christine Heap-Tano, Vicci Karp
- 23-John Ellsworth, Brent Dermody, Janeal Shaffer
- 24-Garry Carter, June Lewis, Cynthia Miller
- 25-James Farley, Paul Garner, Farrell Udy, Dianne Steward, James Rasmussen, Wes Barrett, Paulette Garren
- 26-Gwen Miller, Kim Fields, Margaret Macfarlane, Diana Mauchley, Vicki Thayne
- 27-Dennis Barfuss, Rosa Moosman, Ray Taylor, Barbie Massengale
- 28-Lillian Winkler, Gary Beal
- 29-Sheila Burnett, Nikie Harper, Rebecca Jeppesen
- 30-Emiko Williams





Summer Picnic

Meet at North Park Bowery at 11:00 for games, prizes, and so much fun. A Traditional picnic lunch will be served at Noon. Please invite your neighbors and friends! Call us to reserve your spot now! 435-230-1353
RSVP by Friday June 5

Wednesday, June 10th @ 11:00

Summer Concert Series @ Logan Tabernacle

The bus will leave from the Senior Center at 11:00 to give us time to get into the Tabernacle and find a seat. This year, we will not be providing lunch, so bring a snack for the bus or eat before you come. You can order a meal to be held for you at the center when we return. This month, we will hear a Neil Diamond Tribute and a guitar variety player.

June 5th & 16th @ 11:00, \$4.00

Thursday, June 18th @ 10:30, \$4.00

Join us for a ride to Logan to walk around the vendors and listen to the music at the Summer Arts Faire. There will be food vendors and interactive art booths. Admission is free. The bus ride will be \$4.00. There will be lots of walking on grass at Willow Park.



Tuesday, June 30 @ 9:45, \$10.00 Please pay ahead



Front Runner & Cheesecake Factory

Join Heather for a ride to Ogden to get on the Front Runner to Salt Lake, where you will switch to the Trax system to go to lunch and shopping. Then return home the same way. This is a great way to learn how to use the public transit system that is available to us, or just a great way to get out of the valley and enjoy time with friends. The bus will depart from the center at 9:45. The cost for the Bus and the Train is \$10 total to be paid when you sign up. You will pay for your own lunch and purchases.

Please remember to RSVP for meals and activities. Space and food are limited and we want each of you to have the best experience possible.



Looking Back



Looking Ahead



Thursday, July 2: My Fair Lady Hale Theater

Friday, July 3: **CLOSED**

Friday, July 17: Fort Hall Trip Bus departs at 9:00 am. Cost is \$12.00. Sign up now.



Friday, July 24: **CLOSED**

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

Aug. 11, 2026: Trash to Treasure. We will visit the Layton DI then go out to lunch and visit the Harrisville DI on the way home.

Aug. 26, 2026: We will be closing at 2:00 to enjoy the Fair Parade with our families.

Aug. 27, 2026: Fair trip and Out to Lunch. Wander the displays and booths and then enjoy your favorite fair food.

