

## Upcoming Events & Travel

### How to Register for Activities/Trips Online

- [www.bcutah.org](http://www.bcutah.org)
- “Sports Registration”
- “Register for Activities”
- Senior Center Activities  
–Day Trips 2020 —Sign Up



Monday - Friday @ 9:00 AM via Zoom App

### ZOOM LOGIN INFORMATION:

Meeting ID: 388 818 5004

Meeting Passcode: 55123

Or enter <https://us02web.zoom.us/j/3888185004> in your computer browser.

Join us for your daily dose of exercise with our amazing instructor Janice Munns doing Silver Sneakers Live! An email with login information is sent out daily. If you would like to be added to the email list please contact Kirsten.

Equipment check out is at the East door 8-10:00 AM. Silver Sneakers is covered by United Healthcare and Aetna.

**Questions? Contact: Kirsten 435-226-1453**

## Tai Chi

Meditation In Motion

*Improve flexibility, balance, and agility.  
Decrease stress, anxiety, and depression.*

Tai Chi is taught by a live instructor via Zoom every **Tuesday at 10 a.m.** Classes are FREE to attend and all are welcome.

In celebration of the Tai Chi class launch we will be holding an **opportunity drawing**. Earn one entry for the drawing per session attended now through September 15th. A grand prize drawing will be held following the September 15th class.

**Register for Tai Chi free online at**

**<https://brighamcity.activityreg.com>**

**or contact Kirsten by email [ksmith@bcutah.org](mailto:ksmith@bcutah.org) or phone**

**Kirsten 435-226-1453**

## Expand Your Horizons!

### COVID-19 Disrupts Planned Activities

When the newsletter was sent to print, the CDC was still recommending social distancing and no more than 50 people in attendance at events. We are unsure as to which activities will still go as scheduled. Please follow us on Facebook for current information.

### Upcoming Local Events:



The Box Elder Chamber of Commerce and Brigham City Corporation are excited to announce the following activities that will take place the week of Peach Days (September 8 – 12, 2020):

- Fruit Display: The longest running tradition at Peach Days will be on the courthouse lawn again this year.
- Service Week: In partnership with United Way of Northern Utah we are excited to promote a service week! Take the money and time you would have spent at Peach Days and donate your money/time to a local nonprofit organization. We have set a goal to have 20,000 dollars/hours donated!
- Goosechase: The Chamber will be doing a week long scavenger hunt/mission driven contest to spotlight businesses, our heritage, and the traditions that Peach Days offers the community. Examples are:
  1. Decorate your porch contest
  2. Decorate your business window contest
  3. Posting a favorite peach recipe
  4. Posting pictures/stories of Peach Days past
  5. Trivia contests
  6. Post pictures of you in your past Peach Days shirts