



November 2026

Get Vitamin C from These Foods

Your diet is often the best place to start if you want to get more vitamin C. Experts generally recommend meeting your needs through foods like fruits and vegetables, since they provide other beneficial nutrients. Vitamin C will not completely protect you from germs, but it plays an essential role in your immune health. Most women need at least 75 milligrams (mg) per day, while men need slightly more, at 90 milligrams. Get 100% or more of your daily vitamin C from 1 cup of these foods:

- Red bell pepper
- Kiwi
- Broccoli
- Strawberries
- 1.5 to 2 c. of kale will provide 100% of vitamin C

Get 80% or more of your Vitamin C from 1 cup of these foods:

- Grapefruit
- Oranges
- Brussels sprouts



All these foods provide nutritional value far beyond Vitamin C. Choosing these foods can also support your brain, eye, gut, and heart health.

While most people can meet their vitamin C needs with food, supplements may be appropriate for some, like those with very poor appetites, limited food choices, pregnancy, and smoking. Consult a healthcare provider before starting any dietary supplement—vitamin C included.

Submitted by Alison Jensen RND, Weber-Morgan Aging Dietitian, and Nobu Iizuka, Weber-Morgan Area Agency on Aging

Health Promotion Programs

Weber Human Services Area Agency on Aging promotes preventive health programs and Living Well Programs. These include prevention and nutrition education, fall prevention, low impact exercise, strength training, Tai-Chi, and other activities and programs to promote wellness and healthy aging. We are currently featuring the following evidence-based health promotion programs at local senior centers or Weber Human Services:

Arthritis Foundation Exercise Program—A recreational exercise program for adults with arthritis. Includes health education, exercise for any fitness level, and relaxation techniques for adults with arthritis or anyone wanting to establish an exercise routine. The Arthritis Exercise Program is currently being held at Roy Hillside Senior Center (5051 South 2000 West, Roy) at 10:00 a.m. every Friday. Call Kathy for more information at 801-773-0860.

Submitted by Nobu Iizuka, Director of Weber Human Services Area Agency on Aging

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**Weber/Morgan Area Agency
on Aging**
237 26th Street
Ogden, UT 84401
801-625-3770

**Nobu Iizuka, Director, Weber Morgan
Area Agency on Aging**

**Weber Senior Nutrition
Meals on Wheels**
1176 West 3300 South
Ogden, UT 84401
801-399-8392

**Cami McFarland, Nutrition Manager
Weber/Morgan Nutrition Program**

**Tessa Fletcher, Program Manager
Weber/Morgan Nutrition Program**

Weber/Morgan Services Aging
www.weberhsaging.net
Weber/Morgan Senior Art Gallery
www.wmseniorart.net
Weber/Morgan Monthly Newsletter
www.ourseniorcenter.com



Roy Hillside Senior Center
5051 S. 2000 W., Roy

Arthritis Exercise Tai Chi for Arthritis

- Lunch
- Games
- Education
- Foot Clinic, etc.

801-773-0860
Director—Kathy Prevedel
Open 8:30 am-3:30 pm, Mon-Thu
9:00 am-12:30 pm, Fri

Arthritis Foundation Exercise Program

Join us for our AFEP class every Friday

When: Fridays, 10:00 - 11:00 a.m.

Where: Roy Hillside Senior Center
5051 S. 2000 W. Roy, UT 84067

Free of Charge!

Multiple exercise activities, including warm-up, range of motion/stretching, strengthening, cardiovascular endurance, and cool down.

To Improve: Functional ability, mobility, muscle strength and coordination

To Reduce: Fatigue, pain and stiffness



ROY HILLSIDE

Euchre:

Every 2nd and 4th Wednesday at 1:00 PM.
Come learn and play!

Blood Pressure Check:

Blood pressure taken at your request at the front desk!



ROY HILLSIDE

Birthday Celebration:

Wednesday, November 4

Thanks to Paul Dennison for supplying treats! BINGO:

Robin Arnold:

Wednesday, November 4, 11:30 AM

Painting with Trish is back!:

Tuesday, November 10, 11:00 AM

(Sign up at front desk)

Foot Clinic (by Allevio Podiatry):

Wednesday, November 18, 10:00 AM

(Nurse only. Sponsored by Canyon Home and Health Care)

Garr Ashby—Wednesday, November 25, 11:30 AM

Medicare Minute

Tuesday, November 24, 11:30 AM

Thanksgiving Lunch and Pie Giveaway—

Thursday, November 19, 11:30 AM

(Please sign up at the front desk.)

Defying Gravity Class

Wednesday, November 18, 10:00-11:30 AM

(Please sign up at the front desk.)

Wednesday, November 4, 1:00 PM

Ovation Hospice (Karla)—

Please welcome our new sponsors!

Wednesday, November 18, 1:00 PM

Sun Ridge Assisted Living

Crossword by Northern Utah Rehab:

Tuesday, November 3, 11:30 AM

Voyant Law Legal Assistance (Lance):

Thursday, November 12, 11:30 AM

By appointment only—Speak to Kathy for more information

Second Generation Band

Thursday, November 19, 11:00 AM

Come out and dance!

CENTER CLOSED NOV. 11 & 26-27

HAPPY THANKSGIVING!

Ongoing Activities

Lunch is Served from 11:30 AM-12:30 PM

Reservations are Required

MONDAY:

9:00 AM Oil Painting

9:00 AM Coffee with Friends

11:00 AM Cards (Hand and Foot)

1:00 PM Line Dancing

TUESDAY:

8:30 AM Ceramics

9:00 AM Tai Chi for Arthritis

9:00 AM Quilting

9:00 AM Coffee with Friends

12:30 PM Pinochle

WEDNESDAY:

8:30 AM Ceramics

9:00 AM Sewing Group

9:00 AM Coffee with Friends

10:00 AM New Zumba Class

1:00 PM Cards (Euchre)

Come learn and play!

THURSDAY:

8:30 AM Oil Painting

8:30 AM Crocheting

9:00 AM Coffee with Friends

9:30 AM Chair Yoga

10:30 AM Tea Time with Friends

11:00 AM Cards (Hand and Foot)

FRIDAY:

8:30 AM Tai Chi

9:00 AM Coffee with Friends

10:00 AM Arthritis Exercise Class

Please continue to check at the front desk and on our board for new activities!

Roy Hillside Senior Center
5051 South 2000 West, Roy, Utah 84067
801-773-0860

Director: Kathy Prevedel
Open 8:30 AM-3:30 PM Monday-Thursday
9:00 AM-1:00 PM Friday

FARR WEST SENIOR CENTER
1896 North 1800 West, Farr West, Utah 84404
Phone: 801-782-3497
Director: Ange Frey-Horn
Hours: Monday-8:00AM-1:00 PM
Tuesday & Wednesday-8:00 AM-12:00 PM
Thursday-8:00 AM-10:00 AM

QUILTING

Monday and Tuesday at 9 AM

Hand quilt with us!
We meet every Monday and
Tuesday at 9:00 AM.

WII BOWLING

Tuesdays at 10:30 AM

Join us for Wii Bowling every
Tuesday! If you put "having fun"
on your resolution list, this is the
event you should be coming to!

STAINED GLASS & PURLS OF WISDOM

Wednesdays at 10:00 AM

Want to learn a new skill? Join our
dedicated group of stained glass
artists and yarn enthusiasts!

Visit us today!

801-782-3497
seniorcenter@farrwestcity.gov
farrwestcity.net/seniorcenter

1896 North 1800 West
Farr West City, UT 84404

4 | Weber/Morgan Area Agency on Aging



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Weber/Morgan Area Agency on Aging, Ogden, UT

05-1053



MORGAN SENIOR CENTER



50 West 100 North, Morgan, Utah 84050

Director: Cissy Toone

Phone: 801-845-4040

Hours: Monday–Thursday 8:00 AM–4:00 PM

Lunch is Served Tuesday–Thursday from 12:00 PM (Noon) until 1:00 PM

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
11/2 Quilting 1:00 PM	11/3 Medicare Open Enrollment 10:00 AM– 1:00 PM	11/4 Mexican Train 1:00 PM Blood Pressure Checks— 11:00 AM–Noon	11/5 Cards 10:00 AM
11/9 Quilting 1:00 PM	11/10 Shopping 1:30 PM	11/11 Veterans' Day—Center Closed	11/12 Cards 10:00 AM
11/16 Quilting 1:00 PM 	11/17	11/18 Mexican Train 1:00 PM	11/19 Cards 10:00 AM Thanksgiving Meal—Noon
11/23 Quilting 1:00 PM	11/24	11/25 Mexican Train 1:00 PM	11/26 Thanksgiving—Center Closed
11/30 Quilting 1:00 PM			

MARRIOTT-SLATERVILLE SENIOR CENTER

1570 West 400 North, Marriott-Slaterville, Utah 84404

Phone: 801-627-1919

Director: Shauna Meyerhoffer

Monday-Thursday: 9:00 AM-5:00 PM

Lunch is Served Every Tuesday!

Join us for lunch at the
Marriott-Slaterville Senior Center, housed with the
Marriott-Slaterville City offices.

Every Tuesday from 11:30 AM-12:30 PM

Reservations are required.

Yoga: Every Thursday at 9:00 AM



NORTH VIEW



Care for family caregivers. This pit stop is for you.

You don't need to go the whole way alone.

Stop by AARP Utah's FREE Care Pit Stop! AARP volunteers will welcome you with a drive-through experience. Pick up a complimentary goody bag filled with helpful caregiving resources, self-care tips, thoughtful treats, and a movie gift card (while supplies last). You'll also have the opportunity to learn about AARP Driver Safety's CarFit program. It's our way of saying thank you for the care you provide every day!



Register Now

Saturday, November 7 | 9 - 11 am
North View Senior Center
485 East 2550 North, North Ogden

Facebook Instagram Twitter @aarput

6 | Weber/Morgan Area Agency on Aging

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Weber/Morgan Area Agency on Aging, Ogden, UT

05-1053

Foot Clinic by Canyon Home & Hospice

Wednesday, November 18 (Podiatrist from
Allevio available, insurance will be billed. Space is
limited.)

Haircuts

Monday, November 2, 10:00 AM
Space is limited.

Veterans' Day Celebration

November 5, 2:30 PM

Paint with Trish

November 9, 1:00 PM
Call to register—space is limited.

Saturday Evening Music and Dance with Gary Romer

Saturday, November 21, 7:00–9:00 PM

Medicare Open Enrollment

Tuesday, November 10, 9:00–11:30 AM

NORTH VIEW

Thursday Evening Activities:

Bingo

November 4

Game Night & Grilling Burgers

November 19

Thursday Evening Activities run from 5:30 PM until 7:30 PM. A light dinner will be served at 5:00 PM for a cost of \$4.00. See website or Facebook page for menu.

Please sign up by 12:00 noon of prior Monday.

Thanksgiving Luncheon—Thursday, Nov. 19, 11:30 AM
Space is limited—Call to reserve a spot by Nov. 6.

Center will be closed November 11 for Veterans' Day
and November 26–27 for Thanksgiving

Ongoing Activities

Lunch is Served Monday–Friday from 11:30 AM–12:30 PM

Reservation Required!

MONDAY:

8:30 AM.....Ceramics/Porcelain
9:00 AM.....Beginners Line Dancing
10:00 AM.....Intermediate Line Dancing
1:00 PM.....Intermediate Tap Dance

TUESDAY:

9:00 AM.....Billiards
9:30 AM.....Art
10:00 AM.....Intermediate Line Dancing
1:00 PM.....Beginning Line Dancing
1:00 PM.....Leather Crafting (New)
1:00 PM.....Beginning Tap Dancing

WEDNESDAY:

9:00 AM.....Wood Carving
9:00 AM.....Bridge
9:00 AM.....Billiards
10:00 AM.....Intermediate Line Dancing
12:30 PM.....Beginning Line Dancing
12:30 PM.....Games
(Chess, Pinochle, Cards)

THURSDAY:

9:00 AM.....Quilting Group
9:00 AM.....Beginning Tai Chi
10:00 AM.....Intermediate Tai Chi
(Must be approved by instructor)
12:00 PM.....Hand Crafting Circle Service Group
(Making Items for Seniors in our Community)
1:00 PM.....Intermediate Tap Dance
1:00 PM.....Beginning Computer Class
3:30 PM.....Movement/Dancing with Jill

*For Thursday evening activities, see above.

FRIDAY:

8:30 AM.....Ceramics
9:00 AM.....Beginning Line Dancing
9:00 AM.....Bridge
10:15 AM.....Yoga

North View Senior Center

485 East 2550 North

Phone: 801-782-6211

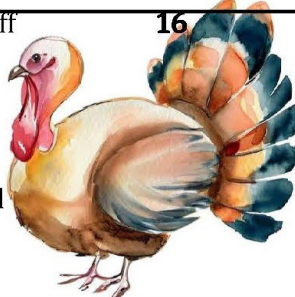
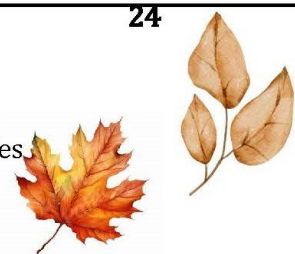
Director – Jill Garner

Hours: Monday–Thursday 8:00 am – 4:00 pm

Thursday Evening Activities to 7:30 pm

Friday 8:00 am to 2:00 pm

Seniors 60 and *older*—Suggested Donation: \$4.00
 Individuals *under* 60 years of age—Charge: \$7.00

MONDAY	TUESDAY	WEDNESDAY
Baja Chicken 2 Red Beans and Brown Rice Spinach with Diced Onions Chilled Diced Pears Wheat Roll	Country Fried Steak 3 Whipped Potatoes/Cream Gravy Sour Cream Cucumbers Riviera Blend Vegetable Warm Cherries 	Spaghetti W/ Meat Sauce Mixed Vegetable Toss salad w/dressing Mandarin Oranges Whole Wheat Roll
Sweet and Sour Pork 9 Steamed Brown Rice Asian Broccoli Mix Mandarin Oranges Fortune Cookie	Breaded Fish Fillet 10 Tartar Sauce Crispy Cube Potatoes Carrot Medley Banana Spiced Cake with Icing 	11 
Chicken Stroganoff 16 Pasta Brussel Sprouts Mixed Fruit Salad Whole Wheat Roll 	Cheesy Gold Rush Meatballs 17 With Sauce/ Rice Mixed Vegetables Tossed Salad / Dressing Fresh Fruit Dinner Roll 	Hot Pork Sandwich Mashed Potato w/ Gravy Carrots Warm Peaches Pumpkin Cheese Cake
Hearty Beef Barley Soup 23 Diced Potatoes Malibu Vegetable Chilled Pineapple Buttermilk Roll	Chicken Cacciatore 24 Brown Rice California Blend Warm Cinnamon Apples Chocolate Pudding 	Beef Tips w/Gravy Over Bow Tie Pasta Broccoli Fresh Orange Wedge Dinner Roll
Baked Tilapia / Tartar Sauce 30 Potatoes Romanoff Stewed Tomatoes Vanilla Fruited Pudding Dinner Roll	Meals Are Made Possible By Your Generous Contributions Every Donation Helps Provide Meals To A Senior In Your Community 	

WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

DAY	THURSDAY	FRIDAY
4	Baked Tilapia Au Gratin 5 Seasoned Brown Rice Green Beans Warm Peaches Fruity Oat Bar	Cube Steak / Gravy 6 Whipped Potatoes Mixed Vegetables Carrifruit Salad Fresh Fruit Dinner Roll
	Gyro on Pita Bread Tzatziki Sauce 12 Lemon Rice Green Beans Lettuce and Sliced Tomato Chilled Pineapple	Sloppy Joe w/Bun 13 Tater Tots Buttered Peas Chilled Diced Pears Peanut Butter Cookie
18	Roast Turkey/ Gravy 19 Cornbread Stuffing/Whipped Potatoes Green Beans w/Bacon Pear & Cranberry Salad Pumpkin Pie/Topping Buttermilk Roll	Chicken Pot Pie Over a 20 Biscuit Whole White Potatoes Steamed Broccoli Chilled Mandarin Oranges Chocolate Chip Cake
25	26 27 	
	Weber Senior Nutrition Program 1176 W. 3300 S. Ogden Utah 84401 (801)399-8390 – Milk Offered Daily Suggested Donation \$ 4.00 Menu Subject To Change Without Notice 	

VOLUNTEERS Needed

We are looking for enthusiastic older adult volunteers to lead Healthy Living workshops. Your life experience and friendly smile are the best tools to motivate others!



We are looking for

Peer Leaders for Healthy Living Workshops held in Senior Centers and Community locations. Volunteer Stipend may be available.

Join our team!

Call Megan at 801-625-3784
meganmc@weberhs.org
Weber Human Services Aging Services

GOLDEN HOURS



JOIN US FOR A

Thanksgiving

LUNCH

WEDNESDAY, NOVEMBER 25
11:30 AM

ENJOY A YUMMY THANKSGIVING LUNCH! RESERVE
YOUR MEAL BY MONDAY, NOVEMBER 23RD AT
11:30



10 | Weber/Morgan Area Agency on Aging



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Weber/Morgan Area Agency on Aging, Ogden, UT

05-1053

Social Opportunities

Coffee Talk w/ Byron
3rd & 17th at 10:30
Poker Group— 13th at 10:00

Classes

Card Making— 5th at 10:00
Jewelry Wire Wrapping
6th & 20th at 1:00

Special Events

AARP Safe Driving— 9th at 8:45
Thanksgiving Lunch— 25th at 11:30

Crafts

Wire Wrapping Craft— 3rd at 4:30
Sewing Project— 9th at 10:00
Stitches In Time-Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor— Mondays 5-6
Legal Services— 5th & 12th at 1:30
Haircuts— 25th at 11:00
Podiatry— 19th at 10:00

Center Closures

11th— Veteran's Day
26th— Thanksgiving Day
27th— Thanksgiving Day After

GOLDEN HOURS

CSFP Food Box Pickup—Monday, November 5
Ukulele—Wednesday, November 4 & 18, 6:00-7:30 PM
Newcomers Bridge
Thursday, November 5 & 19, 12:30-4:00 PM
Beehive Rock and Gem Club
Tuesday, November 24, 5:30-9:00 PM
Alzheimer's Support Group
Monday, November 16, 1:00 PM
S.O.A.P. Game Night
Tuesday, November 3 & 17, 6:00-8:00 PM
S.O.A.P. Movie Night
Tuesday, November 24, 5:30-8:00 PM
Gay Men's Support Group
Tuesday, November 10, 6:00-7:30 PM
Advanced Strong Bodies Class
Friday, November 6 & 20, 2:30-3:45 PM
Basic & Conversation Sign Language
Tuesday, November 3, 10, 17, & 24, 12:30-1:30 PM
Marathon Bridge
Friday, November 6, 13, & 20, 11:00 AM-4:30 PM
Silversmithing
Wednesday, November 4 & 25, 5:00-8:00 PM
Grief Recovery Method Class
Tuesday November 3, 10, 17, & 24 10:00-11:30 AM

ONGOING ACTIVITIES

Lunch is Served from 11:30 AM-12:30 PM

24-Hour Advance Reservation Required. Please call (801) 629-8864 to reserve lunch.

MONDAY:

9:00 AM-4:00 PM.....Sewing
10:30 AM-1:30 PM.....Pottery Open Studio
12:30 PM.....BINGO
1:00 PM-4:00 PM.....American Western Mahjong
2:30 PM.....Beginner Strong Bodies Class
4:00 PM-7:30 PM.....Pickleball (All Levels)
4:00 PM-8:00 PM.....Lapidary (Open Lab)

TUESDAY:

9:00 AM-11:00 AM.....Crochet & Knitting
9:30 AM-10:30 AM.....Zumba
10:00 AM-2:00 PM.....Open Art Studio
12:00 PM-2:00 PM...Stitches in Time (Registration Required)
3:00 PM.....Balance & Fitness
3:30 PM.....Chair Yoga
4:00 PM-8:00 PM.....Lapidary
5:30 PM-7:30 PM.....Pottery Open Studio

WEDNESDAY:

9:30 AM.....Bingo
10:00 AM-11:00 AM.....Vet's Group
10:00 AM-4:00 PM.....Dominoes
11:30 AM-4:00 PM.....Duplicate Bridge
2:30 PM.....Beginner Strong Bodies Class
6:00-8:00 PM.....Guitar Jammers

THURSDAY:

10:00 AM-2:00 PM.....Open Art Studio
12:00 PM-4:00 PM.....Pinochle
12:30 PM.....Living Well Tai Chi
3:00 PM.....Balance & Fitness
3:30 PM.....Chair Yoga
5:00 PM-8:00 PM.....Silversmithing (Registration Required)
6:00 PM-8:00 PM.....Diamond Squares

FRIDAY:

9:00 AM-11:00 AM.....Crochet & Knitting
9:00 AM-4:00 PM.....Sewing
10:00 AM-11:30 AM.....Line Dance (Intermediate)
10:30 AM-1:30 PM.....Pottery Open Studio
2:00 PM-4:00 PM.....Pottery (Registration Required)

Golden Hours Senior Recreation Center

650 25th Street, Ogden, Utah 84401

Phone: 801-629-8864

Director: Ginger Myers

Hours: Monday-Thursday 8:00 AM-8:00 PM

Friday 8:00 AM-4:00 PM

OGDEN VALLEY SENIOR CENTER
131 South 7400 East, Huntsville, Utah 84317
Director: Cynthia Guerrero Roman
Phone: 801-399-8392

Ogden Valley Senior Center is housed with the
Ogden Valley Library in Huntsville.

Lunch is served on Wednesdays from 12:00 PM-1:00 PM.

Reservations are Required.

BINGO-1:00 PM

Second Wednesday



VIRTUAL SENIOR CENTER

www.weberhsaging.net

Classes for at-home learning and participation. Visit weberhsaging.net and click on "Virtual Senior Center".

UKULELE BEGINNER CLASS

Six lesson course, with each lesson between 5-8 minutes

EXERCISE CLASS

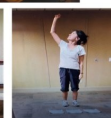
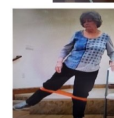
One session Arthritis Foundation chair exercise class (36 min)

TAI CHI EXERCISE

One session class (49 min)

TRISH PAINTS VIRTUAL PAINTING CLASS

6 different paintings to choose from, each painting takes roughly 2 hours from start to finish. Videos can be stopped and restarted as needed. Each painting has a list of materials before each tutorial.



Visit weberhsaging.net or call (801) 625-3771
for more information.

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your inbox.

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Dominos Train Game

Every morning & after lunch until 2:00 PM, M-F

Hand and Foot Cards

Every morning, and Weds after lunch until 2:00 PM

Medicare Minute—Tuesday, November 10, 12:00 PM

WTSC Haircuts by Angela with Great Clips - \$10.00

Wednesday, November 18, 10:00 AM–2:00 PM
Reservations recommended.

Medicare Open Enrollment

Friday, November 13, 9:00 AM–12:00 PM

Please call and RSVP.

Enhabit Home Health and Hospice Blood Pressure Checks

Friday, November 20, 10:00 AM–12:00 PM



WASHINGTON TERRACE

• BINGO

Thanksgiving Bingo—Thurs., Nov. 12, 1:00 PM

November Birthdays Celebration

with cupcakes from Treeo

Wednesday, November 18

THANKSGIVING LUNCH—
THURSDAY, NOVEMBER 19, 12:00–1:00 PM

CENTER CLOSED NOVEMBER 26–27
HAPPY THANKSGIVING!!

Ongoing Activities

Lunch is Served from 12:00 PM (noon) – 1:00 PM

Reservation Required!

MONDAY:

9:00 AM.....Low Impact Exercise

12:00 PM.....Oil Painting Class By: Ron Harvey

TUESDAY:

10:00 AM.....Porcelain Doll Class

10:30 AM...Live Music by Second Generation Band

WEDNESDAY:

9:00 AM.....Hand Quilting

10:00 AM.....Ceramics

10:30 AM...Live Music by Second Generation Band

1:00 PM.....Intermediate Line Dancing
by Chris Stegen

Every day a library, pool tables, and a ping pong
table can be found downstairs.

THURSDAY:

9:00 AM.....Low Impact Exercise

10:00 AM.....Tai Chi for Arthritis

FRIDAY:

10:00 AM.....Ceramics

10:30 AM.....Live Music by Senior Moments Band
(Talented Musicians Welcome!)

1:00 PM.....Beginning Line Dancing by Evelyn Bird

Come help put together a puzzle with
the Master Minds everyday!

Wii Bowling and other
Nintendo Games available after lunch.

Washington Terrace Senior Center

4601 South 300 West

801-621-0161

Director: Cheryl Corrigan

Hours 9:00 AM–2:30 PM

Older Americans Act (OAA trainings) for Aging staff in Sept 2026



Roy Hillside Senior Center Health Fair with WHS Caregiver Program Manager on Oct. 8th



Golden Hours Senior Center Health Fair with WHS SHIP/SMP Program on Oct. 7th



Still Going Strong Health Promotion with WHS Senior Health Promotion on Sept. 24th



Caregiver Purple-Tie Gala on October 17



Walk to End Alzheimer's Event on Sept. 26

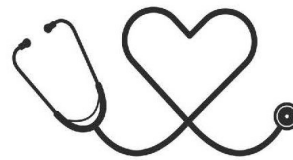


Washington Terrace Senior Center
New Sign Post
Thanks to WCOFE Foundation!



TIME FOR A
MEDICARE

CHECK-UP!



Medicare Open Enrollment is October 15th to December 7th
GET FREE, UNBIASED ADVICE AT THESE OPEN ENROLLMENT EVENTS.

The State Health Insurance Assistance Program (SHIP), is a free, non-bias, Medicare counseling program. We can discuss your Medicare options, see about lowering your medications through the Extra help program and Medicaid, and help report fraud and scams. We are holding special events during Medicare Open Enrollment to help you select a plan that is best for you.

CHOOSE A DATE AND LOCATION: from any of our event sites.

CALL: the senior center director listed at the event you want to attend to reserve your time.

WHAT TO BRING: Medicare card (Red, White, and Blue), list of prescription medications with dosage and quantity, and names of doctors you want to see.

* If you cannot attend an event, call
801-625-3770 for an appointment.



"This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,559,386 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government."

TUESDAY, OCTOBER 27TH 9 AM TO NOON

Roy Hillside Senior Center

5051 S 2000 W Roy, UT 84067

Kathy 801-773-0860

TUESDAY, NOVEMBER 3RD 10 AM TO 1 PM

Morgan Senior Center

50 W. 100 N. Morgan, UT 84050

Cissy 801-845-4040

THURSDAY, NOVEMBER 5TH 9 AM TO NOON

Riverdale Senior Center

4433 S 900 W Riverdale, UT 84405

Miranda 801-621-6086

TUESDAY, NOVEMBER 10TH 9 AM TO NOON

NorthView Senior Center

485 E 2550 N North Ogden, UT 84414

Jill 801-782-6211

FRIDAY, NOVEMBER 13TH 9 AM TO NOON

Washington Terrace Senior Center

4601 S 300 W Ogden, UT 84405

Cheryl 801-621-0161



Care for family caregivers. This pit stop is for you.

You don't need to go the whole way alone.

Stop by AARP Utah's FREE Care Pit Stop! AARP volunteers will welcome you with a drive-through experience. Pick up a complimentary goody bag filled with helpful caregiving resources, self-care tips, thoughtful treats, and a movie gift card (while supplies last). You'll also have the opportunity to learn about AARP Driver Safety's CarFit program. It's our way of saying thank you for the care you provide every day!



Register Now

Saturday, November 7 | 9 - 11 am

North View Senior Center

485 East 2550 North, North Ogden



AmeriCorps Seniors

FOSTER GRANDPARENTS RSVP SENIOR COMPANIONS



Are you:

55 years or older?

Earn
a **TAX FREE**
stipend!!!

Household income below
\$2,660 for single person or
\$3,606 for couples per month
(not including disability money)

Do you have:

- Reliable Transportation?
- 10-15 hours per week

For more information:

801-625-3777



**MAKE A DIFFERENCE IN
YOUR COMMUNITY TODAY.**

**Tutor children in literacy at local schools as
a Foster Grandparent**

OR

**Visit with lonely seniors in their homes as a
Senior Companion.**

- Make a difference in the **Ogden - Weber community.**
- Receive a **tax-free stipend** that does not affect Social Security, SNAP, or Housing benefits.
- Receive a mileage and meal allowance.



Federal grant that operates in accordance with federal non-discrimination requirements