



NOVEMBER 2025

“Be a Nutrition Neighbor” in 2025

“Be a Nutrition Neighbor” is a campaign that encourages people to look out for the nutritional well-being of older adults in their community, especially those who may be socially isolated. It aims to raise awareness about malnutrition and connect individuals with resources, such as nutrition programs for seniors and food assistance services. Weber Human Services Area Agency on Aging has been invited to take part in the national Malnutrition Taskforce called #BeANutritionNeighbor. This is a social media campaign designed to educate people about malnutrition in older adults.

See the “Myths and Misunderstandings” and “Risk Factors” infographics below. Weber Human Services Nutrition produces approximately 700 meals daily, including Meals-on-Wheels, senior center congregate meals, and WHS residential meals. They deliver these meals to seniors, who receive nutritious, balanced meals as well as socialization. Meals-on-Wheels drivers meet their clients face to face. Congregate meals promote socialization. Please continue to attend our meal program and recommend neighboring seniors who may benefit from our services.

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

MYTHS
and
MISUNDERSTANDINGS
ABOUT MALNUTRITION

MYTH:	REALITY:
1 Malnutrition is not a big issue in the U.S.	More than 3.7 million older adults are malnourished.
2 Older adults don't suffer from malnutrition.	Malnutrition leads to increased falls, hospital stays, and comorbid health conditions in older adults.
3 I can tell if someone is malnourished.	Malnutrition often goes unnoticed and undiagnosed.
4 Malnourished people are underweight.	Malnutrition affects people of all shapes and sizes.

#BeANutritionNeighbor

RISK FACTORS of malnutrition include:



- Social isolation
- Living alone
- Multiple medications
- Oral and dental problems
- Misleading health information
- Food insecurity

#BeANutritionNeighbor

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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

First Wednesday of Every Month - November 5:

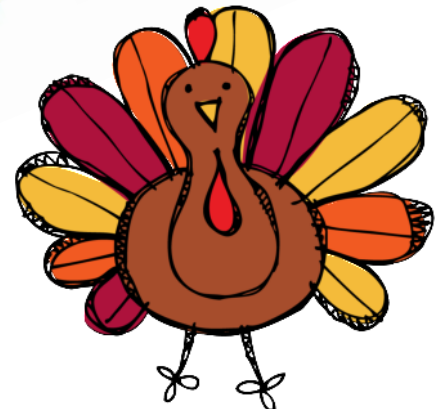
Birthday Celebration with cake provided by Treo Retirement Living.

Paint with Trish Painting Class:

November 11, 11:00 AM - Sign up at the front desk.

Euchre:

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



Robin Arnold:

Wednesday, November 5

Christmas Party:

Thursday, December 11

Reservations are required, limited space for 100 people.

Legal Assistance:

Thursday, November 13

Appointment only—Speak to Kathy for more information

Foot Clinic with Nurse:

Wednesday, November 19, 10:00 AM

Garr Ashby:

Wednesday, November 26, 11:30 AM

Second Generation:

Thursday, November 20, 11:30 AM

Medicare Minute:

Tuesday, November 25, 11:30 AM

Thanksgiving Dinner Pie Give Away:

Wednesday, November 26

Reservations are required, please sign up by November 19.

ROY HILLSIDE

BINGO:

Wednesday, November 5, 1:00 PM

Chancellor Gardens

Wednesday, November 19, 1:00 PM

Sun Ridge Assisted Living

Crosswords:

Tuesday, November 11, 11:30 AM

Northern UT Rehab



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

12:30 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

10:00 AM Blood Pressure Clinic

1:00 PM Euchre Cards

Come learn and play!

THURSDAY:

8:30 AM Oil Painting

8:30 AM Crocheting

9:00 AM Floor Yoga

9:30 AM Chair Yoga

10:30 AM Tea Time with Friends

11:00 AM Cards

FRIDAY:

10:00 AM Arthritis Exercise

10:00 AM Coffee with Friends

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

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dedicated group of stained glass
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801-782-3497
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farrwestcity.net/seniorcenter

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Farr West City, UT 84404

4 | Weber/Morgan Area Agency on Aging

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Jay Schwartz

jschwartz@4LPi.com
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Weber/Morgan Area Agency on Aging, Ogden, UT

A 4C 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

Monday	Tuesday	Wednesday	Thursday
11/3 Quilting 1:00 PM Terrace Playhouse 4:30 PM	11/4 Shopping 1:30 PM	11/5 Mahjong 1:00 PM Quality Home Health Blood Pressure Checks 11:00 AM-12:00 PM	11/6 Cards 10:00 AM USU Extension Nutrition Class 12:00 PM
11/10 Quilting 1:00 PM	11/11 CLOSED HAPPY VETERAN'S DAY!!	11/12 Mahjong 1:00 PM	11/13 Cards 10:00 AM
11/17 Quilting 1:00 PM	11/18 Medicare Open Enrollment 12:00 PM	11/19 Mahjong 1:00 PM Enhabit Blood Pressure Checks 11:00 AM-12:00 PM	11/20 Cards 10:00 AM 
11/24 Quilting 1:00 PM 	11/25	11/26 Mahjong 1:00 PM	11/27 CLOSED HAPPY THANKSGIVING!! 
			

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

Grief Support Group

**4th Thursday
each month
2:30**

 **North View Senior Center**
485 E 2550 N, North Ogden
801-782-6211 seniors 55+
<http://northviewseniorcenter.org>

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CONTACT ME
Jay Schwartz

jschwartz@4LPi.com

(800) 477-4574 x6801

- **Haircuts**
Monday, November 3, 10:00 AM **\$5.00**
- **Second Generation Band**
Monday, November 3, 11:00 AM-12:30 PM
- **Blood Pressure Checks**
Monday, November 3, 10:00 AM-11:00 AM
- **Medicare Open Enrollment**
Monday, November 17, 9:00 AM-12:00 PM
Call for an Appointment, space is limited.
- **Foot Clinic by Canyon Home & Hospice**
Wednesday, November 12, 10:00 AM
Podiatrist will be here. - They will bill insurance.
- **Grief Group**
Thursday, November 20, 2:30 PM
- **Thanksgiving Luncheon**
Wednesday, November 26, 11:30 AM
Please reserve your spot by November 14. See staff to sign up.
- **Live Music - Fire on the Mountain Band**
Wednesday, November 19, 11:30 AM-12:30 PM

NORTH VIEW

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 Wednesday afternoon.

November 6:

Bingo

November 15:

Music & Dance with Gary Romer 7:00 PM-9:00 PM

SATURDAY EVENING

November 20:

Game Night & Grilling Burgers

November 27:

No Activity, closed 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
1:00 PM.....Computer Class
(Call to be added to the wait list)

TUESDAY:

9:00 AM.....Billiards
9:00 AM.....Intermediate Tai Chi
(Must be approved by instructor)
9:30 AM.....Art
10:00 AM.....Intermediate Line Dancing
1:00 PM.....Leatherworking Class
(Limited number of spaces)
1:30 PM.....Beginners Tap Dance

WEDNESDAY:

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

THURSDAY:

9:00 AM.....Quilting Group
9:00 AM.....Beginners Tai Chi
10:00 AM.....Beginner Computer Class
(Call to Register)
12:00 PM.....Hand Crafting Circle Service Group
(Making Items for Seniors in our Community)
1:00 PM.....Intermediate Tap Dance
1:00 PM.....Intermediate Computer Class
(Call to Register)
3:30 PM.....Movement/Dancing with Jill

*For Thursday evening activities, see above.

FRIDAY:

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

North View Senior Center
485 East 2550 North
Phone: 801-782-6211
Director - Jill Garner

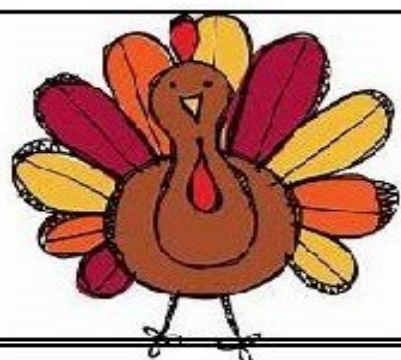
Hours: Monday-Thursday 8:00 am - 4:00 pm
Thursday Evening Activities to 7:30 pm
Friday 8:00 am to 2:00 pm

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

MONDAY	TUESDAY	WEDNESDAY
2025 November		
Baja Chicken 3 Red Beans and Brown Rice Spinach with Diced Onions Lime Pear Gelatin Wheat Roll	Country Fried Steak 4 Whipped Potatoes/Cream Gravy Riviera Vegetables Sour Cream Cucumbers Warm Cherries	Spaghetti W/ Meat Sauce Mixed Vegetable Toss salad w/dressing Chilled Peaches Whole Wheat Roll
Sweet and Sour Pork 10 Steamed Brown Rice Asian Broccoli Mix Mandarin Oranges Fortune Cookie		Breaded Fish Fillet Tartar Sauce Crispy Cube Potatoes Carrot Medley Banana Spiced Cake with Icing
Chicken Stroganoff 17 Pasta Brussel Sprouts Mixed Fruit Salad Whole Wheat Roll	Cheesy Gold Rush Meatballs 18 With Sauce/ Rice Mixed Vegetables Tossed Salad / Dressing Fresh Fruit Roll	Hot Pork Sandwich Mashed Potato w/ Gravy Carrots Warm Peaches Pumpkin Cheese Cake
Hearty Beef Barley Soup 24 Diced Potatoes Malibu Vegetable Chilled Pineapple Buttermilk Roll	Chicken Cacciatore 25 Brown Rice California Blend Warm Cinnamon Apples Chocolate Pudding	Roast Turkey/ Gravy Cornbread Stuffing/Wh Green Beans w/Bacon Pear & Cranberry Sal Pumpkin Pie/ Topping Buttermilk Roll

WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

DAY	THURSDAY	FRIDAY
	Weber Senior Nutrition Program • 1176 W. 3300 S. Ogden Utah 84401 801-399-8390 • Suggested Meal Donation \$4.00 • Milk Offered Daily Menu Subject to change Without Notice • Meals Are Made Possible By Your Generous Contributions • Every Donation Helps Provide Meals To A Senior In Your Community	
uce 5	Baked Tilapia Au Gratin Seasoned Brown Rice Green Beans Mandarin Oranges Fruity Oat Bar Dinner Roll	6 Cube Steak / Gravy Whipped Potatoes Capri Vegetables Carrifruit Salad Dinner Roll Fresh Fruit
12	Gyro on Pita Bread Tzatziki Sauce Lemon Rice Green Beans Lettuce and Sliced Tomato Chilled Pineapple	13 Sloppy Joe w/Bun Tater Tots Buttered Peas Chilled Diced Pears Peanut Butter Cookie
19	Beef Tips w/Gravy Over Bow Tie Pasta Broccoli Fresh Orange Wedge Dinner Roll	20 Chicken Pot Pie Over a Biscuit Whole White Potatoes Steamed Broccoli Chilled Mandarin Oranges Chocolate Chip Cake
26	27 	28 

GOLDEN HOURS



JOIN US FOR A
Thanksgiving
LUNCH

WEDNESDAY, NOVEMBER 26
11:30 AM

RSVP FOR YOUR MEAL NO LATER THAN
MONDAY, NOVEMBER 24 AT 11:30 AM

Ogden
UTAH
Recreation

Social Opportunities

Coffee Talk w/ Byron
4th & 18th at 10:30

Special Events

Medicare Presentation
4th at 11:30
Full Circle Counseling Presentation
5th at 11:30
Silver Tech Savvy Presentation
6th at 11:30
AARP Safe Driving Course
10th at 8:45
Senior Weight Lifting Seminar
19th at 11:30
Thanksgiving Lunch & Music Performance
26th at 11:30

Crafts

Wire Wrapping— 4th at 4:30
Monthly Quilt Block — 10th at 10:00
Stitches In Time
Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor— Mondays 5-6
Legal Services— 6th & 13th at 1:30
Haircuts— 12th & 26th at 11:00
Podiatry— 18th at 10:00

Closure Dates

11th— Veteran's Day
27th— Thanksgiving
28th— Day after Thanksgiving

10 | Weber/Morgan Area Agency on Aging



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Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

- Medicare Presentation—November 4th, 11:30 am
- CSFP Food Box Pickup
November 3
- Tech Tutor (By Appointment)
November 3, 10, 17, & 24, 5:00 PM–6:00 PM
- Coffee Talk with Byron
November 4 & 18, 10:30 AM
- Wire Wrapping (Registration Required)
November 4, 4:30 PM
- Full Circle Counseling Presentation
November 5, 11:30 AM
- Silversmithing (Open Studio)
November 5, 12, & 26, 5:00 PM–8:00 PM
- Ukulele
November 5 & 19, 6:00 PM–7:30 PM
- Newcomers Bridge
November 6 & 20, 12:30 PM–4:00 PM
- Legal Services (By Appointment)
November 6 & 13, 1:30 PM
- AARP Safe Driving Course (Registration Required)
November 10, 8:45 AM
- Haircuts (By Appointment)
November 12 & 26, 11:00 AM–1:00 PM

GOLDEN HOURS

- Monthly Quilt Block (Registration Required)
November 10, 10:00 AM
- Podiatry (By Appointment)
November 18, 10:00 AM–3:00 PM
- Alzheimer's Support Group
November 17, 1:30 PM
- Beehive Rock & Gem Club
November 25, 5:30 PM
- Music Performance
November 26, 11:00 AM
- Thanksgiving Lunch & Music Performance
November 26, 11:30 AM

The center will be closed on November 11 in observance of
Veteran's Day and those who served.

The center will be closed on November 27 & 28.
Happy Thanksgiving!!

- Soap Game Night
November 4th and 25th, 5:30—8:00 PM

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.....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
10:30 AM–4:00 PM.....Dominoes
11:30 AM–4:00 PM.....Duplicate Bridge
2:30 PM.....Strong Bodies Class
7:00–9:00 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
11:00 AM–4:30 PM.....Marathon Bridge
2:00 PM–4:00 PM.....Pottery (Registration Required)
4:30 PM–7:30 PM.....Pottery Open Studio

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–5:00 PM

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

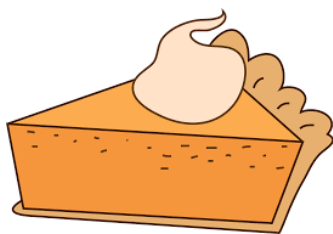
Ogden Valley Senior Center is housed with the
Ogden Valley Library in Huntsville.

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.

12 | Weber/Morgan Area Agency on Aging

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Weber/Morgan Area Agency on Aging, Ogden, UT

D 4C 05-1053

Dominos Train Game

10:00 AM & 1:00 PM Monday-Friday

- **WTSC Thanksgiving Dance**

Wednesday, November 26, 10:30 AM

- **November Birthday Celebration**

Tuesday, November 4

- **WTSC Haircuts by Leah with Great Clips - \$5.00**

Wednesday, November 12, 10:00 AM

- **Hearing Loss/Dementia by Shelly Jarvis**

Wednesday, November 12, 10:00 AM

- **Foot Clinic by Canyon Homecare and Hospice**

Wednesday, November 26, 10:00 AM

- **Medicare Open Enrollment**

Thursday, November 13, 9:00 AM, sign up in Computer Room

- **Frauds and Scams Presentation**

Friday, November 7, 12:00 PM

WASHINGTON TERRACE

BINGO

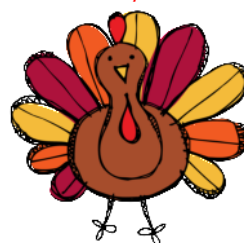
Thursday, November 6 & November 20

Starts at 1:00 PM

WTSC Thanksgiving Dance

November 26, 10:30 AM-12:00 PM

Thanksgiving Dinner will be held after the dance.
You must RSVP to reserve your lunch for that
day.



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 Art Class By: Ron Harvey

TUESDAY:

10:00 AM.....Ceramics/Creative Crafts

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

1:00 PM.....Sign Language Class

WEDNESDAY:

9:00 AM.....Hand Quilting

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

10:30 AM.....Ceramics/Creative Crafts

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

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

THURSDAY:

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

10:00 AM.....Tai Chi By: Ellen Rantz

10:00 AM.....Ceramics/Creative Crafts
Every Other Thursday

FRIDAY:

10:00 AM.....Ceramics

10:30 AM.....Live Music by Senior Moments Band

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

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, unbiased Medicare counseling program. We can discuss your Medicare options, see about lowering the cost of 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 project was supported in part by grant number SHIP Grant # 90SAPG0061 and SMP Grant # 90MPPG0059, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20201.

TUESDAY, NOVEMBER 4TH, 9 AM TO NOON

Riverdale Senior Center

4433 S 900 W Riverdale, UT 84405

Miranda 801-621-6086

THURSDAY, NOVEMBER 6TH, 9 AM TO NOON

Roy Hillside Senior Center

5051 S 2000 W Roy, UT 84067

Kathy 801-773-0860

THURSDAY, NOVEMBER 13TH, 9 AM TO NOON

Washington Terrace Senior Center

4601 S 300 W Ogden, UT 84405

Cheryl 801-621-0161

MONDAY, NOVEMBER 17TH, 9 AM TO NOON

Northview Senior Center

485 E 2550 N North Ogden, UT 84414

Jill 801-782-6211

TUESDAY, NOVEMBER 18TH, 10 AM TO 1 PM

Morgan Senior Center

50 W. 100 N. Morgan, UT 84050

Cissy 801-845-4040

Various October Activities/Events in South, West, North, and Central Weber County!

Northview Senior Center (North Area) — TAP Dancers



Roy Senior Center (West Area) — Art Class



Golden Hours Senior Center (Central Area) — Senior Health Fair



Washington Terrace Senior Center (South Area) - Dance, Music, & Party



ARE YOU AGE 55+ ARE YOU RECEIVING DISABILITY OR LIVING ON JUST SOCIAL SECURITY?



Become a volunteer literacy tutor through the Foster Grandparent Program and receive a monthly stipend

will not effect services being received



801-625-3782

DON'T FEEL YOU HAVE ENOUGH TIME FOR YOUR AGING PARENTS (55 +)?



We recognize the distinct needs of our seniors and are dedicated to offering personalized companionship that fosters independence, dignity, and an enriching quality of life. You can feel at ease knowing that your parent will receive a visit from a peer at least once a week —and it's completely FREE!

You're not alone!

Services

- Companionship, Conversation and Social Engagement
- Safety supervision and medication reminders
- Errands, appointments
- Meal Preparation and eating together
- Doing hobbies, games, and exercise
- Light housekeeping and organization
- Getting involved at Senior Centers

We help put a smile back on those you love!



Call Us
801-625-3777

Program complies with Federal non-discrimination.

**AmeriCorps
Seniors**
SENIOR COMPANIONS

