



National Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. According to the World Health Organization, stress is a mental reaction to challenging circumstances. According to the American Institute of Stress, stress and inflammation are closely linked. Stress negatively impacts the body's ability to effectively respond to certain kinds of inflammation. In short, stress actually accelerates the aging process itself.

More stress equals more inflammation, and more inflammation when we're stressed equals more (or worse) health problems. These include atherosclerosis (hardening of the arteries), Type 2 diabetes, arthritis, dementia, and cancer, to name a few. Chronic stress also can reduce the effectiveness of certain vaccines in older adults, which may include flu and pneumonia vaccines. (Source: <https://www.ncoa.org/article/stress-and-how-to-reduce-it-a-guide-for-older-adults/>)

What can you do to recognize National Stress Awareness Month?

Talk about stress and its effects. Let's work together to reduce the stigma that is associated with stress by talking about the topic openly and freely in your home or at senior centers.

Share your coping mechanisms – if something has worked for you, why not share it? It might benefit someone you care about.

Look after yourself – we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy.

Be nice to those who are stressed and anxious – show compassion and empathy for others!

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

STRESS
#WhatYouNeedToKnow

75% of Americans reported experiencing at least one symptom of stress in the past month.

51% of women and 32% of men say they have laid awake at night in the past month due to stress.

Adults report comparable levels of stress on a 10-point scale in each region of the country:
 WEST 4.8, MIDWEST 4.9, EAST 4.9, SOUTH 5.0

Parents report higher-than-average stress levels than non parents.

EFFECTS OF EMOTIONAL STRESS ON THE BODY

- High blood pressure
- Increased susceptibility to substance abuse
- Less resistance to disease
- Depression

STRESS MANAGEMENT TACTICS

- Meditate
- Go for a walk
- Do yoga
- Try deep breathing

"Stress is not good, but everyone experiences it. That's why it's so important to manage stress in healthy ways."
 —Dr. Hugh Calkins, Director of Cardiac Arrhythmia Service

TRY IT—POSITIVE SELF-TALK
 How we interpret life events is important. Use positive self-talk to position those sometimes negative thoughts into positive ones. If you can catch yourself during a negative thought and talk to yourself in a positive way, you'll turn your stress reaction around.

#StressTip

SOURCES
 Michelle Carleton, LCSW-C, senior director as the Office of Work, Life and Engagement at Johns Hopkins
 Johns Hopkins Medicine Healthy Heart—Stay Healthy, Healthy Aging—Healthy Body
 Health Library—Managing Stress
 American Psychological Association—Stress in America

JOHNS HOPKINS MEDICINE

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

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.

ROY HILLSIDE

First Wednesday of Every Month - April 2:

Birthday Celebration with cake provided by Treo Retirement Living.

Paint with Trish Painting Class:

Tuesday, April 8 at 11:00 AM.

Check out the next picture on our Facebook page!

Euchre:

Every Wednesday at 1:00 PM.

Come learn and play!



Robin Arnold:

Wednesday, Apr. 2

Paint with Trish:

Tuesday, Apr. 8, 11:00 AM

Marcia Knorr:

Wednesday, Apr. 9, 11:30 AM

Legal Assistance:

Thursday, Apr. 10

Appointment only—Speak to Kathy for more information.

Decorate Easter Bonnets

Thursday, Apr. 10

Second Generation Band

Thursday, Apr. 17, 11:30 AM

Easter Tea:

Thursday, Apr. 17

Easter Lunch:

Friday, Apr. 18, 11:30 AM

Garr Ashby:

Wednesday, Apr. 23, 11:30 AM

ROY HILLSIDE

Foot Clinic with Nurse:

Wednesday, Apr. 16, 10:00 AM

BINGO:

Wednesday, Apr. 2, 1:00 PM

Chancellor Gardens

Wednesday, Apr. 16, 1:00 PM

Sun Ridge Assisted Living

Crosswords:

Tuesday, Apr. 8, 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
10:00AM..... 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-12:30 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



WEEKLY CALENDAR

Monday	Tuesday	Wednesday	Thursday
8 AM - 1 PM	8 AM - NOON	8 AM - NOON	8 AM - 9:30 AM
POWER WALKING 8:30 - 9:30	POWER WALKING 8:30 - 9:30	STAINED GLASS 9:30 - 12:00	POWER WALKING 8:30 - 9:30
QUILTING 9:30 - 12:00	QUILTING 9:30 - 12:00	PURLS OF WISDOM KNITTING AND CROCHET 10:00 - 12:00	
OPEN CRAFT SPACE 9:30 - 12:00	WII BOWLING 10:30 - 12:00	JEWELRY 10:00 - 12:00	

April Events

1896 N 1800 W, Farr West | 801.782.3497
 farrwestcity.com



MONTHLY EVENTS

Mon, March 3	Lunch and Learn RSVP by 2/27	
TIME MEAL	11:30 AM Boxed Lunch	SPEAKER Silver Wolves And BINGO FREE
Mon, March 10	Chair Yoga	
TIME ACTIVITY	11:15 AM Chair Yoga	INSTRUCTOR Bobbi FREE
TBA	Senior Pet Adoption	
TIME ACTIVITY	11 AM - 2 PM Community Pet Adoption	SHELTER SENIOR DOG RESCUE
Wed, April 16	Trivia Night RSVP by 4/14	
TIME MEAL	5:30 - 7:00 PM Pizza	COST \$5.00
Mon, April 28	Armchair Adventure Club	
TIME FOOD	11:30 AM Snacks Provided	DESTINATION Elgin, Scotland FREE

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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
	04/01 Shopping 1:30 PM	04/02 Mahjong 1:00 PM Blood Pressure Checks 11:00 AM-12:00 PM By Quality Home Health	04/03 Cards 10:30 AM 
04/07 Quilting 1:00 PM 	04/08 Medicare Minute 12:00 PM	04/09 Mahjong 1:00 PM	04/10 Cards 10:30 AM
04/14 Quilting 1:00 PM	04/15 Foot Clinic By Appointment	04/16 Mahjong 1:00 PM Blood Pressure Checks 11:00 AM-12:00 PM By Enhabit	04/17 Cards 10:30 AM
04/21 Quilting 1:00 pm	04/22 Birthday Celebration 12:30 PM	04/23 Mahjong 1:00 PM	04/24 Cards 10:30 AM
04/28	04/29	04/30 Mahjong 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 HAS A NEW TIME:

Every Friday at 10:15 AM



NORTH VIEW SENIOR ACTIVITIES CENTER

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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NORTH VIEW SENIOR ACTIVITIES CENTER

SPECIAL EVENTS:

- **Haircuts**
Monday, Apr. 7, 10:00 AM \$5.00
- **Second Generation Band**
Monday, Apr. 7, 11:30 AM-12:30 PM
- **Foot Clinic by Canyon Home & Hospice**
Wednesday, Apr. 9, 10:00 AM
No podiatrist, nail trimming only.
- **Easter Bonnet Contest**
Monday, Apr. 21, 12:00 PM (During Lunch)
- **Medicare Minute**
Tuesday, Apr. 22, 11:30 AM
- **Grief Group**
Thursday, Apr. 24, 2:30 PM
- **Tap Group Performance**
Monday, Apr. 28, 11:30 AM
- **Live Music-The Better Half Band**
Wednesday, Apr. 9, 11:30 AM-12:30 PM
- **Live Music-Fire on the Mountain Band**
Wednesday, Apr. 23, 11:30 AM-12:30 PM

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

Please sign up by Wednesday afternoon.

April 3:

None, Center is Closed

April 10:

Bingo - 5:30 PM

April 17:

Game Night - 5:30 PM

April 24:

Julie Moffitt Ballet Dance Presentation - 5:30 PM



No Saturday Dance in April.

Center will be closed on Monday, Mar. 31 and will reopen April 7.

Easter Lunch of ham and potatoes will be on April 18.

Please call by April 11 if you would like this.

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
- 9:30 AM..... Art
- 10:00 AM..... Intermediate Line Dancing
- 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
- 2:30 PM Games
(Chess, Pinochle, Cards)
- 3:15 PM.....Zumba

THURSDAY:

- 8:30 AM.....Quilting Group
- 9:00 AM.....Beginners Tai Chi
- 10:00 AM.....Intermediate Tai Chi
- 1:00 PM Intermediate Tap Dance
- 12:00 PM... Hand Crafting Circle Service Group
(Making Items for Seniors in our Community)

*For Thursday evening activities, see above.

FRIDAY:

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



North View Senior Activities Center

485 East 2550 North

Phone: 801-782-6211

Director - Jill Garner

Hours: Monday-Friday 8:00 am - 4:00 pm

Thursday Evening Activities to 7:30 pm




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



MONDAY	TUESDAY	WEDNESDAY
2025	Pork Chow Mein 1 Fried Noodles Peas and Red Peppers Waldorf Salad Fortune Cookie	BBQ Beef Pattie Baked Beans Italian Vegetables Sour Cream Coleslaw Chilled Peaches Cornbread Muffin
Southwest White Chicken Chili 7 Buttered Broccoli Pear Half with Whipped Topping/Almonds Gingersnap Cookie Saltine Crackers	Ground Beef Gravy over Whipped Potatoes 8 Cauliflower w/Pimentos Confetti Gelatin Salad Cinnamon Spiced Applesauce Buttermilk Roll	Chicken in a Biscuit Brussel Sprouts Tossed Salad w/Dressing Warm Applesauce Peach Pie
Parmesan Beef Pattie 14 Marinara Sauce Linguini Capri Blend Vegetables Mixed Fruit Salad Congo Bar	Roast Turkey / Gravy 15 Stuffing Harvard Beets Fresh Orange Dinner Roll	Vegetable Meatloaf / Gravy Whipped Potatoes Broccoli Chilled Peaches Coffee Cake
Chicken Tenders/Ranch 21 Tatar Tots Green Beans with Onions Warm Peaches Peanut Butter Cookie	Tuna Cheddar Pie / Cheese Sauce 22 Sweet Potatoes Buttered Peas Broccoli Bacon Salad Cherry Crisp	Cheesy Sausage Over Whipped Potatoes Peas and Corn Coleslaw Cinnamon Applesauce Dinner Roll
Fish Sandwich w/Cheese 28 Bun, Tartar Sauce Cubed Potatoes Lettuce, Tomato Steamed Broccoli Fruit Salad	Sausage/ Diced Potatoes 29 Country Gravy Sautéed Onions and Peppers Peach Salad Cinnamon Raisin Roll	Pork Chop w/Gravy Baked Potato/Sour Cream Malibu Vegetables Carrifruit Salad Fresh fruit Whole Wheat Roll

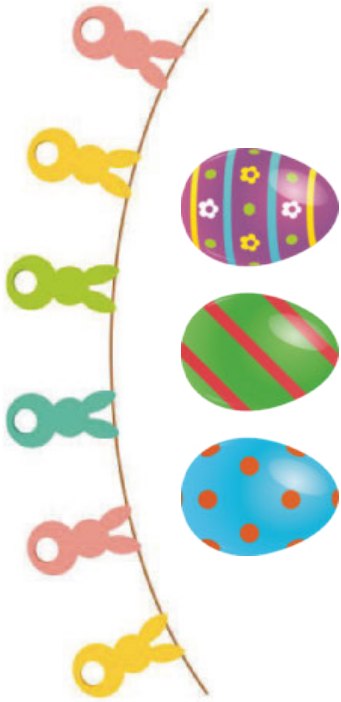
Weber Senior Nutrition Program * 1176 W. 3300 S. Ogden Utah 84401 * 801-399-8390 * Menu Subject to Change
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WEBER SENIOR NUTRITION: 801-399-8390
 Milk Offered Daily—Menu subject to change without notice.

DAY	THURSDAY	FRIDAY
2	Turkey Meatballs/Cream Gravy 3 Whipped Potatoes Carrot Medley Tossed Salad With Dressing Mandarin Oranges Banana Nut Roll	Battered Fish 4 Diced Potatoes Buttered Peas Warm Peaches Tapioca Pudding 
9	Hearty Beef Stew with 10 Vegetables Diced Potatoes Tropical Fruit Cup Whole Wheat Roll	Country Fried Steak 11 Cream Gravy / Whipped Potatoes California Blend Vegetables Yogurt Fruit Salad Iced Lemon Cake Wheat Roll
16	BBQ Chicken 17 Steamed Rice Cauliflower with Diced Red Peppers Spring Pea Salad Fruit Cocktail Oatmeal Roll	Honey Glazed Baked Ham 18 Scalloped Potatoes Malibu Vegetables Chilled Pineapple Easter Egg Easter Cup Cake Cinnamon Raisin Roll 
23	Salisbury Steak/Mushroom Gravy 24 Baked Potato / Sour Cream Riviera Vegetables Cottage Cheese Fluff Whole Wheat Roll	Mojo Pork Roast 25 Cubin Rice Sliced Carrots Chilled Pineapple Wheat Roll
30		

Menu subject to change without notice * Suggested Meal Donation \$ 4.00 * Milk Offered Daily
 We provide Meals To A Senior In Your Community

GOLDEN HOURS



Take a Hike!
BEGINNING APRIL

APRIL 8TH | 10:00 AM
BIG DEE SPORTS PARK- PARKWAY

APRIL 23 | 10:00 AM
OGDEN NATURE CENTER

All skill levels are welcome. Wear your tennis shoes and bring some water while we enjoy the local trails!

Must register at the front desk.

Special Events
 Easter Egg Hunt Week– 14-18th
 Easter Party– 18th at 11:30

Sports Related
 March Madness Winners Announced
 9th at 11:30
 Golden Hours Pickleball– Mt. Ogden
 Begins 18th at 8:30

Hiking
 Big Dee Sports Park– 8th at 10:00
 Ogden Nature Center– 23rd at 10:00

Social Opportunities
 Coffee Talk w/ Byron-
 1st & 15th at 10:30
 Hill AirForce Museum Field Trip
 25th at 9:00

Crafts
 Wire Wrapping — 1st at 4:30
 Sewing Project — 14th at 10:00
 Doodles & Dessert– 11th at 10:00

Health Classes
 Living Well with Diabetes at 12:30
 9th, 16th, 23rd, 30th

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Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

- **Strong Bodies Class (FULL)**
Apr. 2, Apr. 7, Apr. 9, & Apr. 14, 2:30 PM
- **Silversmithing (Open Studio)**
Apr. 2, Apr. 9, Apr. 23, & Apr. 30, 5:00 PM–8:00 PM
- **Ukulele**
Apr. 2 & Apr. 16, 6:00 PM–7:30 PM
- **Tai Chi**
Apr. 3, Apr. 10, & Apr. 17, 10:00 AM
- **Newcomers Bridge**
Apr. 3 & Apr. 17, 12:30 PM–4:00 PM
- **Legal Services (Appointment Required)**
Apr. 3 & Apr. 10, 1:30 PM
- **Beginners Pickleball**
Apr. 4 & Apr. 11, 1:00 PM–2:45 PM
- **All Level Pickleball**
Apr. 4 & Apr. 11, 3:00 PM–5:00 PM
- **CSFP Food Box Pick-Up**
April 7
- **Sewing**
Apr. 7, Apr. 21, & Apr. 28, 9:00 AM–4:00 PM
- **Gay Men's Support Group**
Apr. 8, 6:00 PM–7:00 PM
- **Haircuts (By Appointment)**
Apr. 9, 11:00 AM–1:00 PM



GOLDEN HOURS

- **Marathon Bridge**
Apr. 11 & Apr. 25, 11:00 AM–4:30 PM
- **Pickleball at Mt. Ogden (Registration Required)**
Apr. 18 & Apr. 25, 8:30 AM–10:30 AM
- **Loteria (Spanish BINGO)**
Apr. 18, 12:30 PM–1:30 PM
- **Podiatrist (By Appointment)**
Apr. 21, 10:00 AM
- **Alzheimer's Support Group**
Apr. 21, 1:30 PM
- **Beehive Rock & Gem Club**
Apr. 22, 5:30 PM
- **Haircuts (By Appointment)**
Apr. 23, 11:00 AM–2:00 PM
- **Relay Utah Presentation**
Apr. 24, 11:30 AM
- **S.O.A.P. Group (LGBTQ+)**
Apr. 28, 5:30 PM–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:

10:30 AM–1:30 PM.....Pottery Open Studio
12:30 PM.....BINGO
1:00 PM–4:00 PM..... American Western Mahjong
2:00 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
10:00 AM–11:00 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 (Registration Required)

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
7:00 PM–9:00 PM.....Guitar Jammers

THURSDAY:

10:00 AM–2:00 PM Open Art Studio
12:00 PM–4:00 PM.....Pinochle
3:00 PM..... Balance & Fitness
3:30 PM..... Chair Yoga
5:00 PM–8:00PM ... 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 class (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–5:00 PM

OGDEN VALLEY SENIOR CENTER
 131 South 7400 East, Huntsville, Utah 84317
 Director: Julie Belnap
 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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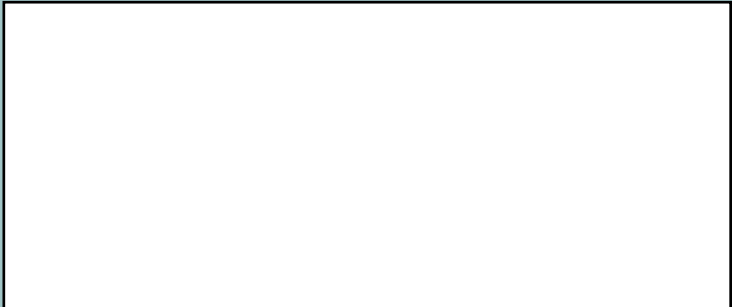
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Games Played Everyday:

Dominos Train Game

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

Medicare Minute

Tuesday, April 8, 12:30 PM

Foot Clinic by Canyon Homecare & Hospice

Wednesday, April 23, 10:00 AM

Computer Learning Class by David Corrigan

Thursday, April 24, 1:00 PM

WASHINGTON TERRACE

BINGO

Thursday, April 3 & April 17

Starts at 1:00 PM

Easter Dance

Friday, April 18, 10:30 AM

Cupcakes by TREEO

Wear your favorite Easter hat to the Easter Dance! 1st, 2nd, and 3rd place prizes will be given to the winners!

HAPPY EASTER



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.....Art Class By: Ron Harvey

TUESDAY:

9:00 AM.....Ceramics

10:30 AM..... Music and Dancing with the Band

WEDNESDAY:

9:00 AM.....Ceramics

10:30 AM..... Music and Dancing with the Band

9:00 AM WTSC Quilting Team

Experienced Quilters Welcome!

1:00 PM.....Intermediate Line Dancing

By: Chris Stegen

1:00 PM..... Hand & Foot Card Game

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.....WTSC Thrift Store

FRIDAY:

10:00 AM Ceramics

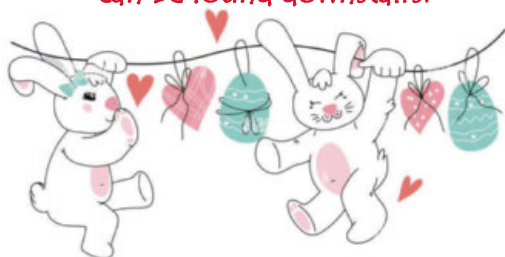
10:00 AM.....WTSC Thrift Store

10:30 AM.....Music and Dancing with the 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

March at Washington Terrace Senior Center!

The center is growing with its new Director, Cheryl Corrigan.



Jim Wade—our Great Manager for Meals-on-Wheels—retired on 2/28/2025.

He will be missed by WHS staff and all of our clients!





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



SENIOR COMPANION VOLUNTEERS NEEDED

Are you on SSDI?
or on a fixed income
of \$2430 or less

You could be eligible
for a tax exempted
monthly stipend

JOIN US!



801-625-3777



Utah's Official LO\$T & FOUND

Every year, the State of Utah receives millions of dollars in lo\$t money belonging to Utahns.

1 IN 5 UTAHNS HAS UNCLAIMED PROPERTY

- Unpaid insurance benefits
- Overpaid medical bills
- Unreturned deposits
- Dormant bank accounts
- Uncashed paychecks
- And more!

Searching and claiming your lo\$t money is easy, secure, and free. Third-party sites may charge a finder's fee to help you locate unclaimed cash. Don't pay to get **your** money back. Claim it on Utah's official government website: mycash.utah.gov



DATE: MONDAY, April 7th @ 11 am

WHERE: Farr West Senior Center

1896 N 1800 W Farr West, UT 84404

11:00 am Presentation on Cybersecurity

By Artic Wolf

12:00 pm Fraud bingo

(Prizes will be given)

Come have some **free** lunch, and expand your knowledge about how to protect yourself from fraud and scams.

Please sign up with Farr West Senior Center at [801-782-3497](tel:801-782-3497) or Shantel Clark [801-625-3664](tel:801-625-3664), so we have an a count of how many lunches to get.



Weber Morgan Area Agency on Aging can help you examine your plan. The State Health Insurance Assistance Program is **free** and non-biased program that helps Medicare beneficiaries examine their plan to make sure it is right for them. You can contact us for an appointment. We can also assist in seeing if you qualify for help in reducing your Part D costs, and help you if you have been a victim of a health care scam.

You can call us at **801-625-3770**.

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