



### ***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. Available evidence-based Living Well Utah classes include Living Well with Chronic Conditions, Living Well with Pain, Living Well with Diabetes, the Arthritis Exercise Program, Stepping-On, Walk with Ease, etc. Classes are held at senior centers and in the community.

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.

**\*Stepping-On** - You will “step on” by learning about a range of issues, including falls and fall risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to initiate a medication review.

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

**Don't let a fall  
cramp your style!**

One in four people age 65 or older has a fall each year. You don't have to be one of them.

**Take a Stepping On workshop!**  
Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been researched and proven to reduce falls by 31%!**

**Mondays starting at 9 AM**  
**July 28 through September 15** (no class labor day 9/1)  
**Roy Hillside Senior Center**  
5051 South 2000 West, Roy  
Register at the Senior Center or  
Call Megan at 801-625-36784



## Inside This Issue:

Roy Hillside.....	Page 3
Farr West .....	Page 4
Morgan Senior Center .....	Page 5
Marriott-Slaterville .....	Page 6
North View.....	Pages 6-7
Lunch Menu.....	Pages 8-9
Golden Hours .....	Pages 10-11
Ogden Valley .....	Page 12
Washington Terrace.....	Page 13
NVSC and DWD.....	Page 14
Roy Western Roundup.....	Page 15
Still Going Strong.....	Page 16

**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](http://www.weberhsaging.net)  
**Weber/Morgan Senior Art Gallery**  
[www.wmseniorart.net](http://www.wmseniorart.net)  
**Weber/Morgan Monthly Newsletter**  
[www.ourseniorcenter.com](http://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 - August 6:

Birthday Celebration with cake provided by Treo Retirement Living.

Paint with Trish  
Painting Class:

Off for the  
Summer - See you  
in September!

Euchre:

Every 2nd and 4th

WCOFE (Weber County Organization for Elderly) and  
Roy Hillside Senior Center Present  
Our Third Annual

## SUMMER WESTERN ROUNDUP

Western Music & Cowboy Poetry

Thursday, August 14, 2025 at 2:00 pm (2 ~ 4 pm)  
Roy Hillside Senior Center  
5051 South 2000 West  
Roy, Utah 84067

Admission \$10 per person  
Tickets available at Roy Hillside Senior Center  
For more information, call Kathy Prevedel  
at 801-773-0860.

**Laurie Morgan, Singer**

**Gordon Champneys, Poet**

**Robin Arnold, MC & Singer**

**Brian Arnold, Singer**

**Kathy Prevedel, Director**

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**WEBER HUMAN SERVICES**

All proceeds will be donated to the WCOFE Charitable Foundation and utilized for activities, equipment, and items for Roy Hillside Senior Center.

Robin Arnold:

Wednesday, August 6

Legal Assistance:

Thursday, August 14

Appointment only—Speak to Kathy for more information.

Summer Western Round-Up Concert

Thursday, August 14, 2:00 pm

Get your tickets at the front desk.

Medicare Minute:

Tuesday, August 19, 11:30 am

Foot Clinic with Nurse:

Wednesday, August 20, 10:00 am

2nd Generation Band:

Thursday, August 21, 11:30 am

August BBQ Tea

Thursday, August 21

Check with front desk.

Garr Ashby:

Wednesday, August 27, 11:30 am



## ROY HILLSIDE

BINGO:

Wednesday, August 6, 1:00 pm

Chancellor Gardens

Wednesday, August 20, 1:00 pm

Sun Ridge Assisted Living

Crosswords:

Tuesday, August 12, 11:30 am

Northern UT Rehab

Center will be closed on  
September 1.

### 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-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  
 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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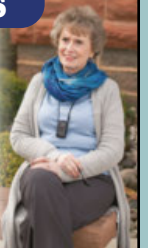
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Weber/Morgan Area Agency on Aging, Ogden, UT

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
08/04  Quilting 1:00 PM	08/05  Shopping 1:30 PM	08/06  Mahjong 1:00 PM  Blood Pressure Checks 11:00 AM-12:00 PM By Quality Home Health	08/07  Cards 10:00 AM 
08/11  Quilting 1:00 PM	08/12  Foot Clinic By Appointment  Medicare Minute 12:00 PM	08/13  Mahjong 1:00 PM  Hard of Hearing Presentation 12:00 PM	08/14  Cards 10:00 AM
08/18  Quilting 1:00 PM 	08/19  Birthday Celebration 12:30 PM	08/20  Mahjong 1:00 PM  Blood Pressure Checks 11:00 AM-12:00 PM By Enhabit	18/21  Cards 10:00 AM
08/25  Quilting 1:00 PM	08/26	08/27  Mahjong 1:00 PM	08/28  Cards 10:00 AM  End of Summer Ice Cream Social 12:30 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

### Garden Market

Every Saturday , 10:00 – 1:00 City Hall

Meet The Candidates Night, Aug 6, Wed,  
6:00 – 8:00 pm

## NORTH VIEW



**Grief Support  
Group**

4<sup>th</sup> Thursday  
each month  
2:30

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

6 | Weber/Morgan Area Agency on Aging

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Weber/Morgan Area Agency on Aging, Ogden, UT

B 4C 05-1053



### SPECIAL EVENTS:

- Haircuts  
Monday, August 4, 10:00 AM **\$5.00**
- Second Generation Band  
Monday, August 4, 11:00 AM-12:30 PM
- AARP Yellow Dot Program  
Monday, August 11, 11:00 AM
- Foot Clinic by Canyon Home & Hospice  
Wednesday, August 13, 10:00 AM  
Podiatrist will not be here.
- Grief Group  
Thursday, August 28, 2:30 PM
- Live Music-Fire on the Mountain Band  
Wednesday, August 27, 11:30 AM-12:30 PM



## NORTH VIEW

Thursday Evening Activities run from 4:00 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.

August 7:  
Bingo

August 14:  
No Activity

August 21:  
Game Night

August 28:  
No Activity



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  
12:30 PM.....Games  
(Chess, Pinochle, Cards)

Zumba will be back in September!

### 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)  
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
		Weber Senior Nutrition Suggested Meal Donation Milk Offered Daily Meals Are Made Possible Every Donation Helps
<b>2025</b> Sloppy Joe on Bun <b>4</b> Tater Tots Green Beans Applesauce Tossed Salad W/Dressing	Meatballs in Alfredo Sauce <b>5</b> Noodles Broccoli in Lemon Butter Yogurt Fruit Salad Oatmeal Roll	Turkey Salisbury Steak Stuffing and Gravy Peas and Red Peppers Tossed Salad with Dressing Fresh Fruit Buttermilk Biscuit
Fish-Chips / Tartar Sauce <b>11</b> Cauliflower with Diced Red Peppers Red and White Coleslaw Peach Shortcake Cornbread w/Honey Butter 	Honey Balsamic Chicken <b>12</b> Steamed Rice Broccoli Creamy Fruit Salad Buttermilk Roll	Ham Loaf / Mustard Sauce Whole Potatoes Buttered Mixed Vegetables Chilled Pears Fruit of the Gods Bar
Chicken in a Biscuit <b>18</b> Whipped Potatoes / Gravy Broccoli Chilled Peaches Peanut Butter Cookie 	San Francisco Pork Chop <b>19</b> Confetti Rice Cabbage with Shredded Carrots Yogurt Fruit Salad Ranch Roll	Turkey & Cheese Tortilla V Lettuce, Tomato and Onion Mayo Tropical Fruit Southwest Corn Salad Peach Pie
Pork Chop Suey <b>25</b> Rice Oriental Vegetables Chilled Mandarin Oranges Fortune Cookie Banana Bread	Vegetable Meatloaf <b>26</b> Whipped Potatoes / Gravy Buttered Peas and Carrots Peach Half with Cream Cheese Coconut Cream Pudding Wheat Roll	Baked Fish Au Gratin Rice California Vegetables Chilled Peaches Dinner Roll



# WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

DAY	THURSDAY	FRIDAY
Program 1176 W 3300 S Ogden UT 84401 801-399-8390 \$4.00 Menu Subject To Change Without Notice By Your Generous Contributions Provide Meals To A Senior In Your Community		1 Chicken Ala King Penne Pasta Steamed Peas Cottage Cheese w/ Tomato Wedges Fresh Fruit Dinner Roll
6	7 Deviled Pork Chop Rice California Blend Vegetables Tropical Fruit Cup Dinner Roll	8  Sweet and Sour Pork Rice Diced Carrots and Corn Mandarin Orange Chocolate Cream Pudding Dinner Roll
13	14 Swiss Steak Whipped Potatoes and Gravy California Blend Vegetables Tossed Salad/Mushroom/Dressing Fresh Fruit Dinner Roll	15 Seafood Salad on Lettuce Macaroni Salad Under The Sea Salad Chilled Fruit Cocktail Dinner Roll
20	21 Bacon Cheese Burger Bun Mustard and Ketchup Lettuce, Tomato, Pickles Crispie Cube Potatoes Parsley Buttered Carrots Fresh Melon	22 BBQ Chicken Fettuccini Noodles Italian Mixed Vegetables Apple Waldorf Salad Rice Krispie Treat
27	28 Hamburger Gravy Potatoes Capri Vegetables Chilled Peaches Dinner Roll 	29 Oven Fried Chicken Scalloped Potatoes Zucchini and Yellow Squash Coleslaw Tropical Fruit Cornbread with Honey Butter

## GOLDEN HOURS



# POTTERY AT GHC!

### Pottery- Open Studio

Fee: \$3 members/ \$5 non-members (Studio time)

Clay- \$3/ pound (punch card available)

Schedule: Monday & Friday 10:30-1:30 pm

Tuesday 5:30-7:30 pm

Friday 4:30-7:30 pm

\*No pottery on the wheel, hand building only.

### Pottery Class

Fee: \$15 (Instruction, clay, & glaze)

Schedule: 4 weeks of instruction, register monthly!

Next Session: September 5<sup>th</sup> - 26<sup>th</sup>

### Hiking

Beus Pond Trail- 12th at 10:00

Ogden Nature Center- 27th at 10:00

### Social Opportunities

Welfare Square Field Trip

1st at 10:00

Pickleball at Mt. Ogden- 8:00-10:00

1st, 8th, 15th, 22nd, 29th

Coffee Talk w/ Byron

5th & 19th at 10:30

### Special Events

My Hometown Lunch & Learn

5th at 11:30

OnStage Ogden Classical Performance

12th at 11:30

United Way Lunch & Learn

14th at 11:30

Medicare Minute- 19th at 11:30

### Crafts

Wire Wrapping- 5th at 4:30

Monthly Quilt Block - 11th at 10:00

Doodles & Dessert- 15th at 10:00

Stitches In Time- Tuesdays at 12:00

### Classes

Strong Bodies- Mon & Wed at 2:30

Grief Recovery at 1:30

6th, 13th, 20th

### Services (By Appointment Only)

Tech Tutor- Mondays 5-6

Legal Services- 7th & 14th at 1:30

Haircuts- 13th & 27th at 11:00

Podiatry- 28th 10-3:30

10 | Weber/Morgan Area Agency on Aging



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Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053



- CSFP Food Box Pickup  
August 4
- Coffee Talk with Byron  
August 5 & August 19, 10:30 AM
- Lapidary (Resgistration Required)  
August 5, August 12, & August 19, 4:00 PM–8:00 PM
- Pottery (Open Studio)  
August 5, 12, 19 & 26 (Every Tues.), 5:30 PM–7:30 PM
- Silversmithing (Open Studio)  
August 6, August 13, & August 27, 5:00 PM–8:00 PM
- Ukulele  
August 6 & August 20, 6:00 PM–7:30 PM
- Guitar Jammers  
August 6, 13, 20 & 27 (Every Wed.) 7:00 PM–9:00 PM
- Newcomers Bridge  
August 7 & August 21, 12:30 PM–4:00 PM
- Legal Services (Appointment Required)  
August 7 & August 14, 1:30 PM
- Marathon Bridge (Closed Group)  
August 8 & August 22, 11:00 AM–4:30 PM
- Gay Men's Support Group  
August 12, 6:00 PM–7:00 PM
- Haircuts by Nanette (Appointment Required)  
August 13 & 21, 11:00 AM–1:00 PM

## GOLDEN HOURS

- Hiking at Beus Pond  
August 12, 10:00 AM
- Doodles and Dessert – Lilac Tree  
August 15, 10:00 AM
- Loteria (Spanish BINGO)  
August 15, 12:30 PM–1:30 PM
- Alzheimer's Support Group  
August 18, 1:30 PM
- Medicare Minute  
August 19, 11:30 AM
- SOAP (LGBTQ+)  
August 25, 5:30 PM
- Lapidary (Open Studio)  
August 26, 4:00 PM–5:15 PM
- Beehive Rock and Gem Club  
August 26, 5:30 PM
- Hiking at Ogden Nature Center  
August 27, 10:00 AM
- Podiatry (Appointment Required)  
August 28, 10:00 AM–3:00 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  
1:00–4:00 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 Studio)  
5:00 PM–6:00 PM.....Tech Tutor (By appointment)

#### 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  
5:30–7:30 PM.....Open Studio Pottery

#### 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  
1:30 PM.....Grief Recovery (Reg. Required); Ends Aug. 20th  
2:30 PM.....Strong Bodies Class

#### 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:

8:00 AM–10:00 AM...Pickleball (Mt. Ogden; Reg. Required)  
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)  
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



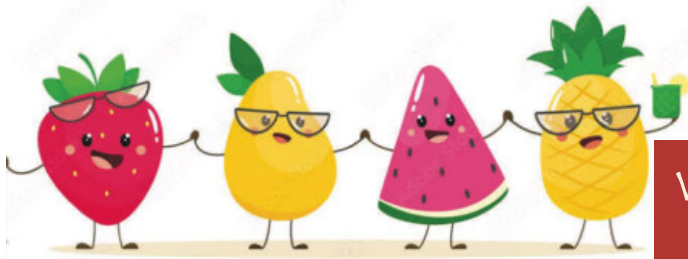
OGDEN VALLEY SENIOR CENTER  
131 South 7400 East, Huntsville, Utah 84317  
Director: Cynthia Guerrero Roman  
Phone: 801-399-8392

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](http://www.weberhsaging.net)

Classes for at-home learning and participation. Visit [weberhsaging.net](http://weberhsaging.net) and click on "Virtual Senior Center".

**UKULELE BEGINNER CLASS**

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

**EXERCISE CLASS**

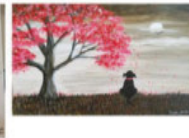
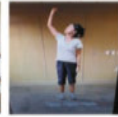
One session Arthritis Foundation chair exercise class (36 min)

**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](http://weberhsaging.net) or call (801) 625-3771  
for more information.

12 | Weber/Morgan Area Agency on Aging

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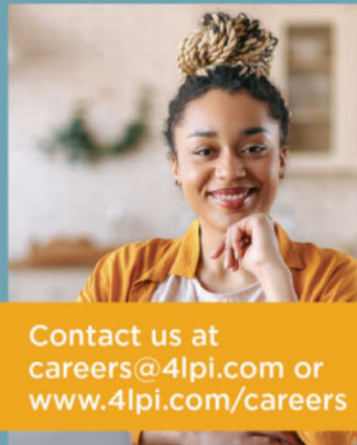
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Weber/Morgan Area Agency on Aging, Ogden, UT

D 4C 05-1053

### Games Played Every Day:

Dominos Train Game

10:00 AM & 1:00 PM Monday–Friday

Watermelon Treat Day

Tuesday, August 5

Bring a favorite watermelon treat to share!

Medicare Minute

Tuesday, August 12, 12:30 PM–1:00 PM

Blood Pressure Checks

Tuesday, August 5, 10:00 AM–12:00 PM

Birthday Celebration

Wednesday, August 15

Foot Clinic with Nurses by Canyon Homecare & Hospice

Wednesday, August 27, 10:00 AM

WTSC Haircuts – \$5.00

Wednesday, August 6, 10:00 AM–12:00 PM

Ceramics

Every other Thursday, 12:30 PM–2:00 PM

## WASHINGTON TERRACE

### BINGO

Thursday, August 7 & August 21

Starts at 1:00 PM

### Fraud & Scam Prevention

Wednesday, August 13, 12:30 PM–1:30 PM

Visit our new WTSC Thrift Store every  
Tuesday, Wednesday, and Friday from 10:30  
AM–1:30 PM!

For donations, please see WTSC Director  
Cheryl Corrigan

## 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:

10:00 AM.....Ceramics

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

### WEDNESDAY:

9:00 AM.....WTSC Quilting Team  
Experienced Quilters Welcome!

10:00 AM.....Ceramics

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

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

### FRIDAY:

10:00 AM.....Ceramics

10:00 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



# Red, White & Blue Day Celebration at Northview Senior Center!



## Are you a FAMILY CAREGIVER?



WEBER  
HUMAN  
SERVICES



### DATE:

Tuesday  
August 19, 2025

### TIME:

9:00am - 12:00 pm

### PLACE:

Auditorium, 3rd Floor  
Weber Human Services  
237 26th St  
Ogden, UT 84401

## Sign up today for your **FREE** Dealing with Dementia Workshop

### DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time for You



*"I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver*

**PRE-REGISTRATION IS REQUIRED.** To reserve your spot, please contact:

Karla Fulton | 801-625-3866 | [karlaf@weberhs.org](mailto:karlaf@weberhs.org)

*\*Seating is limited to 20 individuals*



WCOFE (Weber County Organization for Elderly) and  
Roy Hillside Senior Center Present  
Our Third Annual

# SUMMER WESTERN ROUNDUP

Western Music & Cowboy Poetry

Thursday, August 14, 2025 at 2:00 pm (2 ~ 4 pm)

**Roy Hillside Senior Center**

5051 South 2000 West  
Roy, Utah 84067



Laurie Morgan, Singer



Gordon Champneys, Poet

Supported by



Robln Arnold,  
MC & Singer



Brian Arnold, Singer



Kathy Prevedel, Director

*All proceeds will be donated to the WCOFE Charitable Foundation and utilized for activities, equipment, and items for Roy Hillside Senior Center.*

Getting older doesn't have to mean giving up your favorite activities.

**STILL  
GOING  
STRONG**



**Thursday, August 28th  
9:00 - 11:30 am  
Ogden Botanical Gardens  
1750 Monroe Blvd. Ogden**

**Tai Chi Class: 9:00-10:00 am  
Booths: 10:00-11:30 am  
Group Walk: 10:30 am**

**Refreshments - Health Screenings - Music**

**STILL  
GOING  
STRONG**



**Free Prizes, drawings, and much more!**

Simple steps, can reduce your risk of a fall so  
you can keep going the extra mile -  
Join us to learn how.



**WEBER  
HUMAN  
SERVICES**



**EXTENSION**  
UtahStateUniversity

