



May - National Arthritis Awareness Month

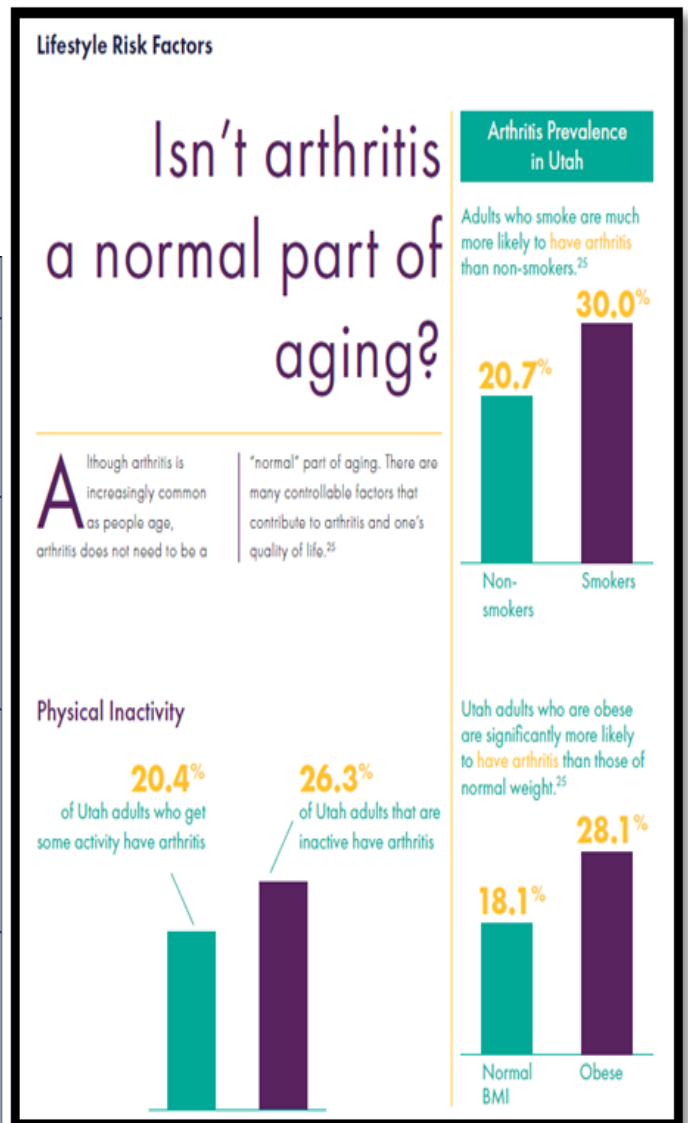
Weber Human Services Area Agency on Aging has maintained a contractual relationship with the Utah Department of Health and Human Services Public Affairs and Education Team for a decade. That team and Weber Human Services are emphasizing this month, May, as National Arthritis Awareness Month. In 1972, at the urging of the Arthritis Foundation, Congress and President Richard M. Nixon designated May as National Arthritis Month — a special time to emphasize research, service and education around arthritis, and to raise funds to support the cause. Every May since then, National Arthritis Month has been marked by efforts to elevate the public’s awareness of arthritis. The purpose of National Arthritis Awareness Month is to educate the public on the growing prevalence of arthritis while encouraging lifestyle choices that aid in its prevention.

As the director of Aging Services, I would like to share some facts regarding the influence of arthritis within Utah. You may want to talk to your doctors or other professionals and consider attending one of our partnering senior centers for physical activities. Many offer classes even beyond what is in the list on this page. You can contact the senior centers using the information given on their pages in this newsletter.

*Submitted by Nobu Izuka,
Director of Weber-Morgan
Area Agency on Aging*

<https://healthyaging.utah.gov/livingwell/>

Senior Centers	Physical Activities (Evidence-Based in Red)
Washington Terrace Senior Center	<ul style="list-style-type: none"> • Low Impact Exercise • Tai-Chi (non-EB) or virtual • Dance with Live Music • Beginners Line Dancing • Intermediate Line Dancing
Golden Hours Senior Center	<ul style="list-style-type: none"> • Pickleball (all levels) • Zumba • Intermediate Line Dancing • Chair Yoga • Balance & Fitness • Square Dance • Intermediate Line Dancing • EB Tai-Chi (weekly)
Northview Senior Center	<ul style="list-style-type: none"> • Beginners Line Dancing • Intermediate Line Dancing • Beginners Tai-Chi (non-EB) • Intermediate Tai-Chi (non-EB) • Beginners TAP Dance • Intermediate TAP Dance • Zumba • Dance with Music (non-Live)
Roy Senior Center	<ul style="list-style-type: none"> • Chair Yoga • Floor Yoga • Zumba • Dance with Live Music • EB Walk with Ease (periodically) • EB Stepping On (periodically) • EB Arthritis Exercise (weekly) • EB Tai-Chi (weekly)



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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!



Weber and Morgan county Senior Medicare Patrol invite you to help fight fraud and reduce the threat of possible identity theft by properly disposing of sensitive documents.

These items can include:

- Documents with personal information
- Documents with your credit card information
- Junk mail for credit card offers.

Your documents will be shredded at no cost by a certified shredding company.

DATES

Tuesday, May 5th 2026
from 10 am to noon
Morgan Senior Center
50 W. 100 N. Morgan, UT 84050

Monday, May 18th, 2026
from 9 am to 11 am

Roy Hillside Senior Center
5051 S 2000 W Roy, UT
Please enter in by 2000 west

Tuesday, May 19th, 2026
from 9 am to 11 am

Golden Hour Senior Center
650 25th Street Ogden UT

CONTACT US:

You can contact your local SHIP program at 801-625-3770. Your local SHIP /SMP program is a free non-bias services that helps anyone with Medicare and Medicaid questions, and can assist you in lowering the cost of medications if you qualify.

ROY HILLSIDE

BirthDay Celebration:

Wednesday, May 6
Cupcakes provided by Solutions In-Home Care—Please welcome our new sponsors!

Robin Arnold:

Wednesday, May 6, 11:30 AM

Painting with Trish is back!:

Tuesday, May 12, 11:00 AM
(Sign up at front desk)

Foot Clinic (With Nurse Provided by Allevio Podiatry):

Wednesday, May 20, 10:00 AM
(Doctor provided by appointment from Allevio Podiatry)

Garr Ashby:

Wednesday, May 27, 11:30 AM

Medicare Minute with Madeleine McDonald:

Tuesday, May 26, 11:30 AM

Mothers Day Lunch—Come Enjoy a Root Beer Float!

Thursday, May 7, 11:30 AM

BINGO:

Wednesday, May 6, 1:00 PM

A-Plus Health Care at Home—
Please welcome our new sponsors!

Wednesday, May 13, 1:00 PM

Sun Ridge Assisted Living

Crossword by Northern Utah Rehab:

Tuesday, May 12, 11:30 AM

Voyant Law Legal Assistance (Lance):

Monday, May 11, 11:30 AM

[Appointment only—Speak to Kathy for more information](#)

Second Generation Band

Thursday, May 21, 11:00 AM

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)
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
9:00 AM.....Coffee with Friends
10:00 AM..... Blood Pressure Clinic
10:00 AM.....New Zumba Class
10:00 AM.....Blood Pressure Clinic (New Time)
1:00 PM Cards (Euchre)

Come learn and play!

THURSDAY:

8:30 AM.....Oil Painting
8:30 AM..... Crocheting
9:00 AM.....Floor Yoga
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

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 (800) 950-9952 x6801



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COMMUNITY SHRED EVENT

Weber and Morgan county Senior Medicare Patrol invite you to help fight fraud and reduce the threat of possible identity theft by properly disposing of sensitive documents. These items can include:

- Documents with personal information
- Documents with your credit card information
- Junk mail for credit card offers.

Your documents will be shredded at no cost by a certified shredding company.

DATES

- Tuesday, May 5th 2026** ✓
from 10 am to noon
Morgan Senior Center
50 W. 100 N. Morgan, UT 84050
- Monday, May 18th, 2026** ✓
from 9 am to 11 am
Roy Hillside Senior Center
5051 S 2000 W Roy, UT
Please enter in by 2000 west
- Tuesday, May 19th, 2026** ✓
from 9 am to 11 am
Golden Hour Senior Center
650 25th Street Ogden UT

CONTACT US:

You can contact your local SHIP program at 801-625-3770. Your local SHIP /SMP program is a free non-bias services that helps anyone with Medicare and Medicaid questions, and can assist you in lowering the cost of medications if you qualify.



This document was supported, in part, by a grant from the Administration for Community Living, Department of Health & Human Services. Grantees undertaking project under government sponsorship are encouraged to express freely their findings and conclusions. Point of view or opinions do not, therefore represent official Administration for Community Living Policy.



MORGAN SENIOR CENTER

50 West 100 North, Morgan, Utah
84050
Director: Cissy Toone
Phone: 801-845-4040

Monday	Tuesday	Wednesday	Thursday
<p>5/4 Quilting 1:00 PM</p> 	<p>5/5 Shred Event 10:00 AM-Noon</p> <p>Shopping 1:30 PM</p>	<p>5/6 Blood Pressure Checks 11:00 AM-Noon</p> <p>Mexican Train 1:00 PM</p>	<p>5/7 Cards 10:00 AM</p> <p>Mother's Day Celebration—12:30 PM</p>
<p>5/11</p> <p>Quilting 1:00 PM Terrace Plaza Playhouse 5:00 PM</p>	<p>5/12</p> <p>Shopping 1:30 PM</p>	<p>5/13</p> <p>Mexican Train 1:00 PM</p>	<p>5/14</p> <p>Bingo 12:30 PM</p> <p>Cards 10:00 AM</p> 
<p>5/18</p> <p>Quilting 1:00 PM</p>	<p>5/19</p>	<p>5/20</p> <p>Mexican Train 1:00 PM Birthday Celebration 12:30</p>	<p>5/21</p> <p>Cards 10:00 AM</p>
<p>5/25</p> <p>Memorial Day CLOSED</p>	<p>5/26</p>	<p>5/27</p> <p>Mexican Train 1:00 PM</p>	<p>5/28</p> <p>Cards 10:00 AM</p>

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>

Grief Support Group
Thursday, May 28, 2:30 pm

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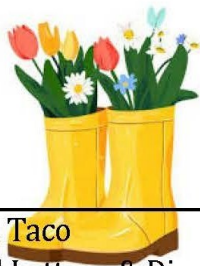
Seniors 60 and older—Suggested Donation: \$4.00
 Individuals under 60 years of age—Charge: \$7.00

May
MONDAY

TUESDAY

WEDNESDAY

2026



Weber Senior Nutrition
 801-399-8390 · Milk O
 Suggested Donation \$
 Meals Are Made Possib
 Every Donation Helps

Salisbury Steak / Gravy 4
 Baked Potato w/ Sour Cream
 Mexicali Corn
 Chilled Pineapple
 Dinner Roll



Soft Shell Taco 5
 Shredded Lettuce & Diced Tomatoes &
 Shredded Cheese
 Spanish Rice
 Refried Beans
 Tropical Fruit Cup
 Cinnamon Churro

Chicken Chop Suey
 Steamed Rice
 Oriental Vegetables
 Mandarin Oranges
 Fortune Cookie

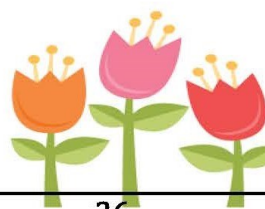
Chopped Beef Steak / Gravy 11
 Whipped Potatoes
 California Blend Vegetables
 Chilled Diced Peaches
 Potato Roll

Bacon Cheese Burger on Bun 12
 Mustard & Ketchup
 Lettuce, Tomato & Pickles
 Tater Tots
 Green Beans
 Fruit Cup

Chicken Cordon Bleu /
 Sweet Potatoes
 Green Peas with Pearl
 Cranberry Fluff
 Wheat Roll

Fish Sticks / Tartar Sauce 18
 Macaroni and Cheese
 Brussel Sprouts
 Warm Spiced Peaches
 Coleslaw

Hamburger Soup 19
 Whole Potatoes
 Mixed Vegetables
 Chilled Tropical Fruit
 Cornbread Muffin



Sweet and Sour Pork
 Steamed Rice
 Broccoli with Lemon B
 Banana
 Orange Roll

MEMORIAL DAY
 25


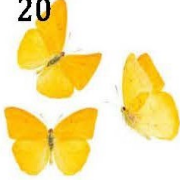



Chicken San Remo 26
 Baked Potato / Sour Cream
 Broccoli with Diced Red Peppers
 Fresh Orange
 Blueberry Muffin



Pork Cubes in Mushroom
 Egg Noodles
 Buttered Peas
 Chilled Apricots
 Oatmeal Chocolate Chi
 Dinner Roll

WEBER SENIOR NUTRITION: 801-399-8390
 Milk Offered Daily—Menu subject to change without notice.

WEDNESDAY	THURSDAY	FRIDAY
Senior Nutrition Program · 1176 W. 3300 S. Ogden UT 84401 Milk Offered Daily Menu Subject To Change Without Notice \$4.00 Made Possible By Your Generous Contributions We Provide Meals To A Senior In Your Community		Turkey Meatballs 1 Whipped Potatoes / Cream Gravy Capri Vegetables Apple Pie Dinner Roll
6	Roast Beef / Gravy 7 Whipped Potatoes Spinach with Lemon Sliced Pears Coconut Cream Pie Dinner Roll	Pork Chop W/Russian Sauce 8 Seasoned Rice Broccoli Cranberry Apple Salad Dinner Roll 
Gravy 13 Onions	Pork Stroganoff 14 Egg Noodles Carrots & Celery Chilled Pineapple Tapioca Pudding Dinner Roll	Breaded Chicken Cutlets 15 Whipped Potatoes/ Cream Gravy Broccoli Warm Cinnamon Applesauce Sugar Cookie
Butter 20 	Roast Turkey / Gravy 21 Stuffing Peas Chilled Pears Iced Peanut Butter Brownie Ranch Roll	Rigatoni with Meat Sauce 22 Parmesan Cheese Italian Vegetables Tossed Salad/Croutons Dressing Sour Cream Fruit Salad Garlic Roll
Cream Gravy 27 Apple Pie Cookie	Lasagna 28 Brussel Sprouts Tossed Salad /Beets/Dressing Mandarin oranges Garlic Roll	Battered Pollock/ Tartar Sauce 29 English Chips Broccoli Coleslaw Warm Apple Crisp 



COMMUNITY SHRED EVENT

Weber and Morgan county Senior Medicare Patrol invite you to help fight fraud and reduce the threat of possible identity theft by properly disposing of sensitive documents.

These items can include:

- Documents with personal information
- Documents with your credit card information
- Junk mail for credit card offers.

Your documents will be shredded at no cost by a certified shredding company.

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from 10 am to noon

Morgan Senior Center
50 W. 100 N. Morgan, UT 84050

Monday, May 18th, 2026
from 9 am to 11 am

Roy Hillside Senior Center
5051 S 2000 W Roy, UT
Please enter in by 2000 west

Tuesday, May 19th, 2026
from 9 am to 11 am

Golden Hour Senior Center
650 25th Street Ogden UT

CONTACT US:

You can contact your local SHIP program at 801-625-3770. Your local SHIP /SMP program is a free non-bias services that helps anyone with Medicare and Medicaid questions, and can assist you in lowering the cost of medications if you qualify.

GOLDEN HOURS

Take a Hike!

MAY 12TH | 9:00 AM
22ND STREET TRAILHEAD

MAY 27TH | 9:00 AM

29th Street—Gibbs Loop

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.

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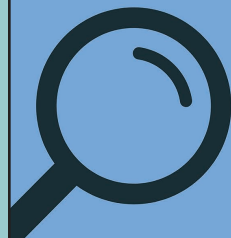
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GOLDEN HOURS

Social Opportunities

Coffee Talk w/ Byron
5th & 19th at 10:30
Poker Group— 8th & 22nd at 10:00
Ogden Nature Center Field Trip
22nd at 10:00
Hiking Group
22nd Street Trail— 12th at 9:00
NE Street— 27th at 9:00

29th Street—Gibbs Loop

Classes

AARP Safe Driving— 11th at 8:45
Self Defense Class- 4th at 10:00
Card Making— 7th at 10:00

Special Events

Cinco De Mayo Party
5th at 11:30
Shred Event (Parking Lot)
19th at 9:00-11:00
Medicare Minute— 19th at 11:30

Crafts

Wire Wrapping— 5th at 4:30
Monthly Quilt Block — 11th at 10:00
Stitches In Time
Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor— Mondays 5-6
Legal Services— 7th & 14th at 1:30
Haircuts— 13th & 27th at 11:00
Podiatry— 21st at 10:00

**CENTER CLOSED
25TH (MEMORIAL DAY)**

Hiking Group, 22nd St. Trailhead
Tuesday, May 12, 9:00 AM
Hiking Group, 29th St. Trailhead—Gibbs Loop
Wednesday, May 27, 9:00 AM
CSFP Food Box Pickup
Monday, May 4
Silversmithing (Open Studio)
Wednesday, May 6, 13, & 27, 5:00-8:00 PM
Ukulele—Wednesday, May 6 & 20, 6:00-7:30 PM
Newcomers Bridge
Thursday, May 7 & 21, 12:30-4:00 PM
Beehive Rock and Gem Club
Tuesday, May 26, 5:30-9:00 PM
Alzheimer's Support Group
Monday, May 18, 1:00 PM
S.O.A.P. Game Night
Tuesday, May 5 & 19, 6:00-8:00 PM
S.O.A.P. Movie Night
Tuesday, May 26, 5:30-8:00 PM
Gay Men's Support Group
Tuesday, May 12, 6:00-7:30 PM
Advanced Strong Bodies Class
Friday, May 1 & 22, 2:30-3:45 PM
Shred Event—Tuesday, May 19, 9:00-11:00 AM
Estate and Will Planning Presentation
Wed., May 6, 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.....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.....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
11:00 AM-4:30 PM.....Marathon Bridge
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-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.

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LOTUS PARK SENIOR LIVING

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WASHINGTON TERRACE

Dominos Train Game

Every morning & after lunch until 2:00 PM, Monday-Friday

Hand and Foot Cards

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

Medicare Minute with Shantel and Alex from WHS

Tuesday, May 12, 12:00 PM

WTSC Haircuts by Leah with Great Clips - \$5.00

Wednesday, May 13, 10:00 AM-12:00 PM

Foot Clinic by Canyon Homecare and Hospice

Wednesday, May 27, 10:00 AM-12:00 PM
Podiatrist Available

Guest Presentation by Braden Hess from Latitude Legal Services

Friday, May 8, 12:00-1:00 PM

BINGO

Thursday, May 7, 1:00 PM

Tuesday, May 19, 1:00 PM

April Birthdays Celebration with cupcakes from Treco

Wednesday, May 13

Nachos Treat Day with Salsa and Chips

Wednesday, May 13

10:00-11:30 AM

Ongoing Activities

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

Reservation Required!

MONDAY:

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

11:00 AM.....Basic, Step-by-Step Beginners
Line Dancing by Jan Leah

12:00 PM.....Oil Painting Art 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

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

Wild West Senior Picnic

Western Wear Encouraged (But Not Required)

Emma Russell Park

4300 W. 5700 S. Roy, Utah

June 12th (Friday) 11:30- 1:30

Entertainment : Farr West Garage Band

Tickets : Seniors 60 and older \$ 4.00

Tickets must be obtained at least three days before the picnic.

No tickets will be available at the picnic.

Weber Senior Nutrition – 1176 W. 3300 S. (801-399-8390)

Golden Hours Senior Center – 650 25th St Ogden (801-629-8864)

Roy Hillside Senior Center – 5051 S. 2000 W. Roy (801-773-0860)

Morgan Senior Center- 50 W. 100 N. Morgan (801-845-4040)

North View Senior Center- 485 E. 2550 N. N. Ogden (801-782-6211)

Washington Terrace Senior Center- 4601 S. 300 W. WT (801-621-0161)

Menu:

Chicken Salad Sandwich,

Potato Salad, Coleslaw,

Watermelon, and Ice Cream

**WEBER
HUMAN
SERVICES**



SERVING MORGAN & WEBER COUNTIES

**6/3/2026 (Wednesday)
Evening Aging Education, 5:30 PM—8:00 PM
Lindquist Office Building
RSVP Call 801-625-3771 ext #9**

Get In Touch

Weber Human Services Area Agency on Aging

Phone
(801) 625-3770

Website
weberhsaging.net

Location
237 26th Street Ogden,
UT 84401



Sponsors & Guests



Welcome

EVENING AGING EDUCATION

Weber Human Services Area Agency on Aging welcomes you to this free evening education event for caregivers, seniors and other community members!

www.weberhsaging.net

Agenda

5:30 PM Registration Begins & Booth Visitation

5:45 PM Welcome WHS Aging and Lindquist Representatives, Serving meals

6:10-7:00 PM 1 Session - Healthy Aging
7:10-8:00 PM 2 Session - Foiling Financial Fraud
8:00-8:15 Q&A with the Speakers



6:10-7:00 pm: 1st Session

Healthy Aging

PROFESSOR CLAYTON HALFORD

Clayton Halford is a board-certified physician assistant with a Bachelor's in Human Movement Science and a Master's in Physician Assistant Studies. He has over 10 years of clinical experience in trauma, critical care, family medicine, emergency medicine, and orthopedics. As a faculty member at Weber State University, he teaches and mentors future medical providers while staying updated through professional development workshops. Outside of work, he enjoys scuba diving, snowmobiling, and long-range shooting with his wife and four children, valuing these activities for relaxation and family bonding. Clayton is dedicated to excellence and balance in all areas of life.



7:10-8:00 pm: 2nd Session

Foiling Financial Fraud

FIRST COMMUNITY BANK

First Community Bank, originally founded in 1905 as First National Bank of Layton, rebranded in 2019 after being acquired by Glacier Bancorp. The bank focuses on providing personalized service and building relationships, with bankers acting as trusted financial advisers. Their mission is to support community development, one dream at a time. This commitment to community is reflected in their various outreach programs and local initiatives. Moreover, they strive to exceed customer expectations by offering innovative financial solutions tailored to individual needs.

Weber Human Services Area Agency on Aging Presents:



Topics:

**HEALTHY AGING
& FOILING FINANCIAL FRAUD**

EVENING AGING EDUCATION



JUNE 3, 2026

5:30 PM - 8:00 PM

5:30 pm: Registration and Booth Visitation
5:45 pm: Welcome WHS Aging and Lindquist Representatives, Serving meals
6:10 pm: 1st Session (Healthy Aging)
7:10 pm: 2nd Session (Foiling Financial Fraud)
8:00 pm: Q&A with Speakers

About Our Event!

We warmly invite **caregivers, seniors, and community members** to a **FREE** evening education event, which includes **FREE DINNER** for the first 100 attendees (RSVP required). Join us to make a difference, support the community, or volunteer your assistance.

**RSVP: 801-625-3770
ext #9, or you can...**



LOCATION:

**Lindquist Office Building
Conference Room**

3434 Washington Blvd.
Ogden, UT 84401

Free Parking in the East Parking Lot

Wheelchair/walker accessibility at East Entrance.

Guest Speakers ◀

Immerse yourself in informative presentations by speakers from Weber State University, First Community Bank, plus Q&A with the speakers.

FREE Dinner ◀

Savor a delightful meal on the house.

**REGISTER ONLINE
WITH THE QR CODE**