

Upcoming Dates

# Golden Hours Senior Recreation Center

August 2023

## Activity Highlights

### **Silversmithing**

Registration for September opens Aug 2 and runs until Aug 31. Sign up at the front desk for either a Wednesday session or Thursday session. Both sessions are \$15 for 3 weeks of instruction!

### **Pottery**

Registration for September is now open and will run until Aug 31. Sign up at the front desk! Class is \$15 for 4 weeks of instruction. There is also an open studio on Monday & Friday from 10:30-1:30 for uncompleted projects.

### **Bowling**

Bowling is held on Fridays in our Sport Simulator room! It starts at 12:30 and is open play. Join us on a Friday this month to enjoy FREE bowling!

### *Hours of Operation:*

Mon-Thur 8am-8pm, Fri 8am-5pm (Closed holidays)

### *Become a Member*

of Golden Hours Senior Recreation Center. Visit the front desk to complete a membership form. \$5 monthly donation.

### *Save the Date:*

- Sept 4– Center Closed Labor Day
- Sept 11– AARP Safe Driving
- Sept 12– Hiking club
- Sept 15– Mexico's Independence Day
- Sept 27– Hiking club
- Oct 4– Health Fair

Located at:

650 25th St.  
Ogden, UT 84401

Call Us: 801-629-8864

Find Us: [www.ogdencity.com](http://www.ogdencity.com)



Like Us: Golden Hours Senior Recreation Center



# August 2023

Enjoy most of these activities for a suggested donation of

**\$5 per month.**

**Open:**

Mon-Thurs 8am-8pm;  
Fri 8-5pm

**Thrift Shop Hours**

**Monday– Friday  
9:30-1:00**

*For a list of class descriptions please ask the front desk or visit our website at*

[Golden Hours | Ogden, UT \(ogdencity.com\)](http://ogdencity.com)



**SCAN ME**

Scan to see fun pictures of our center and possibly YOU!

## Center Staff

Facilities Coordinator:

Ginger Myers

**Staff:**

Abbie Barker

GayLee Butterfield

Rodney Butterfield

Cora Chatlin

Helen Gallegos

Byron Garner

Kaylee Hadley

Tony Iseminger

Trevor Knotts

## Monday



7 **CSFP Food Box Pick-Up**

9-4 Sewing

10-11 Tai Ji Quan

10:30-1:30 Pottery Open Studio

12:30 BINGO

1-4 American Western Mahjong

2-7:30 Pickleball

4-8 Lapidary (open lab)



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10:00 Sewing Project– I found a quilted heart

10-11 Tai Ji Quan

10:30-1:30 Pottery Open Studio

12:30 BINGO

1-4 American Western Mahjong

2-7:30 Pickleball

4-8 Lapidary (open lab)

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9-4 Sewing

10-11 Tai Ji Quan

10:30-1:30 Pottery Open Studio

12:30 BINGO

1-2:30 Alzheimer's Support Group

1-4 American Western Mahjong

2-7:30 Pickleball

4-8 Lapidary (open lab)

5:30-8 SOAP LGBTQ+

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9-4 Sewing

10-11 Tai Ji Quan

10:30-1:30 Pottery Open Studio

12:30 BINGO

1-4 American Western Mahjong

2-7:30 Pickleball

4-8 Lapidary (open lab)

5:00 Movie Night "Ford v. Ferrari"



## Tuesday

1

9-11 Crochet/Knitting group

10-11 Zumba

10-2 Open Art Studio

10:30 Coffee Talk w/ Tony

3:00 Balance & Fitness

3:30 Chair Yoga

4:30 Wire Wrapping

4-8 Lapidary



8

9-11 Crochet/Knitting group

10-11 Zumba

10-11 Hiking Club– 22nd Street

10-2 Open Art Studio

11:30 Caption Call Presentation

3:00 Balance & Fitness

3:30 Chair Yoga

4-8 Lapidary

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9-11 Crochet/Knitting group

10-11 Zumba

10-2 Open Art Studio

10:30 Coffee Talk w/ Tony

3:00 Balance & Fitness

3:30 Chair Yoga

4-8 Lapidary



22

9-11 Crochet/Knitting group

10-11 Zumba

10-2 Open Art Studio

3:00 Balance & Fitness

3:30 Chair Yoga

4-5:45 Lapidary (*1st session only*)

5:30 Beehive Rock & Gem Club

29

9-11 Crochet/Knitting group

10-11 Zumba

10-2 Open Art Studio

11:30 UTA Presentation

3:00 Balance & Fitness

3:30 Chair Yoga

4-8 Lapidary

5:00 Eating For One or Two Seminar

# August 2023

Wednesday	Thursday	Friday
<p>2</p> <p>9:30 BINGO</p> <p>10-11 Vet's Group</p> <p>10-11 Tai Ji Quan</p> <p>10:30- 4 Dominoes</p> <p>12:00-4:00 Bridge (Duplicate)</p> <p>5-8 Silversmithing (<i>Registration req</i>)</p> <p>7-9 Guitar Jammers</p> 	<p>3</p> <p>10-2 Open Art Studio</p> <p>10-11 Tai Chi</p> <p>12-4 Pinochle</p> <p>12:30 Spanish Tai Chi</p> <p>12:30-4 Bridge (<i>Newcomers-1st&amp;3rd</i>)</p> <p><u>12:30 Film Festival "True Grit"</u></p> <p><u>1:30 Legal Services (by appt)</u></p> <p>3:00 Balance &amp; Fitness</p> <p>3:30 Chair Yoga</p> <p>5-8 Silversmithing (<i>Registration Req</i>)</p> <p>6-9 Diamond Squares</p>	<p>4</p> <p>8-10 Pickleball- Mount Ogden Courts</p> <p>9-11 Crochet/Knitting group</p> <p>9-4 Sewing</p> <p>10-11:30 Line Dancing (Intermediate)</p> <p>10:30-1:30 Pottery Open Studio</p> <p>12:30-2 Bowling ~ Simulator Room</p> <p>2-4 Pottery (Registration required)</p>
<p>9</p> <p>9:30 BINGO</p> <p>10-11 Vet's Group</p> <p>10-11 Tai Ji Quan</p> <p><b>11-1 Haircuts (by appt)</b></p> <p>10:30- 4 Dominoes</p> <p>12:00-4:00 Bridge (Duplicate)</p> <p>5-8 Silversmithing (<i>Registration req</i>)</p> <p>7-9 Guitar Jammers</p>	<p>10</p> <p>10-2 Open Art Studio</p> <p>10-11 Tai Chi</p> <p><u>11:30 Senior Video Presentation</u></p> <p>12-4 Pinochle</p> <p>12:30 Spanish Tai Chi</p> <p><u>12:30 Film Festival "Field of Dreams"</u></p> <p><u>1:30 Legal Services (by appt)</u></p> <p>3:00 Balance &amp; Fitness</p> <p>3:30 Chair Yoga</p> <p>5-8 Silversmithing (<i>Registration Req</i>)</p> <p>6-9 Diamond Squares</p> 	<p>11</p> <p>8-10 Pickleball- Mount Ogden Courts</p> <p>9-11 Crochet/Knitting group</p> <p>9-4 Sewing</p> <p>10-11:30 Line Dancing (Intermediate)</p> <p>10:30-1:30 Pottery Open Studio</p> <p>12:30-2 Bowling ~ Simulator Room</p> <p>2-4 Pottery (Registration required)</p>
<p>16</p> <p>9:30 BINGO</p> <p>10-11 Vet's Group</p> <p>10-11 Tai Ji Quan</p> <p>10:30- 4 Dominoes</p> <p>12:00-4:00 Bridge (Duplicate)</p> <p>No Silversmithing</p> <p>7-9 Guitar Jammers</p> 	<p>17</p> <p>10-2 Open Art Studio</p> <p>10-11 Tai Chi</p> <p>12-4 Pinochle</p> <p>12:30 Spanish Tai Chi</p> <p>12:30-4 Bridge (<i>Newcomers-1st&amp;3rd</i>)</p> <p><u>12:30 Film Festival "The Lost City"</u></p> <p>3:00 Balance &amp; Fitness</p> <p>3:30 Chair Yoga</p> <p>5-8 Silversmithing (<i>Registration Req</i>)</p> <p>6-9 Diamond Squares</p>	<p>18</p> <p>8-10 Pickleball- Mount Ogden Courts</p> <p>9-11 Crochet/Knitting group</p> <p>9-4 Sewing</p> <p>10-11:30 Line Dancing (Intermediate)</p> <p>10:30-1:30 Pottery Open Studio</p> <p>12:30-2 Bowling ~ Simulator Room</p> <p>12:30-1:30 Lotería (Spanish BINGO)</p> <p>2-4 Pottery (Registration required)</p>
<p>23</p> <p>9:30 BINGO</p> <p>10-11 Vet's Group &amp; Tai Ji Quan</p> <p><u>10:00 Hiking Club- 29th Street</u></p> <p><b>11-2 Haircuts (by appt)</b></p> <p>10:30- 4 Dominoes</p> <p>12:00-4:00 Bridge (Duplicate)</p> <p>5-8 Silversmithing (<i>Registration req</i>)</p> <p>7-9 Guitar Jammers</p> <p>6:00-7:30 Ukulele (<i>2nd &amp; 4th</i>)</p>	<p>24</p> <p>10-2 Open Art Studio</p> <p>10-11 Tai Chi</p> <p><b>10-2 Podiatry (by appt)</b></p> <p>12-4 Pinochle</p> <p>12:30 Spanish Tai Chi</p> <p><u>12:30 Film Festival "Napoleon Dynamite"</u></p> <p>3:00 Balance &amp; Fitness</p> <p>3:30 Chair Yoga</p> <p>5-8 Silversmithing (Open Studio-<i>Registration Req</i>)</p> <p>6-9 Diamond Squares</p> 	<p>25</p> <p>8-10 Pickleball- Mount Ogden Courts</p> <p>9-11 Crochet/Knitting group</p> <p>9-4 Sewing</p> <p>10-11:30 Line Dancing (Intermediate)</p> <p>10:30-1:30 Pottery Open Studio</p> <p><u>12:30 Family Feud</u></p> <p>2-4 Pottery (Registration required)</p> 
<p>30</p> <p>9:30 BINGO</p> <p>10-11 Vet's Group</p> <p>10-11 Tai Ji Quan</p> <p>10:30- 4 Dominoes</p> <p>12:00-4:00 Bridge (Duplicate)</p> <p>5-8 Silversmithing (Open Studio-<i>Registration Req</i>)</p> <p>7-9 Guitar Jammers</p> 	<p>31</p> <p>10-2 Open Art Studio</p> <p>10-11 Tai Chi</p> <p>12-4 Pinochle</p> <p>12:30 Spanish Tai Chi</p> <p><u>12:30 Film Festival "La La Land"</u></p> <p>3:00 Balance &amp; Fitness</p> <p>3:30 Chair Yoga</p> <p>5-8 Silversmithing (Open Studio-<i>Registration Req</i>)</p> <p>6-9 Diamond Squares</p>	



# Golden Hours Papparazzi



*Visit us on our Website!*  
[Golden Hours | Ogden, UT \(ogdencity.com\)](http://ogdencity.com)  
<https://ogdencity.com/325/Golden-Hours>

**Lunch:** Served to the Golden Hours Center by Weber Nutrition.  
Monday – Friday, 11:30 am-12:30 pm  
Cost is \$7 for age 50-59.  
Donation of \$4 for age 60 & up.  
Must reserve 24 hours in advance: 801-629-8864  
Must be a member & scan in everyday before lunch at the front desk.