



**March 2026**

## What to Know About the New Dietary Guidelines for Americans

On January 7, 2026 the USDA released the 2025-2030 Dietary Guidelines for Americans (DGA). An inverted pyramid replaced the MyPlate graphic from the previous guidelines, with an emphasis on protein-forward meals.

These are the key messages of the new DGAs:

1. **Eat the Right Amount for You.**
2. **Prioritize Protein Foods at Every Meal.**
3. **Consume Dairy.**
4. **Eat Vegetables and Fruits Throughout the Day.**
5. **Incorporate Healthy Fats.**
6. **Focus on Whole Grains.**
7. **Limit Highly Processed Foods, Added Sugars and Refined Carbohydrates.**
8. **Limit Alcoholic Beverages.**

A full summary of the guidelines can be found at [realfood.gov](https://realfood.gov). Some health organizations and experts (such as the American Heart Association, Center for Science and Public Interest, and the Academy of Nutrition and Dietetics [AND]) have expressed concerns about these new guidelines. The AND released the following in response to the new guidelines:



### **What the Academy Supports:**

- Encouraging nutrient-dense foods, including fruits, vegetables and whole grains.
- Recommendations to limit highly processed foods and added sugars.
- Maintaining a limit of no more than 10% of total calories from saturated fat, while prioritizing healthier fats.
- Increased attention to fiber and microbiome health.

### **Where the Academy Has Concerns:**

- **Saturated Fat:** Emphasis on butter, beef tallow, red meat and full fat dairy is inconsistent with the recommendation of limiting saturated fat to 10% of total calories. Evidence shows that these foods are high in saturated fat, increasing the risk of cardiovascular disease.
- **Dairy:** The new guidelines do not consider individuals who cannot or choose not to consume dairy products.
- **Low-calorie non-nutritive sweeteners:** The guidelines emphasize moderation even though evidence to date indicates they are generally considered safe within acceptable intake limits.
- **Synthetic food dyes:** Consistent with the Academy's Nutrition Fact Check, research suggests a small subset of children may be sensitive to synthetic food dyes. However, findings are inconsistent, and additional research is needed to better understand the relationship between diet, food additives and behavior. Counsel with your doctor or dietitian to determine the best eating plan for you.

*Submitted by Alison Jensen RND, Weber-Morgan Aging Dietitian and  
Nobu Iizuka Weber-Morgan Area Agency on Aging*

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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](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

### Euchre:

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

Linda Hammer—Saint Patrick's Day Performance  
Tuesday, March 17, 11:30 AM

**Falls are not a normal part of aging.**  
**They can be prevented!**

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

**Take a Stepping On workshop!**  
Stepping On can help you avoid a fall so you can keep doing the things you love to do. 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 8:30-10:30 AM**

**February 23 through April 6**

**Roy Hillside Senior Center 5051 S 2000 W, Roy**

Register at the Senior Center or by calling

Megan McCourt 801-625-3784



## ROY HILLSIDE

### BirthDay Celebration:

Wednesday, March 4  
Cupcakes provided by Treeo Retirement Living

### Robin Arnold:

Wednesday, March 4, 11:30 AM

### Painting with Trish is back!:

Tuesday, March 10, 10:00 AM  
(Sign up at front desk)

### Foot Clinic (With Nurse Provided by Allevio Podiatry):

Wednesday, March 18, 10:00 AM  
(Podiatrist available by appointment from Allevio Podiatry)

### Garr Ashby:

Wednesday, March 25, 11:30 AM

### Medicare Minute with Madeleine McDonald:

Tuesday, March 24, 11:30 AM

### St. Patrick's Day Dinner with Prizes (mostly green):

Thursday, March 17, 12:30 PM

### BINGO:

Wednesday, March 4, 1:00 PM

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

Wednesday, March 18, 1:00 PM

Sun Ridge Assisted Living

### Crossword by Northern Utah Rehab:

Tuesday, March 17, 11:30 AM

### Voyant Law Legal Assistance (Lance):

Wednesday, March 11

Appointment only—Speak to Kathy for more information

### Second Generation Band

Thursday, March 19, 11:00 AM  
(Sign up at front desk)

## 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  
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  
9:30 AM ..... Chair Yoga  
10:30 AM ..... Tea Time with Friends  
11:00 AM ..... Cards (Hand and Foot)

### FRIDAY:

10:00 AM ..... Arthritis Exercise—Tai Chi  
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  
 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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# 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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<p style="text-align: right;">3/2</p> <p>Quilting 1:00 PM</p> <p>Terrace Plaza Play House 5:00 PM</p>	<p style="text-align: right;">3/3</p> <p>Shopping 1:30 PM</p>	<p style="text-align: right;">3/4</p> <p>Mexican Train 1:00 PM</p> <p>Blood Pressure Checks 11:00 AM</p>	<p style="text-align: right;">3/5</p> <p>Cards 10:00 AM</p>
<p style="text-align: right;">3/9</p> <p>Quilting 1:00 PM</p> 	<p style="text-align: right;">3/10</p> <p>Storytelling Festival 1:00 PM</p> <p>Medicare Minute with Shantel Clark, WHS Aging 12:00 PM</p>	<p style="text-align: right;">3/11</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">3/12</p> <p>Cards 10:00 AM</p> 
<p style="text-align: right;">3/16</p> <p>Terrace Plaza Play House 5:00 PM</p>	<p style="text-align: right;">3/17</p> <p>St. Patrick's Day Party 12:30 PM</p>	<p style="text-align: right;">3/18</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">3/19</p> <p>Cards 10:00 AM</p>
<p style="text-align: right;">3/23</p> <p>Quilting 1:00 PM</p>	<p style="text-align: right;">3/24</p> <p>Birthday Celebration 12:30</p>	<p style="text-align: right;">3/25</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">3/26</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**

**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>

NORTH VIEW SENIOR CENTER

Grief Support Group  
Thursday, March 26, 2:30 pm

# NEVER MISS OUR NEWSLETTER!

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newsletter  
emailed  
to you.

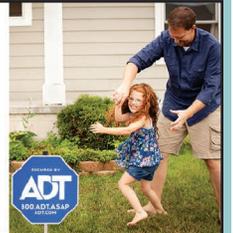


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**Jay Schwartz**

[jschwartz@4LPi.com](mailto:jschwartz@4LPi.com)  
(800) 477-4574 x6801

**Haircuts**

Monday, March 2, 10:00 AM **\$5.00**  
(Scheduled time is required.)

**Blood Pressure Checks**

Monday, March 2, 10:00 AM

**Foot Clinic by Canyon Home & Hospice**

Wednesday, March 11, 10:00 AM  
(Podiatrist will come this month. Scheduled time is required.)

**Painting with Trish**

Monday, March 9, 1:00 PM  
(Please call to sign up in advance. Cost is \$20.00.)

**Evening Music and Dance with Gary Romer**

Saturday, March 21, 7:00-9:00 PM

**Performance by Alan Benedict**

Monday, March 2, 11:30-12:30 PM

**Performance by Tap Group**

Thursday, March 5, 11:30-12:30 PM

# NORTH VIEW

## Thursday Evening Activities:

**Bingo**

March 5

**Game Night**

March 19

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.



## 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)

**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  
8:30 AM.....Beginners Line Dancing  
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
Chopped Beef Steak <b>2</b> With Tomato Beef Gravy Whipped Potatoes Green Beans Chilled Peaches Wheat Roll 	Pork Souvlaki <b>3</b> Lemon Rice Country Vegetables Fresh Oranges Coconut Cream Pie	Seafood Gumbo Steamed Rice Zucchini & Yellow Squash Cottage Cheese with Fruit Dinner Roll 
Hearty Hamburger Soup <b>9</b> Seasoned Whole Potatoes Mixed Vegetable Fresh fruit Wheat Roll	Baked Chicken W/Gravy <b>10</b> Parslied Rice Cauliflower / Pimento Chilled Peaches Orange Roll	Roast Pork / Gravy Whipped Potatoes Broccoli Pineapple & Apricot with Dinner Roll
Malibu Chicken/Sauce <b>16</b> Whipped Potatoes Buttered Peas Marshmallow Mixed Fruit Salad Wheat Dinner Roll	Irish Corned Beef <b>17</b> Pot O' Gold Potatoes Seasoned Cabbage with Shredded Carrots Shamrock Lime & Pear Salad Leprechaun Cookie Dilly Roll 	Turketti with Grated Cheese Spinach with Lemon Chilled Mandarin Orange Dinner Roll
Chili Con Carne <b>23</b> Succotash Green Fruited Gelatin Cornbread	Chicken Tater Tot Casserole <b>24</b> Green Beans Fruit Cocktail Delight Dinner Roll	Parmesan Beef Pattie Baked Potato With Sour Cream Corn And Carrots Tropical Fruit Cup Wheat Roll
Ground Beef Gravy <b>30</b> Whipped Potatoes Malibu Vegetables Chilled Pineapple Wheat Roll 	Crabby Cake /Cocktail Sauce <b>31</b> Baked Potato/Sour Cream Buttered Peas Pineapple Dinner Roll 	Weber Senior Nutrition 1176 W. 3300 S. Ogden UT 801-399-8390 Milk Offer Suggested Donation \$ 4.00 Menu Subject To Change

Meals Are Made Possible By  
 Every Donation Helps Provide Meals

# WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

WEDNESDAY	THURSDAY	FRIDAY
4	5 Breaded Chicken Cutlet Cream Gravy Whipped Potatoes Harvard Beets Warm Peaches Rice Krispy Treat	6 Baked Tilapia / Tartar Sauce Potatoes Romanoff Stewed Tomatoes Vanilla Fruited Pudding Dinner Roll 
11  Yogurt Dressing	12 Seafood Pie/Cheese Sauce Buttered Yams Green Beans Fresh Fruit Frosted Orange Cake	13 Chili Dog / Hot Dog Bun Cube Potatoes Grated Cheese Peas Pineapple Coleslaw 
18 Cheese	19 Stuffed Green Peppers With Tomato Sauce & Grated Cheese Rice Carrifruit salad Warm Apple	20 Chicken A La Orange Noodles Corn and Fruited Gelatin Lorna Doone Cookie
25 Cream	26 Spaghetti with Meat Sauce Parmesan Cheese California Blend Banana Garlic Bread 	27 Pork Chop Supreme Buttered Yams Broccoli and Shredded Carrots Fruit Cocktail
Program Utah 84401 red Daily 00 Without Notice	  	

by Your Generous Contributions  
meals To A Senior In Your Community

# PICKUP YOUR TAX PACKET TODAY!



Beginning the Week of Feb. 10th

**STEP 1:** SCAN YOUR MEMBERSHIP CARD OR SIGN A MEMBERSHIP WAIVER FORM.

**STEP 2:** RECEIVE YOUR TAX PACKET, FILL IT OUT **COMPLETELY** AND INCLUDE ALL TAX DOCUMENTS REQUIRED FOR 2025.

**STEP 3:** EITHER CALL 801-629-8864 OR VISIT OUR CENTER TO SCHEDULE YOUR APPOINTMENT.

## GOLDEN HOURS

# March 2026

# AARP FREE TAX SERVICE



**GOLDEN HOURS IS OFFERING A FREE TAX SERVICE TO SENIORS IN THE OGDEN COMMUNITY! YOU MUST BE 55+ TO RECEIVE THIS SERVICE, SINCE IT IS THROUGH AARP.**

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### **Social Opportunities**

Coffee Talk w/ Byron  
3rd & 17th at 10:30  
Field Trip to WSU Browning Center  
9th at 9:00

### **Classes**

Advanced Strong Bodies  
13th & 27th at 2:30

### **Special Events**

AARP Safe Driving— 9th at 8:45  
St. Patrick’s Day Lunch  
17th at 11:30  
Medicare Minute— 17th at 11:30  
Easter Egg Hunt— 30th— April 3rd

### **Crafts**

Wire Wrapping— 3rd at 4:30  
Monthly Quilt Block — 9th at 10:00  
Doodles & Dessert— 13th at 2:00  
Stitches In Time  
Tuesdays at 12:00

### **Services (By Appointment Only)**

AARP Tax Help  
Tues & Thurs 9-12  
Tech Tutor— Mondays 5-6  
Legal Services— 5th & 12th at 1:30  
Haircuts— 11th & 25th at 11:00

## **GOLDEN HOURS**

- CSFP Food Box Pickup**  
Monday, March 2
- Silversmithing (Open Studio)**  
Wednesday, March 4, 11 & 25, 5:00 PM–8:00 PM
- Ukulele**  
Wednesday, March 4 & 18, 6:00 PM–7:30 PM
- Newcomers Bridge**  
Thursday, March 5 & 19, 12:30 PM–4:00 PM
- Beehive Rock and Gem Club**  
Tuesday, March 24, 5:30–9:00 PM
- Alzheimer’s Support Group**  
Monday, March 16, 1:30 PM
- S.O.A.P. Game Night**  
Tuesday, March 3, 17 & 31, 6:00—8:00 PM
- S.O.A.P. Movie Night**  
Tuesday, March 24, 6:00–8:00 PM
- Gay Men’s Support Group**  
Tuesday, March 10, 6:00—7:30 PM
- Advanced Strong Bodies Class**  
Friday, March 13 & 27, 2:30 PM–3:45 PM
- Podiatry Clinic**  
Friday, March 20, 10:00 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  
 7:00–8:00 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](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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- Assisted Living
- Memory Care

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## WASHINGTON TERRACE

### Dominos Train Game

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

### Medicare Minute with Madeline from WHS

Tuesday, March 10, 12:00 PM

### WTSC Haircuts by Alex with Great Clips - \$5.00

Wednesday, March 11, 10:00 AM

### Foot Clinic by Canyon Homecare and Hospice

Wednesday, March 25, 10:00 AM

### Hand and Foot Cards

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

### Wasatch RV Club Meeting

Tuesday, March 17, 12:00 PM

### Senior Helpers Question & Answer Presentation with Sherry Jarvis—Why It's Important for Seniors to Eat Healthy Meals

Wednesday, March 4, 12:00 PM

- **BINGO**

Thursday, March 5 & 19, 1:00 PM

March Birthdays Celebration  
with cupcakes from Treco

Wednesday, March 11

St. Patrick's Day

Treats Welcome!

Tuesday, March 17, 10:30 AM–Noon

HAPPY ST. PATRICK'S DAY, WTSC MEMBERS!

## 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

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

### 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

**AARP Foundation Tax Preparation Aides** provide in-person and/or Drop-off tax assistance free of charge to anyone, with a focus on Senior taxpayers. For more details, contact one of the senior centers below for the AARP Tax Preparation Aide at Ogden, North Ogden, Riverdale, Roy and other areas in Utah. Source: [https://www.aarp.org/money/taxes/aarp\\_taxaide](https://www.aarp.org/money/taxes/aarp_taxaide)

<p><b>Golden Hours Senior Recreation Center</b>, 650 E 25th St, Ogden, UT 84401</p> <p><b>DATE &amp; TIME</b>  <b>TUE: 09:00 AM - 01:00 PM, THU: 09:00 AM - 01:00 PM</b>  <b>Contact:</b> (801) 629-8864</p> <p><b>SERVICE TYPE</b> Drop Off, In-Person, Two Visit Scan  <b>APPOINTMENT REQUIRED</b>          Yes</p> <p><b>DATES OPEN</b>          2/10/2026 - 4/9/2026</p> <p><b>DETAILS</b>          See Steps 1 ~ 3 (right)</p>	
<p><b>North View Senior Center</b>, 485 E 2550 N, North Ogden, UT 84414</p> <p><b>DATE &amp; TIME</b>  <b>TUE: 08:30 AM - 04:00 PM, THU: 8:30 AM - 04:00 PM</b>  <b>Contact:</b> (801) 782-6211</p> <p><b>SERVICE TYPE</b>          In-Person</p> <p><b>APPOINTMENT REQUIRED</b>          Yes</p> <p><b>DATES OPEN</b>          2/5/2026 - 4/2/2026</p> <p><b>DETAILS</b>          Call the Northview Senior Center for All Appointments. We will start making appointments about 1/26/26, at which time you may pick up a Tax Package from the Senior Center.</p>	
<p><b>Roy Hillside Senior Center</b>, 5051 S 2000 W, Roy, UT 84067</p> <p><b>Contact:</b> (801) 773-0860</p> <p><b>DATE &amp; TIME</b>  <b>WED: 09:00 AM - 02:30 PM</b></p> <p><b>SERVICE TYPE</b>          In-Person</p> <p><b>APPOINTMENT REQUIRED</b>          Yes</p> <p><b>DATES OPEN</b>          2/1/2026 - 4/15/2026</p> <p><b>DETAILS</b>          Call the Roy Senior Center for All Appointments. We will start making appointments about 1/26/26, at which time you may pick up a Tax Package from the Senior Center.</p>	
<p><b>Morgan County Library</b>, 50 West 100 North, Morgan, UT 84050</p> <p><b>DATE &amp; TIME</b>  <b>TUE and THU: 11:00 AM – 1:00 PM</b></p> <p><b>SERVICE TYPE</b>          In-Person by <b>VITA staff, not AARP Foundation</b></p> <p><b>APPOINTMENT REQUIRED</b>          Yes: To schedule appointment contact <b>First Community Bank at 801-813-1890</b></p> <p><b>DATES OPEN</b>          2/3/2026 - 4/9/2026</p> <p><b>DETAILS</b>          Free Income Tax Preparation by Volunteer Income Tax Assistance (VITA) for anyone making \$75,000 or less. Volunteers are IRS certified and trained.</p>	

# GOLDEN TALES

## LIVE STORYTELLING ESPECIALLY FOR SENIORS

Each session features Adam Booth, Antonio Rocha, or Kim Weitkamp

**MON, MAR 9, 2:00 PM**  
North Branch & Pleasant Valley Branch

**WED, MAR 11, 2:00 PM**  
Ogden Valley Branch

**TUE, MAR 10, 2:00 PM**  
Southwest Branch

**THU, MAR 12, 2:00 PM**  
Main Library

For a full schedule of events visit  
[weber.edu/storytelling](http://weber.edu/storytelling)



**30<sup>TH</sup> ANNUAL**  
**STORYTELLING**  
**FESTIVAL**



**WEBER STATE UNIVERSITY**  
College of Social Sciences & Education

**Weber County**  
**Library System**

*The Care for the Caregiver Coalition Presents*

# A Free Educational Series for Caregivers!

Please RSVP at (801) 625-3866 or Register via QR Code.

## RESOURCES • RESPITE • HOPE

*Eight free classes will be held in person at Weber Human Services Auditorium (3rd floor, 237 26th St., Ogden), 12:00-1:00 pm, Wednesdays (a Zoom option is available). Respite services may be available while you are in the meeting. Lunch will be provided for in-class attendees. RSVP Karla at (801) 625-3866 or online via QR Code:*



Extension

UtahStateUniversity.



- 3/4/2026 *"It's Been Lovely, but I Have to Scream Now"*
- 3/11/2026 *Home Health and Hospice 101*
- 3/18/2026 *Wellness, Longevity, and Peace of Mind*
- 3/25/2026 *Safety in Motion*
- 4/1/2026 *Holding on, Letting Go*
- 4/8/2026 *Dementia 101*
- 4/15/2026 *Stay Safe, Stay Smart*
- 4/22/2026 *From Burnout to Balance*

For more information and to R.S.V.P., call Karla Fulton at (801) 625-3866

Supported by the State Division of Aging and Adult Services