WEBER HUMAN SERVICES

Weber/Morgan Area Agency on Aging

December 2026

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 Tai-Chi for Arthritis, the Arthritis Exercise Program, Stepping-On, Walk with Ease, etc. Classes are held at senior centers and in the community. Some of them are ongoing and others repeat periodically as a 6 ~ 8 week workshop. We offer, among other programs, the following ongoing evidence-based health promotion programs at local senior centers or at Weber Human Services:



***Arthritis Foundation Exercise Program –** A recreational evidence based exercise program for adults with arthritis. Includes health education, exercise for any fitness level, and relaxation techniques for adults with arthritis or for anyone wanting to establish an exercise routine.

***Tai Chi for Arthritis –** This Tai-Chi program is an evidence-based, low-impact exercise program designed to reduce joint pain, ease stiffness, and improve balance without putting heavy stress on the body.

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.



Tai Chi for Arthritis is currently being held at **Roy Hillside Senior Center** at 9:00 a.m. on Tuesdays and at 8:45 a.m. on Fridays, as well as at **Washington Terrace Senior Center** at 10:00 a.m. on Thursdays.

You can also access the Utah Department of Health and Human Services Healthy Aging Program Workshop Search from our health promotion website: www.weberhsaging.net/health-promotion

Submitted by Nobu Iizuka, Director of Weber Human Services 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
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

Arthritis Foundation

WEBER HUMAN SERVICES

ROY HILLSIDE

Euchre:

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

Blood Pressure Check:

Blood pressure taken at your request at the front desk!





Robin Arnold:
Wednesday, December 2, 11:30 AM
Birthday Celebration:
Wednesday, December 2
Thanks to Paul Dennison for supplying treats!
Painting with Trish is back!:
Tuesday, December 8, 11:00 AM
(Sign up at front desk)
Foot Clinic (by Allevio Podiatry):
Wednesday, December 16, 10:00 AM
(Nurse only. Sponsored by Canyon Home and Health Care)
Garr Ashby—Wednesday, December 23, 11:30 AM
Heart Beats
Thursday, December 10, 11:30 AM
Medicare Minute
Tuesday, December 22, 11:30 AM
Paper Christmas Ornament Making
Tuesday, December 1, 10:00 AM-12:00 PM
(Please sign up at the front desk.)

ROY HILLSIDE

BINGO:
Wednesday, December 2, 1:00 PM
Ovation Hospice (Karla)—
Please welcome our new sponsors!
Wednesday, December 16, 1:00 PM
Sun Ridge Assisted Living
Crossword by Northern Utah Rehab:
Tuesday, December 8, 11:30 AM
Voyant Law Legal Assistance (Lance):
Thursday, December 10, 11:30 AM
By appointment only—Speak to Kathy for more information
Linda Hammer Christmas Music
Tuesday, December 15, 11:30 AM

Christmas Party—December 17, 1:00 PM
Robin Arnold will be Performing!
Sign up at front desk—space is limited!

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)
1:00 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.....New Zumba Class
1:00 PM ..... Cards (Euchre)
Come learn and play!

THURSDAY:
8:30 AM.....Oil Painting
8:30 AM..... Crocheting
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:
8:45 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



Social Opportunities

Coffee Talk w/ Byron 1st & 15th at 10:30
Poker Group 11th at 10:00

Special Events

Ben Lomond High Sing a Long - 4th at 11:30
Day of Giving BINGO (Reg. Req.) - 7th at 12:30
211 Information Presentation- 8th at 11:30
Wasatch Therapy Presentation- 9th at 11:30
David & Debbie Concert 11th at 11:30
Ukulele Holiday Concert-16th at 5:30
Christmas Party- 24th at 11:30
New Year's Toast- 31st at 12:00

Crafts (Registration Required)

Wire Wrapping Craft --1st at 4:30
Card Making- 3rd at 10:30
Sewing Project– 14th at 10:00
Stitches In Time-Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor – Mondays 5-6
Legal Services– 3rd & 10th at 1:30
Haircuts– 9th at 11:00
Podiatry– 17th at 10:00

Center Closures

24th - Christmas Eve- Closing at 1:00
25th - Christmas Day
28th -NO LUNCH. Center is OPEN.
31st - New Year's Eve- Closing at 1:00
January 1st - New Year's Day

GOLDEN HOURS

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-4:00 PM

Monday	Tuesday
	1 9-11 Crochet/Knitting group 9:30-10:30 Zumba 10-11:30 Grief Recovery Class 10:30 Coffee Talk with Byron 10-2 Open Art Studio 12-2 Stitches in Time 12:30-1:30 Conversation Sign Language 3:00 Balance & Fitness 3:30 Chair Yoga *No Lapidary Today* 4:30 Wire Wrapping Craft 5:30-7:30 Pottery (Open Studio) 6-8 S.O.A.P. Game Night 
7 CSFP Food Box Pickup 9-4 Sewing 10-11:30 Grief Recovery Class 10:30-1:30 Pottery Open Studio 12:30 Day Of Giving BINGO (Reg. Req.) 1-4 American Western Mahjong 2:30 Beginner Strong Bodies Class 4-7:30 Pickleball (Indoor) 4-8 Lapidary 5-6 Tech Tutor (By Appt.)	8 9-11 Crochet/Knitting group 9:30-10:30 Zumba 10-11:30 Grief Recovery Class 10-2 Open Art Studio 11:30 211 Information Presentation 12-2 Stitches in Time 12:30-1:30 Conversation Sign Language 3:00 Balance & Fitness 3:30 Chair Yoga 4-8 Lapidary 5:30-7:30 Pottery (Open Studio) 6-7:30 Gay Men's Support Group
14 10 Sewing Project 10-11:30 Grief Recovery Class 10:30-1:30 Pottery Open Studio 12:30 BINGO 1-4 American Western Mahjong 2:30 Beginner Strong Bodies Class 4-7:30 Pickleball (Indoor) 4-8 Lapidary 5-6 Tech Tutor (By Appt.)	15  9-11 Crochet/Knitting group 9:30-10:30 Zumba 10-2 Open Art Studio 10:30 Coffee Talk w/ Byron 12-2 Stitches in Time *No Balance & Fitness or Chair Yoga Today* 4-8 Lapidary 4:30 Ogden Christmas Village Field Trip 5:30-7:30 Pottery (Open Studio) 6-8 S.O.A.P. Game Night
21 9-4 Sewing 10-11:30 Grief Recovery Class 10:30-1:30 Pottery Open Studio 12:30 BINGO 1-2 Alzheimer's Support Group 1-4 American Western Mahjong *No Strong Bodies Today* 4-7:30 Pickleball (Indoor) 4-8 Lapidary 5-6 Tech Tutor (By Appt.)	22 9-11 Crochet/Knitting group *No Zumba Today* 10-2 Open Art Studio 12-2 Stitches in Time 12-4 Pinochle 3:00 Balance & Fitness 3:30 Chair Yoga 4-5:30 Lapidary 5:30-9 Beehive Rock & Gem Club 5:30-7:30 Pottery (Open Studio) 5:30-8 S.O.A.P. Movie Night
28 ***No Lunch Served Today*** 9-4 Sewing 10-11:30 Grief Recovery Class 10:30-1:30 Pottery Open Studio 12:30 BINGO 1-4 American Western Mahjong *No Strong Bodies Today* 2-7:30 Pickleball (Indoor) 4-8 Lapidary 5-6 Tech Tutor (By Appt.)	29  9-11 Crochet/Knitting group 9:30-10:30 Zumba 10-2 Open Art Studio 12-2 Stitches in Time 12-4 Pinochle 3:00 Balance & Fitness 3:30 Chair Yoga 4-8 Lapidary 5:30-7:30 Pottery (Open Studio) 6-8 S.O.A.P. Surprise Night

GOLDEN HOURS

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.

Wednesday	Thursday	Friday
2 9:30 BINGO 10-11 Vet's Group 10-4 Dominoes 11:30-4:00 Duplicate Bridge 2:30 Beginner Strong Bodies Class 5-8 Silversmithing (Open Studio) 6-7:30 Ukulele (1st & 3rd Wed.) 6-8 Guitar Jammers	3 10-11:30 Card Making Class 10-2 Open Art Studio 12-4 Pinochle 12:30 Living Well Tai Chi 12:30-4 Newcomers Bridge (1st & 3rd Thu.) 1:30 Legal Services (By Appt.) 3:00 Balance & Fitness 3:30 Chair Yoga 5-8 Silversmithing 6-8 Diamond Squares	4 9-11 Crochet/Knitting group 9-4 Sewing 10-11:30 Line Dancing (Intermediate) 10-1:30 Pottery (Open Studio) 11-4 Marathon Bridge 11:30 Ben Lomond High Sing-A-Long *No Jewelry Wire Wrapping* 2-4 Pottery Class 2:30-3:45 Advanced Strong Bodies
9 9:30 BINGO 10-11 Vet's Group 10-4 Dominoes 11-2 Haircuts (By Appt.) 11:30 Wastach Therapy Presentation 11:30-4:00 Duplicate Bridge 2:30 Beginner Strong Bodies Class 5-8 Silversmithing (Open Studio) 6-8 Guitar Jammers	10 10-2 Open Art Studio 12-4 Pinochle 12:30 Living Well Tai Chi 1:30 Legal Services (By Appt.) 3:00 Balance & Fitness 3:30 Chair Yoga 5-8 Silversmithing 6-8 Diamond Squares 	11 9-11 Crochet/Knitting group 9-4 Sewing 10-11:30 Line Dancing (Intermediate) 10-12 Poker Group 10:30-1:30 Pottery (Open Studio) 11:30 David & Debbie Music Concert 11-4 Marathon Bridge 2-4 Pottery Class
16 9:30 BINGO 10-11 Vet's Group 10-4 Dominoes 11:30-4:00 Duplicate Bridge 2:30 Beginner Strong Bodies Class No Silversmithing 5:30 Holiday Ukulele Concert 6-8 Guitar Jammers 	17 10-2 Open Art Studio 10-3 Podiatry (By Appt.) 12-4 Pinochle 12:30 Living Well Tai Chi 12:30-4 Newcomers Bridge (1st & 3rd Thu.) *No Balance & Fitness or Chair Yoga Today* 5-8 Silversmithing 6-8 Diamond Squares	18 9-11 Crochet/Knitting group 9-4 Sewing 10-11:30 Line Dancing (Intermediate) 10:30-1:30 Pottery (Open Studio) 11-4 Marathon Bridge *No Jewelry Wire Wrapping* 2-4 Pottery Class 2:30-3:45 Advanced Strong Bodies
23 9:30 BINGO 10-11 Vet's Group 10-4 Dominoes 11:30-4:00 Duplicate Bridge *No Haircuts Today* *No Strong Bodies Today* 4-8 Silversmithing (Open Studio) 6-8 Guitar Jammers	24 10-12:30 Open Art Studio 11:30 Christmas Party Center Closing @ 1:00 	25 CENTER CLOSED 
30 9:30 BINGO 10-11 Vet's Group 10-4 Dominoes 11:30-4:00 Duplicate Bridge *No Strong Bodies Today* 4-8 Silversmithing (Open Studio) 6-8 Guitar Jammers	31 10-12:30 Open Art Studio 12:00 New Year's Eve Toast "Noon Years!" Center Closing @ 1:00 	Classes– Require registration Crafts– Require registration Services– Require Registration Field Trips– Require Registration Special Events Hiking

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

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



NORTH VIEW







Special Computer Event (Free Laptops from Human-I-T and AT&T

Thursday, December 3, 9:00 AM-12:00 PM

Foot Clinic by Canyon Home & Hospice

Wednesday, December 9 (No podiatrist, nail trimming only. Space is limited.)

Haircuts

Monday, December 7, 10:00 AM

Space is limited—call for appointment.

Saturday Evening Music and Dance with Gary Romer

Saturday, December 19, 7:00-9:00 PM

Piano Performances by Alan Benedict

Monday, December 7, and Monday, December 21

Performance by Golden Hours Ukulele Group

Monday, December 14, 11:30 AM

Polar Express Movie and Hot Chocolate

Monday, December 21, 1:00 PM

NORTH VIEW

Thursday Evening Activities:

Bingo — December 3

Game Night & Grilling Burgers — December 17

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 12:00 noon of prior Monday.

Holiday Luncheon—Thursday, Dec. 17, 11:30 AM (Space is limited—once full, no other spots are available.) Performances by our North View Senior Tappers, Special Guests Mark and Dalan, and a special skit by the North View Senior Center Staff and Volunteers.

Center will be CLOSED on December 24 and 31 at 1:00 PM and all day December 25, 28, & 31 and January 1 for Christmas and New Year's Day.

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

TUESDAY:

9:00 AM.....Billiards
9:30 AM.....Art
10:00 AM.....Intermediate Line Dancing
1:00 PM.....Beginning Line Dancing
1:00 PM.....Leather Crafting (New)

WEDNESDAY:

9:00 AM.....Wood Carving
9:00 AM.....Bridge
9:00 AM.....Billiards
10:00 AM.....Intermediate Line Dancing
12:30 PM.....Beginning Line Dancing
12:30 PM.....Games
(Chess, Pinochle, Cards)

THURSDAY:

9:00 AM.....Quilting Group
9:00 AM.....Beginning Tai Chi
10:00 AM.....Intermediate Tai Chi
(Must be approved by instructor)
12:00 PM.....Hand Crafting Circle Service Group
(Making Items for Seniors in our Community)
1:00 PM.....Intermediate Tap Dance
1:00 PM.....Beginning Computer Class
3:30 PM.....Movement/Dancing with Jill

*For Thursday evening activities, see above.

FRIDAY:

8:30 AM.....Ceramics
9:00 AM.....Beginning 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	WEDNES
 2026	Orange Glazed Chicken Breast 1 Rice Pilaf Creamed Peas Chilled Pineapple White Chocolate Chip Cookie	Turkey Tetrazzini Grated Cheese California Blend Vegetables Fresh Fruit Ranch Roll
Chicken Strips W/Dip 7 Steamed Cubed Potatoes Lemon Peppered Brussel Sprouts Chilled Tropical Fruit Fig Bar 	Parmesan Beef Patty 8 Marinara Sauce & Noodles Succotash Pineapple & Apricots with Yogurt Dressing Coffee Cake 	Pork Roast/ Cream Gravy Orzo California Blend Vegetables Tossed Salad / Dressing Cinnamon Apples Dinner Roll
Oven Fried Chicken Cutlet 14 Cream Gravy Whipped Potatoes Harvard Beets Chilled Pineapplke Dinner Roll 	Baked Tilapia Tartar Sauce 15 Funeral Potatoes Spinach with Lemon Coleslaw Warm Peaches   	Brunswick Stew Whole Potatoes Carrot Medley Tapioca Pudding with Fruit Buttermilk Biscuit
Pineapple Green Pepper Chicken 21 Kluski Noodles Steamed Broccoli Tossed Salad W/ Dressing Chilled Pears Sweet Potato Roll	Cube Steak / Mushroom Gravy 22  Whipped Potatoes Garden Vegetables Blueberries Dinner Roll 	Pork Chop Suey Rice Mixed Vegetables Chilled Pineapple Fortune Cookie
28 	Teriyaki Beef Cubes 29 Steamed Rice Oriental Vegetables Tropical Fruit Herb Roll	Baked Chicken Breast Whipped Potatoes/Gravy Spinach with Lemon Apple Coleslaw Poppy Seed Roll

Meals Are Made Possible By
Every Donation Helps Provide Me

WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

DAY	THURSDAY	FRIDAY
2 	3 Spaghetti with Meat Parmesan Cheese Buttered Peas Chilled Tropical Fruit Tossed Salad with Spinach and Dressing Garlic Bread Roll	4 Market Bean Soup Buttered Broccoli Mandarin Oranges Coconut Cream Pie Dinner Roll 
9	10 Turkey Meatballs Stuffing / Gravy Steamed Broccoli Carrot Raisin Salad Apple Crisp with Topping	11 Chicken Enchilada Refried beans ¼ c Spanish Rice 1/4c Green Beans Shredded Lettuce with Diced Tomatoes Sour Cream Fruit Cup
16	17 Pineapple Glazed Ham  Scalloped Potatoes Broccoli Orange Wedges Christmas Sugar Cookie Whole Wheat Roll	18 Lasagna Buttered Broccoli Tossed Salad w/Dressing Warm Applesauce
23	24 Chicken Beast w/Gravy Whipped Potatoes Lemon Peppered Brussel Sprouts Tropical Fruit Dinner Roll	25 
30 	31 Pulled Pork Sandwich Steamed Cubed Potatoes Malibu Vegetable Citrus Pear Salad Lorna Doone Cookie Bun	Weber Senior Nutrition Program 1176 w. 3300 s. Ogden Utah 84401 (801)399-8390- Milk Offered Daily Menu Subject To Change Without Notice Suggested Donation $ 4.00

y Your Generous Contributions
als To A Senior In Your Community

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.

VOLUNTEERS
Needed

We are looking for enthusiastic older adult volunteers to lead Healthy Living workshops . Your life experience and friendly smile are the best tools to motivate others!



We are looking for

Peer Leaders for Healthy Living Workshops held in Senior Centers and Community locations. Volunteer Stipend may be available.

Join our team!

Call Megan at 801-625-3784

meganmc@weberhs.org

Weber Human Services Aging Services

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- Pet Care
- Shopping
- Exercise
- Memory Care
- Safety Monitoring

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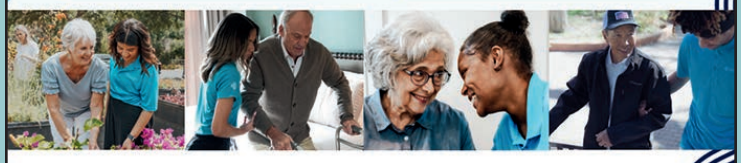

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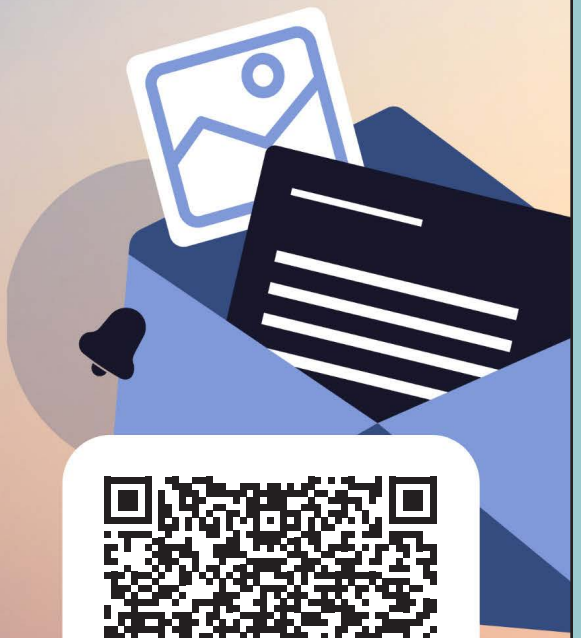

For ad info. call 1-800-950-9952 • www.lpicommunities.com Weber/Morgan Area Agency on Aging, Ogden, UT 05-1053

Happy Holidays From Weber Human Services Area Agency on Aging staff!







AmeriCorps Seniors

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Are you:

55 years or older?

Earn
a **TAX FREE**
stipend!!!

Household income below
$2,660 for single person or
$3,606 for couples per month
(not including disability money)



Do you have:

- Reliable Transportation?
- 10-15 hours per week

For more information:

801-625-3777

MAKE A DIFFERENCE IN YOUR COMMUNITY TODAY.

Tutor children in literacy at local schools as a Foster Grandparent

OR

Visit with lonely seniors in their homes as a Senior Companion.

- Make a difference in the **Ogden - Weber community.**
- Receive a tax-free stipend that does not affect Social Security, SNAP, or Housing benefits.
- Receive a mileage and meal allowance.



Federal grant that operates in accordance with federal non-discrimination requirements

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
11/30 Quilting 1:00 PM	12/1	12/2 Blood Pressure Checks— 11:00 AM-Noon Mexican Train 1:00 PM	12/3 Cards 10:00 AM
12/7 Quilting 1:00 PM Trip to Terrace Plaza Playhouse—5:00	12/8 Medicare Minute 12:00 PM Shopping 1:30 PM	12/9 Mexican Train 1:00 PM	12/10 Cards 10:00 AM 
12/14 Quilting 1:00 PM 	12/15 Christmas Party 5:00 PM	12/16 Mexican Train 1:00 PM	12/17 Cards 10:00 AM
12/21 Quilting 1:00 PM	12/22	12/23 Mexican Train 1:00 PM	12/24 Cards 10:00 AM
12/28 Quilting 1:00 PM	12/29	12/30 Mexican Train 1:00 PM	12/31 Cards 10:00 AM

Dominos Train Game
Every morning & after lunch until 2:00 PM, M-F
Hand and Foot Cards
Every morning, and Weds after lunch until 2:00 PM
Medicare Minute—Tuesday, December 8, 12:00 PM
WTSC Haircuts by Angela with Great Clips - $10.00
Wednesday, December 16, 10:00 AM-2:00 PM
Reservations recommended.
WTSC Foot Clinic by Canyon Homecare and Hospice
Wednesday, December 23, 10:00 AM-12:00 PM
Nurses only—free service.
Enhabit Home Health and Hospice Blood Pressure Checks
Friday, December 18, 12:30-1:30 PM
Christmas Program With Evelyn Bird and Her Beginning Line Dancing Class
Friday, December 11, 12:30-1:30 PM
AARP Driver Safety Class
Monday, December 14, 9:30 AM-2:00 PM
Please RSVP for class and lunch.

WASHINGTON TERRACE

Christmas Bingo
Thursday, December 17, 1:00 PM

December Birthdays Celebration with cupcakes from Treeo—Wednesday, December 16

The Hope of Christmas—Music for the Season by Mark Randall and Alan Griffin During lunch on Wednesday, December 16

CHRISTMAS LUNCH—
THURSDAY, DECEMBER 17, 12:00-1:00 PM
PLEASE RSVP! SANTA WILL VISIT!

WTSC Christmas Dance and Raffle—
Wednesday, December 23, 10:30 AM-12:30 PM
Raffle tickets $5.00 for 6 tickets—see Activity Director to Purchase. Santa will visit!

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.....Oil Painting 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.

We are looking for talented musicians who would like to play in the Senior Moments Band on Fridays! Please see the director if interested.

THURSDAY:
9:00 AM.....Low Impact Exercise
10:00 AM.....Tai Chi for Arthritis

FRIDAY:
10:00 AM.....Ceramics
10:30 AM.....Live Music by Senior Moments Band (Talented Musicians Welcome!)
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

Roy Hillside Senior Center—Witches' Tea Event in October







Roy Hillside Senior Center—Thanksgiving Event in November
Thank you to Roy City Fire Dept., City staff, and Weber Human Services Nutrition staff!











ALZHEIMER'S ASSOCIATION

MAKE A DIFFERENCE:
VOLUNTEER WITH THE ALZHEIMER'S ASSOCIATION



Volunteer with the Alzheimer's Association Utah Chapter

We are looking for passionate individuals in Northern Utah who want to make a difference by raising awareness about Alzheimer's disease, supporting community education, and connecting people with helpful resources.

Are you interested in:

- **Giving presentations about Alzheimer's disease and brain health?**
- **Educating your community about Alzheimer's?**
- **Supporting individuals and families affected by Alzheimer's?**
- **Connecting people with Alzheimer's Association resources?**
- **Representing the Alzheimer's Association at health fairs and community events?**
- **Developing your communication and public speaking skills?**
- **Bringing Alzheimer's education to underserved communities?**
- **Inspiring others to make a difference?**

Questions?

Contact: Lupe Gaitan

Email: Lmgaitan@alz.org

Phone Number: (435).881.1518

Getting started is easy! Sign up today

alz.org/volunteer