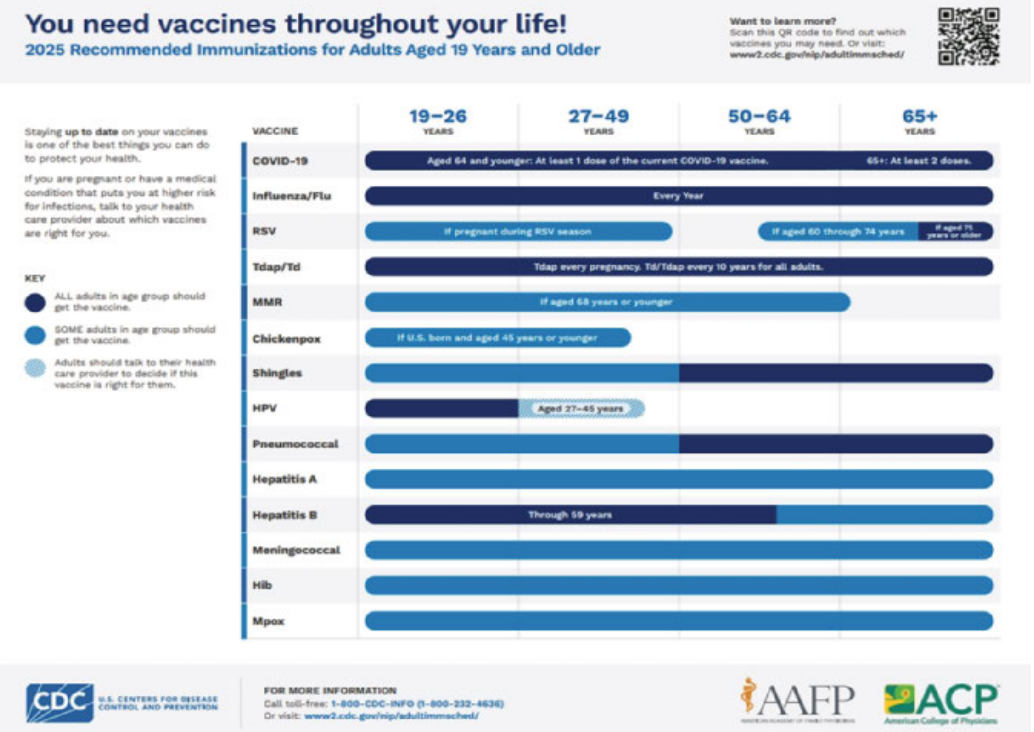




Fall Vaccinations

It's fall! It is the time of year when it is suggested everyone get immunized against the flu. Immunization, also known as vaccination, is a process that prepares the body to fight off specific diseases by exposing it to a weakened or inactive version of the disease-causing agent. This process helps the body develop immunity without causing the full-blown illness, protecting individuals from future infections. Immunization is a crucial public health strategy that has significantly reduced the incidence and severity of many infectious diseases.

It would be ideal if everybody was immunized by the end of October. But, don't worry if you don't get it by then. The flu season peaks in February and could go as long as May. Along with the flu vaccine, there are other vaccines available to keep you healthy. The following vaccines are suggested for optimal protection.



*Submitted by Lisa Marcum
WHS Aging Outreach/
Immunization*

Ogden Diamond Squares

Ogden Diamond Squares is once again providing citizens of our community the opportunity to learn how to square dance. Classes start Thursday, October 2, 2025, at the Golden Hour Rec Center, 650 – 25th Street, Ogden, Utah, starting at 6:00 – 7:00 p.m. Lessons are for first time dancers and those who completed the lessons but want to repeat them. Square dancing is not difficult to learn, but with weekly attendance and assistance from our experienced square dancers, you too will learn all the calls in the mainstream list. The first three lessons are free to our new dancers. Square dancing is a great way to get seniors and people of all ages to participate in a fun, wholesome, and socially active setting. Ogden Diamond Squares can offer you a great caller, great music, a great learning experience and much more. For those who have been waiting for our recruitment opening, the time has arrived! The members of Ogden Diamond Squares look forward to seeing you at our square dance club. If you have questions about our upcoming lessons or want to know more about Ogden Diamond Squares, please contact Isabel Naylor at (801) 389-7346. Hope to see you on the dance floor!

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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

First Wednesday of Every Month – September 3:

Birthday Celebration with cake provided by Treo Retirement Living.

Paint with Trish Painting Class:

September 9, 11:00 AM – Sign up at the front desk.

Euchre:

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



Robin Arnold:

Wednesday, September 3

Legal Assistance:

Thursday, September 10

Appointment only—Speak to Kathy for more information.

Foot Clinic with Podiatrist:

Wednesday, September 17, 10:00 AM

Medicare Minute:

Tuesday, September 17, 1:30 PM

Garr Ashby:

Wednesday, September 24, 11:30 AM

Second Generation:

Thursday, September 25, 11:30 AM



ROY HILLSIDE

BINGO:

Wednesday, September 3, 1:00 PM

Chancellor Gardens

Wednesday, September 17, 1:00 PM

Sun Ridge Assisted Living

Crosswords:

Tuesday, September 9, 11:30 AM

Northern UT Rehab

Center will be closed on
September 1.

SEPTEMBER

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

9:30 AM Chair Yoga

10:30 AM Tea Time with Friends

11:00 AM Cards

FRIDAY:

10:00 AM Arthritis Exercise

10:00AM 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!

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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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Jay Schwartz

jschwartz@4LPi.com
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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 |
|---|---|---|---|
| 09/01 Labor Day Center will be closed | 09/02 Shopping 1:30 PM | 09/03 Mahjong 1:00 PM Blood Pressure Checks 11:00 AM-12:00 PM By Quality Home Health | 09/04 Cards 10:00 AM  |
| 09/08 Quilting 1:00 PM Terrace Playhouse 4:30 PM | 09/09 Foot Clinic By Appointment Medicare Minute 12:00 PM | 09/10 Mahjong 1:00 PM | 09/11 Cards 10:00 AM Grandparents Day Celebration 11:00 AM-12:00 PM |
| 09/15 Quilting 1:00 PM Birthday Celebration 12:30 PM | 09/16 | 09/17 Mahjong 1:00 PM Blood Pressure Checks 11:00 AM-12:00 PM By Enhabit | 09/18 Cards 10:00 AM |
| 09/22 Quilting 1:00 PM  | 09/23 | 09/24 Mahjong 1:00 PM | 09/25 Cards 10:00 AM |
| 09/29 Quilting 1:00 PM | 09/30 | | |

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 AM – 1:00 PM at City Hall

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>

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Jay Schwartz

jschwartz@4LPi.com

(800) 477-4574 x6801

SPECIAL EVENTS:

- **Haircuts**
Monday, September 8, 10:00 AM **\$5.00**
- **Second Generation Band**
Monday, September 8, 11:00 AM-12:30 PM
- **Foot Clinic by Canyon Home & Hospice**
Wednesday, September 10, 10:00 AM
Podiatrist will not be here.
- **Medicare Minute**
Monday September 15, 11:00 AM
- **Immunization Clinic – Please see staff for information**
Monday, September 22, 11:00 AM-1:00 PM
Bring your insurance information. You must register by September 19.
- **Grief Group**
Thursday, September 25, 2:30 PM
- **Music and Dance – Gary Romer**
Saturday, September 20, 7:00 PM-9:00 PM
- **Live Music – Fire on the Mountain Band**
Thursday, September 24, 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.

September 4:

Bingo

September 11:

No Activity

September 18:

Game Night

September 25:

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)
3:15 PM.....Zumba

THURSDAY:

9:00 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 <small>HAPPY</small> Labor DAY | TUESDAY | WEDNESDAY |
|---|--|--|
| <div>1</div> | <div>2</div>  <p>Macaroni Beef Bake Buttered Peas Tropical Fruit Sweet Potato Roll</p> | <p>Pork Chow Mein Rice Oriental Vegetables Chilled Mandarin Orange Fortune Cookie Banana Bar</p> |
| <div>8</div>  <p>Green Pepper Beef Pattie Scalloped Potatoes Green Beans Apple Coleslaw Fresh Fruit in Season Dinner Roll</p> | <div>9</div>  <p>Diced Chicken Gravy w/Veggies White Rice Broccoli Mandarin Oranges Peanut Butter Brownie Wheat Roll</p> | <p>Idaho Taco (<i>Baked Potatoes</i>) <i>Taco Meat, Cheese, Green Beans, Cream & Salsa</i> Carrot Medley Pears with Strawberry Sauce Sweet Potato Roll</p> |
| <div>15</div>  <p>BBQ Chicken Baked Potato / Sour Cream Green Beans with Onions Yogurt Fruit Salad Wheat Roll</p> | <div>16</div> <p>Hearty Seafood Gumbo Rice Mixed Vegetables Tossed Salad ½ Egg/Dressing Buttermilk Roll</p> | <p>Parmesan Meatballs / Sauce Noodles Green & Yellow Beans Coleslaw Fruit Cocktail Maple Nut Roll</p> |
| <div>22</div> <p>Chili Con Carne Peas Chilled Pineapple Snickerdoodle Cookie Cornbread</p> | <div>23</div> <p>Pork Fritter / Cream Gravy Bow Tie Pasta Peas and Corn Chilled Apricots Wheat Roll</p> | <p>Vegetable Meatloaf Whipped Potatoes / Gravy Diced Carrots Chilled Pears Oatmeal Roll</p> |
| <div>29</div> <p>Crabby Cake w/Cocktail Bun Macaroni and Cheese Spinach with Lemon Apple Coleslaw Fig Newton cookie</p> | <p>Weber Senior Nutrition Program 1176 W. 3300 S. Ogden Utah 84403 801-399-8390 Suggested Meal Donation \$ 4.00 Milk Offered Daily Menu Subject To Change Without Notice Meals Are Made Possible By Your Generous Contributions Every Donation Helps Provide Meals To A Senior In Your Community</p> | |

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

| DAY | THURSDAY | FRIDAY |
|----------------------------------|---|---|
| 3 | BBQ Riblet Sandwich 4 Potato Romanoff Steamed Broccoli Pineapple Coleslaw Jello Poke Cake Bun  | Chicken & Mushroom Stroganoff 5 Parsley Noodles Oregon Bean Medley Fresh Fruit Potato Roll |
| 10 <i>ato, en Onion, Sour</i> | Hot Ham and Cheese Sandwich 11 Seasoned Diced Potatoes Steamed Cabbage with Carrots Autumn Gelatin Salad Bun | Pork Chop with Russian Sauce 12 Kluski Noodles Zucchini and Yellow Squash Creamy Fruit Salad Gingersnap Cookie Dinner Roll |
| 17 <i>auce</i> | Slow Cooked Chicken Pot Pie Soup 18 New Potatoes Scandinavian Vegetables Cucumber w/Italian Dressing Fresh Fruit in Season Buttermilk Biscuit | Potato Crunch Pollock Fillet 19 Confetti Rice / Tartar Sauce Stewed Tomatoes Warm Spiced Peaches Pickled Beet Coconut Cup Cake with Lime Icing  |
| 24 <i>avy</i> | Chicken Jambalaya with Rice 25 Mixed Vegetables Tomato Wedges with French Dressing Banana Sweet Potato Roll  | Roast Pork with Gravy 26 Baked Potato / Sour Cream Green Beans Chilled Diced Peaches Vanilla Cream Pudding Dinner Roll |
| |  <div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center; background-color: yellow;"> <h1 style="margin: 0;">September</h1> 2025 </div> | |

Ogden
Senior Center

Golden Hours
Senior Rec. Ctr.
650 25th St.
Ogden, UT
84401

AmeriCorps Seniors

Golden Hours Senior Recreation Center

Community Health Fair

Wednesday, October 8th
10:00 am to 12:30 pm

Free Resources

- Insurance
- Senior Living
- Senior Planning
- AARP

FREE

for Seniors 50+

Flu Shots available!

Door Prizes!

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TREEO
SEAGER
NORTHERN ILLINOIS REHABILITATION HOSPITAL
GOAL FOUNDATION
DSDHH
Vitality America
Ogden Valley

Hiking
22nd Street Trailhead – 9th at 10:00
Gibb's Loop – 24th at 10:00

Social Opportunities
Pickleball at Mt. Ogden – 8:00-10:00
5th, 12th, 19th, 26th
Coffee Talk w/ Byron
2nd & 16th at 10:30
Pepperidge Farms & Cheese Factory
19th at 9:00

Special Events
AARP Safe Driving Course
15th at 9:00
Medicare Minute – 16th at 11:30

Crafts
Wire Wrapping – 2nd at 4:30
Monthly Quilt Block – 8th at 10:00
Doodles & Dessert – 12th at 10:00
Stitches In Time
Tuesdays at 12:00

Services (By Appointment Only)
Tech Tutor – Mondays 5-6
Legal Services – 4th & 11th at 1:30
Haircuts – 3rd & 17th at 11:00
Podiatry – 23rd 10-3:30

Facility Closures
Labor Day – 1st

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- **Lapidary (New Students only)**
September 2 & 9, 4:00 PM–8:00 PM
- **Lapidary**
September 30, 4:00 PM–5:15 PM
- **Silversmithing (Open Studio)**
September 3, 10, & 24, 5:00 PM–8:00 PM
- **Ukulele**
September 3 & 17, 6:00 PM–7:30 PM
- **Newcomers Bridge**
September 4 & 18, 12:30 PM–4:00 PM
- **Legal Services (Appointment Required)**
September 4 & 11, 1:30 PM
- **CSFP Food Box Pickup**
September 8
- **Gay Men's Support Group**
September 9, 6:00 PM
- **Haircuts (Appointment Required)**
September 10 & 24, 11:00 AM–1:00 PM

GOLDEN HOURS

- **Loteria (Spanish BINGO)**
September 19, 12:30 PM–1:30 PM
- **Alzheimer's Support Group**
September 22, 1:30 PM
- **SOAP (LGBTQ+)**
September 29, 5:30 PM
- **Beehive Rock & Gem Club**
September 30, 5:30 PM
- **Wire Wrapping (Registration Required)**
September 2, 4:30 PM
- **Hiking at 22nd Street Trail**
September 9, 10:00 AM
- **Doodles and Dessert – Moon Tree**
September 12, 10:00 AM
- **AARP Safe Driving Course**
September 15, 9:00 AM
- **Medicare Minute**
September 16, 11:30 AM
- **Pepperidge Farms Field Trip**
September 19, 9:00 AM–2:00 PM
- **Hiking at Gibbs Loop**
September 24, 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
1:00–4:00 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 PM–7:30 PM.....Pottery Open Studio

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
2:30 PM.....Strong Bodies Class
7:00 PM–9:00 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:

8:00 AM–10:00 AM.....Outdoor Pickleball (**Registration**)
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 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

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

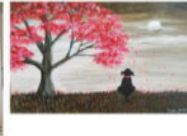
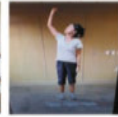
One session Arthritis Foundation chair exercise class (36 min)

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.



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12 | Weber/Morgan Area Agency on Aging

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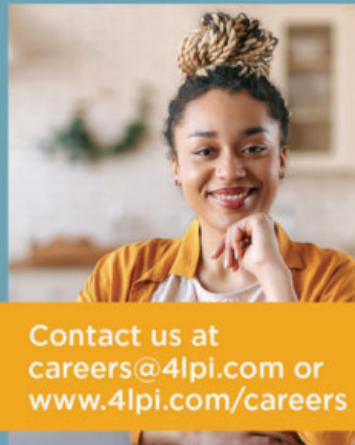
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Weber/Morgan Area Agency on Aging, Ogden, UT

D 4C 05-1053

Games Played Every Day:

Dominos Train Game

10:00 AM & 1:00 PM Monday-Friday

Let's Remember the Beatles!

Wednesday, September 10, 10:30 AM

Dress up in your favorite 1960's outfits & come dance!

Medicare Minute

Tuesday, September 9, 12:00 PM

Blood Pressure Checks by Seniors Helping Seniors

Wednesday, September 10, 10:00 AM

Birthday Celebration

Wednesday, September 10

Foot Clinic with Nurses by Canyon Homecare & Hospice

Wednesday, September 24, 10:00 AM

WTSC Haircuts - \$5.00

Wednesday, September 17, 10:00 AM

Ceramics

Every other Thursday, 10:00 AM-2:00 PM

WASHINGTON TERRACE

BINGO

Thursday, September 4 & September 18

Starts at 1:00 PM

Honoring 9/11 First Responders

Wear red, white, and blue on September 11 to remember and honor those who willingly sacrifice their lives for us and our freedom.

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:

12:30 AM.....Ceramics

10:30 AM.....Live Music-Second Generation Band

WEDNESDAY:

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

10:30 AM.....Live Music-Second Generation 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

10:30 AM.....Live Music by Talented Seniors

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

Summer Western Roundup (Aug 14) at Roy Hillside Senior Center!

The center was full! Thank you to the singers, attendees, and Roy Center volunteers/staff!



Weber/Morgan Area Agency on Aging & Caregiver Support Program Presents:
FREE Caregiver Education Series
At Weber Human Services
Lunch will be provided for those attending in person

| | | |
|--|--|---|
| SEP 19 "Safe on Your Feet: Movement, Mindfulness, and Fall Prevention" | SEP 26 "Hazards to Harmony: Small Changes, Big Impact" | OCT 03 "Pass the Torch: Learning from Caregivers Who Know" |
| OCT 10 "Planning Ahead: Financial Tools and Long-Term Care" | OCT 17 "Caring for the Mind: An Introduction from the Alzheimer's Association" | OCT 24 "Whole-Person Wellness: From Prescriptions to Prevention" |
| OCT 31 "Preparing with Purpose: Making Hard Choices Easier" | NOV 07 "Healing Harmonies: Music as Medicine for the Mind" | All Classes are from 12pm - 1pm in the Auditorium (3 rd floor @ 237 26 th St Ogden, UT 84401). For more information and to RSVP contact Karla Fulton @ 801-625-3866 |
| Zoom Option Available Meeting ID: 87196620663 Password: 040828 | | |

Logos: WEBER HUMAN SERVICES, AARP, AMG SENIOR, EXTENSION Utah State University, ALZHEIMER'S ASSOCIATION, COMMUNITY NURSING SERVICES, Applegate HomeCare Hospice, DAYBREAK



**WEBER-MORGAN SENIOR CENTERS
FLU SHOT CLINIC EVENTS in 2025**

SEPTEMBER 22 (Mon.) 11:00 am ~ 1:00 pm:

Northview Senior Center, 485 E. 2550 N., North Ogden (801) 782-6211 **Various immunizations, including COVID, will be available, but you must register by September 19.*

OCTOBER 8 (Wed.) 10:00 am ~ 12:00 pm:

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

OCTOBER 8 (Wed.) 10:00 am ~ 12:30 pm: Senior Health Fair

Golden Hours Senior Recreation Center, 650 25th, Ogden (801) 629-8864

OCTOBER 9 (Thu.) 9:30 am ~ 11:30 am:

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

OCTOBER TBA: **Washington Terrace Senior Center**, 4601 S. 300 W., Washington Terrace (801) 621-0161

Medicare Beneficiaries:

Please bring your Medicare Card or Medicare Advantage Card.

Times may be subject to change.

High doses may be available.

DON'T FORGET TO PENCIL IN YOUR MEDICARE CHECKUP!



Medicare Open Enrollment is between October 15th and December 7th

We offer free Medicare counseling!

Each year between October 15th and December 7th, Medicare beneficiaries with Part D and Advantage plans have the opportunity to check their plans to make sure they are on the most cost-effective plan for them for the next year. This is a great time of year to see if you are getting the most savings out of your Part D or Advantage plan. A little bit of time can mean big savings. We as your local State Health Insurance Assistance Program (SHIP) would love to help you navigate this process. The SHIP program is a free and non-biased program that is government funded. We can look over your Medicare plan, assist you in lowering your Part D medications if you qualify for the Medicaid or Extra Help (LIS) program, and help you report any errors, fraud, or abuse. **Give us a call to schedule an appointment with one of our counselors at 801-625-3664.**

Medicare Open Enrollment is a time to watch out for increased marketing violations!

Here are some things to watch out for:

Unsolicited contact: Agents should not call you without your prior consent, knock on your door, or approach you in public spaces.

Misleading language: Avoid agents who use terms like "free" or "best" without proper justification or suggest their plan is "Medicare-endorsed."

Pressure tactics: Don't feel pressured to enroll immediately or make decisions based on fear-mongering.

Cross-selling: Agents should not try to sell you non-health-related products, like life insurance, during a Medicare sales appointment, unless you specifically request it.

Inaccurate claims: Be wary of agents who make guarantees about coverage, costs, or benefits that are not backed by evidence.

Gifts and prizes: Be aware that agents can only offer gifts or prizes worth less than \$15, and they must be available to the general public, not just those enrolling in their plan.

Suggesting Medicare endorsement: Agents cannot imply that Medicare endorses their plan.

Submitted by Shantel Clark, Weber and Morgan County SHIP/SMP coordinator

