



Emphasizing Health vs. Weight for Body-Positive Thinking

If meal time discussions center on weight management, it's time to drop negative talk in favor of something more positive. Focusing on weight often backfires, leading people of all ages to feelings of guilt, insecurities about their bodies, sneaking food and disordered eating.

Instead, it's more effective to talk about the taste and healthfulness of foods. A healthy diet and lifestyle affects mood, energy levels, athletic performance and school performance and reduces the risk of illness. Build everyday eating habits around foods that contribute to health so an occasional less-nutritious food can fit in without being labeled cheating.

Here are a few ways to help yourself and others develop body-positive attitudes and healthful behaviors.

Teach What Healthy Eating Is and Isn't

Obsessing about calories, carbs, fats or any nutrient is not healthy eating. It makes meals stressful and unpleasant, the opposite of what every kid and adult deserves. A healthful meal means half of the plate is filled with fruits and vegetables and meals are eaten with others as often as possible. Choosing a variety of foods at regular meal and snack times is another positive step.

Be a Role Model

If your eating habits are not the ones you would want others to copy, now is a great time to make some improvements. Model a healthy attitude about your body image, too. If you always complain about your weight or call certain foods bad foods, your grandchildren will learn to do the same. If you follow fad diets, they'll learn that restrictive eating is more important than balanced, healthful eating.

Put Weight into Perspective

You cannot get the full picture of someone's health by looking at weight or a single point on a growth chart. Remember that bodies change as they grow. Behaviors including regular meals and snacks, drinking plenty of fluids, eating a variety of vegetables and fruits and getting at least 30 minutes of exercise every day are much better markers of health than weight.

Take Your Concerns to a Professional

If you're concerned about your weight, diet or body image, talk with your healthcare provider. Also schedule an appointment with a registered dietitian nutritionist who will assess your family's diet and help you make appropriate changes that will meet the needs of all family members.

Resource: eatright.org

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

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

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Monday and Tuesday at 9 AM
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2 | Weber/Morgan Area Agency on Aging

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

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

Blood Pressure Check:
Blood pressures taken at your request at the front desk!





Roy Senior Center Shred Event on 5/18/2026



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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<p style="text-align: right;">6/1</p> <p>Quilting 1:00 PM</p>	<p style="text-align: right;">6/2</p>	<p style="text-align: right;">6/3</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">6/4</p> <p>Cards 10:00 AM</p>
<p style="text-align: right;">6/8</p> <p>Quilting 1:00 PM</p> 	<p style="text-align: right;">6/9</p> <p>Foot Clinic (by appointment)</p>	<p style="text-align: right;">6/10</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">6/11</p> <p>Cards—10:00 AM Estate Planning Presentation w/ Braydon Hess 12:00 Noon</p>
<p style="text-align: right;">6/15</p> <p>Juneteenth CLOSED</p>	<p style="text-align: right;">6/16</p> <p>Birthday Celebration 12:30 PM</p>	<p style="text-align: right;">6/17</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">6/18</p> <p>Cards—10:00 AM Fraud/Abuse Prevention Presentation w/ U.S. Attorney Melissa Holyoke 12:00 Noon</p>
<p style="text-align: right;">6/22</p> <p>Quilting 1:00 PM</p>	<p style="text-align: right;">6/23</p>	<p style="text-align: right;">6/24</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">6/25</p> <p>Cards—10:00 AM Summer BBQ—Noon</p>
<p style="text-align: right;">6/29</p> <p>Quilting 1:00 PM</p>	<p style="text-align: right;">6/30</p>		

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Weber/Morgan Area Agency
 on Aging
 237 26th Street



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

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Birthdāy Celebration:

Wednesday, June 3
Cupcakes provided by Solutions In-Home Care—Please welcome our new sponsors!
Blood pressure taken by request at front desk!

Robin Arnold:

Wednesday, June 3, 11:30 AM

Painting with Trish is back!:

Tuesday, June 9, 11:00 AM
(Sign up at front desk)

Foot Clinic (With Nurse Provided by Allevio Podiatry):

Wednesday, June 17, 10:00 AM
(Doctor provided by appointment from Allevio Podiatry)

Garr Ashby:

Wednesday, June 24, 11:30 AM

Medicare Minute with Madeleine McDonald:

Tuesday, June 23, 11:30 AM

ROY HILLSIDE

BINGO:

Wednesday, June 3, 1:00 PM

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

Wednesday, June 17, 1:00 PM

Sun Ridge Assisted Living

Crossword by Northern Utah Rehab:

Tuesday, June 9, 11:30 AM

Voyant Law Legal Assistance (Lance):

Thursday, June 11, 11:30 AM

Appointment only—Speak to Kathy for more information

Second Generation Band

Thursday, June 18, 11:00 AM

Come out and dance!

CENTER CLOSED JUNE 25

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:

8:30 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

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



6 | Weber/Morgan Area Agency on Aging



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Father's Day Luncheon—Sign up by June 10—Space is Limited!

Thursday, June 18, 11:30 AM

Haircuts

Monday, June 1, 10:00 AM **\$5.00**
(Scheduled time is required.)

Blood Pressure Checks

Monday, June 1, 10:00 AM

Foot Clinic by Canyon Home & Hospice

Wednesday, June 10, 10:00 AM
(Nail trimming only. Scheduled time is required.)

Painting with Trish

Monday, June 8, 1:00 PM
(Please call to sign up in advance. Cost is \$20.00.)

Evening Music and Dance with Gary Romer

Saturday, June 20, 7:00-9:00 PM

Performance by Alan Benedict

Monday, June 1, 11:30-12:30 PM

Medicare Minute

Monday, June 8, 11:30 AM

NORTH VIEW

Thursday Evening Activities:

Bingo
June 4

Game Night & Grilling Burgers
June 18

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.

Center closed Friday, June 12 for Summer Picnic at Emma Russell Park and Monday, June 15 for Juneteenth



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.....Advanced Computer Class
(Call to be added to waiting list)
- 2:00 PM.....Zumba
- 3:00 PM.....Beginning Computer Class

TUESDAY:

- 9:00 AM.....Billiards
- 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
- 12:00 PM.....Hand Crafting Circle Service Group
(Making Items for Seniors in our Community)
- 1:00 PM.....Intermediate Tap Dance
- 9:00 AM.....Intermediate Tai Chi
(Must be approved by instructor)
- 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
Teriyaki Beef Cubes 1 Brown Rice Oriental Vegetables Chilled Mandarin Oranges Commeal Roll 	Hot Chicken Pattie Sandwich 2 Cheese, Bun, Mustard & Mayo Lettuce, Tomato & Pickles Baked Beans Peas Chilled Peaches Fig Newton	Chop Steak/ Whipped Potatoes Mushroom & Onion Gravy California Blend Fruit Salad Buttermilk Roll
Diced Chicken Gravy 8 Stuffing Glazed Carrots Tossed Salad/Radishes/Dressing Warm Peaches	Turkey Pattie / Cream Gravy 9 Confetti Rice Green Beans with Diced Red Peppers Tropical Fruit Salad Wheat Roll	Chef Salad: Ham, Turkey, Chicken Lettuce and Egg Half Ranch Dressing Sour Cream Fruit Cup Dinner Roll
	Macaroni Beef Bake 16 Grated Cheese Peas Cottage Cheese & Peaches Coffee Cake	Fillet O' Fish Sandwich W/Cheese Tartar Sauce Bun Tatar Tots Shredded Lettuce Hot Cabbage Tomato Salad Fresh Fruit
Pork Chop Supreme 22 Whipped Potatoes Buttered Peas Tropical Fruit Salad Dinner Roll 	Beef Parmesan / Sauce 23 Buttered Fettuccini Italian Vegetables Sliced Warm Peaches Peanut Butter Cookie	Ham Loaf Mustard Sauce Confetti Rice Brussel Sprouts Chilled Mandarin Oranges Ranch Roll
Baked Ham / Orange Sauce 29 Baked Potato / Sour Cream Green Beans with Mushrooms Pears Dinner Roll	Beef Stroganoff 30 Parsley Noodles Brussel Sprouts Creamy Mandarin Orange Salad Wheat Roll 	

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.

DAY	THURSDAY	FRIDAY	
3	Turkey Broccoli Divan / Gravy Spiral Noodles Malibu Vegetable Fresh Apple Whole Wheat Roll	Sloppy Joe/Bun Tater Tots Green Beans Tossed Salad w/Dressing Ambrosia Fruit Cup 	4 5
10	Pork Chop/ Cream Gravy Noodles Riviera Vegetables Mandarin Oranges Dinner Roll 	Chicken Salad on A Croissant Potato Salad ½ egg Pineapple Coleslaw Watermelon Cubes Fat Boy Ice-cream Sandwich <i>Cold Menu / Senior Picnic</i>	11 12
17	Roast Pork Whipped Potatoes /Gravy Cauliflower Cinnamon Applesauce Sesame Roll 	Teriyaki Chicken Brown Rice Oriental Vegetable Chilled Mandarin Orange Cornmeal Roll	18 19
24	BBQ Beef Sandwich/Bun Ranch Green Beans Chilled Diced Pears Coleslaw Rice Krispie Treat	Chicken Chow Mein Chow Mein Noodles Peas with Celery Chilled Pineapple Sesame Roll	25 26
		2026	
		Weber Senior Nutrition Program 1176 W. 3300 S. Ogden UT 84401 801-399-8390 Milk Offered Daily Menu Subject To Change Without Notice Suggested Donation \$ 4.00 	

By Your Generous Donations
 als To A Senior In Your Community

GOLDEN HOURS



Ogden Golden Hours Shred Event on 5/19/2026

Senior Picnic In the Park

THIS EVENT IS HELD FOR SENIORS IN THE WEBER COUNTY AREA
SPONSORED BY WEBER HUMAN SERVICES AREA AGENCY ON AGING

FRIDAY, JUNE 12TH
11:30-12:30
EMMA RUSSEL PARK
4300 W 5700 S ROY, UT

TICKETS CAN BE PURCHASED AT THE FRONT DESK OR DURING LUNCH

TICKETS: SENIORS 60+ \$4 (SUGGESTED DONATION)
TICKETS MUST BE OBTAINED IN ADVANCE.
NO TICKETS WILL BE AVAILABLE AT THE PICNIC
TICKETS MUST BE OBTAINED AT LEAST 3 DAYS BEFORE THE PICNIC

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GOLDEN HOURS

Social Opportunities

Coffee Talk w/ Byron
2nd & 16th at 10:30
Poker Group— 12th & 26th at 10:00
Water Plant Field Trip
16th at 9:00
Hiking Group
1160 N Mountain Rd— 9th at 9:00
966 W 12th Street— 24th at 9:00

Classes

Card Making— 4th at 10:00
Jewelry Wire Wrapping
5th & 19th at 1:00

Special Events

Annual Memorial— 3rd at 5:30
Father's Day Luncheon
12th at 11:30
Medicare Minute— 16th at 11:30
Ballet Performance
24th at 11:30

Crafts

Wire Wrapping Craft— 2nd at 4:30
Stitches In Time
Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor— Mondays 5-6
Legal Services— 4th & 11th at 1:30
Haircuts— 10th & 24th at 11:00
Podiatry— 25th at 10:00

**CENTER CLOSED
15TH (JUNETEENTH)**

CSFP Food Box Pickup

Monday, June 1

Silversmithing (Open Studio)

Wednesday, June 3, 10, & 24, 5:00-8:00 PM

Ukulele—Wednesday, June 3 & 17, 6:00-7:30 PM

Newcomers Bridge

Thursday, June 4 & 18, 12:30-4:00 PM

Beehive Rock and Gem Club

Tuesday, June 23, 5:30-9:00 PM

Alzheimer's Support Group

Monday, June , 1:00 PM

S.O.A.P. Game Night

Tuesday, June 2 & 16, 6:00-8:00 PM

S.O.A.P. Movie Night

Tuesday, June 23, 5:30-8:00 PM

S.O.A.P. Surprise Night

Tuesday, June 30, 6:00-8:00 PM

Gay Men's Support Group

Tuesday, June 9, 6:00-7:30 PM

Advanced Strong Bodies Class

Friday, June 12 & 26, 2:30-3:45 PM

Elder Abuse Awareness Seminar

Thursday, June 11, 11:30 AM

Dementia Presentation

Friday, June 5 & Monday, June 8, 11:30 AM

Wasatch Caregivers Seminar

Thursday, June 18, 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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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, June 9, 12:00 PM

WTSC Haircuts by Leah with Great Clips - \$5.00

Wednesday, June 17, 10:00 AM-12:00 PM

Foot Clinic by Canyon Homecare and Hospice

Wednesday, June 24, 10:00 AM-12:00 PM
Nurses only

AARP Driver Safety Cls

Monday, June 8, 9:30 AM-2:30 PM

Washington Terrace Days

Saturday, June 13—Fireworks 10:00 PM

South Ogden Days

Saturday, June 20—Come support our senior center!

BINGO

Tuesday, June 2, 1:00 PM

Thursday, June 18, 1:00 PM

April Birthdays Celebration
with cupcakes from Treco

Wednesday, June 17

WHS Annual Senior Picnic—

CENTER CLOSED

Friday, June 12

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

12:00 PM.....Musicians Jam Practice

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

ARE YOU AGE 55+ ARE YOU RECEIVING DISABILITY OR LIVING ON JUST SOCIAL SECURITY?



Become a volunteer literacy tutor through the Foster Grandparent Program and receive a monthly stipend

will not effect services being received



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DON'T FEEL YOU HAVE ENOUGH TIME FOR YOUR AGING PARENTS (55 +)?



We recognize the distinct needs of our seniors and are dedicated to offering personalized companionship that fosters independence, dignity, and an enriching quality of life. You can feel at ease knowing that your parent will receive a visit from a peer at least once a week—and it's completely FREE!

You're not alone!

Services

- Companionship, Conversation and Social Engagement
- Safety supervision and medication reminders
- Errands, appointments
- Meal Preparation and eating together
- Doing hobbies, games, and exercise
- Light housekeeping and organization
- Getting involved at Senior Centers

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**AmeriCorps
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SENIOR COMPANIONS

Program complies with Federal non-discrimination.



**Aging, Health Promotion,
and Instructors — Summer
Retreat on 5/18/2026
at Union Grill in Ogden.
Thank you for your hard
work!**

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 & Lindquist Representatives. Meal Served.
- 6:10 pm: 1st Session (Healthy Aging)
- 7:10 pm: 2nd Session (Fraud Prevention)
- 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**

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

