



August 2026

Health Promotion Programs and Self-Defense

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 with Diabetes, the Arthritis Exercise Program, Stepping-On, Walk with Ease, etc. Classes are held at senior centers and in the community. We are currently featuring the following evidence-based health promotion programs at local senior centers or Weber Human Services:

—**Arthritis Foundation Exercise Program (10:00 a.m. Friday) and Tai-Chi (9:00 a.m. Tuesday, 8:30 a.m. Friday)**—A recreational exercise program for adults with arthritis. Includes health education, exercise for any fitness level, and relaxation techniques for adults with arthritis or anyone wanting to establish an exercise routine. Both the Arthritis Exercise Program Tai-Chi for Arthritis are currently being held at Roy Senior Center.

After talking about physical health, we focus on physical defense from confrontation. We do not want to see any seniors in physically violent situations, so safety strategies for senior adults prioritize situational awareness and de-escalation as the primary means of protection. Awareness involves staying alert to one's surroundings and avoiding high-risk or isolated areas when possible. If a confrontation occurs, the goal is to create distance and a window of opportunity to escape safely. Because physical dynamics change with age, defensive strategies often focus on using natural leverage and body weight rather than raw physical strength.

Roy Senior Center is holding a self-defense class. Please contact Roy Senior Center to reserve your spot! Call Kathy for more information at 801-773-0860: Roy Hillside Senior Center (5051 South 2000 West, Roy).

Submitted by Nobu Iizuka, Director of Weber Human Services Area Agency on Aging

Empower Yourself Self-Defense Class

**Roy Senior Center
Thursday, August
13, 2026
11:15AM-1:15PM
Register at the front desk**



**Join us to learn how to avoid becoming a victim
and empower yourself with hands-on
experience. Learn self-defense techniques that
will build your confidence.**

How to respond to
an attack

Analyze your
surroundings

Recognize and
avoid risky
situations

De-escalate
conflicts

Learn to hit, kick
and block

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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

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!



BirthDay Celebration:

Wednesday, August 5
Cupcakes provided by Solutions In-Home
Care—Please welcome our new sponsors!
Blood pressure taken by request at front desk!

Robin Arnold:

Wednesday, August 5, 11:30 AM

Painting with Trish is back!:

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

Foot Clinic (With Nurse provided by Allevio Podiatry):

Wednesday, August 19, 10:00 AM
(Nurse only. Sponsored by Canyon Home
and Health Care)

Garr Ashby:

Wednesday, August 26, 11:30 AM

Medicare Minute with Madeleine McDonald:

Tuesday, August 25, 11:30 AM

State Tax Relief Presentation

Tuesday, August 4, 11:30 AM

ROY HILLSIDE

BINGO:

Wednesday, August 5, 1:00 PM
A-Plus Health Care at Home—
Please welcome our new sponsors!

Wednesday, August 19, 1:00 PM
Sun Ridge Assisted Living

Crossword by Northern Utah Rehab:

Tuesday, August 11, 11:30 AM

Voyant Law Legal Assistance (Lance):

Wednesday, August 12, 11:30 AM
By appointment only—Speak to Kathy for more
information

Second Generation Band

Thursday, August 20, 11:00 AM
Come out and dance!

Ice Cream Sundaes to Celebrate National Seniors' Day

Thursday, August 20, 11:30 AM

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

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

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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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
8/3	8/4	8/5 Blood Pressure Checks 11:00 AM-Noon Mexican Train 1:00 PM	8/6 Cards 10:00 AM 
8/10 Quilting 1:00 PM	8/11	8/12 Mexican Train 1:00 PM	8/13 Cards 10:00 AM
8/17 Quilting 1:00 PM	8/18 Birthday Celebration 12:30 PM	8/19 Mexican Train 1:00 PM	8/20 Cards 10:00 AM
8/24 Quilting 1:00 PM 	8/25	8/26 Mexican Train 1:00 PM	8/27 Cards 10:00 AM End-of-Summer Ice Cream Social 12:30pm
8/31 Quilting 1:00 PM			

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

Falls may be
common, but
they don't have
to be a normal
part of aging!



**Stay Strong. Stay Independent.
Stay Steady with Stepping On!**

Stepping On is a fun, 7-week
workshop that helps us stay steady
and independent. **Studies show it
can reduce falls by 31%!** Here's
what you will learn:

- ✓ How to spot and avoid fall hazards
at home and in your community
- ✓ How vision, medications, and
footwear affect your balance
- ✓ Easy at-home exercises to build
strength and improve balance
- ✓ How to safely get back up if you
ever take a tumble

Upcoming Workshop:

North View Senior Center
485 East 2550 North

August 11 – September 22
Tuesdays 1-3 PM

Sign up at the
Senior Center,
call 801-782-6211, OR
Megan 801-625-3784

Stepping
On | wiha
Wisconsin Institute
for Healthy Aging

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Weber/Morgan Area Agency on Aging, Ogden, UT

05-1053

Haircuts

Monday, August 3, 10:00 AM **\$5.00**
(Scheduled time is required.)

Blood Pressure Checks

Monday, August 3, 10:00 AM

Foot Clinic by Canyon Home & Hospice

Wednesday, August 12 (Nail trimming only; no podiatrist. Scheduled time is required.)

Painting with Trish

Monday, August 10, 1:00 PM
(Please call to sign up in advance. Cost is \$20.00.)

Performance by Alan Benedict

Monday, August 3, 11:30-12:30 PM

Medicare Minute

Monday, August 10, 11:30 AM

Library Presentation

Monday Aug 10, 2026 11:30 AM

Summer Celebration

Thursday, August 20, 2:00 PM
Dress in your summer attire!

Weber County Tax Relief Presentation

Monday, August 24, 11:30 AM

NORTH VIEW

Thursday Evening Activities:

Bingo Game Night & Grilling Burgers
August 6 August 20

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.

Leatherworking classes start again in September



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
2:00 PM.....Zumba

TUESDAY:

9:00 AM.....Billiards
9:30 AM.....Art
10:00 AM.....Beginning Line Dancing

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.....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—
Starting September
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

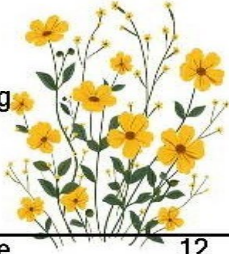
Friday 8:00 am to 2:00 pm

Seniors 60 and *older*—Suggested Donation: \$4.00
 Individuals *under* 60 years of age—Charge: \$7.00

MONDAY	TUESDAY	WEDNESDAY
Sloppy Joe on Bun 3 Tater Tots Green Beans Applesauce Tossed Salad W/Dressing	Meatballs in Alfredo Sauce 4 Noodles Broccoli in Lemon Butter Yogurt Fruit Salad Oatmeal Roll	Turkey Salisbury Steak Stuffing and Gravy Peas and Red Peppers Tossed Salad with Dressing Fresh Fruit Buttermilk Biscuit
Fish-Chips / Tartar Sauce 10 Cauliflower with Diced Red Peppers Red and White Coleslaw Warm Peaches 	Honey Balsamic Chicken 11 Steamed Rice Broccoli Creamy Fruit Salad Buttermilk Roll 	Ham Loaf / Mustard Sauce Whole Potatoes Buttered Mixed Vegetables Chilled Pears Fruit of the Gods Bar
Chicken in a Biscuit 17 Broccoli Warm Peaches Peanut Butter Cookie 	San Francisco Pork Chop 18 Confetti Rice Cabbage with Shredded Carrots Yogurt Fruit Salad Ranch Roll	Turkey & Cheese Tortilla Lettuce, Tomato and Onion Mayo Southwest Corn Salad Peach Pie
Pork Chop Suey 24 Rice Oriental Vegetables Chilled Mandarin Oranges Fortune Cookie Banana Bread	Vegetable Meatloaf 25 Whipped Potatoes / Gravy Buttered Peas and Carrots Peach Half with Cream Cheese Wheat Roll	Baked Fish Au Gratin Rice California Vegetables Chilled Pears Dinner Roll 
Sweet and Sour Pork 31 Rice Diced Carrots and Corn Mandarin Orange Dinner Roll 	Weber Senior Nutrition Program 1176 W. 3300 S. Ogden UT 84403 (801) 399-8390 Milk Offered Daily Suggested Donation \$4.00 Menu Subject To Change Without Notice	

Meals Are Made Possible
 Every Donation Helps Provide Meals

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

SDAY	THURSDAY	FRIDAY
		
5	Deviled Pork Chop Rice California Blend Vegetables Tropical Fruit Cup Dinner Roll	6 Chicken Ala King Penne Pasta Steamed Peas Cottage Cheese w/ Tomato Wedges Fresh Fruit Dinner Roll
12	13 Swiss Steak Whipped Potatoes and Gravy California Blend Vegetables Tossed Salad/Mushroom/Dressing Fresh Fruit Dinner Roll	14 Seafood Salad on Lettuce Macaroni Salad Carrot and Celery Sticks Chilled Fruit Cocktail Dinner Roll
19	20 Bacon Cheese Burger Bun Mustard and Ketchup Lettuce, Tomato, Pickles Crispie Cube Potatoes Parsley Buttered Carrots Fresh Melon	21 BBQ Chicken Fettuccini Noodles Italian Mixed Vegetables Apple Waldorf Salad Rice Krispie Treat
	26 Hamburger Gravy Whipped Potatoes Capri Vegetables Chilled Fruit Cocktail Dinner Roll	27 Oven Fried Chicken Scalloped Potatoes Zucchini and Yellow Squash Coleslaw Tropical Fruit Cornbread with Honey Butter
tah 84401 00		

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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

GOLDEN HOURS

Take a Hike!

August 11th | 9:00
Ogden Nature Center (1160 N. Mtn Rd)

August 26th | 9:00
Ogden Nature Center (966 W 12th St)

All skill levels are welcome. Wear your tennis shoes and bring some water while we enjoy the local trails!

Must register at the front desk.

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Social Opportunities

Coffee Talk w/ Byron

4th & 18th at 10:30

Poker Group— 14th & 28th at 10:00

Hiking Group

Ogden Nature Center at:

1160 N Mountain Rd— 11th at 9:00

Ogden Nature Center at:

966 W 12th Street— 26th at 9:00

Classes

Card Making— 6th at 10:00

Basic Sign Language

Tuesdays at 12:30

Jewelry Wire Wrapping

7th & 21st at 1:00

Special Events

Self-Defense Class— 10th at 10:00

Medicare Minute— 18th at 11:30

OnStage Ogden Performance

11th at 11:30

Wire Wrapping Craft

Thursday, August 6 & 13 at 4:30 PM

Sewing Project

Monday, August 10th at 10:00

Stiches in Time

Tuesdays at 12:00 Noon

Tech Tutor Services (by appointment)

Mondays, 5:00–6:00 PM

GOLDEN HOURS

CSFP Food Box Pickup

Monday, August 3

Silversmithing (Open Studio)

Wednesday, August 5, 12, & 26, 5:00–8:00 PM

Ukulele—Wednesday, August 5 & 19, 6:00–7:30 PM

Newcomers Bridge

Thursday, August 6 & 20, 12:30–4:00 PM

Beehive Rock and Gem Club

Tuesday, August 25, 5:30–9:00 PM

Alzheimer's Support Group

Monday, August 17, 1:00 PM

S.O.A.P. Game Night

Tuesday, August 4 & 18, 6:00–8:00 PM

S.O.A.P. Movie Night

Tuesday, August 25, 6:00–8:00 PM

Gay Men's Support Group

Tuesday, August 11, 6:00–7:30 PM

Advanced Strong Bodies Class

Friday, August 14 & 28, 2:30–3:45 PM

Haircuts (by appointment)

Wednesday, August 12 & 26

Legal Services (by appointment)

Thursday, August 6 & 13

Podiatry (by appointment)

Thursday, August 6

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...Stiches 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

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

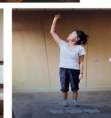
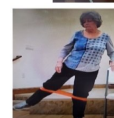
One session Arthritis Foundation chair exercise class (36 min)

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.

12 | Weber/Morgan Area Agency on Aging

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your inbox.

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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, August 11, 12:00 PM

WTSC Haircuts by Angela with Great Clips – \$5.00

Wednesday, August 19, 10:00 AM–12:00 PM

Foot Clinic by Canyon Homecare and Hospice

Wednesday, August 26, 10:00 AM–12:00 PM

Nurses Available, No Podiatrist this Month

Fat Boy Ice Cream Treats

Wednesday, August 19, 10:30 am, during the
band

Property Tax Presentation—Wed., August 12

Home Health Helpers Presentation—Fri., August 14

Tai Chi Restarting!!—Thurs., Aug. 13, 10:00–11:00 AM

WASHINGTON TERRACE

• BINGO

Thursday, August 6, 1:00 PM

Thursday, August 20, 1:00 PM

Guest: Senior Helpers

August Birthdays Celebration

with cupcakes from Treeo

Wednesday, August 12

With the Band

HAWAIIAN DANCE

Wednesday, August 12, 10:30 am—
12:00 noon

Light refreshments welcome

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 Art Class By: Ron Harvey

1:00 PM.....Basic, Step-by-Step Beginners

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.....Tai Chi with New Instructor—
Erica Thompson

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

Empower Yourself Self-Defense Class

Roy Senior Center
Thursday, August
13, 2026
11:15AM-1:15PM
 Register at the front desk



Join us to learn how to avoid becoming a victim and empower yourself with hands-on experience. Learn self-defense techniques that will build your confidence.

How to respond to an attack

Analyze your surroundings

Recognize and avoid risky situations

De-escalate conflicts

Learn to hit, kick and block

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ROY Senior Center ART SHOW

SEPTEMBER 10, 2026

8:30 AM - 3:30 PM

5051 S 1900 W

801-773-0860

Silent AUCTION

OIL PAINTING

CERAMICS

CROCHET

QUILTING

AmeriCorps Seniors

FOSTER GRANDPARENTS RSVP SENIOR COMPANIONS

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.

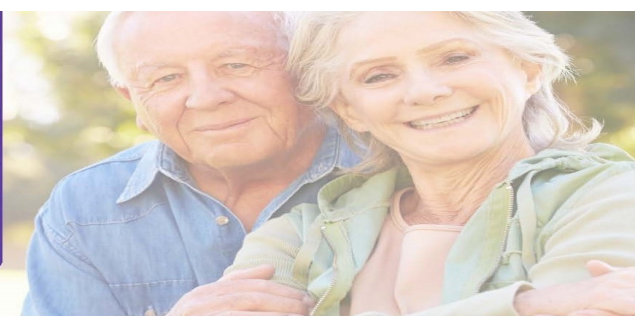
Federal grant that operates in accordance with federal non-discrimination requirements

Northview Senior Center-

Jill Garner, her staff, and senior volunteers held a big Semiquincennial Patriotic Celebration Event on July 2nd! It was a very inter-generational and volunteer-driven event—featuring senior patrons, senior volunteers, a quartet singing group, Boy Scouts, Senior TAP dancers, and veterans.



Falls may be common, but they don't have to be a normal part of aging!



**Stay Strong. Stay Independent.
Stay Steady with Stepping On!**

Stepping On is a fun, 7-week workshop that helps us stay steady and independent. **Studies show it can reduce falls by 31%!** Here's what you will learn:

- ✓ How to spot and avoid fall hazards at home and in your community
- ✓ How vision, medications, and footwear affect your balance
- ✓ Easy at-home exercises to build strength and improve balance
- ✓ How to safely get back up if you ever take a tumble

Upcoming Workshop:

North View Senior Center
485 East 2550 North

August 11 – September 22
Tuesdays 1-3 PM

Sign up at the
Senior Center,
call 801-782-6211, OR
Megan 801-625-3784

Stepping On | **wiha**
Wisconsin Institute
for Healthy Aging



Dementia Dialogues®

August 12:
Module 1
August 19: Modules 2
& 3
August 26: Modules 4
& 5

Time: 10:00 am- 12:45
pm

Location: Weber
Human Services
237 26th Street
Ogden, UT
3rd Floor Auditorium

For more information:
Call: 801-625-3866
Email:
angelas@weberhs.org

Dementia Dialogues® is an evidence-informed, nationally registered, intervention training program designed to educate community members and caregivers the signs and symptoms of Alzheimer's disease and related dementias (ARD). This training is provided *free of charge*.

6 contact hours are available for Social Workers.

All 5 modules required for certificate of completion and continuing education credits

Space is limited, please scan code to register or visit
<https://osa.cventevents.com/K80z02>



Department of Health
& Human Services
Aging & Adult Services



Office for the Study of Aging
Arnold School of Public Health

Dementia Dialogues® Agenda

Time	Topic
August 12	
10:00 – 10:15	Sign-In & Welcome
10:15 – 11:15	<u>Module 1</u> : The Basic Facts: An Overview of Alzheimer's Disease and Related Dementias – Part 1
11:15 – 10:30	Break
11:30 – 12:30	<u>Module 1</u> : The Basic Facts: An Overview of Alzheimer's Disease and Related Dementias – Part 2
12: 30 – 12:45	Additional Discussion, Question & Answers
12:45	Adjourn
August 19	
10:00 – 10:15	Day 1 Recap
10:15 – 11:15	<u>Module 2</u> : Keep the Dialogue Going: Strategies for Effective Communication
11:15 – 11:30	Break
11:30 – 12:30	<u>Module 3</u> : It's a Different World: Understanding the Impact of the Environment & Ways to Promote Independence
12: 30 – 12:45	Additional Discussion, Question & Answers
12:45	Adjourn
August 26	
10:00 – 10:15	Day 2 Recap
10:15 – 11:15	<u>Module 4</u> : It's Nothing Personal: Addressing Challenging Behaviors
11:15 – 11:30	Break
11:30 – 12:30	<u>Module 5</u> : Now What Do We Do? Creative Problem Solving
12: 30 – 12:45	Additional Discussion, Questions & Answers
12:45	Adjourn