

**February 2026**

Meet Your Health Goals This Year with Arthritis-Appropriate, Evidence-Based Interventions!

At the start of a new year, many of us start thinking of ways we can get back on track with healthy habits. Ambitiously as we often set our goals, it may not take long before those healthy intentions are set aside. Getting involved in AAEBIs (pronounced “Abbies”) can be a great way to stick with those healthy habits throughout the entire year!

AAEBIs are Arthritis-Appropriate, Evidence-Based Interventions. These programs are based on solid research, and have been tested and modified to work best in community settings. AAEBIs can provide relevant health information and proven strategies to help manage a variety of health conditions. Arthritis affects about 1 in 5 adults, and 1 in 3 veterans.¹ AAEBIs are designed specifically for those with arthritis, and can be beneficial for everyone. Run by volunteers that have arthritis or other health conditions themselves, the groups are fun, upbeat, free, nearby, and easy to get involved in!

In Weber and Morgan Counties, a number of AAEBIs are offered. The movement-based programs include **Tai Chi for Arthritis**, the **Arthritis Foundation Exercise Program**, and **Walk with Ease**. These programs are designed for a variety of ability levels, and you can start where you are. The education programs include **Living Well with Chronic Conditions**, and **Living Well with Chronic Pain**. These workshops introduce a variety of techniques to help strengthen problem solving, work better with your healthcare team, manage symptoms, review medications, handle side effects, deal with difficult emotions, incorporate relaxation techniques, and learn how to develop action plans that work! **Stepping On** (a fall prevention program) is not specifically designated as an AAEBI, but is an evidence-based program to help reduce falls. The workshop looks at many different factors that can contribute to a fall, such as shoes, vision, medications, strength, balance, and home environment. By looking at these factors, you can learn how to reduce the risk of having a fall. Many of these workshops are offered in nearby Senior Centers. Participating in these type of programs also helps to build friendships that can offer encouragement and support as you actively work on your health goals.



Volunteering to help lead AAEBI workshops is another way to keep your health goals front and center this year. Your unique experiences can help encourage others in their own efforts to live healthy lifestyles. Teaching others about strategies to incorporate healthy changes into their daily routine is a great way to stay motivated yourself to maintain those healthy habits. Training to become a program leader is offered free of cost through Aging Services. Volunteers have flexibility in when they would like to hold workshops and how they would like to be involved. Volunteer stipends and transportation reimbursement may be available.



To get involved in any of these workshops, and to volunteer to help run them, call Megan McCourt with Aging Services at 801-625-3784.

1. CDC Interactive Summary Health Statistics for Adults: National Health Interview Survey, 2019-2024.

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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!

New Stepping-On
Class Begins
Monday, Feb. 23!

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

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

Take a Stepping On workshop!

Stepping On can help you avoid a fall so you can keep doing the things you love to do. You'll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 31%!

Mondays 8:30-10:30 AM

February 23 through April 6

Roy Hillside Senior Center 5051 S 2000 W, Roy

Register at the Senior Center or by calling

Megan McCourt 801-625-3784



Birthday Celebration:

Wednesday, February 4

Cupcakes provided by Treeo Retirement
Living

Robin Arnold:

Wednesday, February 4, 11:30 AM

Painting with Trish is back!:

Monday, February 9, 10:00 AM (Sign up
at front desk)

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

Wednesday, February 18, 10:00 AM

Garr Ashby:

Wednesday, February 25, 11:30 AM

Second Generation:

Thursday, February 12, 11:00 AM

Medicare Minute with Madeleine McDonald:

Tuesday, February 24, 11:30 AM

Valentine's Day Tasting Party & Dance:

Thursday, February 12, 12:30 PM

ROY HILLSIDE

BINGO:

Wednesday, February 4, 1:00 PM

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

Wednesday, February 18, 1:00 PM

Sun Ridge Assisted Living

Crossword by Northern Utah Rehab:

Tuesday, February 17, 11:30 AM

Voyant Law Legal Assistance (Lance):

Wednesday, February 11



Ongoing Activities

Lunch is Served from 11:30 AM-12:30 PM

Reservations are Required

MONDAY:

9:00 AM Oil Painting
9:00 AM Coffee with Friends
11:00 AM Cards (Hand and Foot)
12:30 PM Line Dancing

TUESDAY:

8:30 AM Ceramics
9:00 AM Tai Chi for Arthritis
9:00 AM Quilting
9:00 AM Coffee with Friends
12:30 PM Pinochle

WEDNESDAY:

8:30 AM Ceramics
9:00 AM Sewing Group
10:00 AM Blood Pressure Clinic
10:00 AM New Zumba Class
10:00 AM Blood Pressure Clinic (New Time)
1:00 PM Cards (Euchre)

Come learn and play!

THURSDAY:

8:30 AM Oil Painting
8:30 AM Crocheting
9:00 AM Floor Yoga
9:30 AM Chair Yoga
10:30 AM Tea Time with Friends
11:00 AM Cards (Hand and Foot)

FRIDAY:

10:00 AM Arthritis Exercise
10:00 AM Coffee with Friends

Please continue to check at the front desk and on

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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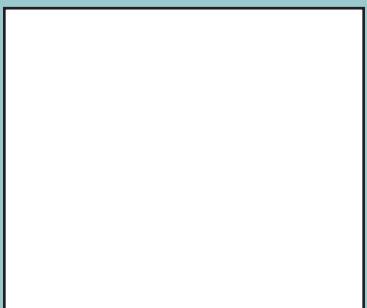
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Weber/Morgan Area Agency on Aging, Ogden, UT

A 4C 05-1053

MORGAN SENIOR CENTER



50 West 100 North, Morgan, Utah 84050

Director: Cissy Toone

Phone: 801-845-4040

Monday	Tuesday	Wednesday	Thursday
2/2 Quilting 1:00 PM Terrace Plaza Play House 5:00 PM	2/3 Shopping 1:30 PM	2/4 Mexican Train 1:00 PM	2/5 Cards 10:00 AM
2/9 Quilting 1:00 PM 	2/10 Foot Clinic—by appointment Medicare Minute with Shantel Clark, WHS Aging 12:00 PM Valentine's Party 5:00 PM	2/11 Mexican Train 1:00 PM	2/12 Cards 10:00 AM 
2/16 President's Day CLOSED	2/17 Birthday Celebration 12:30 PM	2/18 Mexican Train 1:00 PM	2/19 Cards 10:00 AM Funeral/Trust by Legacy Tree 12:00 PM
2/23 Quilting 1:00 PM	2/24	2/25 Mexican Train 1:00 PM	2/26 Cards 10:00 AM
		Weber/Morgan	Area Agency on Aging

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



**4th Thursday
each month
2:30**



North View Senior Center
485 E 2550 N, North Ogden
801-782-6211 seniors 55+
<http://northviewseniorcenter.org>

Grief Support Group
Thursday February 26, 2:30 PM

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Weber/Morgan Area Agency on Aging, Ogden, UT

B 4C 05-1053

Haircuts

Monday, February 2, 10:00 AM \$5.00

Blood Pressure Checks

Monday, February 2, 10:00 AM

Foot Clinic by Canyon Home & Hospice

Wednesday, February 11, 10:00 AM

(No podiatrist this month. Scheduled time is required.)

Medicare Minute with Shantel from Weber Human Services

Monday, February 23, 11:30 AM

Painting with Trish

Monday, February 9, 1:00 PM

(Please call to sign up in advance. Cost is \$20.00.)

Evening Music and Dance with Gary Romer

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

February Kindness Month Activities—Come enjoy the fun!

Tuesday February 10—Write a note to a friend/co-worker and place it on the Kindness Tree!

Wednesday, February 11—Hot chocolate bar, 8:00-10:00 AM

Thursday, February 12—Celebrate Valentine's Day with us!

Friday, February 13—Popcorn treats

NORTH VIEW

Thursday Evening Activities:

Bingo

February 5

Game Night

February 19

Thursday Evening Activities run from 5:30 PM until 7:30 PM.

A light dinner will be served at 5:00 PM for a cost of \$4.00. See website or Facebook page for menu.

Please sign up by Wednesday afternoon.

Novthview Center is closed on February 16 for President'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
1:00 PM.....Computer Class
(Call to be added to the wait list)

TUESDAY:

9:00 AM.....Billiards
9:00 AM.....Intermediate Tai Chi
(Must be approved by instructor)
9:30 AM.....Art
10:00 AM.....Intermediate Line Dancing
1:00 PM.....Leatherworking Class
(Limited number of spaces)

WEDNESDAY:

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

THURSDAY:

9:00 AM.....Quilting Group
9:00 AM.....Beginners Tai Chi
10:00 AM.....Beginner Computer Class
(Call to Register)
12:00 PM.....Hand Crafting Circle Service Group
(Making Items for Seniors in our Community)
1:00 PM.....Intermediate Tap Dance
1:00 PM.....Intermediate Computer Class
(Call to Register)
3:30 PM.....Movement/Dancing with Jill

*For Thursday evening activities, see above.

FRIDAY:

8:30 AM.....Ceramics
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
Chicken Strips Ranch Dip Candied Sweet Potatoes Peas Lemon Cream Fruit Cup	2 Crabby Cake Sandwich With Cheese / Bun/Cocktail Sauce Steamed Cube Potatoes Normandy Vegetable Lettuce / Tomato /Pickle Fruit Salad	3 Macaroni Beef Bake Grated Cheese Peas and Carrots Red and White Coleslaw Warm Peaches
BBQ Meatballs Buttered Rice Carrot Lyonnais Chilled Diced Pears Chocolate Pudding Wheat Roll	9 Pork Chop Baked Beans Broccoli Tossed Salad/Olives and Dressing Tropical Fruit Cornbread	10 Breaded Pollock Wedges Tartar Sauce Seasoned Orzo Green Beans Warm Applesauce
	16 Baked Chicken Whipped Potatoes with Gravy Chuck Wagon Corn Beet and Egg Salad Fresh Apple Wheat Roll	17 Cheeseburger / Bun Mustard & Ketchup Tater Tots Lettuce, Tomato, Onion Carrot Coins Mandarin Oranges
Tuna Noodle Casserole Green Beans with Diced Red Peppers Mixed Fruit Salad Chocolate Cream Pie Wheat Roll	23 Enchilada Mexican Rice Refried Beans Peas Shredded Lettuce / Diced Tomatoes/Sour Cream Fresh Fruit	24 Spaghetti with Meat Sauce Steamed Broccoli Emerald Pear Salad Gingerbread with Lemon Dinner Roll

Weber Senior Nutrition Program
1176 W. 3300 S. Ogden Ut 84401
801-399-8390 Milk Offered Daily
Suggested Meal Donation \$ 4.00
Menu Subject To Change Without Notice



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.

SDAY	THURSDAY	FRIDAY
4	Salisbury Steak with Gravy Baked Potato with Sour Cream Steamed Broccoli Applesauce Dinner Roll 	5 Creamed Ham Over Whipped Potatoes Cauliflower/Bacon/Diced Red Peppers Fresh Orange Chocolate Chip Cookie Wheat Roll
11	Cabbage Beef Casserole Seasoned Whole Potatoes Fig Newton Cookie Cottage Cheese with Fruit Dinner Roll 	12 13 Chicken Turnovers Whipped Potatoes W/Gravy Brussel Sprouts with Bacon Hot For You Waldorf Salad Sweet Heart Cake 
18	Vegetable Meatloaf Whipped Potatoes with Gravy Spinach with Lemon Sour Cream Fruit Salad Wheat Roll	19 20 Roast Turkey with Gravy Buttered Yams Oregon Bean Medley Cranberry Orange Gelatin Dinner Roll
25	Roast Pork Whipped Potatoes and Gravy Normandy Vegetables Cherry Cobbler Dinner Roll 	26 27 Breaded Oven Fried Chicken Whipped Potatoes with Gravy Country Vegetables Tropical Fruit Salad Dinner Roll

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2026



PICKUP YOUR TAX PACKET TODAY!

Beginning February 10th

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

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

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



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Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

Social Opportunities
Coffee Talk w/ Byron
3rd & 17th at 10:30

Classes
Advanced Strong Bodies
13th & 27th at 2:30
Money Management— 3rd at 12:30
Wise use of Credit— 10th at 12:30
Estate Planning— 17th at 12:30

Special Events
Senior Helpers Seminar
4th at 11:30
Valentine's Day Party
13th at 11:30
Medicare Minute— 17th at 11:30

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

Services (By Appointment Only)
AARP Tax Help
Tues & Thurs 9-12
Tech Tutor— Mondays 5-6
Legal Services— 5th & 12th at 1:30
Haircuts— 11th & 25th at 11:00
Podiatry— 19th at 10:00

Closure Dates
16th— President's Day

GOLDEN HOURS

CSFP Food Box Pickup

Monday, February 2

Silversmithing (Open Studio)

Wednesday, February 4, 11, & 25, 5:00 PM-8:00 PM

Ukulele

Wednesday, February 4 & 18, 6:00 PM-7:30 PM

Newcomers Bridge

Thursday, February 5 & 19, 12:30 PM-4:00 PM

Beehive Rock and Gem Club

Tuesday, February 24, 5:30-9:00 PM

Alzheimer's Support Group

Monday, February 23, 1:30 PM

S.O.A.P. Game Night

Tuesday, February 3 & 17, 6:00—8:00 PM

S.O.A.P. Movie Night

Tuesday, February 24, 6:00-8:00 PM

Gay Men's Support Group

Tuesday, February 10, 6:00—7:30 PM

Advanced Strong Bodies Class

Friday, February 13 & 27, 2:30 PM-3:45 PM

ONGOING ACTIVITIES

Lunch is Served from 11:30 AM-12:30 PM

24-Hour Advance Reservation Required. Please call (801) 629-8864 to reserve lunch.

MONDAY:

9:00 AM-4:00 PM.....Sewing
10:30 AM-1:30 PM.....Pottery Open Studio
12:30 PM.....BINGO
1:00 PM-4:00 PM.....American Western Mahjong
2:30 PM.....Strong Bodies Class
4:00 PM-7:30 PM.....Pickleball (All Levels)
4:00 PM-8:00 PM.....Lapidary (Open Lab)

TUESDAY:

9:00 AM-11:00 AM.....Crochet & Knitting
9:30 AM-10:30 AM.....Zumba
10:00 AM-2:00 PM.....Open Art Studio
12:00 PM-2:00 PM...Stitches in Time (Registration Required)
3:00 PM.....Balance & Fitness
3:30 PM.....Chair Yoga
4:00 PM-8:00 PM.....Lapidary
5:30 PM-7:30 PM.....Pottery Open Studio

WEDNESDAY:

9:30 AM.....Bingo
10:00 AM-11:00 AM.....Vet's Group
10:00 AM-4:00 PM.....Dominoes
11:30 AM-4:00 PM.....Duplicate Bridge
2:30 PM.....Strong Bodies Class
7:00-9:00 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:

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)
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.



Visit weberhsaging.net or call (801) 625-3771 for more information.

12 | Weber/Morgan Area Agency on Aging

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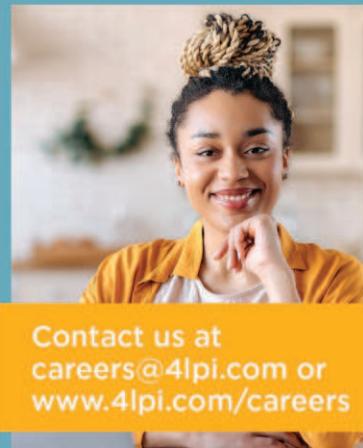


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Weber/Morgan Area Agency on Aging, Ogden, UT

D 4C 05-1053

WASHINGTON TERRACE

Dominoes Train Game

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

Medicare Minute with Madeline from WHS

Tuesday, February 10, 12:00 PM

WTSC Haircuts by Alex with Great Clips - \$5.00

Wednesday, February 18, 10:00 AM

Foot Clinic by Canyon Homecare and Hospice

Wednesday, February 25, 10:00 AM

Frauds and Scams Presentation from Utah Chamber of Commerce

Date and time TBA

Hand and Foot Cards

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

AARP Safe Driving Course

Beginning Monday, February 9, 9:30 AM

Wasatch RV Club Meeting

Tuesday, February 17, 12:00 PM

- **BINGO**

Thursday, February 5 & 19, 1:00 PM

February Birthdays Celebration

with cupcakes from Treeo

Wednesday, February 11

Valentine's Dance—Dress up for pictures!

Treats Welcome!

Wednesday, February 11, 10:30 AM-Noon

HAPPY VALENTINE'S DAY WTSC MEMBERS!

Ongoing Activities

Lunch is Served from 12:00 PM (noon) - 1:00 PM

Reservation Required!

MONDAY:

9:00 AM.....Low Impact Exercise

12:00 PM.....Oil Painting Art Class By: Ron Harvey

TUESDAY:

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

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

WEDNESDAY:

9:00 AM.....Hand Quilting

10:00 AM.....Ceramics

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

1:00 PM.....Intermediate Line Dancing
by Chris Stegen

Every day a library, pool tables, and a ping pong table can be found downstairs.

THURSDAY:

9:00 AM.....Low Impact Exercise

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

FRIDAY:

10:00 AM.....Ceramics

10:30 AM.....Live Music by Senior Moments Band

1:00 PM.....Beginning Line Dancing by Evelyn Bird

Come help put together a puzzle with the Master Minds everyday!

Wii Bowling and other Nintendo Games available after lunch.

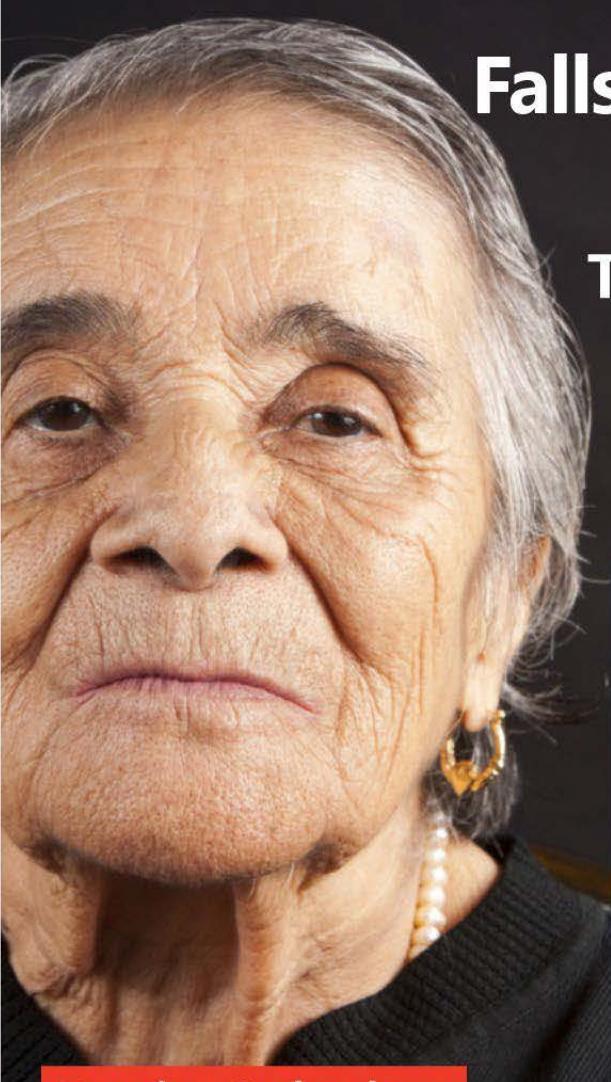
Washington Terrace Senior Center

4601 South 300 West

801-621-0161

Director: Cheryl Corrigan

Hours 9:00 AM-2:30 PM



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

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

Take a Stepping On workshop!

Stepping On can help you avoid a fall so you can keep doing the things you love to do. You'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 31%!

Mondays 8:30-10:30 AM

February 23 through April 6

Roy Hillside Senior Center 5051 S 2000 W, Roy

Register at the Senior Center or by calling

Megan McCourt 801-625-3784

Stepping On | **wiha**
Wisconsin Institute
for Healthy Aging
wihealthaging.org

Various December Activities/Events in South, West, North, and Central Weber County!

Northview Senior Center (North Area) – Northview Art Class by Trish Paints



Roy Senior Center (West Area) – Roy Art Class by Trish Paints



Weber Human Services Aging Virtual Senior Center Art Tutorial Videos by Trish Paints

www.weberhsaging.net/art-tutorial-videos

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

Golden Hours Senior Recreation Center, 650 E 25th St, Ogden, UT 84401

DATE & TIME

TUE: 09:00 AM - 01:00 PM, THU: 09:00 AM - 01:00 PM

Contact: (801) 629-8864

SERVICE TYPE Drop Off, In-Person, Two Visit Scan

APPOINTMENT REQUIRED

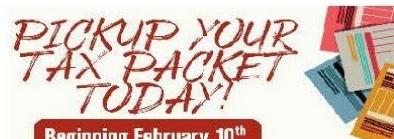
Yes

DATES OPEN

2/10/2026 - 4/9/2026

DETAILS

See Steps 1 ~ 3 (right)



Beginning February 10th

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

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

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

North View Senior Center, 485 E 2550 N, North Ogden, UT 84414

DATE & TIME

TUE: 08:30 AM - 04:00 PM, THU: 8:30 AM - 04:00 PM

Contact: (801) 782-6211

SERVICE TYPE

In-Person

APPOINTMENT REQUIRED

Yes

DATES OPEN

2/5/2026 - 4/2/2026

DETAILS

Call the Northview Senior Center for All Appointments. We will start making appointments about 1/26/26, at which time you may pick up a Tax Package from the Senior Center.

Roy Hillside Senior Center, 5051 S 2000 W, Roy, UT 84067

Contact: (801) 773-0860

DATE & TIME

WED: 09:00 AM - 02:30 PM

SERVICE TYPE

In-Person

APPOINTMENT REQUIRED

Yes

DATES OPEN

2/1/2026 - 4/15/2026

DETAILS

Call the Roy Senior Center for All Appointments. We will start making appointments about 1/26/26, at which time you may pick up a Tax Package from the Senior Center.

Morgan County Library, 50 West 100 North, Morgan, UT 84050

DATE & TIME

TUE and THU: 11:00 AM – 1:00 PM

SERVICE TYPE

In-Person by **VITA staff, not AARP Foundation**

APPOINTMENT REQUIRED

Yes: To schedule appointment contact **First Community Bank at 801-813-1890**

DATES OPEN

2/3/2026 - 4/9/2026

DETAILS

Free Income Tax Preparation by Volunteer Income Tax Assistance (VITA) for anyone making \$75,000 or less. Volunteers are IRS certified and trained.