



October 2026

IT IS TIME TO LOOK AT YOUR MEDICARE!

MEDICARE OPEN ENROLLMENT IS BETWEEN OCTOBER 15TH AND DECEMBER 7TH.

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 for you. 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 do not sell you anything. We can look over your Medicare plan, and help you enroll you in a Part D or Advantage plan. We also assist you in looking to see if you to see if you qualify for any program that would lower your Part D costs (LIS/Extra help, Medicare Cost Sharing, or Medicaid) and help you apply if you might qualify, and help you report any errors, fraud, or abuse you encounter with your Medicare.

Give us a call to schedule a one-on-one appointment at 801-625-3664.

Medicare Open enrollment is a time when there is an increase in marketing violations. Here are some things to watch out for:

- **Unsolicited contacts:** Agents should not be calling, coming to your door, or texting you without your consent.
- **Pressure tactics :** Don't feel pressured by enrolling immediately. Make sure it is the right plan for you.
- **Gifts or prizes:** Agents can only offer gifts under \$15, and must be available to anyone not just those that enroll in a plan.
- **Suggesting Medicare endorsement:** Agents cannot say their plan is endorsed by Medicare or say they are from Medicare.

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



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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 pressure taken at your request at the front desk!



Birthdāy Celebration:

Wednesday, October 7

Cupcakes provided by Solutions In-Home
Care—Please welcome our new sponsors!

Robin Arnold:

Wednesday, October 7, 11:30 AM

Painting with Trish is back!:

Tuesday, October 13, 11:00 AM

(Sign up at front desk)

Foot Clinic (With Podiatrist provided by Allevio Podiatry):

Wednesday, October 21, 10:00 AM

(Nurse only. Sponsored by Canyon Home
and Health Care)

Garr Ashby:

Wednesday, October 28, 11:30 AM

Medicare Open Enrollment

Tuesday, October 27, 9:00 AM-12:00 PM

Health Fair—Flu Shots Available!

Thursday, October 8, 9:30-11:30 AM

ROY HILLSIDE

BINGO:

Wednesday, October 7, 1:00 PM

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

Wednesday, October 21, 1:00 PM

Sun Ridge Assisted Living

Crossword by Northern Utah Rehab:

Tuesday, October 6, 11:30 AM

Voyant Law Legal Assistance (Lance):

Thursday, October 8, 11:30 AM

By appointment only—Speak to Kathy for more
information

Second Generation Band

Thursday, October 15, 11:00 AM

Come out and dance!

Witches' Tea—Thursday, October 29, 1:00 PM

HAPPY HALLOWEEN!

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!

Visit us today!

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

Lunch is Served Tuesday–Thursday from 12:00 PM (Noon) until 1:00 PM

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
			10/1 Cards 10:00 AM
10/5	10/6	10/7 Mexican Train 1:00 PM Blood Pressure Checks 11:00 AM–Noon	10/8 Cards 10:00 AM 
10/12 Quilting 1:00 PM 	10/13 Medicare Minute 12:30 PM Shopping 1:30 PM	10/14 Mexican Train 1:00 PM Flu Shot Clinic 10:00 AM–Noon	10/15 Cards 10:00 AM
10/19 Quilting 1:00 PM Terrace Plaza Playhouse 5:00 PM	10/20	10/21 Mexican Train 1:00 PM	10/22 Cards 10:00 AM
10/26 Quilting 1:00 PM	10/27	10/28 Mexican Train 1:00 PM	10/29 Cards—10:00 AM Halloween Party

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

Flu/COVID vaccination clinic: October 6, 11:00-12:30
Reservation Required

NORTH VIEW



Northview Stepping-On Class



Northview Crochet & Quilting

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Alan Benedict guitar performance

Monday, October 5

Alan Benedict piano performance

Monday, October 19

Foot Clinic by Canyon Home & Hospice

Wednesday, October 14 (No podiatrist;
nail trimming only. Space is limited.)

There will be NO Painting with Trish in October!

Medicare Minute

Monday, October 12, 11:30 AM

Haircuts

Monday, October 5, 10:00 AM

Space is limited.

Saturday Evening Music with Northview Jazz Dance Band

Saturday, October 17

Potluck—bring something to share!

Wood carvers will display their items and hold a special class—
come learn how to carve! Supplies will be furnished.

Wednesday, October 21, 8:00 AM to Noon

NORTH VIEW

Thursday Evening Activities:

Bingo

October 1

Game Night & Grilling Burgers

October 15

Halloween Activity

October 29

Thursday Evening Activities run from 5:30 PM until 7:30 PM.
A light dinner will be served at 5:00 PM for a cost of \$4.00. See
website or Facebook page for menu.

Please sign up by 12:00 noon of prior Monday.

Halloween Party—October 29, 2:30 PM

Wear your Halloween Costumes—

Prizes will be given!



Ongoing Activities

Lunch is Served Monday–Friday from 11:30 AM–12:30 PM

Reservation Required!

MONDAY:

8:30 AM.....Ceramics/Porcelain
9:00 AM.....Beginners Line Dancing
10:00 AM.....Intermediate Line Dancing
1:00 PM.....Intermediate Tap Dance

TUESDAY:

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

WEDNESDAY:

9:00 AM.....Wood Carving
9:00 AM.....Bridge
9:00 AM.....Billiards
10:00 AM.....Intermediate Line Dancing
12:30 PM.....Beginning Line Dancing
12:30 PM.....Games

(Chess, Pinochle, Cards)

THURSDAY:

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

*For Thursday evening activities, see above.

FRIDAY:

8:30 AM.....Ceramics
9:00 AM.....Beginning Line Dancing
9:00 AM.....Bridge
10:15 AM.....Yoga

North View Senior Center

485 East 2550 North

Phone: 801-782-6211

Director – Jill Garner

Hours: Monday–Thursday 8:00 am – 4:00 pm

Thursday Evening Activities to 7:30 pm

Friday 8:00 am to 2:00 pm

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

MONDAY	TUESDAY	WEDNESDAY
Weber Senior Nutrition Program 1176 w. 3300 s. Ogden Utah 84401 (801)399-8390 Milk Offered Daily Suggested Donation \$ 4.00 Menu Subject To Change Without Notice		
Chicken Nuggets 5 Dipping Sauce Steamed Potatoes Buttered Carrots and Celery Chilled Diced Pears Honey Bran Muffin	Philly Cheese Steak 6 Cubed Potatoes Harvard Beets Chilled Diced Peaches Tossed Salad / Dressing Hoagie Bun	Vegetable Meatloaf / Gravy Whipped Potatoes Green Beans Chilled Peaches Dinner Roll
Pork Chop Suey 12 Buttered Rice Cauliflower & Broccoli Chilled Pineapple Butter Finger Bar 	BBQ Chicken 13 Black Beans Country Vegetables Sour Cream Fruit Salad Cornmeal Roll 	Chicken Fried Steak / Gravy Whipped Potatoes Corn Citrus Pear Salad Whole Wheat Roll
Macaroni Beef Bake 19 Broccoli Carrot & Pineapple salad Warm Applesauce W/Cinnamon	Chicken Dijon 20 Whipped Sweet Potatoes Cauliflower with Diced Red Peppers Chilled Pears Dinner Roll 	Teriyaki Cube Steak/Broccoli Oriental Vegetables Beet and Onion Salad Mandarin Oranges Sweet Potato Roll
Meatballs/Marinara Sauce 26 Parmesan Cheese Rigatoni Pasta Green Beans Fresh Banana Dinner Roll	Baked Chicken Breast/Gravy 27 Whipped Potatoes California Vegetables Blueberry Applesauce Gelatin Herb Roll 	Hamburger Stroganoff Brown Rice Broccoli w/ Red Pepper Tossed Salad w/Dressing Chilled Peaches Wheat Roll

Meals Are Made Possible By Your Generous Contributions • Every Donation Helps

WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

SDAY	THURSDAY	FRIDAY
	Chicken & Cheese Enchilada 1 Refried Beans Spanish Rice Shredded Lettuce & Diced Tomatoes Ambrosia Fruit Salad Cinnamon Churro	Battered Fish 2 Tartar Sauce Brown Seasoned Rice Buttered Peas Chilled Pineapple Dinner Roll
avy 7	Oven Roasted Cuban Style Mojo 8 Pork Loin Cuban Yellow Rice Ranch Green Beans Chilled Mandarin Orange Dinner Roll	Swedish Meatballs /Gravy 9 Noodles Brussel Sprouts Carrot Raisin Salad Applesauce Apple Cinnamon Cottage Cake
eam Gravy 14	Baked Tilapia / Tartar Sauce 15 Scalloped Potatoes Spinach with Lemon Fresh Fruit Cornbread Muffin	Spaghetti With Meat Sauce 16 Peas Tossed Salad / Dressing Tropical Fruit Garlic Roll
own Rice 21	Chicken Tater Tot Casserole 22 Buttered Peas Peach & Cream Cheese Blueberry Coffee Cake	Pork Roast W/Pineapple 23 Glazed /Rice Cauliflower Orange Wedges Chocolate Chip Pumpkin Cake
28	Diced Pork in Gravy 29 Whipped Potatoes Steamed Cabbage Chilled Tropical Fruit Garlic Roll	Spooky Turketti 30 Frightful Candy Corn Vegetables Chilling Pears Boo-tiful Brownie Wicked Dinner Roll

ps Provide Meals To A Senior In Your Community



Golden Hours Senior Recreation Center
Community Health Fair
 Wednesday, October 7th
 10:00-12:30
Free Resources

- Insurance
- Senior Living
- Senior Planning
- AARP

FREE
 for Seniors 50+

Flu Shots available!

Door Prizes!

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

GOLDEN HOURS

GOLDEN HOURS 4TH ANNUAL

TRUNK OR TREAT

THURSDAY, OCTOBER 29TH
4:00-5:30 PM

Bring your car, get creative, decorate your trunk, and hand out treats at Golden Hours' Spooktacular Trunk or Treat!



IN THE GOLDEN HOURS PARKING LOT.
650 25TH STREET, OGDEN

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Social Opportunities

Coffee Talk w/ Byron
6th & 20th at 10:30
Poker Group— 9th & 23rd at 10:00
Antelope Island Field Trip
27th at 10:00
Golf Luncheon & Tournament
22nd at 11:30

Classes

Card Making— 1st at 10:00
Jewelry Wire Wrapping
2nd & 16th at 1:00

Special Events

Special Hike, Sat., Oct3 at 4:00
Annual Health Fair— 7th at 10:00
Senior Emergency Preparedness
13th at 11:30
Roads to Independence Presentation
20th at 11:30
Halloween Party— 30th at 11:30

Crafts

Wire Wrapping Craft— 6th at 4:30
Sewing Project— 12th at 10:00
Stitches In Time-Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor— Mondays 5-6
Legal Services— 1st & 8th at 1:30
Haircuts— 14th & 28th at 11:00
Podiatry— 22nd at 10:00

GOLDEN HOURS

CSFP Food Box Pickup—Monday, October 5
Ukulele—Wednesday, October 7 & 21, 6:00-7:30 PM
Newcomers Bridge
Thursday, October 1 & 15, 12:30-4:00 PM
Beehive Rock and Gem Club
Tuesday, October 28, 5:30-9:00 PM
Alzheimer's Support Group
Monday, October 5 & 19, 1:00 PM
S.O.A.P. Game Night
Tuesday, October 6 & 27, 6:00-8:00 PM
S.O.A.P. Movie Night
Tuesday, October 20, 5:30-8:00 PM
Gay Men's Support Group
Tuesday, October 13, 6:00-7:30 PM
Advanced Strong Bodies Class
Friday, October 9 & 23, 2:30-3:45 PM
Basic Sign Language
Tuesday, October 6, 13, 20 & 27, 12:30-1:30 PM
Marathon Bridge
Friday, October 2, 9, 16, 23 & 30, 11:00 AM-4:30 PM
Advanced Strong Bodies Class
Friday, October 9 & 23, 2:30-3:45 PM
Silversmithing
Wednesday, October 7, 14 & 28, 5:00-8:00 PM
Grief Recovery—Tuesday October 13, 20, & 27, 10:00-11:30 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.....Beginner 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.....Beginner 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

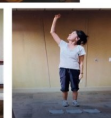
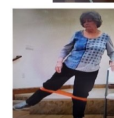
One session Arthritis Foundation chair exercise class (36 min)

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.

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delivered straight to
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Dominos Train Game

Every morning & after lunch until 2:00 PM, M-F

Hand and Foot Cards

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

Medicare Minute—Tuesday, October 13, 12:00 PM

WTSC Haircuts by Angela with Great Clips - \$10.00

Wednesday, October 21, 10:00 AM-12:00 PM

Reservations recommended.

Foot Clinic by Canyon Homecare and Hospice

Wednesday, October 28, 10:00 AM-12:00 PM

Nurses only

Suzie Blickfeldt with Assisted Living Advocates

Presentation on Finding Joy and Purpose in Retirement

Tuesday, October 6, 10:00 AM

Flu Immunizations—Weds., Oct. 14, 10:00 AM-Noon

AARP Safe Driving Class

Monday, October 12, 9:30 AM-2:00 PM

Witches' Tea Party—Weds., Oct. 28, 9:30 AM-Noon

Dress up as funny witches or warlocks for prizes!!

WASHINGTON TERRACE

• BINGO

Autumn-Themed—Thursday, Oct. 8, 1:00 PM

Halloween—Thursday, October 22, 1:00 PM

Guest: Senior Helpers

October Birthdays Celebration

with cupcakes from Treco

Wednesday, October 21

WTSC HALLOWEEN COSTUME DANCE

FRIDAY, OCTOBER 30

10:30 AM-12:00 PM

ALL FUN COSTUMES AND LIGHT REFRESH-
MENTS WELCOME!

HAPPY HALLOWEEN!!

Ongoing Activities

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

Reservation Required!

MONDAY:

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

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

TUESDAY:

10:00 AM.....Porcelain Doll Class

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

WEDNESDAY:

9:00 AM.....Hand Quilting

10:00 AM.....Ceramics

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

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

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

THURSDAY:

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

FRIDAY:

10:00 AM.....Ceramics

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

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

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

Wii Bowling and other
Nintendo Games available after lunch.

Washington Terrace Senior Center

4601 South 300 West

801-621-0161

Director: Cheryl Corrigan

Hours 9:00 AM-2:30 PM

Madeline McDonald (Foundation Director and Veterans' Directed Care—VDC program manager), her veteran's client, Rebecca Allred (former VDC case manager), and Col. Matt Miller

Madeline (VDC case manager) connected with Col. Mat Miller (the Reserve Advisor to the Installation Commander). We invited Rebecca Allred, helped start the Veteran's program, and served this client on 9/15/2026.



Roy Art Show on 9/10/2026





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

Washington Terrace Day and Washington Terrace City Emergency Preparedness Fair



VOLUNTEERS Needed

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



We are looking for

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

Join our team!

Call Megan at 801-625-3784

meganmc@weberhs.org

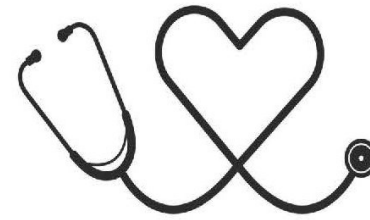
Weber Human Services Aging Services

TIME FOR A

MEDICARE



CHECK-UP!



Medicare Open Enrollment is October 15th to December 7th

GET FREE, UNBIASED ADVICE AT THESE OPEN ENROLLMENT EVENTS.

The State Health Insurance Assistance Program (SHIP), is a free, non-bias, Medicare counseling program. We can discuss your Medicare options, see about lowering your medications through the Extra help program and Medicaid, and help report fraud and scams. We are holding special events during Medicare Open Enrollment to help you select a plan that is best for you.

CHOOSE A DATE AND LOCATION: from any of our event sites.

CALL: the senior center director listed at the event you want to attend to reserve your time.

WHAT TO BRING: Medicare card (Red, White, and Blue), list of prescription medications with dosage and quantity, and names of doctors you want to see.

* If you cannot attend an event, call

801-625-3770 for an appointment.



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TUESDAY, OCTOBER 27TH 9 AM TO NOON

Roy Hillside Senior Center

5051 S 2000 W Roy, UT 84067

Kathy 801-773-0860

TUESDAY, NOVEMBER 3RD 10 AM TO 1 PM

Morgan Senior Center

50 W. 100 N. Morgan, UT 84050

Cissy 801-845-4040

THURSDAY, NOVEMBER 5TH 9 AM TO NOON

Riverdale Senior Center

4433 S 900 W Riverdale, UT 84405

Miranda 801-621-6086

TUESDAY, NOVEMBER 10TH 9 AM TO NOON

NorthView Senior Center

485 E 2550 N North Ogden, UT 84414

Jill 801-782-6211

FRIDAY, NOVEMBER 13TH 9 AM TO NOON

Washington Terrace Senior Center

4601 S 300 W Ogden, UT 84405

Cheryl 801-621-0161