



MAY 2024

*New Exercise Program in Roy City  
STEPPING ON!*

In this class you will “step on” by learning about a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to initiate a medication review. Weber Human Services Aging promotes strengthening the community in body and mind.

Please see the ad on this page and consider visiting Roy Hillside Senior Center to attend this program taught by instructors from the caregivers’ and veterans’ programs who have supported for Roy seniors for years. You will feel their passion for prevention and community health enhancement!

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

**Don't let a fall  
cramp your style!**

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

**Take a Stepping On workshop!**

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, 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%!**

**Wednesdays starting at 9:30 AM**  
**May 8 through June 19, 2024**  
**Roy Senior Center 5051 South 2000 West**  
**Register at the Senior Center or**  
**call Megan at 801-625-3784**



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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](http://www.weberhsaging.net)  
Weber/Morgan Senior Art Gallery  
[www.wmseniorart.net](http://www.wmseniorart.net)  
Weber/Morgan Monthly Newsletter  
[www.ourseniorcenter.com](http://www.ourseniorcenter.com)

VIRTUAL SENIOR CENTER  
[www.weberhsaging.net](http://www.weberhsaging.net)

Classes for at-home learning and participation. Visit [weberhsaging.net](http://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](http://weberhsaging.net)  
or call (801) 625-3771  
for more information.

## ROY HILLSIDE

***Cinco de Mayo Tea***—Thursday, May 2, 10:30

***Cinco de Mayo Lunch***—Friday, May 3, 11:30

***Mother's Day Tea***—Thursday, May 9, 10:30

***Mother's Day Lunch***—Friday, May 10, 11:30

**PAINT WITH TRISH PAINTING CLASS—**

**Tuesday, May 14, 11:00 am**

**Check out the next picture on our Facebook page!**

**Caregiver Support Group**

**Tuesday, May 28, 10:30—11:30**

**All caregivers are welcome.**

**ROY HILLSIDE**

***SPECIAL EVENTS:  
ENTERTAINMENT***

Wednesday, May 1, 11:30 am  
**Robin Arnold**

Wednesday, May 8, 11:30 am  
**Marcia Knoll**

Wednesday, May 22, 11:30 am  
**Garr Ashby**

***Second Generation***

Thursday, May 16, 11:30 Dance  
and Music

***Alzheimer's Association***

Speaker Becka , May 7, 11:30 am

***Foot Clinic***

Tuesday, May 14, by  
appointment

**BINGO: 1:00 pm**  
Wednesday, May 1  
**Chancellor Gardens**  
**BINGO: 1:00 pm**  
Wednesday, May 15  
**Sun Ridge Assisted Living**

**Legal Assistance**  
Thursday, May 9, 1:00 pm  
**Lance Drollinger**



**Ongoing Activities**  
**LUNCH SERVED AT 11:30 am - 12:30 pm *Reservation Required***

**Monday**

- 9:00 am Oil Painting
- 10:00 am Coffee with Friends
- 12:00 pm Cards
- 12:30 pm Line Dancing
- 4:00 pm Out to Eat Bunch

**Tuesday**

- 8:30 am Ceramics
- 9:00 am Tai Chi for Arthritis
- 9:00 am Quilting
- 10:00 am Coffee with Friends
- 10:30 am Caregiver Support Group (4th Tuesday)**
- 12:30 pm Pinochle

**Wednesday**

- 8:30 am Ceramics
- 10:00 am Sewing Club
- 10:00 am Foot Clinic (3rd Wed)
- 1:00 pm Euchre

**Thursday**

- 8:30 am Oil Painting
- 8:30 am Crocheting
- 8:30 am Blood Pressure Clinic
- 9:00 am Floor Yoga
- 9:30 am Chair Yoga
- 10:30 am Tea Time with Friends
- 12:00 pm Cards

**Friday**

- 10:00 am Arthritis Exercise
- 10:00 am Coffee with Friends

*Please continue to check at the front desk and on our board for new activities!*

**Roy Hillside Senior Center**  
5051 South 2000 West  
801-773-0860  
Director—Kathy Gallegos-Prevedel  
Open 8:00 am—4:00 pm Monday—Thursday  
8:00 am—12:30 pm Friday



## FARR WEST SENIOR CENTER

1896 North 1800 West

Phone: 801-782-3497

Director—Roberta Hudson

Hours—Monday, 8:00am—1:00 pm

Tuesday & Wednesday, 8:00 am—12:00 pm

Thursday, 8:00—10:00 am



## Wood Shop Project:

Contact Farr West City at 801-782-3497  
or [seniorcenter@farrwestcity.com](mailto:seniorcenter@farrwestcity.com)

### Monday

8:30 am  
9:00 am  
9:00 am  
9:00 am  
12:00 pm

Power Walking  
Quilting  
Stained Glass Class  
Jewelry Making Class  
Bingo

### Tuesday

8:30 am  
9:00 am  
9:00 am  
9:00 am  
10:30 am

Power Walking  
Quilting  
Stained Glass Class  
Jewelry Making Class  
Wii Bowling

### Wednesday

9:00 am  
9:00 am  
9:00 am

Quilting  
Stained Glass Class  
Jewelry Making Class

### Thursday

8:30 am

Power Walking

Lunch Served Mondays 11:30 am—12:30 pm *Reservation Required*

4 | Weber/Morgan Area Agency on Aging

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Michael Reese**

[mreese@4LPi.com](mailto:mreese@4LPi.com)

(800) 477-4574 x6724

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Weber/Morgan Area Agency on Aging, Ogden, UT

A 4C 05-1053

# MORGAN SENIOR CENTER



**50 West 100 North, Morgan, UT**

**Director: Cissy Toone**

**Phone: 801-845-4040**

**Hours: Monday—Thursday 8:00—4:00**

**LUNCH SERVED TUESDAY—THURSDAY**

**FROM 12:00 (NOON) TO 1:00 PM**

**Monday, May 20:**  
**Terrace Plaza Play House Trip, 4:30 pm**  
**Contact Cissy Toone, Director, for details!**



Monday	Tuesday	Wednesday	Thursday
		1:00 pm Mahjong <span style="float: right;">1</span>	10:30 am Cards <span style="float: right;">2</span>
1:00 pm Quilting Class <span style="float: right;">6</span> 	1:30 Shopping <span style="float: right;">7</span>	1:00 pm Mahjong <span style="float: right;">8</span> 12:-00—Northern Utah Coalition (Identity Theft Presentation)	10:30 am Cards <span style="float: right;">9</span>
1:00 pm Quilting Class <span style="float: right;">13</span>	Foot Clinic (by appointment) <span style="float: right;">14</span> 12:00 noon—Medicare Minute	1:00 pm Mahjong <span style="float: right;">15</span>	10:30 am Cards <span style="float: right;">16</span>
1:00 pm Quilting Class <span style="float: right;">20</span> 4:30 pm Terrace Plaza Playhouse	Birthday Celebration <span style="float: right;">21</span>	1:00 pm Mahjong <span style="float: right;">22</span> 	10:30 am Cards <span style="float: right;">23</span> 
Memorial Day (closed) <span style="float: right;">27</span>	<span style="float: right;">28</span>	1:00 pm Mahjong <span style="float: right;">29</span>	10:30 am Cards <span style="float: right;">30</span>

**MARRIOTT-SLATERVILLE  
SENIOR CENTER**  
1570 West 400 North  
Phone: 801-627-1919  
Director—Shauna Meyerhoffer

**Lunch served every Tuesday!**  
Join us for lunch at the  
Marriott-Slaterville Senior Center,  
housed with the Marriott-Slaterville  
City offices, every Tuesday  
at 11:30 am—12:30 pm.  
*Reservation Required*

**Yoga**  
Thursdays, 9 am —10 am



**PLAIN CITY SENIOR CENTER**  
4162 West 2200 North  
Phone: 801-399-8393  
Director—Taya McGeorge

**Lunch served every Wednesday!**  
Plain City Senior Center is housed  
with the Plain City offices. Lunch is  
served from 11:30 am—12:30 pm.  
*Reservation Required*  
**Arthritis Exercise Class**  
Wednesdays, 10:30—11:30 am

**Weekly Book Exchange**  
Wednesdays, 10:30 am —12:30 pm

# INDEPENDENT SENIOR LIVING

Aside from Amazing Assisted Living and Memory Care, **Our Independent Living Is Outstanding!**

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- Clubhouse
- Hair Salon



Tours Daily

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**801.820.5747**



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**CONTACT ME Jeff Parkinson**

jparkinson@lpicommunities.com • (800) 477-4574 x0000

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## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)





## SPECIAL EVENTS

### Haircuts

Monday, May 6, 10:00 am, \$5.00

### Second Generations

Monday, May 6, 11:00 am

### AARP

Monday, May 13, 10:00 to 2:30

### Gary Romer

Saturday, May 18, 7:00—9:00 pm

*\*No other special events have been reported to Weber Human Services. You may find more events on the center's announcement board.*

## NORTHVIEW

### Dinner Program, Thursdays, 5 pm!

North Ogden Elementary Choir

Thursday, May 2, @ 5:30 pm

### Bingo

Thursday, May 9 @ 5:30 pm

### Chandlyr Shupe

Thursday, May 16 @ 5:30 pm

### Round Dance

Thursday, May 23 @ 5:30 pm

### North Ogden Police K-9

Thursday, May 30 @ 5:30 pm

## Ongoing Activities

LUNCH SERVED Mon., Tue., Wed., and Fri. at 11:30 am - 12:30 pm

EVENING MEAL SERVED Thu., 5:00 - 6:00 pm

### Monday

8:30 am Ceramics/Porcelain  
9:00 am Line Dancing—  
Beginners  
10:00 am Intermediate dancing  
1:00 pm Tap Dance Class  
1:00 pm Computer Class

### Tuesday

9:00am Billiards  
9:30 am Art  
10:00 am Line Dancing  
Intermediate  
1:30 pm Tap Dance—Beginners

### Wednesday

9:00 am Wood Carving,  
Bridge &  
Billiards  
9:00 am Tai Chi  
10:00 am Line Dancing  
Intermediate  
12:30 pm Line Dancing  
Beginners  
12:30 pm Games  
Chess/Pinochle/Cards

### Thursday

1:00 pm Tap Dancing  
Billiards  
5:00 pm ~ Evening meals  
& Entertainment

### Friday

8:30 am Ceramics  
9:00 am Bridge  
10:00 am Yoga



## North View Senior Center

485 East 2550 North

Phone: 801-782-6211



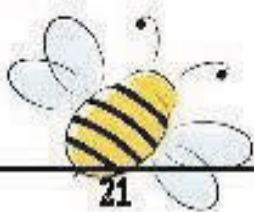

Director—Zella Richards

Hours: Mon., Tue., Wed., & Fri.

8 :00 am– 4:30 pm

Thu. 12:30—7:30 pm

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

 <b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<b>2024</b>		Lasagna Brussel Sprouts Tossed Salad /Beets/D Mandarin oranges Garlic Roll
<b>6</b> Market Bean Soup Country Vegetables Cottage Cheese & Peach Salad Lorna Doone Cookie Poppy Seed Roll	<b>7</b> Salisbury Steak / Gravy Whipped potatoes Mexicali Corn Coleslaw Chilled Pineapple Dinner Roll	Chicken Chop Suey Steamed Rice Oriental Vegetables Mandarin Oranges Fortune Cookie
<b>13</b> Chopped Beef Steak / Gravy Whipped Potatoes California Blend Vegetables Red and White Coleslaw Potato Roll	<b>14</b> Bacon Cheese Burger on Bun Mustard & Ketchup Lettuce, Tomato & Pickles Tater Tots Green Beans Fruit Cup	 Chicken Cordon Bleu / Sweet Potatoes Green Peas with Pearl Cranberry Fluff Wheat Roll
<b>20</b> Fish Sticks / Tartar Sauce Macaroni and Cheese Brussel Sprouts Warm Spiced Peaches Emerald Pear Salad	<b>21</b> Hamburger Soup Whole Potatoes Mixed Vegetables Chilled Tropical Fruit Cornbread Muffin	Sweet and Sour Pork Steamed Rice Broccoli with Lemon B Banana Orange Roll
<b>MEMORIAL DAY</b> 	<b>28</b> Baked Chicken Cutlets Whipped Potatoes/ Cream Gravy Broccoli Warm Cinnamon Apples Sugar Cookie	Pork Cubes in Mushro Egg Noodles Mixed Vegetables Chilled Apricots Oatmeal Chocolate Chi Dinner Roll



# WEBER SENIOR NUTRITION—801-399-8390

Milk Offered Daily—Menu subject to change without notice

SDAY	THURSDAY	FRIDAY
1 Dressing	Battered Pollock/ Tartar Sauce 2 English Chips Cauliflower with Pimento Coleslaw Apple Crisp with Topping No Roll 	Enchilada 3 Spanish Rice / Sour Cream Refried Beans Shredded Lettuce & Diced Tomatoes Tropical Fruit Cup Cinnamon Churro
8	Roast Beef / Gravy 9 Whipped Potatoes Spinach with Lemon Sliced Pears Coconut Cream Pie Dinner Roll	Pork Chop With Russian Sauce 10 Seasoned Rice Broccoli Cran Apple Salad Dinner Roll
Gravy 15 Onions	Pork Stroganoff 16 Egg Noodles Carrots & Celery Pineapple & Apricot/Yogurt Dressing Tapioca Pudding Dinner Roll	Chicken San Remo 17 Baked Potato / Sour Cream Broccoli with Diced Red Peppers Tossed Salad with Raisins and Dressing Blueberry Muffin
22 Butter	Roast Turkey / Gravy 23 Stuffing Peas Chilled Pears Iced Peanut Butter Brownie Ranch Roll 	Rigatoni with Meat Sauce 24 Parmesan Cheese Italian Vegetables Tossed Salad/Croutons Dressing Sour Cream Fruit Salad Garlic Roll
om Gravy 29	Ruben Casserole 30 Whole White Potatoes Mixed Vegetable Cottage Cheese with Pineapple Iced White Cake	Turkey Meatballs 31 Whipped Potatoes / Cream Gravy Capri Vegetables Coleslaw Apple Pie Dinner Roll 
p Cookie		

## GOLDEN HOURS

### Coffee Talk (1st and 3rd Tue.)

Tuesday, May 7 and 21, 10:30-11:30

### NEWCOMERS' BRIDGE, 1st & 3rd Thu.

Thursday, May 2 and 16, 12:30-4:00

### LEGAL SERVICES (by appointment only)

Thursday, May 2 and 9, 1:30

### Haircuts (by appointment only)

2nd and 4th Wednesdays, May 8 and 22, 11:00-2:00

### Gay Men's Support Group

Tuesday, May 14, 6:00-7:00

### Alzheimer's Support Group

Monday, May 20, 1:00-2:30

### SOAP (LGBTQ+)

Monday, May 20, 5:30-8:00

**Loteria (Spanish Bingo) Thursday, May 2, 9:30-11 & Friday, May 17, 12:30-1:30**

**Beehive Rock & Gem Club—May 28, 5:30**



10 | Weber/Morgan Area Agency on Aging

<p style="font-size: 1.2em; font-weight: bold;">Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p> <div style="background-color: #f1c40f; padding: 5px; text-align: center; font-weight: bold; font-size: 1.1em;">AD CREATOR STUDIO</div> <div style="text-align: center;">  </div> <p style="text-align: center; font-weight: bold; color: #f1c40f;">lpicommunities.com/adcreator</p>	<div style="text-align: center;">  <p style="font-weight: bold; font-size: 1.1em;">STONEHENGE</p> <p style="font-size: 0.8em; color: #e74c3c;">A PLACE OF HEALING</p> </div>  <div style="background-color: #e74c3c; color: white; padding: 5px; text-align: center;"> <p style="font-weight: bold; font-size: 0.9em;">Skilled Nursing Rehabilitation</p> <p style="font-size: 0.8em;">A Place Of Healing</p> <p style="font-size: 0.8em;">(801) 475-0500</p> <p style="font-size: 0.8em;">5648 Adams Ave Pkwy Washington Terrace, Ut 84405</p> </div>	<div style="text-align: center;"> <p style="font-size: 1.2em; font-weight: bold; color: #e74c3c;">A-1</p> <p style="font-weight: bold; color: #e74c3c;">Medical Supply</p> <p style="font-size: 0.8em;">134 31st Street Ogden, UT 84401</p> <p style="font-weight: bold; color: #e74c3c; font-size: 0.9em;">801-394-4455</p> </div>  <div style="background-color: #f1c40f; padding: 5px; text-align: center; font-size: 0.8em;"> <p>Wheelchairs • Walkers First Aid Supplies • Support Hose Many other medical supplies and equipment!</p> </div>
<div style="display: flex; align-items: center;"> <div style="flex: 1;">  <p style="font-size: 0.8em; color: #0070c0;">The Only Certified Senior Day Facility In Northern Utah We believe caregivers and those they care for deserve a DAY-cation</p> </div>  </div> <div style="background-color: #f1c40f; padding: 5px; text-align: center; font-size: 0.8em;"> <p style="font-weight: bold; color: white;">Office: 801-823-0160   Fax: 801-752-3072</p> <p style="color: white;">Mon-Fri 9 am - 6 pm   1351 Valley Drive, Ogden, UT 84401</p> <p style="font-weight: bold; color: white;">info@daybreakseniorservices.com   www.daybreakseniorservices.com</p> </div>		



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

**Cinco de Mayo Celebration—May 3, 11:30**

**Veterans' Group Flag Ceremony—  
Saturday, May 4, 10:00**  
**Identity Theft Presentation—May 7, 11:30**  
**Mother's Day Music Performance—May  
10, 11:30**  
**Steve & Tracy Music Performance—May 9,  
11:30 am**  
**Pie & Paint Night (Registration required)**  
**Tuesday, May 14, 4:30**

**Podiatry (by appointment only)**  
**Thursday, May 23**

**AARP Safe Driving Course**  
**Monday, May 13, 10:00**

## GOLDEN HOURS

**Nature Center Field Trip—Friday, May  
17, 12:00**

**Family Feud**  
**Friday, May 24, 12:30 pm**

**Grief Recovery Class—Begins May 2,  
1:00 pm**

**Living with Chronic Conditions  
Class (registration required)**  
**Wednesdays, 12:30-3:00**  
**May 1, 8, and 15**

### Ongoing Activities

**LUNCH SERVED 11:30 am - 12:30 pm (Reservation required—24 hrs in advance)**

**Please call 801-629-8864 to reserve lunch.**

### Monday

**9:00 —4:00** Sewing (except May 13)  
**10:30 —1:30** Pottery Open Studio  
**12:30—2:00** Bingo  
**1:00 —4:00** American Western  
Mahjong  
**2:00 —7:30** Pickleball  
**4:00—8:00** Lapidary

### Tuesday

**9:00 —11:00** Crochet & Knitting  
**9:00** **Walk with Ease (May 7)**  
**10:00—11:00** Zumba  
**10:00—2:00** Open Art Studio  
**3:00—3:30** Balance & Fitness  
**3:30—4:00** Chair Yoga  
**4:00—8:00** Lapidary  
**4:30—5:30** Wire Wrapping  
**(1st Tues only)**

### Wednesday

**9:30—11:00** Bingo  
**10:00—11:00** Vet's Group  
**10:30—4:00** Dominoes  
**11:30 — 4:00** Bridge (Duplicate)  
**5:00—8:00** Silversmithing  
(except May 15)  
**6:00 — 7:30** Ukulele (1st & 3rd)  
**7:00—9:00** Guitar Jammers

### Thursday

**9:00** **Walk with Ease (May 2 & 9)**  
**10:00—2:00** Open Art Studio  
**10:00—11:00** Tai Chi (except May 2)  
**12:00—4:00** Pinochle  
**3:00—3:30** Balance & Fitness  
**3:30—4:00** Chair Yoga  
**5:00—8:00** Silversmithing  
(Registration required)  
Diamond Squares

### Friday

**8:00 —10:00** Pickleball (Mt. Ogden  
Courts)  
**9:00—11:00** Crochet & Knitting  
**9:00—4:00** Sewing  
**10:00—11:30** Line Dance (intermediate)  
**10:30 —1:30** Pottery Open Studio  
**2:00—4 :00** Pottery class (except May  
31) (Registration required)

### Golden Hours Senior Recreation Center

650– 25th Street

Phone: 801-629-8864

Director—Ginger Myers

Hours: Monday—Thursday 8:00 am to 8:00 pm

Friday 8:00 am to 5:00 pm



**OGDEN VALLEY SENIOR CENTER**  
 131 South 7400 East—Huntsville, UT  
 Director—Christy Call  
 Phone: 801-399-8393

**LAKEVIEW SENIOR CENTER**  
 5580 West 4600 South—Hooper, UT  
 Director—Christy Call  
 Phone: 801-399-8393

**Ogden Valley Senior Center is housed with the Ogden Valley Library in Huntsville. Lunch is served on Wednesdays from 12:00 (noon) to 1:00 pm. Reservation Required!**

**BINGO— 1:00 pm**  
**Second Wednesday**

**Lakeview Senior Center is housed with the Hooper City Offices. Lunch is served on Thursdays from 12:00 (noon) - 1:00 pm. Reservation Required!**

**Michelle's Bingo @ 12:30 pm**  
**May 9**  
**June 6**  
**July 11**  
**August 1**  
**September 12**  
**October 10**  
**November 7**  
**December 5**



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Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

## SPECIAL EVENTS

**Blood Pressure by the Terrace at Mt. Ogden, Monday, May 6, 11:30—12:30**

### **Hand & Foot Card Game**

**Every Wednesday 1:00 pm**

### **GAMES ARE PLAYED EVERY DAY**

**Loosey-Goosey Dice Game—9:00 am, Monday—Friday**

**Mexican Train—1:00 pm Mon-Fri**

### **BINGO**

**Thursdays, May 2 & 16**

**Starts at 1:00 pm**

### **Foot Clinic**

**Wed, May 22, 10:00 am**

## WASHINGTON TERRACE



### **Mothers' Appreciation Day!**

**Friday, May 10, 10:30 am—  
Lunch starts 12:00 pm.  
Come celebrate all of the  
moms!**

### **Birthday Celebration**

**Wednesday, May 15, during  
lunchtime. Cupcakes from  
Treeo.**

## Ongoing Activities

**Lunch Served 12:00 (noon) - 1:00 pm *Reservation Required!***

### **Monday**

**9:00 am Low Impact Exercise  
12:00 pm Oil Art Painting Class  
By Ron Harvey**

### **Tuesday**

**9:00 am Water Color Painting  
By Ludy Danielson  
10:30 am Music and dancing  
with live band**

### **Wednesday**

**9:00 am Ceramics  
By Karen Padilla  
10:30 am Music and dancing  
with live band  
1:00 pm Intermediate  
Line Dancing  
By Christy Stegen  
1:00 pm Hand & Foot  
Card Game**

### **Thursday**

**9:00 am Low Impact Exercise  
10:00 am Tai Chi  
By Ellen Rantz  
12:00 pm Art Oil Painting Class  
By Ron Harvey**

### **Friday**

**9:00 am Ceramics  
By Karen Padilla  
10:30 am Music and dancing with  
live band  
1:00 pm Beg. LINE DANCING  
By Evelyn Bird**

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

**Washington Terrace Senior Center  
4601 South 300 West  
801-621-0161  
Director—Karen Padilla  
Hours 8:00 am to 4:00 pm  
Monday thru Friday**

# Are you a FAMILY CAREGIVER?



**DATE:**

May 14, 2024

**TIME:**

10:00 am - 2:00 pm

**PLACE:**

Weber Human Services  
237 26th ST  
Ogden, UT 84401  
Training Room

Lunch Provided

Sign up today for your **FREE**  
Dealing with Dementia Workshop



**DO YOU NEED HELP IN THESE AREAS?**

- ▣ Understanding Dementia
- ▣ Managing Problem Behaviors
- ▣ Handling Stress
- ▣ Finding Time for You



*"I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver*

**PRE-REGISTRATION IS REQUIRED.** To reserve your spot, please contact:

**Karla Fulton | 801-625-3866 | [karlaf@weberhs.org](mailto:karlaf@weberhs.org)**

*\*Seating is limited to 20 individuals*



## Are you interested in volunteering?

Senior Companion Program, Foster Grandparent Program, etc, etc. is looking for volunteers. Senior Volunteers are eligible for free dental care treatment through a Weber Human Services Foundation grant.

The Foundation provides dental care to senior volunteers with no insurance as a way to say “thank you” for volunteering.

**Restrictions apply, please contact Summer Williams in the Foundation Office for more information.**

**Email: [summerw@weberhs.org](mailto:summerw@weberhs.org) Phone: (801) 778-6834**

### SENIOR COMPANION **VOLUNTEERS NEEDED**

Are you on SSDI?  
or on a fixed income  
of \$2430 or less

You could be eligible  
for a tax exempted  
monthly stipend

**JOIN US!**



**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\*



**801-625-3782**

**6/4/2024**

**TUESDAY**

**5:00 - 8:00 PM**

**EVENING**

**EDUCATION SESSIONS**

Weber Human Services Area Agency on Aging is hosting a free evening education event for caregivers, seniors and other community members! No RSVP necessary, come join us!



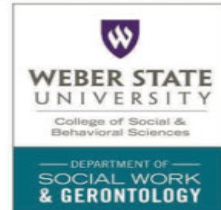
**Weber State University Lindquist Hall 1st Floor  
Social & Behavioral Sciences,  
1299 Edvalson St, Ogden  
Free Parking West of Lindquist Hall**

**Schedule**

- **5:00 pm:** Registration--No RSVP, just sign in and pick up schedule at door
- **6:00-6:50 pm:** 1st Session-- Select one of the 4 classes to join
- **7:00-7:50 pm:** 2nd Session-- Select one of the 4 classes to join
- **7:50-8:15 pm:** Q&A with speakers

**Classes**

- **Class 1:** (room 102) A Scoop of Dementia--Cognitive Stimulation Techniques for People with Dementia
- **Class 2:** (room 174) Consumer Protection
- **Class 3:** (room 106) Volunteerism--Senior Volunteers Changing Their Community
- **Class 4:** (room 116) Social Security Benefits--Retirement, Disability, etc. & Livable Communities for Retirees and People with Disabilities



This conference is for educational purposes through county and/or nonprofit partners--no sales promotion.

**Lindquist Hall & Free Parking**

