



MAY 2025

Changes to The RIDE—Senior Transportation

Important changes are coming to The RIDE, our senior transportation program, starting July 1, 2025. After that date, due to budgetary constraints, our senior transportation will no longer take place in Weber Human Services vehicles driven by our own drivers, but in vehicles run by private companies such as Lyft. While we are still figuring out exactly what these changes will look like, we are planning on continuing to offer transportation assistance to seniors who have no other means of transportation within Weber County on a more limited basis after July 1, 2025.

If you use the RIDE for non-medical reasons such shopping, volunteering, senior center attendance, and so on, you may need to secure other means of transportation before July 1, 2025. After that date, the number of trips may be more limited and medical trips will be prioritized over other purposes.

We understand the impact this will have on RIDE users and sincerely apologize for any concerns or inconvenience this change may cause. ***Around the beginning of June, we will be providing more details regarding the new RIDE.***

Evening Aging Education

Join us for our free Evening Education Event on 5/29/2025 (Thursday) from 5:30 to 8:00 pm at Lindquist Office Building (3434 Washington Blvd, Ogden) to learn about consumer protection and wills and trusts. ***Attendees will receive a free meal.*** Seating is limited.

Call Lisa at 801-625-3770, then press #9, or call 801-625-3769 to register. You can also register online from the following QR Code.



MAY 29, 2025 (Thursday)
5:30 PM - 8:00 PM

5:00 pm: Registration and Booth Visitation
5:30 pm: Free Meal Served

LOCATION:
**Lindquist Office Building
Conference Room**
3434 Washington Blvd.
Ogden, UT 84401
Free Parking in the East Parking Lot
Wheelchair/walker accessibility at East Entrance.

Guest Speakers ◀
Immerse yourself in informative presentations by speakers from the Division of Consumer Protection (DCP), and American Association of Retired Persons (AARP), plus Q&A with speaker(s).

FREE Dinner ◀
Savor a delightful meal on the house.

About Our Event!
We warmly invite you to join us for a **FREE** evening education event for caregivers, seniors and community members. There will be **FREE DINNER** for 100 seats. **RSVP is required.** Whether you want to make a difference, support the community, or are a volunteer ready to offer assistance, we welcome your participation.

**RSVP: 801-625-3770
ext #9, or you can...**

**REGISTER ONLINE
WITH THE QR CODE**

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

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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

First Wednesday of Every Month - May 7:

Birthday Celebration with cake provided by Treo Retirement Living.

Paint with Trish Painting Class:

Thursday, May 8 at 11:00 AM.

Check out the next picture on our Facebook page!

Euchre:

Every Wednesday at 1:00 PM.

Come learn and play!



Cinco De Mayo Tea:

Thursday, May 1, 10:30 AM

Robin Arnold:

Wednesday, May 7

Legal Assistance:

Thursday, May 8

Appointment only—Speak to Kathy for more information.

Marcia Knorr:

Wednesday, May 14, 11:30 AM

Mother's Day Tea

Thursday, May 15

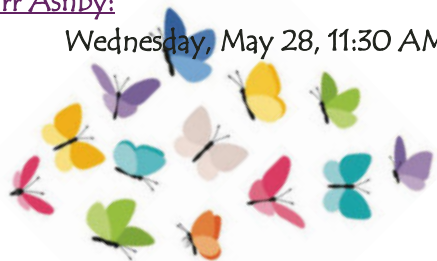
Bring a memory of Mom.

Second Generation Band

Thursday, May 15, 11:30 AM

Garr Ashby:

Wednesday, May 28, 11:30 AM



ROY HILLSIDE

Foot Clinic with Doctor:

Wednesday, May 21, 10:00 AM

BINGO:

Wednesday, May 7, 1:00 PM

Chancellor Gardens

Wednesday, May 21, 1:00 PM

Sun Ridge Assisted Living

Crosswords:

Tuesday, May 13, 11:30 AM

Northern UT Rehab



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
- 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
- 1:00 PM Euchre Cards

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

FRIDAY:

- 10:00 AM Arthritis Exercise
- 10:00AM 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, Roy, Utah 84067
 801-773-0860
 Director: Kathy Prevedel
 Open 8:30 AM–3:30 PM Monday–Thursday
 9:00 AM–12:30 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

TACO'ABOUT TECH
 May 5th at 11:30 AM
 Join us for a Lunch and Learn Medicare Minute, and Taco Bar from the Rusty Taco.
 RSVP to place your order and reserve your seat!

BLIND DATE WITH A BOOK CLUB
 May 12th at 11:00 AM
 Choose books based on intriguing teasers and discover new stories!
 We will have cocoa and snacks!

FUN WITH FOOD TRUCKS AT SMITH FAMILY PARK
 May 21st at 5:30 PM
 Grab dinner from one of the delicious food trucks
 Enjoy lawn games and great company in the Senior Section
 Chairs provided or bring your own for extra comfort

ARMCHAIR ADVENTURE CLUB: PARIS, FRANCE
 May 29th at 10:00 AM
 Do you like Paris in the Spring?
 Join us for a virtual tour of the hot spots in Paris and French inspired treats!

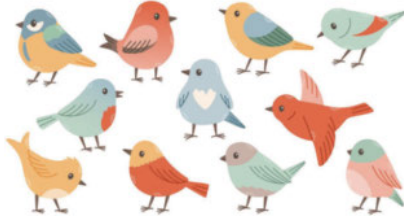
Crafty Corner
 May 14 Flower Hammering
 May 28 Decoupage Vases
 Wednesday, May 14 & 28
 10 AM - Noon
 Farr West Senior Center
 Please RSVP to seniorcenter@farrwestcity.gov



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

4 | Weber/Morgan Area Agency on Aging

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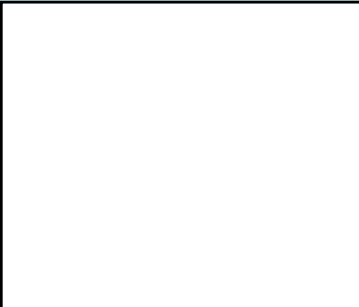
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MORGAN SENIOR CENTER



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

Monday	Tuesday	Wednesday	Thursday
			05/01 Cards 10:30 AM 
05/05 Quilting 1:00 PM Terrace Playhouse 4:30 PM	05/06	05/07 Mahjong 1:00 PM Blood Pressure Checks 11:00 AM-12:00 PM By Quality Home Health	05/08 Cards 10:30 AM
05/12 Quilting 1:00 PM 	05/13 Foot Clinic By Appointment Medicare Minute 12:00 PM	05/14 Mahjong 1:00 PM	05/15 Cards 10:30 AM
05/19 Quilting 1:00 PM	05/20 Birthday Celebration 12:30 PM	05/21 Mahjong 1:00 PM Blood Pressure Checks 11:00 AM-12:00 PM By Enhabit	05/22 Cards 10:30 AM
05/26 CLOSED ★ HAPPY MEMORIAL DAY ★	05/27	05/28 Mahjong 1:00 PM	05/29 Cards 10:30 AM

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!

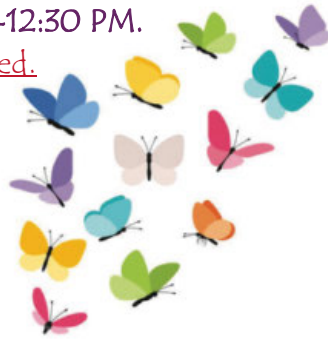
Join us for lunch at the
Marriott-Slaterville Senior Center, housed with the
Marriott-Slaterville City offices.

Every Tuesday from 11:30 AM-12:30 PM.

Reservations are required.

YOGA HAS A NEW TIME:

Every Friday at 10:15 AM



NORTH VIEW

Grief Support Group

4th Thursday
each month
2:30

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

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CONTACT ME
Jay Schwartz

jschwartz@4LPi.com

(800) 477-4574 x6801



NORTH VIEW

SPECIAL EVENTS:

- Haircuts
Monday, May 5, 10:00 AM **\$5.00**
- Second Generation Band
Monday, May 5, 11:30 AM-12:30 PM
- Foot Clinic by Canyon Home & Hospice
Wednesday, May 14, 10:00 AM
[Podiatrist will be here!](#)
- AARP Driving Class (Call to Register)
Monday, May 19, 10:00 AM-2:30 PM
- Medicare Minute
Monday, May 12, 11:30 AM
- Grief Group
Thursday, May 29, 2:30 PM
- Live Music and Dance (Gary Romer Music):
Saturday, May 17, 7:00 PM-9:00 PM
- Live Music-The Better Half Band
Wednesday, May 14, 11:30 AM-12:30 PM
- Live Music-Fire on the Mountain Band
Wednesday, May 28, 11:30 AM-12:30 PM

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 \$4.00. See website or Facebook page for menu.

[Please sign up by Wednesday afternoon.](#)

May 1:

Bingo

May 8:

Julie Mofitt Ballet School-Youth Group Performances

May 15:

Game Night

May 22:

Special Grocery Store Bingo

May 29:

TBA



No Saturday Dance in April.

[Center will be closed on Monday, May 26, for Memorial 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
- 9:30 AM..... Art
- 10:00 AM..... Intermediate Line Dancing
- 1:30 PM Beginners Tap Dance

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
- 2:30 PM Games
(Chess, Pinochle, Cards)
- 3:15 PM.....Zumba

THURSDAY:

- 8:30 AM.....Quilting Group
- 9:00 AM.....Beginners Tai Chi
- 10:00 AM.....Intermediate Tai Chi
- 1:00 PM Intermediate Tap Dance
- 12:00 PM... Hand Crafting Circle Service Group
(Making Items for Seniors in our Community)

[*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-Friday 8:00 am - 4:00 pm




Thursday Evening Activities to 7:30 pm

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

MONDAY	TUESDAY	WEDNESDAY
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>2025</p>  </div> <div style="text-align: right;">  </div> </div>		
<p>Soft Shell Taco 5 Shredded Lettuce & Diced Tomatoes & Shredded Cheese Spanish Rice / Refried Beans Tropical Fruit Cup Cinnamon Churro</p> 	<p>Salisbury Steak / Gravy 6 Whipped potatoes Mexicali Corn Chilled Pineapple Dinner Roll</p>	<p>Chicken Chop Suey Steamed Rice Oriental Vegetables Mandarin Oranges Fortune Cookie</p>
<p>Chopped Beef Steak / Gravy 12 Whipped Potatoes California Blend Vegetables Chilled Diced Peaches Potato Roll</p>	<p>Bacon Cheese Burger on Bun 13 Mustard & Ketchup Lettuce, Tomato & Pickles Tater Tots Green Beans Fruit Cup</p>	<p>Chicken Cordon Bleu / Sweet Potatoes Green Peas with Pearl Onions Cranberry Fluff Wheat Roll</p>
<p>Fish Sticks / Tartar Sauce 19 Macaroni and Cheese Brussel Sprouts Warm Spiced Peaches Emerald Pear Salad</p>	<p>Hamburger Soup 20 Whole Potatoes Mixed Vegetables Chilled Tropical Fruit Cornbread Muffin</p> 	<p>Sweet and Sour Pork Steamed Rice Broccoli with Lemon Butter Banana Orange Roll</p>
<p>MEMORIAL DAY </p>	<p>Chicken San Remo 27 Baked Potato / Sour Cream Broccoli with Diced Red Peppers Tossed Salad with Raisins and Dressing Blueberry Muffin</p>	<p>Pork Cubes in Mushroom Sauce Egg Noodles Buttered Peas Chilled Apricots Oatmeal Chocolate Chip Cookies Dinner Roll</p>

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.

WEDNESDAY	THURSDAY	FRIDAY
Program tah 84401 Without Notice \$ 4.00 Milk Offered	Lasagna 1 Brussel Sprouts Tossed Salad /Beets/Dressing Mandarin oranges Garlic Roll	Battered Pollock /Tartar Sauce 2 English Chips Broccoli Coleslaw Warm Apple Crisp
7	Roast Beef / Gravy 8 Whipped Potatoes Spinach with Lemon Sliced Pears Coconut Cream Pie Dinner Roll 	Pork Chop With Russian Sauce 9 Seasoned Rice Broccoli Cran Apple Salad Dinner Roll
Gravy 14 Onions	Pork Stroganoff 15 Egg Noodles Carrots & Celery Chilled Pineapple Tapioca Pudding Dinner Roll 	Breaded Chicken Cutlets 16 Whipped Potatoes/ Cream Gravy Broccoli Warm Cinnamon Applesauce Sugar Cookie
21 utter	Roast Turkey / Gravy 22 Stuffing Peas Chilled Pears Iced Peanut Butter Brownie Ranch Roll	Rigatoni with Meat Sauce 23 Parmesan Cheese Italian Vegetables Tossed Salad/Croutons Dressing Sour Cream Fruit Salad Garlic Roll
om Gravy 28 p Cookie	Ruben Casserole 29 Whole White Potatoes Mixed Vegetable Cottage Cheese with Pineapple Iced White Cake	Turkey Meatballs 30 Whipped Potatoes / Cream Gravy Capri Vegetables Apple Pie Dinner Roll 

Provide Meals To A Senior In Your Community

GOLDEN HOURS

Our Center will be closed from 8:00 am–6:30 pm from May 1st– 13th. We will be allowing individual activities from 6:30 pm–8:00 pm during this closure.

No classes or programs will be held during this time.

We will serve to-go lunches only through 25th Street entrance door. Please let our front desk know 24 hours in advance if you would like to pick-up your lunch.

Ogden
UTAH
Recreation

Hiking

22nd Street Trailhead– 13th at 10:00
27th Street Trailhead– 28th at 10:00

Social Opportunities

Pickleball at Mt. Ogden– 8:30-10:30
2nd, 9th, 16th, 23rd, 30th
Hogle Zoo Field Trip- 16th at 9:00
Coffee Talk w/ Byron- 20th at 10:30

Crafts

Sewing Project — 19th at 10:00
Doodles & Dessert– 23rd at 10:00

Health Classes

Living Well with Diabetes at 12:30
14th, 21st
Strong Bodies at 12:30
19th, 21st, 26th, 28th

10 | Weber/Morgan Area Agency on Aging

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Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

- Hiking at 22nd Street Tailhead
May 13, 10:00 AM
- Haircuts by Nannette (By Appointment)
May 14, 11:00 AM–1:00 PM
- Living with Diabetes
May 14 & May 21, 12:30 PM–3:00 PM
- Silversmithing (Open Studio)
May 14 & May 28, 5:00 PM–8:00 PM
- Newcomers Bridge
May 15, 12:30 PM–4:00 PM
- Field Trip to Hogle Zoo
May 16, 9:00 AM
- Loteria (Spanish BINGO)
May 16, 12:30 PM–1:30 PM
- Quilt Block Project (Registration Required)
May 19, 10:00 AM
- Alzheimer's Support Group
May 19, 1:30 PM
- Strong Bodies Class
May 19, May 21, & May 28, 2:30 PM
- Coffee Talk with Byron
May 20, 10:30 AM
- Medicaid Drop-In
May 20, 11:00 AM–1:00 PM



GOLDEN HOURS

- Ukulele
May 21, 6:00 PM–7:30 PM
- Living Well Tai Chi
May 22 & May 29, 12:30 PM
- Doodles & Dessert – Daisy's
May 23, 10:00 AM
- Marathon Bridge
May 23, 11:00 AM–4:30 PM
- Beehive Rock & Gem Club
May 27, 5:30 PM
- Hiking at 27th Street Trailhead
May 28, 10:00 AM
- Haircuts by Laura (By Appointment)
May 28, 11:00 AM–2:00 PM
- Podiatry (By Appointment)
May 29, 10:00 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.
 To-Go Style: May 1st ~ May 13th (Pickup thru the 25th Street Entrance)

MONDAY:

- 10:30 AM–1:30 PM.....Pottery Open Studio
- 12:30 PM.....BINGO
- 1:00 –4:00 PM..... American Western Mahjong
- 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
- 10:00 AM–11:00 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 (Open Studio)

WEDNESDAY:

- 9:30 AM.....BINGO
- 10:00 AM–11:00 AM.....Vet's Group
- 10:30 AM–4:00 PM.....Dominoes
- 11:30 AM–4:00 PM.....Duplicate Bridge
- 7:00 PM–9:00 PM..... Guitar Jammers

THURSDAY:

- 10:00 AM–2:00 PM Open Art Studio
- 12:00 PM–4:00 PM.....Pinochle
- 3:00 PM..... Balance & Fitness
- 3:30 PM..... Chair Yoga
- 5:00 PM–8:00PM ... Silversmithing (Registration required)
- 6:00 PM–8:00 PM.....Diamond Squares

FRIDAY:

- 8:30 AM–10:30 AM.....Pickleball (Mt. Ogden)
- 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 class (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 Roman
 Phone: 801-399-8392

Ogden Valley Senior Center is housed with the Ogden Valley Library in Huntsville.

Lunch is served on Wednesdays from 12:00 PM-1:00 PM.
Reservations are Required.

BINGO-1:00 PM
 Second Wednesday



VIRTUAL SENIOR CENTER
www.weberhsaging.net

Classes for at-home learning and participation. Visit weberhsaging.net and click on "Virtual Senior Center".

UKULELE BEGINNER CLASS
 Six lesson course, with each lesson between 5-8 minutes

EXERCISE CLASS
 One session Arthritis Foundation chair exercise class (36 min)

TAI CHI EXERCISE
 One session class (49 min)

TRISH PAINTS VIRTUAL PAINTING CLASS
 6 different paintings to choose from, each painting takes roughly 2 hours from start to finish. Videos can be stopped and restarted as needed. Each painting has a list of materials before each tutorial.

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

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WASHINGTON TERRACE

Games Played Everyday:

Dominos Train Game

10:00 AM & 1:00 PM Monday-Friday

Medicare Minute

Tuesday, May 13, 12:30 PM

Foot Clinic by Canyon Homecare & Hospice

Wednesday, May 28, 10:00 AM

Ceramics Every other Thursday at 12:30 PM

May Birthday Celebration

Friday, May 9, Lunchtime

Let's Paint Our Nails

Friday, May 9, 12:30 PM

Share a Special Memory About your Mom

Friday, May 9



BINGO

Thursday, May 1 & May 15

Starts at 1:00 PM

Cheese Nachos

Bring your favorite Nacho topping to share

Tuesday, May 6

Paint with Noemi

Friday, May 23, 12:00 PM

There is a \$10 cost that includes the supplies.



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.....Art Class By: Ron Harvey

TUESDAY:

9:00 AM.....Ceramics

10:00 AMWTSC Thrift Store

10:30 AM..... Music and Dancing with the Band

WEDNESDAY:

9:00 AM.....Ceramics

10:30 AM..... Music and Dancing with the Band

9:00 AM WTSC Quilting Team
Experienced Quilters Welcome!

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

1:00 PM..... Hand & Foot Card Game

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

THURSDAY:

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

10:00 AM.....Tai Chi By: Ellen Rantz

10:00 AM.....WTSC Thrift Store

FRIDAY:

10:00 AM Ceramics

10:30 AM.....Music and Dancing with the Band

12:30 PM.....WTSC Thrift Store

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

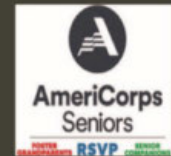
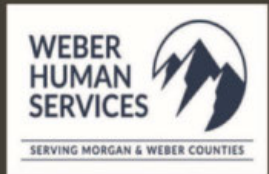
Evening Aging Education

Join us for our free Evening Education Event on 5/29/2025 (Thursday) from 5:30 to 8:00 pm at Lindquist Office Building (3434 Washington Blvd, Ogden) to learn about consumer protection and wills and trusts. **Attendees will receive a free meal.** Seating is limited.

Call Lisa at 801-625-3770, then press #9, or call 801-625-3769 to register. You can also register online from the following QR Code.



Sponsors & — Guests



Agenda

5:00 PM Registration Begins & Booth Visitation

5:30 PM Serving Meals

5:45 PM Welcome WHS Aging and Lindquist Representatives

6:00-6:50 PM 1st Session - Consumer Protection: Protecting Consumers Through Education and Impartial Enforcement

7:00-7:50 PM Wills and Trusts

7:50-8:15 PM Q&A with the Speakers



6:00-6:50 pm: 1st Session

**MARIAH TUCKER,
COMMUNICATIONS AND
OUTREACH SPECIALIST,
DCP**

“Consumer Protection: Protecting Consumers Through Education and Impartial Enforcement”

Mariah Tucker is the Communications and Outreach Specialist for the Division of Consumer Protection (DCP) in Utah. The DCP aims to enhance trust in commercial activities by protecting consumers through education and enforcement. This presentation will educate consumers on identifying warning signs of scams and fraud, helping to reduce their risk of victimization.



7:00-7:50 pm: 2nd Session

**ALAN ORMSBY,
AARP UTAH STATE
DIRECTOR**

“Exploring Wills and Trusts”

Alan Ormsby has extensive experience in leadership and advocacy for older adults and individuals with disabilities. He joined AARP Utah in 2011. Prior to, he directed the Division of Services for People with Disabilities and Aging and Adult Services in Utah. In his class, he guides caregivers and seniors on asset distribution after death, offering advice on preparing wills and trusts. The presentation covers laws on property disposition, intestate succession, and trusts, along with estate planning essentials.



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

DONT FEEL YOU HAVE EOUGH TIME FOR YOUR AGING PARENTS (55 +)?



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

You're not alone!

Services

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

We help put a smile back on those you love!



Call Us
801-625-3777



AmeriCorps Seniors
SENIOR COMPANIONS

Program complies with Federal non-discrimination.

Weber Human Services Area Agency on Aging Presents:



**LEARN HOW TO
AVOID SCAMS &
ABOUT TRUSTS
AND WILLS**

EVENING AGING EDUCATION



THUR, MAY 29, 2025

5:30 PM - 8:00 PM

5:00 pm: Registration and Booth Visitation

5:30 pm: Free Meal Served

About Our Event!

We warmly invite you to join us for a **FREE** evening education event for caregivers, seniors and community members. There will be **FREE DINNER** for 100 seats, **RSVP is required**. Whether you want to make a difference, support the community, or a volunteer ready to offer assistance, we welcome your participation.

**RSVP: 801-625-3770
ext #9, or you can...**



LOCATION:

**Lindquist Office Building
Conference Room**

3434 Washington Blvd.
Ogden, UT 84401

Free Parking in the East Parking Lot

Wheelchair/walker accessibility at East Entrance.

Guest Speakers ◀

Immerse yourself in informative presentations by speakers from the Division of Consumer Protection (DCP), American Association of Retired Persons (AARP), plus Q&A with the speakers.

FREE Dinner ◀

Savor a delightful meal on the house.

**REGISTER ONLINE
WITH THE QR CODE**