



September 2026

Suicide Prevention Awareness Month: Connection Is Prevention

September is Suicide Prevention Awareness Month—a chance to come together as a community to support our family, friends, and neighbors who experience mental illness, and to open up difficult conversations about mental health. Suicide prevention does not have to be difficult. It can be as simple as reaching out to a family member or friend who seems off. It is providing a listening ear and offering hope for a better future—and, when needed, helping that person reach out for professional help. You can help by joining any of the following events:

September 4th – First Friday Art Stroll – Have a chance to win a Live On T-shirt and engage in our community art project, “You Matter.” No registration required—just show up outside the Ogden Amphitheater (343 E 25th St, Ogden).

September 17th – Attend a Suicide Prevention Course at the Weber County Main Library – [Register here](#)

September 19th – NUHOPE 19th Annual Suicide Awareness Walk – [Register here](#)

September 26th – Utah Recovery Day – Ogden Amphitheater – 4:00 to 8:00 pm – [Register here](#)

Many of us grew up in a world where talking about mental health was frowned upon. Suicide Prevention Awareness Month is a way for us to rethink some of the stigma surrounding mental health issues. September is also a time to dispel myths about suicide and mental health. One of the most persistent myths about suicide prevention is the belief that asking someone about suicide will increase the risk of their dying by suicide. On the contrary, asking someone directly about whether they are having thoughts of suicide can create a sense of relief, help them feel supported, and help prevent a suicide death. According to the Substance Abuse and Mental Health Services Administration (SAMHSA, 2024) some warning signs in adults are:

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

The following resources are available in the community for anyone who may be struggling.

National Suicide and Crisis Lifeline	Provides free, immediate emotional and mental health support from trained crisis workers	Available 24/7	988
Utah Warm Line	Free, confidential emotional support phone service run by Huntsman Mental Health Institute (HMHI) where you can speak with a peer support specialist.	8am to 11pm	801-587-1055 toll-free 1-833-773-2588
McKay-Dee Access Center	Provides immediate support if you are experiencing a serious mental health issue.	Available 24/7	801-387-5543

Sources: Substance Abuse and Mental Health Services Administration. (2024). 988 Suicide & Crisis Lifeline: Suicide warning signs for adults [Informational notecard] (Publication No. PEP24-988-015). U.S. Department of Health and Human Services. Utah Department of Health and Human Services. (2026). *Suicide in Utah*. [Utah Department of Health and Human Services – Suicide in Utah Overview](#) Submitted by Danielle Kaiser, MPH, Community-Center Prevention Regional Director

Inside This Issue:

Roy Hillside.....	Page 3
Farr West.....	Page 4
Morgan Senior Center.....	Page 5
Marriott-Slaterville.....	Page 6
North View.....	Pages 6-7
Lunch Menu.....	Pages 8-9
Golden Hours.....	Pages 10-11
Ogden Valley.....	Page 12
Washington Terrace.....	Page 13
Aug. Events and Roy Art..	Page 14
United Way, Governor's....	Page 15
Care for Caregivers.....	Page 16

**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!



ROY HILLSIDE

Birthday Celebration:

Wednesday, September 2
Cupcakes provided by Solutions In-Home
Care—Please welcome our new sponsors!
Blood pressure taken by request at front desk!

Robin Arnold:

Wednesday, September 2, 11:30 AM

Painting with Trish is back!:

Tuesday, September 15, 11:00 AM
(Sign up at front desk)

Foot Clinic (With Podiatrist provided by Allevio Podiatry):

Wednesday, September 16, 10:00 AM
(Sponsored by Canyon Home and Health
Care)

Garr Ashby:

Wednesday, September 23, 11:30 AM

Medicare Minute with Madeleine McDonald:

Tuesday, September 29, 11:00 AM

Corn Bust (Weather Permitting)

Thursday, September 3

BINGO:

Wednesday, September 2, 1:00 PM

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

Wednesday, September 16, 1:00 PM

Sun Ridge Assisted Living

Crossword by Northern Utah Rehab:

Tuesday, September 8, 11:30 AM

Voyant Law Legal Assistance (Lance):

Thursday, September 10, 11:30 AM

By appointment only—Speak to Kathy for more
information

Second Generation Band

Thursday, September 17, 11:00 AM

Come out and dance!

CENTER CLOSED MONDAY, SEPTEMBER 7

HAPPY LABOR DAY!!!

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

4 | Weber/Morgan Area Agency on Aging



"The Funeral Directors Who Care"

Serving Families Since 1940

Odgen • (801) 399-5613

Call to receive a FREE Personal Wishes Organizer

www.myers-mortuary.com



TOTAL CARE SOLUTIONS

Emergency Response System

Call Mitch Sessions Today
for a demonstration
and consultation

801-638-8065

mitch@totalcare-solutions.com



Advertise in Our Newsletter!

Contact Jay Schwartz

jschwartz@4LPi.com

(800) 950-9952 x6801



Does your
organization need
a newsletter?
We'll cover the
printing costs!

Learn more at
lpicommunities.com



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

Weber/Morgan Area Agency on Aging, Ogden, UT

05-1053



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>
	9/1	9/2 Mexican Train 1:00 PM Blood Pressure Checks 11:00 AM–Noon	9/3 Cards 10:30 AM 
9/7 LABOR DAY— CLOSED	9/8 Medicare Minute Foot Clinic (by Appointment)	9/9 Mexican Train 1:00 PM	9/10 Cards 10:30 AM Grandparents' Day Celebration 12:30 PM
9/14 Quilting 1:00 PM Terrace Plaza Playhouse— 5:00 PM	9/15	9/16 Mexican Train 1:00 PM	9/17 Cards 10:30 AM Bingo by Cami Ford 12:30 PM
9/21 Quilting 1:00 PM 	9/22	9/23 Mexican Train 1:00 PM	9/24 Cards 10:30 AM
9/28 Quilting 1:00 PM	9/29	9/30 Mexican Train 1:00 PM	

MARRIOTT-SLATERVILLE SENIOR CENTER

1570 West 400 North, Marriott-Slaterville, Utah 84404

Phone: 801-627-1919

Director: Shauna Meyerhoffer

Monday-Thursday: 9:00 AM-5:00 PM

Lunch is Served Every Tuesday!

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

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

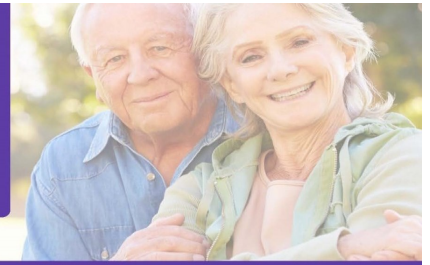
Reservations are required.

Yoga: Every Thursday at 9:00 AM

Flu/COVID vaccination clinic: Sept. 22, 11:00-12:30
Reservation Required

NORTH VIEW

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



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

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

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

Upcoming Workshop:

North View Senior Center
485 East 2550 North

August 11 – September 22
Tuesdays 1-3 PM

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

Stepping
On | wiha
Wisconsin Institute
for Healthy Aging

6 | Weber/Morgan Area Agency on Aging



**We're Hiring Ad
Sales Executives**

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers



**LEAVITT'S MORTUARY
& AULTOREST MEMORIAL PARK** **801-394-5556**

Funerals • Cremation • Cemetery
Pre-Planning • Flower Shop • Reception Center

ALL IN ONE LOCATION.

836 36th St. Ogden, UT 84403

Scan or call for a free pre-plan estimate.



**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

Call 800.950.9952

**Reach Our Digital
Subscribers**

This publication is online and emailed
to our community. Drive more traffic
to your website with a digital ad on
MyCommunityOnline.com

Get started today! Visit
www.lpicommunities.com/advertising-solutions



Gary Romer—Saturday Evening Music and Dance

Saturday, September 19, 7:00–9:00 PM

Foot Clinic by Canyon Home & Hospice

Wednesday, September 9 (Podiatrist will be here;
insurance will be billed. Scheduled time is required.)

Painting with Trish

Monday, September 14 & 28, 1:00 PM
(Please call to sign up in advance. Cost is \$20.00.

Sept. 14: Witches on a Path

Sept. 28, Ghost and Haunted House)

There will be NO Painting with Trish in October!

Medicare Minute

Monday, September 14, 11:30 AM

Immunization Clinic by Smiths Food King

Wednesday, September 23, 11:00 AM–1:00 PM

(Please see staff to sign up in advance.)

Pumpkin Wreath Making—Please purchase supplies prior to
activity and bring them with you. Information on
supplies is on our Facebook page, or pick up the list at
the center.

NORTH VIEW

Thursday Evening Activities:

Bingo

September 3

Game Night & Grilling Burgers

September 17

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.



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
2:00 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
	Macaroni Beef Bake 1 Buttered Peas Tropical Fruit Sweet Potato Roll	Pork Chow Mein Over Bro Oriental Vegetables Chilled Mandarin Oranges Fortune Cookie Banana Bar
	Diced Chicken Gravy w/Veggies 8 Brown Rice Broccoli Mandarin Oranges Wheat Roll 	Green Pepper Beef Pattie Scalloped Potatoes Green Beans Apple Coleslaw Fresh Fruit in Season Dinner Roll
BBQ Chicken 14 Baked Potato / Sour Cream Green Beans with Onions Yogurt Fruit Salad Wheat Roll 	Hearty Seafood Gumbo 15 Rice Mixed Vegetables Tossed Salad ½ Egg/Dressing Tropical Fruit Buttermilk Roll	Parmesan Meatballs with Sauce / Noodles Green and Yellow Beans Coleslaw Fruit Cocktail Maple-Nut Roll
Chili Con Carne 21 Peas Chilled Pineapple Snickerdoodle Cookie Cornbread	Pork Chop / Cream Gravy 22 Bow Tie Pasta Peas and Corn Chilled Apricots Wheat Roll	Vegetable Meatloaf Whipped Potatoes / Gravy Diced Carrots Chilled Pears Oatmeal Roll
Crabby Cake w/Bun 28 Cocktail Sauce Macaroni and Cheese Spinach with Lemon Apple Coleslaw 	Turkey Gravy over Stuffing 29 Buttered Peas Chilled Pineapple Wheat Roll 	Hearty Ground Beef Veget Diced Potatoes Steamed Broccoli Fruited Pudding Buttermilk Biscuit

WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

DAY	THURSDAY	FRIDAY
Brown Rice 2 	BBQ Riblet Sandwich on a Bun 3 Potato Romanoff Steamed Broccoli Pineapple Coleslaw Jello Poke Cake	Chicken & Mushroom Stroganoff 4 Parsley Noodles Oregon Bean Medley Potato Roll 
9	Hot Ham and Cheese Sandwich 11 Seasoned Diced Potatoes Steamed Cabbage with Carrots Autumn Gelatin Salad Bun 	Pork Chop with Russian Sauce 12 Kluski Noodles Zucchini and Yellow Squash Creamy Fruit Salad Gingersnap Cookie
16 	Slow Cooked Chicken Pot Pie Soup 17 New Potatoes Scandinavian Vegetables Cucumber w/Italian Dressing Fresh Fruit in Season Buttermilk Biscuit	Potato Crunch Pollock Fillet 18 Confetti Rice / Tartar Sauce Stewed Tomatoes Warm Spiced Peaches Pickled Beet Coconut Cup Cake with Lime Icing
23	Chicken Jambalaya with Rice 24 Mixed Vegetables Tomato Wedges with French Dressing Banana Sweet Potato Roll 	Roast Pork with Gravy 25 Baked Potato / Sour Cream Green Beans Chilled Diced Peaches Vanilla Cream Pudding
Vegetable Stew 30		Weber Senior Nutrition Program 1176 W. 3300 S. Ogden Utah 84401 (801) 399-8390 Milk Offered Daily Suggested meal Donation \$ 4.00 Menu Subject To Change Without Notice



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

GOLDEN HOURS





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

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!

10 | Weber/Morgan Area Agency on Aging



LINDQUIST

MORTUARIES • CREMATIONS • CEMETERIES



"Scoops" of Choice.

WHERE PLANNING COMES IN EVERY FLAVOR!

CONTACT JASON AT (801) 394-6666

A-1 Medical Supply

134 31st Street
Ogden, UT 84401

801-394-4455



Wheelchairs • Walkers
First Aid Supplies • Support Hose
Many other medical supplies and equipment!

Our community wouldn't be the same without you!

Support Our Advertisers!

Social Opportunities

Coffee Talk w/ Byron
1st & 15th at 10:30
Poker Group— 11th & 25th at 10:00
Brigham City Museum Trip
25th at 9:00
Hiking Group
21st Street Pond
650 W 20th Street— 8th at 9:00
29th Street Gibb's Loop— 23rd at 9:00

Classes

Card Making— 3rd at 10:00
AARP Safe Driving— 14th at 8:45
Grief Recovery Class
14th, 21st, 28th at 10:00-11:30
Jewelry Wire Wrapping
4th & 18th at 1:00

Special Events

Living Well Aging— 11th at 11:30

Crafts

Wire Wrapping Craft— 1st at 4:30
Sewing Project— 14th at 10:00
Stitches In Time
Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor— Mondays 5-6
Legal Services— 3rd & 10th at 1:30
Haircuts— 9th & 23rd at 11:00
Podiatry— 24th at 10:00

CENTER CLOSED
Labor Day— 7th

GOLDEN HOURS

CSFP Food Box Pickup

Monday, September 14

Ukulele—Wednesday, September 2 & 16, 6:00-7:30 PM

Newcomers Bridge

Thursday, September 3 & 17, 12:30-4:00 PM

Beehive Rock and Gem Club

Tuesday, September 22, 5:30-9:00 PM

Alzheimer's Support Group

Monday, September 21, 1:00 PM

S.O.A.P. Game Night

Tuesday, September 1 & 15, 6:00-8:00 PM

S.O.A.P. Movie Night

Tuesday, September 22, 5:30-8:00 PM

Gay Men's Support Group

Tuesday, September 8, 6:00-7:30 PM

Advanced Strong Bodies Class

Friday, September 11 & 25, 2:30-3:45 PM

S.O.A.P. Surprise Night

Tuesday, September 29, 6:00-8:00 PM

Basic Sign Language

Tuesday, September 1 & 8, 12:30 PM

Marathon Bridge

Friday, September 4, 18, & 25, 11:00 AM-4:30 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.....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

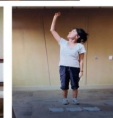
One session Arthritis Foundation chair exercise class (36 min)

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.

12 | Weber/Morgan Area Agency on Aging

Never miss our publication!

Get each new issue
delivered straight to
your inbox.

Scan to subscribe on
MyCommunityOnline.com



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

Weber/Morgan Area Agency on Aging, Ogden, UT

05-1053

Dominos Train Game

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

Hand and Foot Cards

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

Medicare Minute Announcements & Update

Tuesday, September 8, 12:00 PM

WTSC Haircuts by Angela with Great Clips - \$10.00

Wednesday, September 16, 10:00 AM-12:00 PM
Reservations recommended.

Foot Clinic by Canyon Homecare and Hospice

Wednesday, September 23, 10:00 AM-12:00 PM
Podiatrist Available

Introduction to Finding Joy in Retirement by Suzie

Blickfeldt with Assisted Living Advocates

Wednesday, September 9

Patriot Day—Wear Your Red, White, and Blues!

Friday, September 11

WASHINGTON TERRACE

• BINGO

Thursday, September 10, 1:00 PM

Thursday, September 24, 1:00 PM

Guest: Senior Helpers

September Birthdays Celebration

with cupcakes from Treco

Wednesday, September 16

INTERNATIONAL COUNTRY MUSIC DAY DANCE WITH SECOND GENERATION BAND

Wed., Sept. 16, 10:30—12:00 noon

Western Wear and Light

Refreshments Welcome

Ongoing Activities

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

Reservation Required!

MONDAY:

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

12:00 PM.....Acrylic 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

Northview Senior Center—Trish's August Painting Class



RSVP (Retired Senior Volunteer Program) Recognition, August 18 & 19

ROY
Senior Center
ART SHOW

SEPTEMBER 10, 2026
8:30 AM - 3:30 PM
5051 S 1900 W
801-773-0860

Silent AUCTION

OIL PAINTING
CERAMICS
CROCHET
QUILTING



AmeriCorps Seniors
FOSTER GRANDPARENTS **RSVP** SENIOR COMPANIONS

Are you:
55 years or older?
Earn a **TAX FREE** stipend!!!
Household income below \$2,660 for single person or \$3,606 for couples per month (not including disability money)

Do you have:
• Reliable Transportation?
• 10-15 hours per week

For more information:
801-625-3777

MAKE A DIFFERENCE IN YOUR COMMUNITY TODAY.
Tutor children in literacy at local schools as a Foster Grandparent
OR
Visit with lonely seniors in their homes as a Senior Companion.

- Make a difference in the Ogden - Weber community.
- Receive a **tax-free stipend** that does not affect Social Security, SNAP, or Housing benefits.
- Receive a mileage and meal allowance.

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

Become a Volunteer Reading Tutor



Your Time. Their Future.
Become a reading tutor and help students
in Ogden succeed in school and beyond

- ✓ Choose your schedule.
- ✓ Reading to the same students for 2 hours a week.
- ✓ Make a meaningful impact on a child's educational journey.



[Sign Up Here](#)

Questions? Please call: 801-399-5584



***Utah Centenarians' Party by Gov. Cox
Weber Human Services Aging joining
8/20/2026***



Weber/Morgan Area Agency on Aging & Caregiver Support Program Presents:
FREE Caregiver Education Series
Weber Human Services
237 26th Street, Ogden, UT 84401
12 Noon - Lunch will be served

SEPTEMBER 18
Resources & Support

SEPTEMBER 25
Legal Planning you Keep Putting Off

OCTOBER 02
Show Me the Money: Alternative funding for service

OCTOBER 09
From Clutter to Clarity

OCTOBER 16
Dementia Behavioral Tips & Tricks

OCTOBER 23
Home Safety

OCTOBER 30
Healthy Aging

NOVEMBER 06
Overcoming Caregiver Burnout

For more information and to RSVP contact Angela Stout 801-625-3866

ZOOM OPTION AVAILABLE: MEETING ID: 842 7232 4954 PASSCODE: 695096



Caregiver Education Series Agenda

SEPT 18	Resources & Support Presented by Weber County Caregiving Board Learn from a panel of local providers and professionals that will give information on resources, programs, and support groups available to seniors and caregivers.
SEPT 25	Legal Planning you Keep Putting Off Presented by Alan Ormsby Learn about the essential legal documents, ensuring healthcare wishes, financial assets, and personal legacy are fully protected.
OCT 02	Show Me the Money: Alternative Funding presented by Panel of Experts A panel of experts discusses alternative ways to help pay for services including grants, Medicaid Waivers, Veteran benefits, reverse mortgages, long-term care insurance, and the GUIDE program.
OCT 09	From Clutter to Clarity presented by Jennifer Jones, SUDC, LCSW Explore the emotional and psychological factors behind clutter and hoarding. Gain practical strategies for supporting loved ones with empathy, improving communication, and taking meaningful steps toward creating safer, more manageable living environments while reducing stress for everyone involved.
OCT 16	Dementia Behavioral Tips & Tricks presented by Rachel Ly Using Teepa Snow's Positive Approach to Care method to address different dementia behaviors with those we provide care to. Learn helpful tips and tricks to addressing behaviors in a caring and supportive way.
OCT 23	Home Safety presented by Jared Gates and Utah Center for Assistive Technology Learn changes that can be made to help safety and independence through practical support and accessibility solutions. Also learn about what assistive technologies are available to help promote independence and safety.
OCT 30	Healthy Aging presented by Dr. Clayton Halford Learn different ways to support an aging loved one's health, along with strategies to improve and stay healthy as a caregiver.
NOV 06	Overcoming Caregiver Burnout by Darren Hutton Practical methods and techniques to recognize the warning signs of burnout, halt an active stress spike in real time, and reduce your overall baseline exhaustion using tools you can deploy at any moment.