



July 2026

6 Tips for Better Breakfasts

We've all experienced "morning madness" —many things can make for a stressful morning. Breakfast, however, is really an important meal! Research shows that breaking an overnight fast with a balanced meal can make a significant difference in overall health and well-being. The good news is that healthy breakfast options are available no matter what morning hurdles you face. Make time for your morning meal with these simple solutions.

If You Wake Up on Time, Enjoy...

- **Scrambled Eggs:** Serve with fruit and whole-grain toast. Mix in extra vegetables such as spinach and mushrooms when cooking the eggs.
- **Whole-Grain Waffles:** If you have a waffle iron, try a whole-grain waffle mix from the grocery store for a special treat. Serve topped with fresh fruit.

Porridge: Use millet, sorghum or maize and add spices like cinnamon or ginger.

If You Hit the Snooze Button One Time, Eat...

- **English Muffin Sandwich:** Toast a whole-grain English muffin. Put low-fat cheese and sliced deli ham on the toasted muffin. Warm the sandwich in the microwave to melt the cheese. Grab a piece of fruit to round out the meal.
- **Breakfast Tacos:** Scramble and cook eggs or egg whites. Serve eggs with beans on a tortilla. For additional toppings, add salsa and low-fat cheese.
- **Classic Cereal Gets an Upgrade:** Cut up some fresh fruit and add to an unsweetened breakfast cereal.

Yogurt Parfait: Layer yogurt with fresh or frozen fruit and granola or whole-grain cereal.

If You Hit the Snooze Button Two (or More) Times, You Can Still Break the Fast...

- **Instant Oatmeal:** Look for varieties without added sugar and just add boiling water. Stir in dried cranberries and almonds.
- **45-Second Scrambled Eggs:** Put eggs and a splash of milk in a bowl, whisk it up and put it in a microwave for 30 seconds. Stir and put back in for another 10 seconds.
- **Peanut Butter Sandwich:** And, grab a banana while you're at it.
- **Cream Cheese on Whole-Grain Bread:** Try it on a bagel or tortillas.
- **30-second Smoothie:** Blend low-fat milk, frozen strawberries and a banana for a quick smoothie to enjoy with a bran muffin.

Enjoy a plate of cheese, olives, bread and fig or apricot jam.

If Your Time is Tight in the Morning, Get Organized Ahead of Time.

- **Ready-Set-Go:** The night before, make a breakfast plan as you clean up from dinner. Set the table and prepare your cooking utensils the night before.
- **Omelets or Frittatas:** Prepare fresh vegetable omelets or frittatas ahead of time to reheat all week long.
- **Brown Bag Breakfast:** Grab a banana, a bag of trail mix made with whole-grain cereal, shelled pistachios and a favorite dried fruit (try diced apricot, pineapple or mango). *Resource: eatright.org*

Submitted by Alison Jensen RND, Weber-Morgan Aging Dietitian and Nobu Iizuka Weber-Morgan Area Agency on Aging

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
Pictures from Evening Edu. Page 14
Pictures from Senior Picnic.. Page 15
VDC.....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 pressures taken at your request at the front desk!



Senior Picnic Preparation Team from Senior Centers on 6/12/2026

ROY HILLSIDE

Birthdāy Celebration:

Wednesday, July 1
Cupcakes provided by Solutions In-Home Care—Please welcome our new sponsors!
Blood pressure taken by request at front desk!

Robin Arnold:

Wednesday, July 1, 11:30 AM

Painting with Trish is back!:

Tuesday, July 14, 11:00 AM
(Sign up at front desk)

Foot Clinic (With Doctor Provided by Allevio Podiatry):

Wednesday, July 15, 10:00 AM
(Doctor provided by appointment. Sponsored by Canyon Home and Health Care)

Garr Ashby:

Wednesday, July 22, 11:30 AM

Medicare Minute with Madeleine McDonald:

Tuesday, July 28, 11:30 AM

Tea—July 2

CENTER CLOSED FRIDAY, JULY 3

BINGO:

Wednesday, July 1, 1:00 PM
A-Plus Health Care at Home—
Please welcome our new sponsors!

Wednesday, July 15, 1:00 PM
Sun Ridge Assisted Living

July 4th Hot Dog BBQ—Call the center to sign up!
Saturday, July 4, 10:30 AM

Crossword by Northern Utah Rehab:
Tuesday, July 14, 11:30 AM

Voyant Law Legal Assistance (Lance):
Thursday, July 8, 11:30 AM
By appointment only—Speak to Kathy for more information

Second Generation Band
Thursday, July 16, 11:00 AM
Come out and dance!

Banana Splits for America's 250th Celebration!
Wednesday, July 1, 11:30 AM

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!

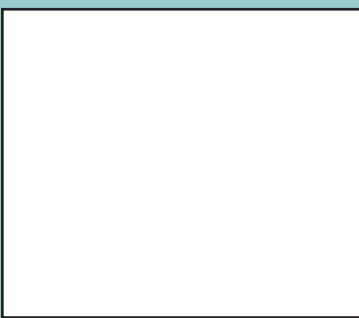
STAINED GLASS & PURLS OF WISDOM
 Wednesdays at 10:00 AM
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 Farr West City, UT 84404

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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

Monday	Tuesday	Wednesday	Thursday
		<p style="text-align: right;">7/1</p> <p>Blood Pressure Checks 11:00 AM–Noon</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">7/2</p> <p>Cards 10:00 AM</p> 
<p style="text-align: right;">7/6</p> <p>Quilting 1:00 PM</p>	<p style="text-align: right;">7/7</p>	<p style="text-align: right;">7/8</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">7/9</p> <p>Cards 10:00 AM</p>
<p style="text-align: right;">7/13</p> <p>Quilting 1:00 PM</p> <p>Terrace Plaza Playhouse 5:00 PM</p>	<p style="text-align: right;">7/14</p> <p>Foot Clinic (by appointment)</p>	<p style="text-align: right;">7/15</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">7/16</p> <p>Cards 10:00 AM</p>
<p style="text-align: right;">7/20</p> <p>Quilting 1:00 PM</p>	<p style="text-align: right;">7/21</p> <p>Birthday Celebration 12:30 PM</p>	<p style="text-align: right;">7/22</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">7/23</p> <p>Cards 10:00 AM</p>
<p style="text-align: right;">7/27</p> <p>Quilting 1:00 PM</p> 	<p style="text-align: right;">7/28</p>	<p style="text-align: right;">7/29</p> <p>Mexican Train 1:00 PM</p>	<p style="text-align: right;">7/30</p> <p>Cards 10:00 AM</p>

MARRIOTT-SLATERVILLE SENIOR CENTER

1570 West 400 North, Marriott-Slaterville, Utah 84404
 Phone: 801-627-1919
 Director: Shauna Meyerhoffer
 Monday-Thursday: 9:00 AM-5:00 PM

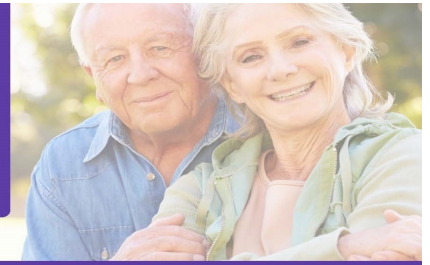
Lunch is Served Every Tuesday!

Join us for lunch at the
 Marriott-Slaterville Senior Center, housed with the
 Marriott-Slaterville City offices.
Every Tuesday from 11:30 AM-12:30 PM
Reservations are required.

Yoga: Every Thursday at 9:00 AM

NORTH VIEW

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



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Patriotic Celebration—Come celebrate our country's 250th birthday! Flag ceremony, special barbershop quartet (North Front Sound), our very special ladies' tap group, patriotic music, patriotic costume contest, and more! (If you want to stay for bingo and dinner at 5:30, you must sign up by Wednesday at noon.)
Friday, July 2, 2026, 2:30 PM

Haircuts
Monday, July 6, 10:00 AM **\$5.00**
(Scheduled time is required.)

Blood Pressure Checks
Monday, July 6, 10:00 AM

Foot Clinic by Canyon Home & Hospice
Wednesday, July 8, 10:00 AM
(Podiatrist available. Scheduled time is required.)

Painting with Trish
Monday, July 13, 1:00 PM
(Please call to sign up in advance. Cost is \$20.00.)

Performance by Alan Benedict
Monday, July 6, 11:30-12:30 PM

Medicare Minute
Monday, July 13, 11:30 AM

NORTH VIEW

Thursday Evening Activities:

Bingo
July 2

Game Night & Grilling Burgers
July 16

Julie Moffitt Dance Group, Thursday, July 9

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

Please sign up by Wednesday afternoon.

Center closed Friday, July 3 for Independence Day and Friday, July 24 for Pioneer Day.

Grief Support Group
Thursday, July 23, 2:30 pm

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
2:00 PM.....Zumba
3:00 PM.....Beginning Computer Class

TUESDAY:

9:00 AM.....Billiards
9:30 AM.....Art
10:00 AM.....Intermediate Line Dancing
1:00 PM.....Leatherworking Class
(Limited number of spaces)

WEDNESDAY:

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

THURSDAY:

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

*For Thursday evening activities, see above.

FRIDAY:

8:30 AM.....Ceramics
8:30 AM.....Beginners 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
<p>Weber Senior Nutrition Program 1176 w. 3300 s. Ogden UT 84401 (801) 399-8390 Milk Offered Daily Menu Subject To Change Without Notice Suggested Donation \$ 4.00</p>	<p>2026 </p>	<p>Sub marine Sandwich Ham/Turkey/Cheese Lettuce, Tomato, Onion, Macaroni Salad Fruit Salad</p>
<p>Ham and Cheese Sandwich 6 Bun, Mayo and Mustard pkts Potato Salad /Tomato Wedges Chilled Tropical Fruit Banana Pudding</p> 	<p>Spaghetti with Meat Sauce 7 Parmesan Cheese Green Beans Tossed Salad with Dressing Fruit Cocktail Delight / Garlic Roll</p>	<p>Roast Turkey with Gravy Cornbread Stuffing Zucchini and Tomatoes Mandarin Orange Dinner Roll</p>
<p>Idaho Taco 13 Baked Potato Taco Meat, Cheese Green Onions Sour Cream Broccoli Chilled Pineapple /Bran Muffin</p>	<p>Turketti with Cheese 14 Succotash Carrot Salad Citrus Pear Salad Ranch Roll</p> 	<p>Potato Crusted Pollock Seasoned Rice / Tartar Green Beans Chilled Mandarin Orange Blueberry Muffin</p>
<p>Chicken Enchilada 20 Lettuce, Diced Tomatoes Sour Cream Spanish Rice Buttered Brussel Sprouts Lemon Cream Fruit Salad</p>	<p>Turkey Meatballs / Gravy 21 Whipped Potatoes Mixed Vegetables Pineapple and Mandarin Oranges Roll</p> 	<p>Tuna Salad Stuffed Tom Lettuce/Egg Half Celery Stick/Baby Carro Maui Pasta Salad Fresh Fruit /Dinner Roll</p>
<p>Macaroni Beef Bake 27 Broccoli Tossed Salad W/Dressing Fruit Salad Sesame Seed Roll</p> 	<p>Chicken Strips / Ranch Dip 7 Crispie Cubed Potatoes Buttered Peas Warm Spiced Applesauce Chocolate Chip</p>	<p>Ground Beef Gravy over Whipped Potatoes Sliced Zucchini Warm Peaches Pineapple Upside Down</p>

Meals Are Made Possible
 Every Donation Helps Provide Me

WEBER SENIOR NUTRITION: 801-399-8390

Milk Offered Daily—Menu subject to change without notice.

SDAY	THURSDAY	FRIDAY
1 Pickles	2 BBQ Pork Sandwich/Bun Steamed Cubed Potatoes Corn and Peas Coleslaw Firecracker Cake / Fresh Fruit	3 
8	9 Pork Chow Mein Brown Rice Oriental Vegetables Spinach Salad with Diced Hard-Boiled Egg Fortune Cookie	10 Shepherd's Pie Whipped Potatoes California Blend Vegetable Blueberry Fluff Salad Dinner Roll 
15 Sauce 	16 Chicken Salad on Croissant Summer Spaghetti Salad Carrot/Celery Sticks Ranch Cup Apple & Berry Crisp Fresh Banana	17 Pork Roast w/Gravy Whipped Potatoes Peas & Corn Tropical Fruit Coleslaw/Sweet Potato Roll
22 ato ts	23 Pork Roast with Gravy Whipped Potatoes Sliced Carrots Pineapple Strawberry Cheesecake/Cornmeal Roll	24 
29 Cake 	30 Pork Stroganoff Noodles Peas Apple / Dinner Roll 	31 Battered Pollock Tartar Sauce Lemon Rice Spinach Warm Peaches /Fruit Cocktail Cake

By Your Generous Donations
Meals To A Senior In Your Community

GOLDEN HOURS

YOU SCREAM, I SCREAM
WE ALL SCREAM FOR

ICE CREAM

Thursday, July 23rd
at 11:30

~~Meet~~ **Meet the stage** in the gymnasium & on the patio. Please RSVP at the front desk by Tuesday, July 21st.

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

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.

For more information:
801-625-3777

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Social Opportunities

Coffee Talk w/ Byron
7th & 21st at 10:30
Poker Group— 10th at 10:00
Hiking Group
21st Street Pond- 14th at 9:00
29th Street Trailhead— 29th at 9:00

Classes

Card Making— 2nd at 10:00
Basic Sign Language
Tuesdays at 12:30
AARP Safe Driving— 13th at 8:45
Jewelry Wire Wrapping
17th at 1:00

Special Events

Medicare Minute— 21st at 11:30
Ice Cream Social & Games
23rd at 11:30

Crafts

Wire Wrapping Craft— 7th at 4:30
Stitches In Time
Tuesdays at 12:00

Services (By Appointment Only)

Tech Tutor— Mondays 5-6
Legal Services— 2nd & 9th at 1:30
Haircuts— 8th & 22nd at 11:00
No Podiatry in July

CENTER CLOSED
July 3rd— Independence Day
July 24th— Pioneer Day

GOLDEN HOURS

CSFP Food Box Pickup
Monday, July 6
Silversmithing (Open Studio)
Wednesday, July 18, 22, & 29, 5:00-8:00 PM
Ukulele—Wednesday, July 1 & 15, 6:00-7:30 PM
Newcomers Bridge
Thursday, July 2 & 16, 12:30-4:00 PM
Beehive Rock and Gem Club
Tuesday, July 28, 5:30-9:00 PM
Alzheimer's Support Group
Monday, July 20, 1:00 PM
S.O.A.P. Game Night
Tuesday, July 7 & 21, 6:00-8:00 PM
S.O.A.P. Movie Night
Tuesday, July 28, 5:30-8:00 PM
Gay Men's Support Group
Tuesday, July 14, 6:00-7:30 PM
Advanced Strong Bodies Class
Friday, July 10 & 31, 2:30-3:45 PM
Bowling Field Trip
Friday, July 17, 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.

MONDAY:

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

TUESDAY:

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

WEDNESDAY:

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

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 with Shantel and Alex from WHS

Tuesday, July 7, 12:00 PM

WTSC Haircuts by Leah with Great Clips - \$5.00

Wednesday, July 15, 10:00 AM-12:00 PM

Foot Clinic by Canyon Homecare and Hospice

Wednesday, July 22, 10:00 AM-12:00 PM

Podiatrist Available

Pioneer Day Western Wear Dance

Wednesday, July 22

BINGO

Thursday, July 2, 1:00 PM

Thursday, July 16, 1:00 PM

July Birthdays Celebration
with cupcakes from Treco

Wednesday, July 15

With the Band

July 4th Celebration Dance

Wednesday, July 1, 10:30 AM-12:00 PM



Ongoing Activities

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

Reservation Required!

MONDAY:

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

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

1:00 PM.....Basic, Step-by-Step Beginners
Line Dancing by Jan Leah

TUESDAY:

10:30 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

12:00 PM.....Musicians Jam Practice

FRIDAY:

10:00 AM.....Ceramics

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

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

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

Wii Bowling and other
Nintendo Games available after lunch.

Washington Terrace Senior Center

4601 South 300 West

801-621-0161

Director: Cheryl Corrigan

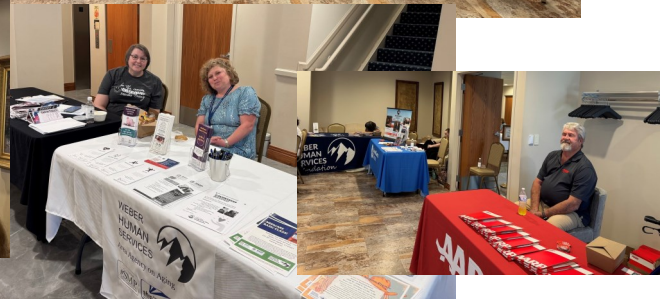
Hours 9:00 AM-2:30 PM

The Aging Evening Education Event was held on June 3rd. 70 attendees learned about Healthy Aging and Financial



6:10 - 7 pm: 1st Session
Healthy Aging
 PROFESSOR CLAYTON HALFORD

7:10 -8 pm: 2nd Session
Foiling Financial Fraud
 FIRST COMMUNITY BANK



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

The Wild West Senior Picnic was held on June 12th. 375 attendees enjoyed great food, music, dancing and friendship!



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