



Malnutrition Among Senior Citizens & Determine Your Nutritional Health

Malnutrition does not always happen to senior citizens who suffer from hunger, or who do not have access to healthy food. The elderly population is more likely to have chronic conditions that put them at risk for malnutrition. For example, if an elderly person experiences chronic or acute conditions such as diabetes, cancer, or Alzheimer’s disease, their appetite can be impacted, making eating difficult.

Older adults are also hospitalized more frequently and are more likely to be in long-term care facilities, both of which put them at heightened risk of malnutrition. It’s estimated that 65 percent of hospitalized older adults could face malnutrition.

Here are some tips to help an elderly loved one prevent malnutrition (resource: <https://wellpathpartners.com/senior-malnutrition/>):

- Consult a physician if the senior has complications with eating or drinking. A screening may be useful to rule out the risk of malnutrition.

- Seek outside help. Sign up for a prescribed and/or specialized food plan, speech therapy, or seeing a registered dietitian or nutritionist to help regulate nutrition.

- Look into home meal delivery services if meal preparation is not applicable. Other options can include having a family, friend, or caregiver assist with the preparation of meals.

Look into food and nutrition programs in your area, or see the eligibility criteria for the Supplemental Nutrition Assistance Program (SNAP).

Prevent dehydration by drinking water, especially in the summer. It is also a good idea to have snacks that have high water content.

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

**MALNUTRITION:
AN INVISIBLE EPIDEMIC**

1 in 4 seniors suffers from malnutrition

SIGNS OF MALNUTRITION:

- Depression
- Fatigue
- Dementia
- Loss of Energy
- Frequent illness
- Dry/cracked skin
- Bruising easily
- Slow healing wounds
- Weight loss
- Muscle Weakness
- Trouble chewing or swallowing

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

Read the statements below. Circle the number in the yes column for those that apply to you or someone you know. For each yes answer, score the number in the box. Total your nutritional score.

	YES
I have an illness or condition that made me change the kind and /or amount of food I eat.	2
I eat fewer than two meals per day.	3
I eat few fruits or vegetables, or milk products.	2
I have three or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take three or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last six months.	2
I am not always physically able to shop, cook and/or feed myself.	2
TOTAL	

Total your nutritional score. If it's --

0-2 Good! Recheck your nutritional score in 6 months.

3-5 You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

6 or more You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

Remember that warning signs suggest risk, but do not represent diagnosis of any condition. Turn the page to learn more about the Warning Signs of poor nutritional health.

Inside This Issue...

Roy HillsidePage 3
Farr WestPage 4
Morgan Sr. Ctr.....Page 5
Marriott-Slaterville and
Plain City.....Page 6
North View.....Page 7
Lunch Menu.....Pages 8-9
Golden Hours.....Pages 10-11
Ogden Valley &
Lake View.....Page 12
Washington Terrace.....Page 13
Caregiver Ed. Series.....Page 14
Elder Justice.....Page 15
Stepping on 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

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.

ROY HILLSIDE

Crosswords

Tuesday, April 9, 11:30 am

PAINT WITH TRISH PAINTING CLASS—

Tuesday, April 9, 11:00 am, Check out the next picture on our Facebook page!

Caregiver Support Group

Tuesday, April 23, 10:30—11:30
All caregivers are welcome.

Euchre—New Card Game

Wednesdays, 1:00 pm



EUCHRE

ROY HILLSIDE

SPECIAL EVENTS:

Birthday Celebration by Country Pine Assisted Living

Wednesday, April 3, 11:30 am

ENTERTAINMENT

Wednesday, April 3, 11:30 am

Robin Arnold

Wednesday, April 10, 11:30 am

Marcia Knoll

Wednesday, April 24, 11:30 am

Garr Ashby

Second Generation

Thursday, April 18, 11:30 am

Dance and Music

Soap Making

Wednesday, April 24,
12:30 pm

Foot Clinic

Wednesday, April 17, 10:00 am

BINGO: 1:00 pm

Wednesday, April 3

Chancellor Gardens

BINGO: 1:00 pm

Wednesday, April 17

Sun Ridge Assisted Living

Legal Assistance

Thursday, April 18, 1:00 pm

Lance Drollinger (by appointment only—ask Kathy for details)

Walk with Ease—

April, Tues & Thurs, 9:00 am

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 Walk with Ease
- 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
- 9:00 am Blood Pressure Clinic
- 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
- 9:00 am Walk with Ease
- 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

Monday

8:30 am	Power Walking
9:00 am	Quilting
9:00 am	Stained Glass Class
9:00 am	Jewelry Making Class
12:00 pm	Bingo

Tuesday

8:30 am	Power Walking
9:00 am	Quilting
9:00 am	Stained Glass Class
9:00 am	Jewelry Making Class
10:30 am	Wii Bowling

Wednesday

9:00 am	Quilting
9:00 am	Stained Glass Class
9:00 am	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

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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, April 16:
Soap Making, 10:00 am
Contact Cissy Toone, Director, for details!



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
1 1:00 pm Quilting Class	2 1:30 pm Shopping	3 1:00 pm Mahjong	4 10:30 am Cards
8 1:00 pm Quilting Class	9 10:00 am Foot Clinic 12:30 pm Birthday Celebration	10 1:00 pm Mahjong	11 10:30 am Cards
15 1:00 pm Quilting Class	16 10:00 am Soap Mak- ing 12:00-3:30 pm Medi- care questions & Help by Shantel Clark	17 1:00 pm Mahjong 11:00 am-12:00 pm Blood Pressure Check by Enhabit	18 10:30 am Cards 
22 1:00 pm Quilting Class 	23 1:00 pm Bingo 2:00 pm Caregiver Support Group	24 1:00 pm Mahjong 	25 10:30 am Cards
29 1:00 pm Quilting Class	30		
We			

**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

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SPECIAL EVENTS

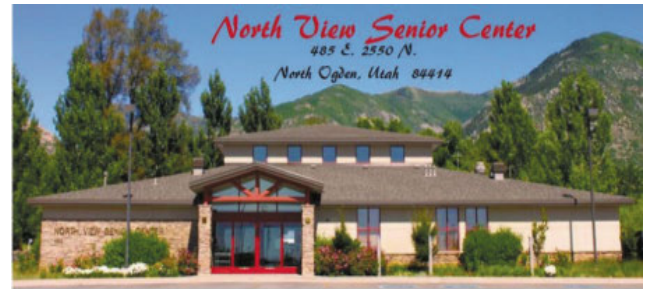
No special events for April have been reported to Weber Human Services for this newsletter.

Please visit or call the Center for special events in April. Thank you!

Dinner Program, Thursdays, 5 pm!

Evening Event, Thursdays, 5:30 pm.

NORTHVIEW



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

MONDAY	TUESDAY	WEDNESDAY
Country Fried Steak 1 Cream Gravy / Whipped Potatoes California Blend Vegetables Yogurt Fruit Salad Iced Lemon Cake Wheat Roll	Pork Chow Mein 2 Fried Noodles Peas and Red Peppers Waldorf Salad Tapioca Pudding Fortune Cookie 	BBQ Beef Pattie Baked Beans Italian Vegetables Sour Cream Coleslaw Chilled Peaches Cornbread Muffin
Southwest White Chicken Chili 8 Buttered Broccoli Pear Half with Whipped Topping/Almonds Gingersnap Cookie Saltine Crackers	Ground Beef Gravy over Whipped Potatoes 9 Cauliflower w/Pimentos Confetti Gelatin Salad Cinnamon Spiced Apples Buttermilk Roll 	Chicken in a Biscuit Brussel Sprouts Tossed Salad w/Dressing Warm Apples Peach Pie
Parmesan Beef Pattie 15 Marinara Sauce Linguini Capri Blend Vegetables Mixed Fruit Salad Congo Bar Dinner Roll 	Roast Turkey / Gravy 16 Stuffing Harvard Beets Perfection Gelatin Salad Fresh Orange Dinner Roll	Vegetable Meatloaf / Gravy Whipped Potatoes Broccoli Chilled Peaches Coffee Cake
Chicken Tenders/ Ranch Cup 22 English Chips Green Beans with Onions Chilled Diced Pears Peanut Butter Cookie Ranch Roll	Tuna Cheddar Pie / Cheese Sauce 23 Sweet Potatoes Buttered Peas Broccoli Bacon Salad Cherry Crisp	Cheesy Sausage Over Whipped Potatoes Peas and Corn Coleslaw Cinnamon Applesauce Dinner Roll
Fish Sandwich w/Cheese 29 Bun, Tartar Sauce Cubed Potatoes Lettuce, Tomato Steamed Broccoli Apple Pie	Sausage/ Diced Potatoes 30 Country Gravy Sautéed Onions and Peppers Peach Salad Cinnamon Raisin Roll 	Weber Senior Nutrition 801-399-8390 Milk Office Suggested Meal Donation Meals Are Made Possible Every Donation Helps

WEBER SENIOR NUTRITION—801-399-8390

Milk Offered Daily—Menu subject to change without notice

SDAY	THURSDAY	FRIDAY
3	Turkey Meatballs/Cream Gravy 4 Whipped Potatoes Carrot Medley Tossed Salad With Dressing Mandarin Oranges Banana Nut Roll	Baked White Fish Au Gratin 5 Wild Rice Blend Spinach Cottage Cheese and Pineapple Apple Cottage Cake Sweet Potato Roll 
10	Hearty Beef Stew with 11 Vegetables Diced Potatoes Tropical Fruit Cup Whole Wheat Roll 	Pork Chop w/Gravy 12 Baked Potato/Sour Cream Malibu Vegetables Carrifruit Salad Fresh fruit Whole Wheat Roll
17	BBQ Chicken Thighs 18 Steamed Rice Cauliflower with Diced Red Peppers Spring Pea Salad Fruit Cocktail Oatmeal Roll	Battered Fish 19 Scalloped Potatoes Buttered Peas Warm Peaches Tapioca Pudding
24	Salisbury Steak/Mushroom Gravy 25 Baked Potato / Sour Cream Riviera Vegetables Cottage Cheese Fluff Whole Wheat Roll 	Mojo Pork Roast 26 Cubin Rice Sliced Carrots Chilled Pineapple Wheat Roll
n Program 1176 W. 3300 S. Ogden Utah 84401 Offered Daily Menu Subject To Change Without Notice on \$ 4.00 le By Your Generous Contributions Provide Meals To A Senior In Your Community 		

GOLDEN HOURS

Coffee Talk with Byron (1st and 3rd Tue.)
Tuesday, April 2 and 16, 10:30-11:30

NEWCOMERS' BRIDGE, 1st & 3rd Thu.
Thursday, April 4 and 18, 12:30-4:00

LEGAL SERVICES (by appointment only)
Thursday, April 4 and 11, 1:30

Haircuts (by appointment only)
Wednesday, April 10 and 24, 11:00

Gay Men's Support Group
Tuesday, April 9, 6:00-7:00

Alzheimer's Support Group
Monday, April 15, 1:00-2:30

SOAP (LGBTQ+)
Monday, April 15, 5:30-8:00

Loteria (Spanish Bingo) 1st Thursday,
9:30-11 & 3rd Friday, 12:30-1:30



Take a Hike!
BEGINNING APRIL
APRIL 9TH | 10:00 AM
BIG DEE SPORTS PARK
APRIL 24TH | 3:00 PM
BOTANICAL GARDENS

All skill levels are welcome. Wear your tennis shoes and bring some water while we enjoy the local trails!

The sunlight makes us golden!

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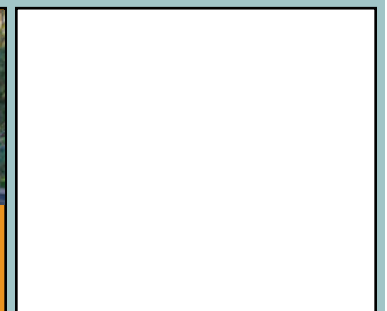


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GOLDEN HOURS

Sewing Project—Pot Holder (Registration required) Monday, April 8, 10:00—11:30

Medicare Presentation
Monday, April 8, 11:30

Pie & Paint Night—Ester Eggs (Registration required)
Tuesday, April 9, 10:00

Podiatry (by appointment only)
Thursday, April 11, 10:00—3:00

Ogden City Water Plant Field Trip (Registration required) Friday, April 12, 9:30

Presentation by APRIA
Tuesday, April 23, 11:30

Family Feud
Friday, April 26, 12:30

Walk with Ease (Registration required) Tuesdays and Thursdays, 9:00
6 week class. Ends May 9.

Living with Chronic Conditions Class (registration required)
Wednesdays, 12:30-3:00
6 week class. Ends May 8.

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 Apr. 8)
10:30 —1:30 Pottery Open Studio
12:30 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**
10:00—11:00 Zumba
10:00—2:00 Open Art Studio
3:00 Balance & Fitness
3:30 Chair Yoga
4:00 Lapidary
4:30 Wire Wrapping
(1st Tues only)

Wednesday

9:30 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 April 17)
6:00 — 7:30 Ukulele (1st & 3rd)
7:00—9:00 Guitar Jammers

Thursday

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

Friday

8:00 —9:45 Pickleball (Outside courts starting April 19)
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
1:00 — 5:00 Pickleball (No class after April 12)
2:00—4 :00 Pottery class

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

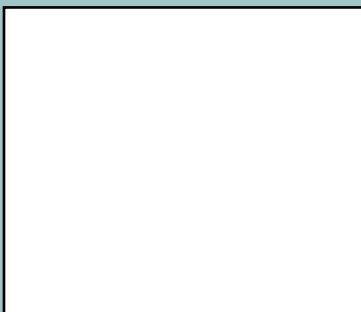
Lakeview Senior Center is housed with the Hooper City Offices. Lunch is served on Thursdays from 12:00 (noon) - 1:00 pm. Reservation Required!

Michelle's Bingo @ 12:30 pm

- April 11**
- May 9**
- June 6**
- July 11**
- August 1**
- September 12**
- October 10**
- November 7**
- December 5**



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SPECIAL EVENTS

Blood Pressure by the Terrace at Mt. Ogden, Monday, April 1, 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, April 4 & 18

Starts at 1:00 pm

Foot Clinic

Wed, April 24, 10:00 am,

WASHINGTON TERRACE



**Spring Fling Celebration
with the Live Band!**

**Wednesday, April 17, 10:30
am—Lunch starts 12:00 pm.
Come and get that Spring in
your step!**

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 Oil Art 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 Begin 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

The Care for the Caregiver Coalition Presents

A Free Educational Series for Caregivers!

Please RSVP at (801) 625-3866 or Register via QR Code.

RESOURCES • RESPITE • HOPE

Eight free classes will be held in person at Weber Human Services Auditorium (3rd Floor, 237 26th St., Ogden), 12:00-1:00 pm, Tuesdays (a Zoom option is available). Home-visit respite services are available while you are in the meeting. Lunch will be provided for in-class attendees. RSVP Karla at (801) 625-3866 or online via QR Code:

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- 3/5/2024 "It's Been Lovely, but I Have to Scream Now!"
- 3/12/2024 Slow and Steady: Movement for Life
- 3/19/2024 "Give Me a Break, Give Me a Break..."
- 3/26/2024 End-of-Life Issues
- 4/2/2024 Healthy Living for Your Brain and Body
- 4/9/2024 "I've Bit Off More Than I Can Chew"
- 4/16/2024 Home Health 101
- 4/23/2024 Prepare to Care

For more information and to R.S.V.P., call Karla Fulton at (801) 625-3866

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Utah Association of Area Agencies on Aging



SERVING MORGAN & WEBER COUNTIES

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

April 17th through May 29th, 2024

Roy Senior Center 5051 South 2000 West

Register at the Senior Center or

call Megan at 801-625-3784

