



January 2025

Community Resources for Homelessness

I have been asked about helping homeless individuals or individuals who receive an eviction notice. It won't be helpful for them to call our Aging Services, Housing Authorities, or 211, which can only provide information or housing vouchers for local subsidized apartments that may have a waitlist of six months to two years. Older adults at risk of or experiencing homelessness have unique needs compared to other populations experiencing homelessness.

Older adults are the fastest-growing age group of those experiencing homelessness, comprising nearly half of the homeless population, and it is estimated their numbers will triple by 2030. Older adults are especially vulnerable to homelessness, as many live on fixed incomes insufficient to cover all their expenses, especially housing expenses. Half of renters age 50 and older pay more than 30 percent of their income for housing (Joint Center for Housing Studies, 2018). In addition, older adults with early experience of homelessness have increased vulnerability throughout their lives to adverse mental health conditions, alcohol and drug use, incarceration, and underemployment than those with later entry into homelessness.

For ongoing homeless cases, it may be most efficient to call Anna Davidson, Homeless Services Advocate for the Ogden Police Department, at (801) 395-8221 (see video at <https://www.youtube.com/watch?v=Zrp6jHayyKU>). If you suspect any abuse (neglect) of the elderly or people with disabilities by others (their family, etc.), you or the possible victims should call or contact Utah Adult Protective Services. For eviction cases, contact OWCAP Eviction Support - <https://www.owcap.org/housing-education/>.

The Ogden Rescue Mission (<https://ogdenrescuemission.org/homelessness/>) tries to spotlight the struggles our homeless friends face and our efforts to help them. This month they are sharing the story of Utah's hidden homeless, caused by skyrocketing housing costs and underemployment along the Wasatch Front.

Family Promise of Ogden (<https://familypromiseofogden.org/>) is a shelter for homeless families with young children. They are different from regular shelters because they not only provide for physical needs, like a place to stay and food, but also teach them how to be self-sufficient and learn the skills that they will need to maintain independence.

Lantern House (<https://www.stannescenter.org/>) exists to aid the poor, needy, and homeless by providing them with food, shelter, and critical emergency services, giving a hand up rather than a handout.

The Homeless Veterans Fellowship (<https://www.homelessveterans.org/>) is a 501(c)(3) non-profit organization located in Ogden that offers a comprehensive set of services designed to address homelessness among veterans.

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

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

First Wednesday of Every Month:

Wednesday, Jan. 8, Birthday Celebration with cake provided by Treo Retirement Living.

Paint with Trish Painting Class:

Tuesday, Jan. 14, at 11:00 AM. Check out the next picture on our Facebook page!

Euchre:

Every Wednesday at 1:00 PM.



Robin Arnold: (no event in January)

Wednesday, Jan. 1—Center closed

Marcia Knorr:

Wednesday, Jan. 8, 11:30 AM
Come sing along, it's a blast!

Second Generation Dance and Music:

Thursday, Jan 16, 11:30 AM

Garr Ashby:

Wednesday, Jan. 22, 11:30 AM

Legal Assistance:

Thursday, Jan. 9, 1:00 PM

Appointment only—Speak to Kathy for more information.

Soap Making:

Wednesday, Jan. 22, 12:30 PM
Sign up at the front desk.

Roy Senior Center will be closed—Jan. 1 and 20

ROY HILLSIDE

BINGO:

Wednesday, Jan. 15, 1:00 PM
Sun Ridge Assisted Living

Crosswords:

Tuesday, Jan. 14, 11:30 AM
Northern UT Rehab

Medicare Minute by Sheila (WHS Aging):

Thursday, Jan. 2, 11:30 AM–12:30 PM

Foot Clinic by Canyon Home Care and Hospice:

Wednesday, Jan. 15, 10:00 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
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 Gallegos-Prevedel
Open 8:30 AM–3:30 PM Monday–Thursday
9:00 AM–12:30 PM Friday

FIRST MONDAY LUNCH BUNCH

January 6 at 11:30 AM

Join us for a Lunch and Learn sponsored by Bank of Utah! They will be discussing cyber security and online scams followed by BINGO

RSVP to save your seat!

CHAIR YOGA

January 13 at 11:15 AM

Join Bobbi as she takes us through gentle stretches and chair exercises.

PAINT AND SIP

January 15 at 5:30 PM

Channel your inner Bob or Bobara Ross and join us for a night of painting and mocktails! This event is limited to 15 \$5 per painter!

RSVP by January 10 to Ange at seniorcenter@farrwestcity.com

POTTERY

January 22 at 10:00 AM

Make a colorful marbled ring dish, with easy instructions. This is great for all abilities! \$5 per person. RSVP by January 15.

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

Wednesdays at 9:00 AM

Want to learn a new skill? Join our dedicated group of stained glass artists

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



4 | Weber/Morgan Area Agency on Aging

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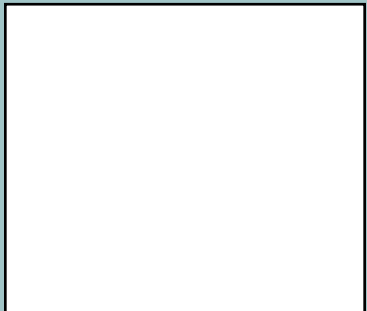


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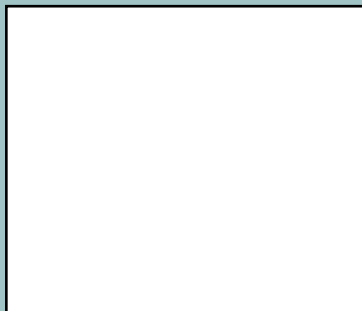



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MORGAN SENIOR CENTER



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
Dec. 30 Quilting 1:00 pm	Dec. 31	Jan. 1 CLOSED HAPPY NEW YEAR!	Jan. 2 Cards 10:30 am
6 Quilting 1:00 pm	7 Shopping 1:30 pm	8 Mahjong 1:00 pm	9 Cards 10:00 am
13 Quilting 1:00 pm 	14 Birthday Celebration 12:30 pm Foot Clinic (By appointment) Medicare Minute by Shantel WHS Aging 12:00 noon—	15 Mahjong 1:00 pm Blood Pressure Checks by Enhabit Home Health 11:00 am	16 Cards 10:00 am 
20 CLOSED Martin Luther King, Jr. Day!	21	22 Mahjong 1:00 pm 	23 Cards 10:00 am
27 Quilting 1:00 pm	28 History Presentation— Learn Simple Steps to Write Your Life History 12:00 pm	29 Mahjong 1:00 pm	30 Cards 10:00 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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NORTH VIEW

SPECIAL EVENTS:

- Haircuts
Monday, Jan. 6, 10:00 AM \$5.00
- Second Generation Band
Monday, Jan. 6, 11:30 AM-12:30 PM
- Medicare Minute
Thursday January 21, 1:30 PM
- Blood Pressure Checks
Monday, January 6, 10:00 AM-12:00 PM
- Foot Clinic by Canyon Home Health and Hospice
Wednesday, January 8, 10:00 AM
- Grief Support Group
Thursday, January 30, 2:30 PM
- Dance – An Evening with Gary Romer
Saturday, January 18, 7:00 PM
- Come enjoy the Art Display by Seniors from NVSC!
Tuesday, January 21, 9:30 AM-12:00 PM

Thursday Evening Activities run until 7:30 PM. A light dinner will be served at 5:00 PM for a cost \$4.00.
Please sign up by Wednesday afternoon.

January 2:

Bingo – 5:30 PM (Sloppy joes and salad)

January 9:

Ramon & Phil, Golden Oldies music (Pizza and green salad)

January 16:

Game Night (Hamburgers, hot dogs, assorted salad)

January 23:

Winter-themed Bingo (Assorted sandwiches and salads)

January 30

Entertainment by Ally and Deb (Chicken croissants)

Center will be closed on Wednesday, Jan. 1,
and Monday, Jan. 20.

HAPPY NEW YEAR!

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:

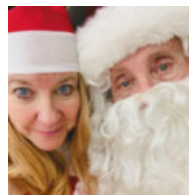
9:00 AM..... Wood Carving
 9:00 AM Bridge
 9:00 AM.....Billiards
 10:00 AM Intermediate Line Dancing
 12:30 PM..... Beginners Line Dancing
 2:30 PM Games
 (Chess, Pinochle, Cards)
 3:15 PM.....Zumba

THURSDAY:

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







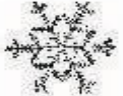

Seniors 60 and older—Suggested Donation: \$4.00
 Individuals under 60 years of age—Charge: \$7.00

MONDAY	TUESDAY	WEDNESDAY
		
<p>6</p> <p>Corn Dogs Mustard & Ketchup Packet Macaroni and Cheese Ranch Green Beans Tossed Salad w/Dressing Apple Crisp</p>	<p>7</p> <p>County Fried Steak Cream Gravy Whipped Potatoes Spinach with Lemon Apricot/Pineapple/Yogurt dressing Dinner Roll</p>	<p>8</p> <p>Ham Loaf with Mustard Confetti Rice Brussel Sprouts Chilled Mandarin Orange Pears Fruity Oat Bar</p>
<p>13</p> <p>Chili Con Carne W/ Cheese Zucchini & Yellow Squash Mandarin Orange Gelatin Peanut Butter Brownie Saltine Crackers</p>	<p>14</p> <p>Sweet and Sour Pork Buttered Rice Brussel Sprouts Warm Apples w/Cinnamon</p>	<p>15</p> <p>Potato Crunch Pollock Tartar Sauce Diced Potatoes Buttered Broccoli Fresh Fruit Cornbread</p>
<p>20</p> 	<p>21</p> <p>Teriyaki Beef Cubes Parslied Rice Oriental Vegetables Chilled Pineapple Bran Muffin</p>	<p>22</p> <p>Baked Chicken Fricassee Skinny Mashed Potatoes Green & Yellow Beans w/Onion Fresh Fruit Raisin Bran Muffin</p>
<p>27</p> <p>Tavern Battered Pollock Tartar Sauce Lemon Rice Peas Chilled Peaches Whole Wheat Roll</p>	<p>28</p> <p>Pizza Burger / Sauce Mozzarella Cheese & Pepperoni Tater Tots Italian Vegetables Apple Sauce Hamburger Bun</p>	<p>29</p> <p>Ruben Casserole Whole White Potatoes Mixed Vegetable Cottage Cheese with Pineapple Iced White Cake</p>

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DAY	THURSDAY	FRIDAY
	<p>Chicken Chop Suey 2 Steamed Rice Steamed Peas Yogurt Fruit Salad Sweet Potato Roll</p> 	<p>Baked Beef Liver 3 Au Gratin Potatoes Sautéed Onions /Mushrooms/Bacon Southwest Corn Salad Fresh Fruit Buttermilk Roll</p>
<p>T Sauce 8 ges with Sliced</p> 	<p>Chicken Noodle Soup 9 Zucchini & Tomatoes Tropical Fruit Sugar Cookie Dinner Roll</p>	<p>Teriyaki cube Steak 10 Fried rice Broccoli Banana Sesame Roll</p> 
<p>15</p>	<p>Turkey Meatballs / Gravy 16 Whipped Potatoes Diced Carrots Pineapple Coleslaw Dinner Roll</p>  <p style="text-align: center;"><small>• HAPPY HOLIDAYS •</small></p>	<p>Chicken San Remo 17 Fettuccini Noodles Cauliflower Fiesta Orange Wedges Cheese Biscuit</p> 
<p>ee 22 es with Bacon</p>	<p>Beef and Barley Soup 23 Whole Potatoes Carrot Raisin Salad Lemon Cream Fruit Cup Buttermilk Roll</p>	<p>Pork Chop with Gravy 24 Baked Potato with Sour Cream Stewed Tomatoes Warm Peaches Carrot Cake with Cream Cheese Frosting</p>
<p>29 neapple Ring</p>	<p>Southwest Chicken Chili 30 Green Beans Fruited Gelatin Salad Sweet Corn Bread</p>  	<p>Roast Pork / Gravy 31 Whipped Potatoes Harvard Beets Chilled Peaches Ranch Dinner Roll</p>

• Milk Offered Daily • Menu Subject To Change Without Notice • Suggested Meal Donation \$ 4.00
 Every Donation Helps Provide Meals To A Senior In Your Community

GOLDEN HOURS

Classes

Strong Bodies Class at 2:30
13th, 15th, 22nd, 27th, 29th
Stitches in Time— 12:00-2
7th, 14th, 21st, 28th

Special Events

GOAL Snowshoeing
18th OR 25th at 8:30 OR 11:30
AARP Safe Driving— 13th at 9:00
Last Day to donate food— 17th

Social Opportunities

Coffee Talk w/ Byron—
7th & 21st at 10:30
Field Trip— Loveland Aquarium
17th at 9:00

Crafts

Wire Wrapping —7th at 4:30
Sewing Project— 13th at 10:00
Pie and Craft— 24th at 10:00

Closure Dates

New Year's Day— 1st
Martin Luther King Day— 20th

Let's go snowshoeing!

FREE

SAT. JANUARY 18 OR 25
8:30 AM OR 11:30 AM

GOAL Foundation is taking our members Snowshoeing! We will meet at Rainbow Gardens at either 7:50 am or 10:50 am to carpool to Ogden Nordic, 4150 East 5950 North, Liberty.

Equipment will be provided.

Sign-up for both days and both time slots requires registration. Please register at our front desk BY DECEMBER 16th. Space limited.




10 | Weber/Morgan Area Agency on Aging



(801) 706-7439

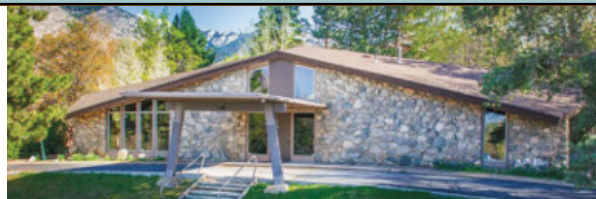
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Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

- Beehive Rock and Gem Club
Jan. 28, 5:30 PM
- Pickleball (All Levels)
Jan. 6, 13 & 27, 2:00 PM–7:30 PM
- Pickleball (Advanced)
Jan. 3, 10, 17, 24 & 31, 1:00 PM–5:00 PM
- Sewing
Jan. 3, 6, 10, 17, 24, 27 & 31 9:00 AM–4:00 PM
- New Students Lapidary (Registration Required)
Jan. 7, 4:00 PM–8:00 PM
- Silversmithing (Open Studio)
Jan. 8, 15, 23, 29 & 30, 5:00 PM–8:00 PM
- Ukulele
Jan. 15, 6:00 PM–7:30 PM
- Loteria (Spanish BINGO)
Jan. 2, 9:30 AM; Jan. 17, 12:30–1:30 PM
- Lapidary (Registration Required)
Jan. 14 & 21, 4:00–8:00 PM; Jan. 28, 4:00–5:00 PM
- Newcomers Bridge
Jan. 2 & 16, 12:30 PM–4:00 PM
- Marathon Bridge
Jan. 10 & 24, 11:00 AM–4:30 PM
- Gay Men’s Support Group
Jan. 14, 6:00 PM–7:00 PM

GOLDEN HOURS

- Haircuts (Appointment Required)
Jan. 8, 11:00 AM–1:00 PM;
Jan. 22, 11:00 AM–2:00
- BINGO
Jan. 8, 15, 22 & 29, 9:30 AM
- BINGO
Jan. 6, 13, & 27, 12:30 PM
- Podiatry (Registration Required)
Jan. 16, 10:00 AM–3:00 PM
- SOAP Group (LGBTQ+)
Jan. 20, 5:30 PM–8:00 PM
- Karaoke
Jan. 24, 12:30 PM
- Wire Wrapping
Jan. 7, 4:30 PM
- Legal Services (Appointment Required)
Jan. 2 & 9, 1:30 PM
- Grief Support
Jan. 7, 14, 21 & 28, 6:30 PM

Golden Hours will be closed all day on
Wednesday, January 1 and Monday, January 20.

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:

10:30 AM–1:30 PM.....Pottery Open Studio
12:30 PM.....BINGO
1:00 PM–4:00 PM..... American Western Mahjong
2:00 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–2:00 PM..... Open Art Studio
12:00 PM–2:00 PM.....Stitches in Time
3:00 PM.....Balance & Fitness
3:30 PM.....Chair Yoga

WEDNESDAY:

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 (except Jan. 2).....Tai Chi
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–8:00 PM ... Silversmithing **(Registration required)**
6:00 PM–8:00 PM.....Diamond Squares

FRIDAY:

8:00 AM–9:45 AM Pickleball **(Inside)**
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: Julie Belnap
 Phone: 801-399-8392

WASHINGTON TERRACE



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

12 | Weber/Morgan Area Agency on Aging

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- Assisted Living
- Memory Care

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Games Played Everyday:
Dominos Train Game
1:00 PM Monday-Friday

New Year's Eve Party!
Tuesday, December 31, 10:30 AM

Bring in the most seniors during December and you could win a prize given away at the New Year's Eve Party!



WASHINGTON TERRACE

BINGO
Thursday, Jan. 2 & 16
Starts at 1:00 PM
Foot Clinic
Wednesday, Jan. 22, 10:30 AM

Washington Terrace Senior Center is seeking a the new director who can oversee the center while being -

- 1. Active**
- 2. Creative**
- 3. Friendly**
- 4. Leading**

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:

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

WEDNESDAY:

9:00 AM.....Ceramics
10:30 AM..... Music and Dancing with the Band
1:00 PM.....Intermediate Line Dancing
By: Chris Stegen
1:00 PM..... Hand & Foot Card Game

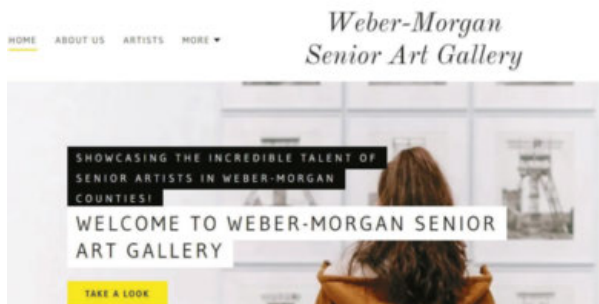
THURSDAY:

9:00 AM.....Low Impact Exercise
10:00 AM.....Tai Chi By: Ellen Rantz
12:00 PM..... Art Oil Painting By: Ron Harvey

FRIDAY:

9:00 AM.....Ceramics
10:30 AM.....Music and Dancing with the Band
1:00 PM.....Beginning Line Dancing By: Evelyn Bird

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



<https://wmseniorart.net/>

Washington Terrace Senior Center
4601 South 300 West
801-621-0161
Director: Karen Padilla
Hours 9:00 AM-2:30 PM

Are you a FAMILY CAREGIVER?



DATE:

January 27, 2025

TIME:

9:00 am - 1:30 pm
(Lunch will be Provided)

PLACE:

Weber Human Services
237 26th ST
Ogden UT 84401

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

DO YOU NEED HELP IN THESE AREAS?

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



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

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

Karla Fulton | 801-625-3866 | karlaf@weberhs.org

*Seating is limited to 20 individuals



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



SENIOR COMPANION VOLUNTEERS NEEDED

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

You could be eligible
for a tax exempted
monthly stipend

JOIN US!



801-625-3777

Storytelling festival

GOLDEN TALES ESPECIALLY FOR SENIORS

Join us for a captivating afternoon of storytelling from the Weber State Storytelling Festival. Immerse yourself in a world of wonder as professional storytellers share timeless tales, humorous anecdotes, and heartwarming memories. Don't miss this opportunity to experience the magic of storytelling, right in your own community.

For a full schedule of events visit weber.edu/storytelling

Monday, February 24

2:00 P.M.

**PLEASANT VALLEY BRANCH &
NORTH BRANCH**

Tuesday, February 25

4:00 P.M.

MAIN LIBRARY

Wednesday, February 26

2:00 P.M.

**OGDEN VALLEY BRANCH &
SOUTHWEST BRANCH**

**PRESENTED IN
PARTNERSHIP**

