



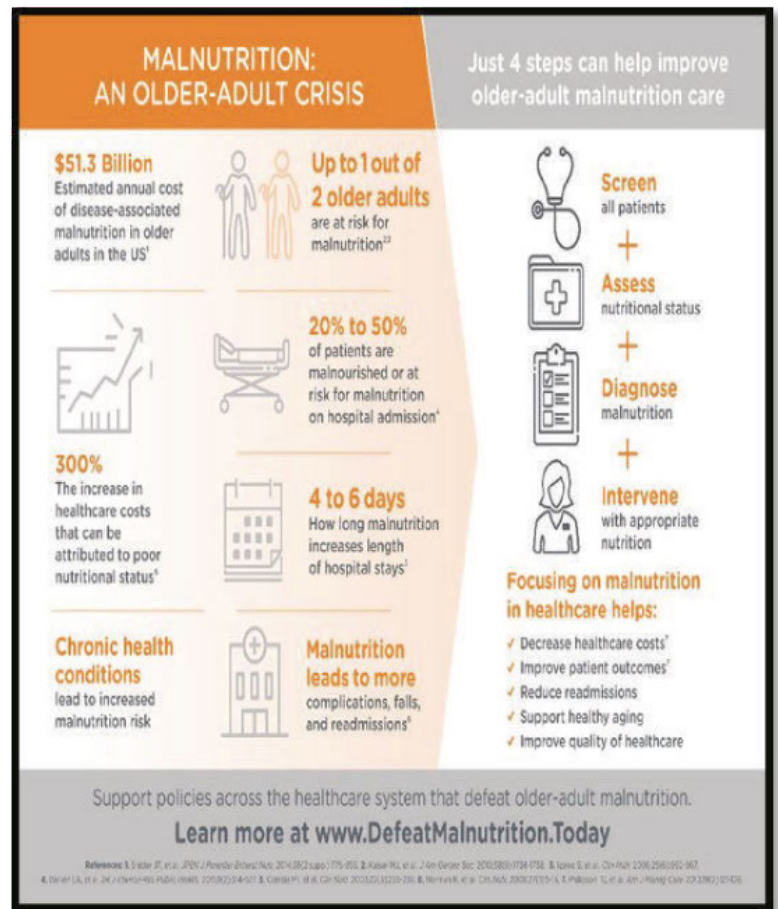
**Caring for Your Nutrition**

Malnutrition affects many older adults' lives in more than just the food they eat. An older adult who suffers from malnutrition can experience a decline in mental and physical health. The issue of malnutrition in older adults is a growing crisis in this country. In fact, a recent report from New American Media called it a “hidden epidemic.” A new coalition called Defeat Malnutrition Today created an infographic that illustrates the scope of the crisis as well as some steps that can be taken to respond to it.

Weber Human Services Meals-on-Wheels team delivers approximately 500 meals every business day to support homebound seniors’ nutrition in the Weber-Morgan area, in an attempt to maximize our limited budget. This is a relatively high number considering the size of the senior population in our area, although we would like to see this number extended. All meals are approved by the contracted dietitian, and delivery staff are heroes as well as friends—a.k.a. gate-keepers to ensure the safety of those homebound seniors. Our Meals-on-Wheels assessment specialist, Julie Belnap, assesses the clients’ qualifications and informs them of the importance of proper nutrition. We greatly appreciate our Nutrition staff.

Strategies from the WebMD article “Why Is a Balanced Diet Important?” (resource: <https://www.webmd.com/diet/what-is-a-balanced-diet>) can help older adults maintain a healthy diet. Good eating habits should include the following:

1. Nutrient-rich foods. Pre-plan delicious meals with a variety of foods that include fish, fresh fruits and vegetables, lean meats, and whole grains.
2. Herbs and spices. Create excitement about eating and add flavor to meals by using herbs and spices.
3. Healthy snacks. Have nutrient-rich snacks on hand between meals like low-fat dairy products, fruits, or vegetables.
4. Nutritional supplements. To increase calories in your daily diet, you can have supplemental nutrition drinks. Add whey powder or egg whites to meals to increase proteins without adding saturated fats.



*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](http://www.weberhsaging.net)  
**Weber/Morgan Senior Art Gallery**  
[www.wmseniorart.net](http://www.wmseniorart.net)  
**Weber/Morgan Monthly Newsletter**  
[www.ourseniorcenter.com](http://www.ourseniorcenter.com)



**Roy Hillside Senior Center**  
5051 S. 2000 W., Roy

### **Arthritis Exercise Tai Chi for Arthritis**

- Lunch
- Games
- Education
- Foot Clinic, etc.

801-773-0860  
Director—Kathy Prevedel  
Open 8:30 am-3:30 pm, Mon-Thu  
9:00 am-12:30 pm, Fri

## **Arthritis Foundation Exercise Program**

Join us for our AFEP class every Friday

When: Fridays, 10:00 - 11:00 a.m.

Where: Roy Hillside Senior Center  
5051 S. 2000 W. Roy, UT 84067

### **Free of Charge!**

Multiple exercise activities, including warm-up, range of motion/stretching, strengthening, cardiovascular endurance, and cool down.

To Improve: Functional ability, mobility, muscle strength and coordination

To Reduce: Fatigue, pain and stiffness



## ROY HILLSIDE

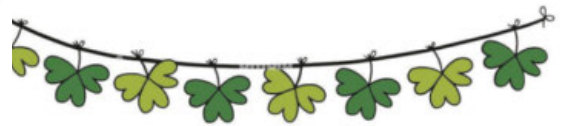
### First Wednesday of Every Month—March 5:

Birthday Celebration with cupcakes provided by Treo Retirement Living.

### Paint with Trish Painting Class:

Tuesday, March 11 at 11:00 AM.

Check out the next picture on our Facebook page!



Robin Arnold

Wednesday, March 5

Marcia Knorr

Wednesday March 12, 11:30 AM

Second Generation Dance and Music:

Thursday, March 20, 11:30 AM

Garr Ashby

Wednesday March 26, 11:30 AM

Legal Assistance:

Thursday, March 13 - Appointment Only

[Speak to Kathy for more information.](#)

Paint with Trish:

Tuesday, March 11, 11:00 AM



St. Patrick's Day Party!

Wear the most green on March 17!



## ROY HILLSIDE

BINGO:

Wednesday, March 5, 1:00 PM

Chancellor Gardens

Wednesday, March 19, 1:00 PM

Sun Ridge Assisted Living

Crosswords:

Tuesday, March 11, 11:30 AM

Northern UT Rehab

Medicare Minute:

Tuesday, March 4, 11:30 AM-12:30 PM

Foot Clinic (Podiatrist):

Wednesday, March 19, 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

10:00 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, Roy, Utah 84067  
801-773-0860

Director: Kathy Prevedel  
Open 8:30 AM-3:30 PM Monday-Thursday  
9:00 AM-12:30 PM Friday



**FARR WEST SENIOR CENTER**  
 1896 North 1800 West,  
 Farr West, Utah 84404  
 Phone: 801-782-3497  
 Director: Ange Frey-Horn  
 Hours:  
 Monday-8:00AM-1:00 PM  
 Tuesday & Wednesday-  
 8:00 AM-12:00 PM



**FIRST MONDAY LUNCH BUNCH**  
 March 3rd at 11:30 AM  
 Join us for a Lunch and Learn Medicare Minute, and Bingo Lunch from Beto's  
 \*\*RSVP to place your order and reserve your seat!\*\*

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

**SAINT PATRICK'S DINNER**  
 March 19th at 5:30 PM  
 Join us for a festive meal and great company!  
 We will have a Baked Potato Bar, Soda Bread, and Sweet Treats!



**ADOPTION EVENT**  
 MARCH 15 FROM  
 11-2 PM

**ARMCHAIR ADVENTURE CLUB- FLORENCE, ITALY**  
 March 24th at 11:30 AM  
 Join us for a virtual tour of the hot spots in Florence and Italian inspired treats!

**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!

**LET'S GROW YOUR BUSINESS**  
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**Jay Schwartz**

[jschwartz@4LPi.com](mailto:jschwartz@4LPi.com)  
 (800) 477-4574 x6801

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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
03/03 Quilting 1:00 PM	03/04 Shopping 1:30 PM	03/05 Mahjong 1:00 PM Blood Pressure Checks By Quality Home Health 11:00 AM - 12:00 PM	03/06 Cards 10:30 AM 
03/10 Quilting 1:00 PM 	03/11 Medicare Minute 12:00 PM Foot Clinic (By Appointment)	03/12 Mahjong 1:00 PM	03/13 Cards 10:30 AM St. Patrick's Day Party 12:30 PM
03/17 Quilting 1:00 PM	03/18 Birthday Celebration 12:30 PM	03/19 Mahjong 1:00 PM Blood Pressure Checks By Enhabit 11:00 AM - 12:00 PM	03/20 Cards 10:30 AM
03/24 Quilting 1:00 PM	03/25	03/26 Mahjong 1:00 PM	03/27 Cards 10:30 AM
03/31 Quilting 1:00 PM Terrace Plaza Playhouse 4:30 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 HAS A NEW TIME:

Every Thursday at 9:00 AM



## NORTH VIEW

# Grief Support Group

4<sup>th</sup> Thursday  
each month  
2:30

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

6 | Weber/Morgan Area Agency on Aging

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Weber/Morgan Area Agency on Aging, Ogden, UT

B 4C 05-1053



**SPECIAL EVENTS:**

- Haircuts  
Monday, March 3, 10:00 AM \$5.00
- Second Generation Band – Lunchtime Live Music  
Monday, March 3, 11:15 AM
- Blood Pressure Checks  
Monday, March 3, 11 AM–12:00 PM
- Medicare Minute – Shantel, Weber Human Services  
Tuesday, March 4, 11:30 AM
- Foot Clinic – Canyon Home and Hospice  
Wednesday, March 12, 10:00 AM  
*Podiatrist Only*
- The Better Half Band – Lunchtime Live Music  
Wednesday, March 12, 11:15 AM
- Live Music & Dance – An Evening with Gary Romer  
Saturday, March 15, 7:00 PM
- AARP Fraud and Scam Prevention  
Tuesday March 18, 10:30 AM

**NORTH VIEW**

- Fire on the Mountain Band – Lunchtime Live Music  
Wednesday, March 26, 11:15 AM
- Grief Group  
Thursday, March 27, 2:30 PM

Thursday Evening Activities run until 7:30 PM. A light dinner will be served at 5:00 PM for a cost \$4.00 per meal.

*Please sign up by Wednesday afternoon.*

- March 6: Bingo – 5:30 PM
- March 13: Fire on the Mountain Band – 5:30 PM
- March 20: Game Night – 5:30 PM
- March 27: Ally & Deb (Nashville Country Music) – 5:30 PM

**NOTE: The Center WILL BE CLOSED FOR FLOOR REPLACEMENT THE WEEK OF MARCH 30 TO APRIL 5.**

**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
- 12:30 PM ..... Games  
*(Chess, Pinochle, Cards)*
- 3:15 PM..... Zumba

**THURSDAY:**

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

*\*For Thursday evening activities, see above.*

**FRIDAY:**

- 8:30 AM ..... Ceramics
- 9:00 AM..... Bridge
- 10:15 AM..... Yoga



North View Senior Center  
485 East 2550 North  
Phone: 801-782-6211  
Director – Jill Garner  
Hours: Monday–Friday 8:00 am – 4:00 pm  
Thursday Evening Activities to 7:30 pm

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

MONDAY	TUESDAY	WEDNESDAY
Chopped Beef Steak <b>3</b> With Tomato Beef Gravy Whipped Potatoes Green Beans Chilled Peaches Wheat Roll 	Pork Souvlaki <b>4</b> Lemon Rice Country Vegetables Fresh Oranges Coconut Cream Pie	Seafood Gumbo Steamed Rice Zucchini & Yellow Squash Cottage Cheese with Fruit Dinner Roll 
Hearty Hamburger Soup <b>10</b> Seasoned Whole Potatoes Mixed Vegetable Fresh fruit Cornbread 	Teriyaki Baked Chicken <b>11</b> Parslied Rice Cauliflower / Pimento Chilled Peaches Orange Roll	Roast Pork / Gravy Whipped Potatoes Stewed Tomatoes Pineapple & Apricot with Dressing Dinner Roll
Irish Corned Beef <b>17</b> Pot O' Gold Potatoes Seasoned Cabbage with Shredded Carrots Shamrock Lime & Pear Salad Leprechaun Cookie Dilly Roll 	Roast Beef / Gravy <b>18</b> Whipped Potatoes Zucchini and Tomatoes Fresh Fruit Dinner Roll 	Turketi with Grated Cheese Spinach with Lemon Chilled Mandarin Orange Dinner Roll 
Chili Con Carne <b>24</b> Succotash Green Fruited Gelatin Tossed Salad w/Dressing Cornbread 	Chicken Tater Tot Casserole <b>25</b> Green Beans Fruit Cocktail Delight Dinner Roll 	Parmesan Beef Pattle Baked Potato With Sour Cream Corn And Carrots Tropical Fruit Cup Wheat Roll
Ground Beef Gravy <b>31</b> Whipped Potatoes Malibu Vegetables Chilled Pineapple Wheat Roll		



**WEBER SENIOR NUTRITION: 801-399-8390**  
 Milk Offered Daily—Menu subject to change without notice.

WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>fish fruit</p>	<p>6 Cream</p> <p>Breaded Chicken Cutlet Gravy Whipped Potatoes Harvard Beets Warm Peaches Rice Krispy Treat</p>	<p>7</p> <p>Baked Tilapia / Tartar Sauce Potatoes Romanoff Stewed Tomatoes Mixed Fruit Salad Pudding Dinner Roll</p> 
<p>12</p> <p>th Yogurt</p>	<p>13</p> <p>Seafood Pie/Cheese Sauce Buttered Yams Green Beans with Mushrooms Fresh Fruit Frosted Orange Cake</p> 	<p>14</p> <p>Chili Dog / Hot Dog Bun Tatar Tots Grated Cheese Glazed Carrots Pineapple Coleslaw</p>
<p>19</p> <p>cheese ges</p> 	<p>20</p> <p>Stuffed Green Peppers With Tomato Sauce &amp; Grated Cheese Rice Carrifruit salad Warm Apple</p>	<p>21</p> <p>Chicken A La Orange Noodles Corn and Fruited Gelatin Lorna Doone Cookie</p> 
<p>26</p> <p>r Cream</p>	<p>27</p> <p>Spaghetti with Meat Sauce Parmesan Cheese California Blend Banana Garlic Bread</p>	<p>28</p> <p>Pork Chop Supreme Buttered Yams Broccoli and Shredded Carrots Fruit Cocktail</p>
<p>025</p> 	<p><b>Weber Senior Nutrition Program * 1176 W. 3300 S. Ogden Utah 84401</b>  <b>801-399-8390 * Menu Subject To Change Without Notice</b>  <b>Suggested Meal Donation \$4.00 * Milk Offered Daily</b>  <b>Meals Are Made Possible By Your Generous Contributions</b>  <b>Every Donation Helps Provide Meals To A Senior In Your Community</b></p>	

## GOLDEN HOURS

# Field Trip Crystal Hot Springs

FRIDAY, MARCH 21ST  
VAN LEAVES AT 12:00 PM

We will take the Golden Hours van to take a trip to some warm waters. The van will leave at 12:00 am and return to Golden Hours around 4 pm. You are responsible for your own entry fee and your own snacks. The van will not be stopping for food.

**\$5 VAN FEE**

\$18 FOR SENIOR ENTRY  
(PAID BY MEMBER)



### Classes

Stitches in Time– 12:00-2  
4th, 11th, 18th, 25th  
Basic Sign Language– 1-2:00  
3rd, 10th, 17th & 24th  
AARP Safe Driving– 10th at 9:00

### Social Opportunities

Coffee Talk w/ Byron–  
4th & 18th at 10:30  
Field Trip– Crystal Hot Spring  
21st at 12-4:00

### Crafts

Wire Wrapping —4th at 4:30  
Sewing Project – 10th at 10:00  
Pie and Craft – 14th at 10:00

### Save the Date:

April 14-18 Easter Egg Hunt  
April 18- Easter Party  
April 18- Hill Air Force Museum  
April 25- Pie & Craft



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- **AARP Tax Appointments**  
Tuesdays and Thursdays, 9:00 AM–1:00 PM
- **CSFP Food Box Pick-Up (Registration Required)**  
Monday, March 3
- **Sewing**  
March 17, 10:00 AM
- **Alzheimer Support Group**  
March 17, 1:30–3:00 PM
- **Beehive Rock and Gem Club**  
March 25, 5:30 PM
- **Ukulele**  
March 5 & March 19, 6:00 PM–7:30 PM
- **Loteria (Spanish BINGO)**  
March 6, 9:30 AM & March 21, 12:30 PM–1:30 PM
- **Pie and Craft – Shamrocks!**  
March 14, 10:00 AM
- **Newcomers Bridge**  
March 6, & March 20, 12:30 PM–4:00 PM
- **Legal Services (Appointment Required)**  
March 6, & March 13, 1:30 PM
- **Marathon Bridge**  
March 14 & March 28, 11:00 AM–4:30 PM
- **Gay Men’s Support Group**

## GOLDEN HOURS

- **Haircuts (Appointment Required)**  
March 12, 11:00 AM–1:00 PM & March 26, 11:00 AM–2:00 PM
- **S.O.A.P Group (LGBTQ+)**  
March 18, 5:30 PM–8:00 PM
- **AARP Safe Driving Course**  
March 10, 9:00 AM–1:00 PM
- **Podiatry (Appt. Required)—March 20, 10 AM–3:30 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–2:00 PM.....Basic Sign Language (FULL)
- 1:00 PM–4:00 PM.....American Western Mahjong
- 2:00 PM–7:30 PM.....Pickleball (ALL LEVELS)
- 2:30 PM.....Strong Bodies Class (FULL)
- 4:00 PM–8:00 PM ..... Lapidary (OPEN LAB)

**TUESDAY:**

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

**WEDNESDAY:**

- 9:30 AM ..... BINGO
- 10:00 AM–11:00 AM..... Vet’s Group
- 10:30 AM–4:00 PM ..... Dominoes
- 11:30 AM–4:00 PM..... Duplicate Bridge
- 5:00–8:30 PM...Silversmithing (Open Studio) (Not Mar. 19)
- 2:30 PM.....Strong Bodies Class (FULL)
- 7:00 PM–9:00 PM.....Guitar Jammers

**THURSDAY:**

- 10:00 AM..... 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–8:00PM.....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
- 1:00 PM–2:45 PM ..... Pickleball (2.0–2.5)
- 2:00 PM–4:00 PM.....Pottery class (Registration required)
- 3:00 PM–5:00 PM..... Pickleball (Open Play)

**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

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](http://www.weberhsaging.net)

Classes for at-home learning and participation. Visit [weberhsaging.net](http://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](http://weberhsaging.net) or call (801) 625-3771 for more information.

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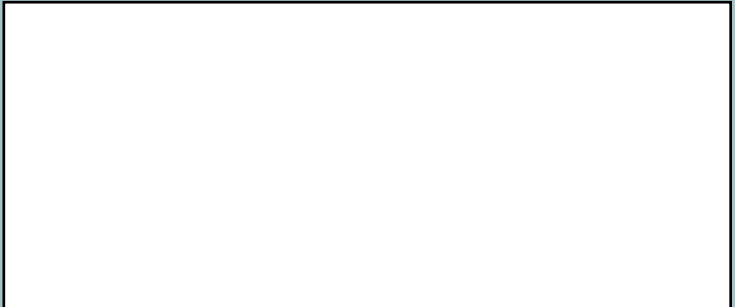
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Games Played Everyday:

Dominos Train Game

1:00 PM Monday–Friday

BINGO

Thursday, March 6 & March 20

Starts at 1:00 PM

Celebrate St. Patrick’s Day & The Good Luck of March!

Tuesday, March 18

Come & Dance with Us!

Foot Clinic by Canyon Homecare & Hospice

Wednesday, March 26

Please sign up or call & reserve your appointment

Beginning Computer Class by David Corrigan

Thursday, March 13, & March 27, 1:00 PM–2:00 PM

WASHINGTON TERRACE

Wii Bowling, Golfing, Baseball, and Tennis are available after lunch! More Nintendo games coming soon!!

WTSC Thrift Store Now Open Thursdays  
10:30 AM—2:00 PM

Volunteers Wanted to help w/ Thrift Store—  
Please contact RSVP for further information!



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..... Live Music and Dancing  
With the band Second Generation

12:30 PM.....Ceramic Class

1:00 PM.....Pool

WEDNESDAY:

9:00 AM.....Ceramics By: Cheryl Corrigan

10:30 AM..... Live Music and Dancing  
With the band Second Generation

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

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

9:00 AM ..... WTSC Quilting Team  
Experienced quilters welcome!

THURSDAY:

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

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

10:30 AM.....WTSC Thrift Store

FRIDAY:

10:30 AM..... Live Music and Dancing  
with The Senior Moments band

1:00 PM...Beginning 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: Cheryl Corrigan

Hours 9:00 AM–2:30 PM





**DATE: MONDAY, April 7th @ 11 am**

**WHERE: Farr West Senior Center**

**1896 N 1800 W Farr West, UT 84404**

**11:00 am Presentation on Cybersecurity**

**By Artic Wolf**

**12:00 pm Fraud bingo**

**(Prizes will be given)**

Come have some **free** lunch, and expand your knowledge about how to protect yourself from fraud and scams.

**Please sign up with Farr West Senior Center at 801-782-3497 or Shantel Clark 801-625-3664, so we have an a count of how many lunches to get.**



Weber Morgan Area Agency on Aging can help you examine your plan. The State Health Insurance Assistance Program is free and non-biased program that helps Medicare beneficiaries examine their plan to make sure it is right for them. You can contact us for an appointment. We can also assist in seeing if you qualify for help in reducing your Part D costs, and help you if you have been a victim of a health care scam.

You can call us at **801-625-3770**.

This project was supported, in part by grant number SHIP Grant # 90SAPG0061 and SMP Grant # 90MPPG0059, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.





# Utah's Official LO\$T & FOUND

Every year, the State of Utah receives millions of dollars in lo\$t money belonging to Utahns.

## 1 IN 5 UTAHNS HAS UNCLAIMED PROPERTY

- Unpaid insurance benefits
- Overpaid medical bills
- Unreturned deposits
- Dormant bank accounts
- Uncashed paychecks
- And more!

Searching and claiming your lo\$t money is easy, secure, and free. Third-party sites may charge a finder's fee to help you locate unclaimed cash. Don't pay to get **your** money back. Claim it on Utah's official government website: [mycash.utah.gov](https://mycash.utah.gov)



**AARP Foundation Tax Preparation Aides** provide in-person and/or virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. For more details, contact one of the senior centers below for the AARP Tax Preparation Aide.

Source: [https://www.aarp.org/money/taxes/aarp\\_taxaide](https://www.aarp.org/money/taxes/aarp_taxaide)

<p><b>Golden Hours Senior Recreation Center</b>, 650 E 25th St, Ogden, UT, 84401-2508  TUE, 09:00 AM - 01:00 PM  THU, 09:00 AM - 01:00 PM  <b>Contact:</b> (801) 629-8864</p> <p>See the page of Golden Hours Senior Center in this newsletter for the details.</p>
<p><b>North View Senior Center</b>, 485 E 2550 N, North Ogden, UT, 84414-2948</p> <p><b>DATE &amp; TIME</b>  TUE: 08:00 AM - 01:00 PM  THU: 12:00 PM - 04:00 PM  <b>SERVICE TYPE</b>  Drop Off, In-Person  <b>APPOINTMENT REQUIRED</b>  Yes  <b>DATES OPEN</b>  2/6/2025 - 4/8/2025</p> <p><b>Contact:</b> (801) 782-6211</p> <p><b>DETAILS</b>  Call the Northview Senior Center for All Appointments. We will start taking appointments about 1/28/25 at which time you may pick up a Tax Package from the Senior Center.</p>
<p><b>Location</b>  <b>Roy Hillside Senior Center</b>, 5051 S 2000 W, Roy, UT, 84067-2507</p> <p><b>DATE &amp; TIME</b>  WED: 09:00 AM - 02:30 PM  <b>SERVICE TYPE</b>  Drop Off, In-Person  <b>APPOINTMENT REQUIRED</b>  Yes  <b>DATES OPEN</b>  2/12/2025 - 4/9/2025  <b>Contact:</b> (801) 773-0860</p>

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 Training room (3rd Floor, 237 26th St., Ogden), 12:00-1:00 pm, Fridays (a Zoom option is available). Respite services may be 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:



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

Supported by the State Division of Aging and Adult Services

- 3/7/2025 *Dementia 101*
- 3/14/2025 *Scams, Fraud, and Elder Abuse*
- 3/21/2025 *"You Can't Get Out of It, But You Can Get Through It"*
- 3/28/2025 *Home Health and Hospice*
- 4/4/2025 *The Mindful Caregiver*
- 4/11/2025 *Ask the Doctor*
- 4/18/2025 *Caregiver Burnout*
- 4/25/2025 *Living with Vision and Hearing Loss*