



**OCTOBER 2021**

***Utah Commission on Aging***

**Visit: [www.utahaging.org](http://www.utahaging.org)**

Weber Human Services Area Agency on Aging has been partnering with the Utah Commission on Aging (UCOA), the Utah Governor's Commission established by statute to inform Utah's, businesses, and policymakers about the impact of aging. On the new UCOA website, you will find statutory requirements, appointed member and community partner profiles, meeting schedules and archive, and annual reports to the Governor and Utah Legislature (resource: [www.utahaging.org](http://www.utahaging.org)).



Rob Ence, Executive Director of UCOA, summarizes UCOA's support for Utah senior citizens using four sector priorities:

**Research**

- Study, evaluate, and report on the projected demographic impact on the state's ecosystem.
- Facilitate, conduct, and report the research and study of aging issues.
- Study and evaluate policies and programs in other states and countries.

**Public Policy**

- Identify and recommend policies and programs.
- Study, evaluate, and report on the status and effectiveness of policies and programs.
- Encourage state and local governments to analyze, plan, and prepare.

**Resource Education**

- Increase public and government understanding of current and future needs and solutions.
- Facilitate communication and coordination of the functions of public and private entities.
- Increase public awareness on innovate solutions and services available.

**Communications**

- Provide a forum for public access and input on aging issues.
- Utilize all media formats to disseminate public information.
- Report to stakeholders on Commission results

I use the UCOA website as one-stop resource center regarding all topics related to Aging in Utah. The website consists of several sections, such as Utah Aging Services (Weber Human Services Aging website is one link partner on this page!), Aging Issues, Arts & Aging, Professional Center, UCOS home, Volunteer Center, Media Center, Global Gateway, and Management Tool. The new site ([www.utahaging.org](http://www.utahaging.org)) is designed for professionals, seniors, caregivers, students, and all people who care about Aging matters in Utah. Please visit and tour the site.

*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

**Weber Senior Nutrition  
Meals on Wheels**  
1176 West 3300 South  
Ogden, UT 84401  
801-399-8392

**Nobu Iizuka, Director Weber Morgan  
Area Agency on Aging**

**Mike VanLeeuwen, Program Manager  
Weber Morgan Nutrition Program**

**Amber Sprague, Program Manager  
Weber Morgan Senior Centers  
(801-399-8393)**

**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)



**OCT 6— NOV 10, 2021**  
**MEETS EVERY WEDNESDAY**  
TIME: 1:30 P.M. - 4:00PM

**Senior Center - ROY**  
5551 S 2000 W  
Roy, UT 84067

*Led by Trained Leaders*

### **Who should register?**

*People (along with their caregiver or relatives) who have arthritis, diabetes, heart disease, hypertension, or any other chronic condition.*

**TO REGISTER:**  
CALL(801)625-3779 OR  
Sign up at senior center

Space limited | Must  
Register  
Healthy snacks will be  
provided

## Benefits

- Classes are FREE
- Learn how to manage stress
- Develop a healthy lifestyle
- Create and practice action plans
- Receive a “Living a Healthy Life with Chronic Conditions” textbook

## SPECIAL EVENTS OCTOBER

ENTERTAINMENT—11:30 am

Wednesday, October 13

**Robin Arnold**

Wednesday, October 19

**Linda Hammer on Piano**

Tuesday, October 21

**Second Generation**

Thursday, October 27

**Garr Ashby**



**BINGO: - 12:45 pm**

Wednesday, October 6

**Chancellor gardens**

Wednesday, October 13

**Country Pines Assisted Living**

Wednesday, October 20

**Barrington House Assisted Living**

Wednesday, October 27

**Sunridge Assisted Living**

## ROY HILLSIDE

Thursday, October 21

**Foot Clinic—12:00 pm**

**TRISH PAINTING CLASS—11:00 am**

Tuesday, October 12

New and different picture every month. Please call for more information so fun!!!!!!

Friday, October 22—11:30 am

**HUMANA PRESENTATION**

**FLU SHOT**

**10:30 am**

**Thursday October 14**

**Sponsored by CNS**



## Ongoing Activities

**LUNCH SERVED AT 11:30 am - 12:30 pm**

### Monday

9:00 am Oil Painting  
10:00 am Zumba  
Coffee with Friends  
10:30 am 30 minute Zumba  
12:00 pm Cards  
12:30 pm Line Dancing  
4:00 pm Out to eat Bunch

### Tuesday

8:30 am Ceramics  
9:00 am Tai Chi for Arthritis  
Quilting  
10:00 am Coffee with Friends  
12:30 pm Pinochle

### Wednesday

8:30 am Ceramics



### Thursday

8:30 am Oil Painting  
Blood Pressure Clinic  
9:00 am Floor Yoga  
9:30 am Chair Yoga  
10:00 am Tea Time with Friends  
12:00 pm Cards

### Friday

10:00 am Arthritis Exercise Class  
Coffee with Friends

### Hillside Senior Center

5051 South 2000 West

801-773-0860

Director—Kathy Gallegos-Prevedel

Open 8:00—4:00 Monday—Thursday

## FARR WEST SENIOR CENTER

1896 North 1800 West

Phone: 801-782-3497

Director—Chris Midget

Hours—Monday—8:00am—1:00 pm

Tuesday & Wednesday—8:00 am—1:00 pm

Thursday—8:00 —12:00 (noon)



### Monday

8:30 am

9:00 am

12:00 am

Power Walking

Quilting

Bingo

### Tuesday

8:30 am

10:30 am

Power Walking

Wii Bowling

### Wednesday

9:00 am

Stain Glass Class

### Thursday

8:30 am

Power Walking

**WOOD WORKING**—The woodshop for small wood projects. Contact Chris

**FOOT CLINIC**—October 11 —9:00 am

Lunch Served Mondays 11:30 am—12:30 pm *Reservation Required*

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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**

**Phone: 801-845-4040**

**Hours Monday—Thursday 8:00—4:00**

**LUNCH SERVED TUESDAY—THURSDAY**

**FROM 12:00 (NOON) TO 1:00 PM**

**Director Cissy Toone**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p style="text-align: right;">4</p> <p><b>1:00</b>  <b>Quilting Class</b>  <b>Dominos</b>  <b>Diamond</b>  <b>Dots</b></p>	<p style="text-align: right;">5</p> <p><b>1:30 Shopping</b>   <b>Birthday</b>  <b>Celebration</b></p>	<p style="text-align: right;">6</p> <p><b>1:00 Mahjong</b></p>	<p style="text-align: right;">7</p> <p><b>1:00 Cards</b></p>	
<p style="text-align: right;">11</p> <p><b>1:00</b>  <b>Quilting Class</b>  <b>Dominos</b>  <b>Diamond</b>  <b>Dots</b></p>	<p style="text-align: right;">12</p> <p><b>8:30 Temple</b>  <b>Trip</b></p>	<p style="text-align: right;">13</p> <p><b>1:00 Mahjong</b></p>	<p style="text-align: right;">14</p> <p><b>1:00 Cards</b></p>	
<p style="text-align: right;">18</p> <p><b>1:00</b>  <b>Quilting Class</b>  <b>Dominos</b>  <b>Diamond</b>  <b>Dots</b></p>	<p style="text-align: right;">19</p> <p><b>9:30—Pool</b></p>	<p style="text-align: right;">20</p> <p><b>1:00 Mahjong</b></p>	<p style="text-align: right;">21</p> <p><b>1:00 Cards</b></p>	
<p style="text-align: right;">25</p> <p><b>1:00</b>  <b>Quilting Class</b>  <b>Dominos</b>  <b>Diamond</b>  <b>Dots</b>  <b>Terrace</b>  <b>Playhouse</b></p>	<p style="text-align: right;">26</p> <p><b>9:30—Pool</b>   <b>Foot Clinic</b>  <b>By</b>  <b>Appointment</b></p>	<p style="text-align: right;">27</p> <p><b>1:00 Mahjong</b></p>	<p style="text-align: right;">28</p> <p><b>1:00 Cards</b></p>	

**MARRIOTT/SLATERVILLE  
SENIOR CENTER**  
1570 West 400 North  
Phone: 801-627-1919  
Director—Shauna Meyerhoffer

**PLAIN CITY SENIOR CENTER**  
4162 West 2200 North  
Phone: 801-399-8393  
Director—Taya McGeorge

**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*

**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*

**Foot (Pedicure) Clinic - 12:00 pm**  
Wednesday—October 20



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## SPECIAL EVENTS OCTOBER 2021

## NORTH VIEW

### FOOT CLINIC (PEDICURES)

10:00 am - \$10.00  
Wednesday, October 13 & 20

### GRIEF CLASS —2:30 pm

Thursday, October 28



### Ongoing Activities

LUNCH SERVED MONDAY through FRIDAY AT 11:45 am - 12:45 pm

#### Monday

8:30 am Ceramics/Porcelain  
9:00 am Line Dancing  
Beginners  
Bridge  
2:00 pm Tap Dance Class

#### Tuesday

9:30 am Art  
10:00 am Line Dancing  
Intermediate  
12:30 am Mahjong

#### Wednesday

9:00 am Wood Carving  
Bridge  
10:00 am Line Dancing  
12:30 am Games

#### Thursday

1:00 pm Tap Dancing

#### Friday

8:30 am Ceramics  
Tai Chi  
9:00 am Bridge  
10:00 am Yoga

### North View Senior Center

485 East 2550 North  
Phone: 801-782-6211  
Director—Zella Richards  
Hours: Monday—Friday  
8:00 am—4:30 pm

**Seniors 60 and older—Suggested Donation of \$3.00**  
**Individuals under 60 years of age—Charge \$6.00**

MONDAY	TUESDAY	WEDNESDAY
		
<p>Baked Chicken Breast/Gravy <b>4</b>                      Parslied Noodles                      California Vegetables                      Blueberry Applesauce Gelatin                      Oatmeal Raisin Cookie                      Herb Roll</p>	<p>Diced Pork in Gravy <b>5</b>                      Whipped Potatoes                      Steamed Cabbage                      Frog Eye Salad                      Chilled Pears                      Garlic Roll</p>	<p>Philly Cheese Steak                      Tater Tots                      Harvard Beets                      Tossed Salad Crasins / Dr                      Chocolate Cake With Cher                      Hoagie Bun</p>
<p>3 Ships Spanish Steak/Sauce <b>11</b>                      Coconut Rice                      New World Brussel Sprouts                      Carrot Raisin Salad                      Apple Cinnamon Cottage Cake                      Dilly Roll    <i>Columbus Day</i></p>	<p>Salmon Pattie with Dill Sauce <b>12</b>                      Stuffing                      Malibu Vegetables                      Texas Caviar                      Fruit Cocktail Cake / Topping                      Maple-Nut Roll</p>	<p>Lasagna                      Chuck Wagon Corn                      Tossed Salad / Peas / Dre                      Tropical Fruit                      Garlic Bread Roll</p>
<p>Pork Chop Suey <b>18</b>                      Buttered Rice                      Cauliflower &amp; Broccoli                      Fruited Lemon Gelatin Salad                      Strawberry Glazed Chocolate Cake                      Herb Roll</p>	<p>BBQ Chicken Thighs <b>19</b>                      Black Beans                      Country Vegetables                      Sour Cream Fruit Salad                      Fig Newton Cookies                      Cornmeal Roll</p>	<p>Chicken Fried Steak / Cream                      Whipped Potatoes                      Corn                      Citrus Pear Salad                      Vanilla Cream Pudding                      Whole Wheat Roll</p>
<p>Teriyaki Cube Steak <b>25</b>                      Rice                      Oriental Vegetables                      Beet and Onion Salad                      Apple Crisp                      Cornmeal Roll</p>	<p>Chicken Dijon <b>26</b>                      Whipped Sweet Potatoes                      Cauliflower with Diced Red Peppers                      Tossed Salad / Sunflower Seeds / Dressing                      Chilled Pears                      Dinner Roll</p>	<p>Macaroni Beef Bake                      Broccoli with Mushrooms                      Carrot &amp; Pineapple salad                      Tropical Fruit                      Sweet Potato Roll</p>



# WEBER SENIOR NUTRITION—801-399-8392

Milk Offered Daily -Menu subject to change without notice

	THURSDAY	FRIDAY
		Roast Turkey / Gravy <b>1</b> Cornbread Stuffing Green Peas Pear Half with Cranberry Sauce German Chocolate Brownie Cornmeal Roll
<b>6</b> essing erry Topping	Chicken & Cheese Enchilada <b>7</b> Refried Beans Shredded Lettuce & Diced Tomatoes Ambrosia Fruit Salad Cinnamon Churro	Lemon Peppered Fish <b>8</b> Tartar Sauce Cheesy Potato Casserole Zucchini & Tomatoes Pineapple Coleslaw Trail Mix Dinner Roll
<b>13</b> ssing	Oven Roasted Cuban Style Mojo <b>14</b> Pork Loin Cuban Yellow Rice Ranch Green Beans Fruited Orange Gelatin Lemon Cream Pie Dinner Roll	Salisbury Steak / Onion Gravy <b>15</b> Baked Potato / Sour Cream Buttered Carrots and Celery Broccoli Slaw Food of the Gods Bar Oatmeal Roll
Gravy <b>20</b>	Baked Tilapia / Tartar Sauce <b>21</b> Scalloped Potatoes Spinach with Lemon Red & White Coleslaw Apple Pie Blueberry Banana Muffin	Vegetable Meatloaf / Gravy <b>22</b> Whipped Potatoes Green Beans Chilled Peaches Teddy Grahams Dinner Roll
<b>27</b>	Pineapple Glazed Baked Ham <b>28</b> Scalloped Potatoes Cauliflower Orange Wedges Pumpkin Bar / Cream Cheese Icing Whole Wheat Roll	Witches Cauldron Stew with <b>29</b> Devil's Eyeball Potatoes Frightful Candy Corn Vegetables Hocus Pocus Goblin Salad Boo-tiful Brownie Wicked Buttermilk Biscuit 

## HAPPY HOURS SENIOR CENTER

222 28th Street  
Phone: 801-629-8346—Director Todd Skeen

Located at the Marshall White Community Center, Happy Hours Nutrition Site serves lunch on Monday, Wednesday, and Friday from 11:30 am to 12:30 pm.  
*Reservation Required*

Marshall White Community Center offers  
Hand Building Pottery—Monday 10:00 am  
Dominos—12:00 (noon) - 4:30 Wednesday  
Ceramics—1:00 - 3:00 pm Tuesday and Thursday  
Pickleball—Tuesday, Thursday and Friday  
12:00 - 3:00 pm

## GOLDEN HOURS

**FLU SHOT CLINIC**  
Wednesday, October 13  
11:00 am



**HALLOWEEN PARTY**  
Friday, October 29—11:30 am



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Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

**SPECIAL EVENTS OCTOBER**

**Podiatrist (by appt.)**  
Wednesday, October 6—10:00 am

**DIVERSITY SEMINAR**  
Wednesday, October 6—11:30 am

**ALZHEIMER’S SUPPORT GROUP**  
Monday, October 18—1:00 pm

**Tai Chi**  
Thursday, October 14, 21 & 28—10:00am

**STAMP COLLECTING**  
Thursday, October 14—12:30 pm

**SILVERSMITHING**  
Thursday, October 7, 21 & 28—5:00 pm

**GRIEF CLASS**  
Thursday, October 14—5:00 pm

**FAMILY FEUD**  
Friday, October 22—12:30



**Ongoing Activities**

**LUNCH SERVED AT 11:30 am - 12:30 pm (Reservation required)**

**Monday**

9:00 am Sewing  
12:30 pm Bingo

**Tuesday**

9:00 am Crochet & Knitting  
10:00 am Art Studio  
3:00 Balance & Fitness  
3:30 Chair Yoga  
4:30 pm Lapidary

**Wednesday**

9:30 am Bingo  
10:00 am Vet’s Group  
12:00 pm Bridge  
6:00 pm Ukulele  
6:30 pm Guitar Jammers  
6:30 pm Healing waters  
(Fly Fishing)

**Thursday**

10:00 am Art Studio  
10:30 am Learn to Crochet  
12:00 pm Pinochle  
3:00 pm Balance & Fitness  
3:30 pm Chair Yoga

**Friday**

8:00 am Pickleball  
9:00 am Crochet & Knitting  
Sewing  
10:00 am Line Dance  
(Intermediate)



**Golden Hours Senior Center**

650– 25th Street  
Phone: 801-629-8864  
Director—Ginger Myers  
Hours: Monday—Friday 8:00 am to 8:00 pm

**OGDEN VALLEY SENIOR CENTER**  
131 South 7400 East—Huntsville, UT  
Phone: 801-399-8393  
Director—Cathy VanLeeuwen

**LAKEVIEW SENIOR CENTER**  
5580 West 4600 South—Hooper, UT  
Phone: 801-399-8393  
Director—Cathy VanLeeuwen

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!*

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

Thursday,  
**Foot (Pedicure) Clinic \$10.00 charge.**

Thursday, October 14  
**Bingo  
Blood Pressure Screening**

**Blood Pressure Clinic 12:15  
October 20 - Stephanie**



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An illustration showing a hand holding a red megaphone, with a city scene in the background featuring people walking and a bicycle.

## SPECIAL EVENTS AUGUST 2021

### BINGO—1:00 pm

Thursday, October 2 & 16

### BLOOD PRESSURE CLINIC

Wednesday, October 13—11:00 am

### FOOT CLINIC—10:00 am

Thursday, October 23

### FLU SHOT

Friday, October 1 -11:00 am

## WASHINGTON TERRACE

## HALLOWEEN COSTUME CONTEST

And Party

October 29

10:30am-12:00pm



## Ongoing Activities

Lunch Served 12:00 (noon) - 1:00 pm

### Monday

9:00 am Low Impact Exercise

12:00 pm Oil Painting—  
Ron Harvey

1:00 pm Games

### Tuesday

10:30 am Live Band

### Wednesday

9:00 am Ceramics—  
Ked Kirkham

10:30 am Live Band

12:00 pm Jewelry Wire  
Wrapping—Carol Hartmann

1:00 pm Line Dancing—  
Christy Stegan

### Thursday

9:00 am Low Impact Exercise  
Watercolor Art—  
Ludy Danielson

10:00 am Tai Chi—Ellen Rantz

12:00 pm Oil Painting—  
Ron Harvey

1:00 pm Games  
Pinochle

### Friday

9:00 Ceramics—  
Ked Kirkham

10:30 am Live Band

1:00 pm LINE DANCING —  
Evelyn Bird

*Everyday 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

To Register: 801-625-3779 [misty@weberhs.org](mailto:misty@weberhs.org)

## Walk with Ease

**A free program that motivates you to get into shape  
by helping you walk safely and comfortably**



**Friends and Family welcome!**  
**Free Classes starting soon at:**  
**Golden Hours Senior Center**  
**Every Monday at 9 am for 6 weeks**  
**Beginning Oct 4—Nov 8**

The Walk with Ease program is proven to

- Reduce Joint Pain
- Increase balance
- Increase strength and walking pace
- Build confidence
- Improve overall health

Walk with Ease can be experienced on  
your own or with a group.



"The six-week Walk with Ease program can  
Teach you how to safely make physical  
activity a part of your everyday life."

This program does not replace existing treatment.



# One in four people age 65 or older has a fall each year.



## Don't 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 both inside and outside your home
- ▶ 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 

**Stepping On has been researched and proven to reduce falls by 30%!**

### Join Us for Stepping On!

Where: North View Senior Center

When: Wednesday, October 6

1:00PM

To Register: Zella 801-782-6211

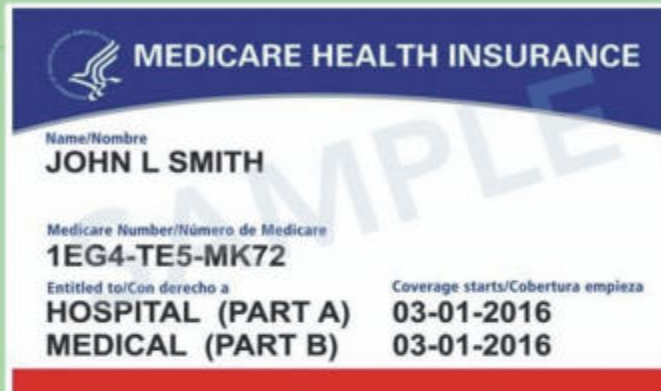
<https://www.compasshp.org/workshop-registration/14744>

Sponsored By: Weber-Morgan Health Department

\*masks required

# IMPORTANT!

## DO NOT FORGET TO EXAMINE YOUR MEDICARE PLAN DURING OPEN ENROLLMENT!



**MEDICARE  
OPEN ENROLLMENT  
OCTOBER 15-  
DECEMBER 7, 2021**

Weber Human Services (WHS) Aging Dept. offers **free** and **unbiased** Medicare counseling services to anyone with questions about Medicare or Medicaid. WHS is a public agency, and our employees are not corporate agents or salespeople. We are currently doing Medicare counseling sessions by in person, by phone, by email, and by video chat. We are here to help you find the best Medicare plan for you!



CALL US AT **801-625-3770** FOR HELP WITH  
MEDICARE OPEN ENROLLMENT.

