WEBER HUMAN SERVICES

Weber/Morgan Area Agency

MAY 2021

Older Americans Month: Communities of Strength

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Weber-Morgan Counties as friends, neighbors, and businesses have found new ways to support each other. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

When we think of celebrations in May, we may think about Cinco de Mayo, Mother's Day, Memorial Day, etc. Actually, we who advocate for the health, independence, and dignity of seniors in Weber and Morgan Counties should know that May is Older Americans Month (OAM). Each May, the U.S. Administration for Community Living leads the celebration of Older Americans Month. This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connections and engagement that build strong, resilient communities.

This year, Weber Human Services Area Agency on Aging will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future. Here are some ways to share and connect:

* **Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.**
* **Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home-cooked meal.**
* **Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.**

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities.

Submitted by Nobu Iizuka, Director of Weber-Morgan 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

Beth McDaniel, Program Manager Weber Morgan Senior Centers (801-399-8393)

VIEW NEWSLETTER ONLINE
www.ourseniorcenter.com
Weber/Morgan Area Agency on Aging

TRISH PAINTS FLOWERS IN FENCH

Please visit www.weberhsaging.net, then click "Virtual Senior Center" and "Art Tutorial Videos."

Free art lesson videos from *Trish Paints* are available in the "Art Tutorial Videos" section.

General Items needed

Each painting will have specific colors and brushes needed for that painting. Be sure to look at both lists before shopping.

- **Canvas (suggested 16 x 20)**
- **Easel**
- **Paint – colors may vary however, most are primary standard colors (white, black. red, blue, green, yellow)**
- **Brushes- (suggested to purchase bundle as each project could use different brushes)**
- **Hair dryer (optional)**
- **Paper plate (to put your paint on and then throw away)**
- **Paper towels**
- **Water glass (disposable. Put water in it and brushes) Plastic tablecloth**
- **Apron**
- **Chalk (colored and white)**

Besides the GENERAL ITEMS listed on facing page you will need the below items for ...

FLOWERS IN FENCE

BRUSHES NEEDED brush bundle (use very small flat brush for petals

PAINT COLORS NEEDED AND HOW MUCH: green yellow brown (or mix yellow, red, and green to make brown), white pink purple (or mix pink and blue to make purple), black red The colors you will be using the most will be black, yellow, green, purple, white.

Plan on using enough paint squeezed out of the tube to cover a 50 cent coin

GOLDEN HOURS

PICK UP AND GO MEALS
MONDAY THROUGH FRIDAY
11:30am—12:30pm
RESERVATION REQUIRED
Call 801-629-8864

DUE TO COVID 19 RESTRICTIONS
NO ACTIVITIES IN THE BUILDING AT THIS TIME

MORGAN

PICK UP AND GO MEALS
TUESDAY, WEDNESDAY, & THURSDAY
12:00—1:00 pm
RESERVATION REQUIRED
Call 801-845-4040

DUE TO COVID 19 RESTRICTIONS
CLASSES ARE LIMITED
NO NEW STUDENTS
FACE MASKS WORN AT ALL TIMES—6 FEET SOCIAL DISTANCING REQUIRED

Mondays 1:00 - Quilting Class

Golden Hours Senior Center
650 25th Street
Phone: 801-629-8864
Director—Ginger Meyers
Hours: Monday thru Friday

Morgan Senior Center
650 25th Street
Phone: 801-629-8864
Director—Cissy Toone
Hours: Monday thru Friday

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Monday

8:30 am	Ceramics/Porcelain
9:00 am	Line Dancing Novices
	No new students
2:00 pm	Tap Dance Class

Tuesday

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

Wednesday

9:00 am	Wood Carving
10:00 am	Line Dancing

Thursday

1:00 pm	Tap Dancing -

Friday

8:30 am	Ceramics
	Tai Chi

North View Senior Center

485 East 2550 North
Phone: 801-782-6211
Director—Zella Richards

PICK UP AND GO MEALS
MONDAY THROUGH FRIDAY
11:45 am—12:45pm
RESERVATION REQUIRED
Call 801-782-6211

DUE TO COVID 19
CLASSES ARE LIMITED NO NEW STUDENTS
FACE MASKS WORN AT ALL TIMES—6 FEET SOCIAL DISTANCING REQUIRED

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

MONDAY	TUESDAY	WEDNES
3 Chicken San Remo Baked Potato / Sour Cream Broccoli with Diced Red Peppers Tossed Salad with Raisins and Dressing Blueberry Muffin	4 Pork Cubes in Mushroom Gravy Noodles Oregon Vegetables Chilled Apricots Oatmeal Chocolate Chip Cookie	Beef Enchilada Spanish Rice / Sour Refried Beans Shredded Lettuce & Tomatoes Tropical Fruit Cup Cinnamon Churro
10 Market Bean Soup Country Vegetables Cottage Cheese & Peach Salad Coconut Cream Pie Poppy Seed Roll	11 Salisbury Steak / Gravy Whipped potatoes Mexicali Corn Coleslaw Chilled Pineapple Dinner Roll	Chicken Chop Suey Steamed Rice Oriental Vegetables Mandarin Oranges Fortune Cookie Coffee Cake
17 Chopped Beef Steak / Gravy Whipped Potatoes California Blend Vegetables Red and White Coleslaw Potato Roll	18 Fish Sticks / Tartar Sauce Macaroni and Cheese Brussel Sprouts Emerald Pear Salad Fresh Fruit in Season No Roll	Chicken Cordon Bleu Sweet Potatoes Green Beans with On Cranberry Fluff Sugar Free Strawber No Roll
24 Turkey Meatballs Whipped Potatoes / Cream Gravy Capri Vegetables Apple Coleslaw Apple Pie	25 Rigatoni with Meat Sauce Parmesan Cheese Italian Vegetables Tossed Salad/Croutons Dressing Garlic Roll	Sweet and Sour Pork Steamed Rice Broccoli with Lemon Banana Orange Roll
31 Senior Centers Closed 		

Golden Hours—801-629-8864
North View—801-782-6211
Roy Hillside—801-773-0860
Washington Terrace 801-621-0161

SDAY	THURSDAY	FRIDAY
5 Cream Diced	6 Lasagna Brussel Sprouts Carrot Raisin Salad Garlic Roll	7 Battered Pollock Tartar Sauce English Chips Cauliflower with Pimento Coleslaw Apple Crisp with Topping No Roll
12	13 Roast Beef / Gravy Whipped Potatoes Spinach with Lemon Slice Pears Lorna Doone Cookie Dinner Roll	14 Halibut Steak Tartar Sauce Seasoned Rice Harvard Beets Cran Apple Salad Strawberry Shortcake No Roll
19 / Gravy ions ry Sorbet	20 Pork Stroganoff Noodles Carrots & Celery Pineapple & Apricot/Yogurt Dressing Tapioca Pudding	21 Bacon Cheese Burger on Bun Mustard & Ketchup Lettuce, Tomato & Pickles Tater Tots Green Beans Fruit Cup
26 Butter	27 Roast Turkey / Gravy Stuffing Peas Chilled Pears Iced Peanut Butter Brownie	28 Hamburger Soup Whole Potatoes Mixed Vegetables Tossed Salad / Dressing Coconut Macaroon

MAY

FARR WEST SENIOR CENTER
1896 North 1800 West
Phone: 801-782-3497
Director—Chris Midget

NO MEALS ARE BEING SERVED AT THE FARR WEST SENIOR CENTER

Monday
8:30 am Power Walking
9:00 am Quilting

Tuesday
8:30 am Power Walking
10:30 am Wii Bowling

Wednesday
9:00 am Stain Glass Class

Thursday
8:30 am Power Walking

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

PICK UP & GO MEALS
WEDESDAYS ONLY
11:30 am to 12:30 pm
RESERVATION REQUIRED

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Monday
9:00 am Oil Painting
12:30 pm Line Dancing

Tuesday
8:30 am Oil Painting
9:00 am Quilting

Wednesday
8:30 am Ceramics

Thursday
8:30 am Ceramics
9:00 am Floor Yoga
10:00 am Chair Yoga

Friday
9:00 am Arthritis Exercise Class

Roy Hillside Senior Center
5051 South 2000 West
801-773-0860
Director—Kathy Gallegos-Prevedel

DUE TO COVID 19
CLASSES ARE LIMITED
NO NEW STUDENTS
FACE MASKS WORN AT ALL TIMES—6 FEET SOCIAL DISTANCING REQUIRED

Monday

9:00 am	Low Impact Exercise—Frank Bernal
12:00 pm	Oil Painting—Ron Harvey

Tuesday No activities

Wednesday

9:00 am	Tai Chi—Linda Berkley
10:30 am	Ceramics—Ked Kirkham
1:00 pm	Jewelry Wire Wrapping - Carol Hartmann

Thursday

9:00 am	Low Impact Exercise = Frank Bernal
10:00 am	Tai Chi—Ellen Rantz

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

DUE TO COVID 19
CLASSES ARE LIMITED
NO NEW STUDENTS
FACE MASKS WORN AT ALL TIMES—6 FEET SOCIAL DISTANCING REQUIRED

FREE SHRED EVENT

ROY HILLSIDE SENIOR CENTER

5051 S 2000 W Roy, UT 84067

Please enter in by 2000 West

Friday June 4th from 9 am to 11 am

Weber Morgan County Senior Medicare Patrol invites you to help fight fraud and reduce the threat of possible identity theft by properly disposing of sensitive documents these items include:

- ⇒ Documents with personal information such as your social security number.
- ⇒ Documents with personal information about your medical history.
- ⇒ Documents with your credit card information or credit scores.
- ⇒ Junk mail for credit card offers.

PLEASE MAKE SURE ALL METAL ITEMS LIKE PAPER CLIPS ARE DETACHED FROM ALL DOCUMENTS, AND YOU REMAIN IN YOUR CAR. A WORKER WILL HELP REMOVE ITEMS FROM YOUR CAR TO ENSURE SAFE SOCIAL DISTANCING.

UTAH SMP Empowering Seniors To Prevent Healthcare Fraud

WEBER HUMAN SERVICES

ship state health insurance assistance programs NATIONAL NETWORK