



**Weber Human Services Area Agency on Aging
Free In-Home Visit COVID-19 Vaccine (Moderna or Pfizer, 1st, 2nd, or Booster)**

Weber Human Services Area Agency on Aging is implementing home visit COVID-19 vaccines, including booster shots, for seniors who are homebound or bedbound in their own home.

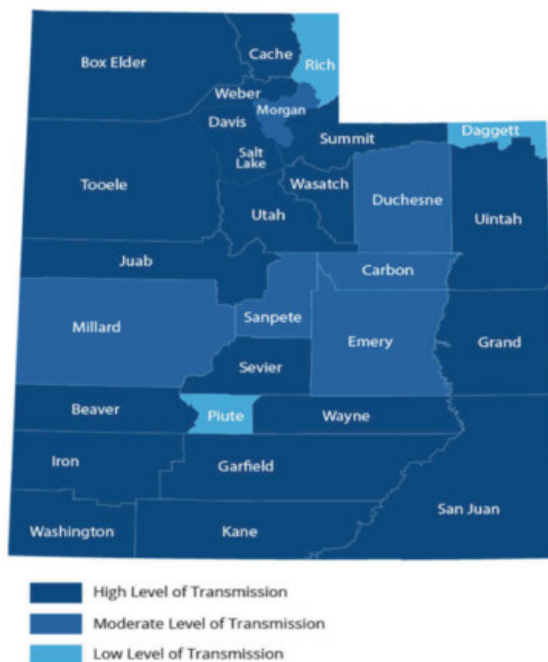
The Utah state coronavirus website (<https://coronavirus.utah.gov/>) explains that booster doses are available for anyone age 16 or older who got their second dose of the Pfizer-BioNTech or Moderna vaccine at least six months ago, or their first dose of the Johnson & Johnson vaccine at least two months ago. As for the youth (16 or 17 years old), they can only receive the Pfizer-BioNTech vaccine for your booster dose right now. The CDC allows mixing and matching of COVID-19 vaccines to help provide greater flexibility and increased protection for people getting booster shots. People can get a different type of booster vaccine than the type of vaccine they originally received.

If you or a loved one needs an in-home visit for the COVID-19 vaccine and meet the conditions below, Weber Human Services Aging is currently able to put your name on our list for in-home vaccination visits (**Moderna or Pfizer brand only**).

- You (or your loved one) must be homebound (i.e., not living in a care facility) in Weber or Morgan County.
- You (or your loved one) must absolutely need a mobile clinic visit, and cannot be able to go to the vaccine sites by yourself *or* with others' support.
- You (or your loved one) must understand that this service may be discontinued at any time due to lack of resources, including vaccines from Weber-Morgan Health Department.

If you (or your loved one) meet **all of the conditions** above, **please call 801-625-3770 to put your name on the list.**

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



<https://coronavirus.utah.gov/utah-health> as of 12/16/2021

Inside This Issue...

Roy HillsidePages 2 & 3
Farr WestPage 4
Morgan Sr. Ctr.....Page 5
Marriott/Slaterville
Plain City.....Page 6
North View.....Pages 7
Lunch Menu.....Pages 8 & 9
Happy Hours.....Page 10
Golden Hours.....Page 11
Ogden Valley &
LakeView.....Page 12
Washington Terrace...Page 13
Roy Hillside Class.....Pages 14
Winter Coloring.....Page 15
Winter Crossword.....Page 16

**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
Weber Morgan Senior Art Gallery
www.wmseniorart.net
Weber/Morgan Monthly Newsletter



ROY HILLSIDE SENIOR CENTER

SPECIAL EVENTS JANUARY

ROY HILLSIDE

ENTERTAINMENT—11:30 am

Wednesday, January 12

Robin Arnold

Tuesday, January 18

Linda Hammer on Piano

Thursday, January 20

Second Generation

Come and Dance

Wednesday, January 26

Garr Ashby

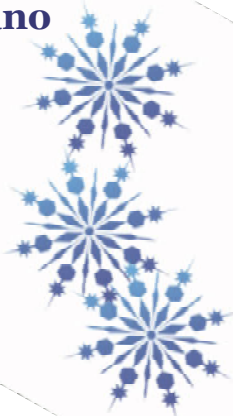
Foot Clinic—12:00 pm

Thursday, January 20

****SENIOR CENTER CLOSED**

Monday January 17th 2022

For Martin Luther King Day



BINGO: - 12:45 pm

Wednesday, January 5

Chancellor gardens

Wednesday, January 12

Country Pines Assisted Living

Wednesday, January 19

Barrington House Assisted Living

Wednesday, January 26

Sunridge Assisted Living

PAINT WITH TRISH PAINTING CLASS—11:00 am

Tuesday, January 11

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

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

Thursday

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

Tuesday

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

Friday

- 10:00 am Arthritis Exercise Class
- Coffee with Friends

Wednesday

- 8:30 am Ceramics



Roy Hillside Senior Center
5051 South 2000 West
801-773-0860
Director—Kathy Gallegos-Prevedel
Open 8:00—4:00 Monday—Thursday
8:00—12:30 Friday

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)

NEW!! FAMILY FEUD GAME

Following lunch—last Monday of the month at 12:00, come join in the fun.



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—January 10 —9:00 am

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

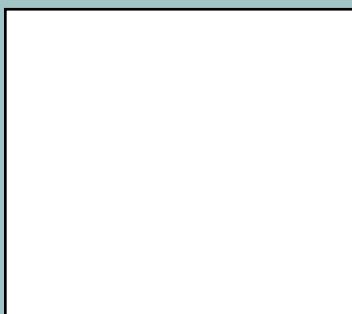
4 | Weber/Morgan Area Agency on Aging

**AVAILABLE FOR
 A LIMITED TIME!**
ADVERTISE HERE NOW!

Contact **Bill Clough**
 to place an ad today!

wclough@lpicommunities.com

or **(800) 950-9952 x2635**



**DON'T JUST LIVE,
 LIVE LIVELY.**

GARDENS
 ASSISTED LIVING

1450 9th Street, Ogden
www.cozyretire.com
 (801) 394-1400

LEAVITT'S MORTUARY
 & Aultorest Memorial Park

MIKE L. LEAVITT
 President - Funeral Director

836 - 36th Street
 Ogden, Utah 84403

801.394.5556

email- mike@leavittsmortuary.com

TOTAL CARE SOLUTIONS

Emergency Response System

Call Mitch Sessions Today
 for a demonstration
 and consultation

801-638-8065

mitch@totalcare-solutions.com



WE'RE HIRING

AD SALES EXECUTIVES

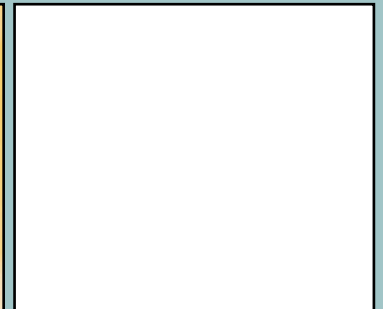
BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

SUPPORT OUR ADVERTISERS!



MORGAN SENIOR CENTER



50 West 100 North, Morgan UT

Phone: 801-845-4040

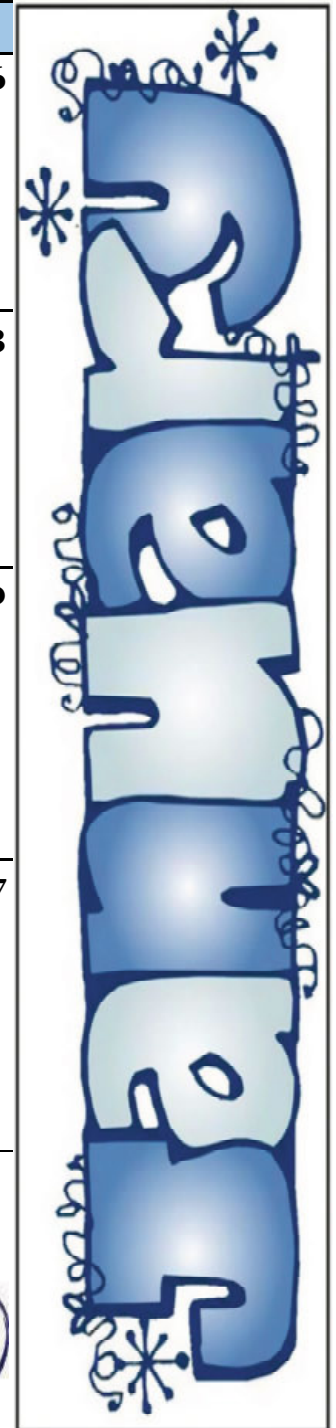
Hours Monday–Thursday 8:00–4:00

LUNCH SERVED TUESDAY–THURSDAY

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

Director Cissy Toone

Monday	Tuesday	Wednesday	Thursday
3 1:00 Quilting Class	4 12:30 Birthday Celebration 1:30 Shopping	5 1:00 Mahjong	6 1:00 Cards
10 1:00 Quilting Class	11 <i>Temple Trip</i> 8:15 am	12 1:00 Mahjong	13 1:00 Cards
17 CLOSED	18	19 11:00 Encompass bloodpressure checks. 12:00 Hearing checks 1:00 Mahjong	20 1:00 Cards
24 1:00 Quilting Class Terrace Plaza Playhouse 4:45	25 Foot Clinic (by appt.)	26 1:00 Mahjong	27 1:00 Cards
31 1:00 Quilting Class			



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

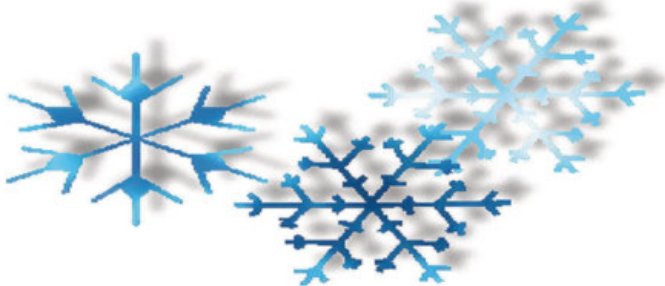
PLAIN CITY SENIOR CENTER
4162 West 2200 North
Phone: 801-399-8393
Director—Taya McGeorge

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

Arthritis Foundation Exercise Class
Every Wednesday at 10:30 am

Foot (Pedicure) Clinic - 12:00 pm
Wednesday, January 19



6 | Weber/Morgan Area Agency on Aging

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251

Now Accepting SelectHealth Insurance
Stonehenge of Ogden

5648 S Adams Avenue
Washington Terrace, UT 84405
801-475-0500

- Excellent Physical, Occupational & Speech Therapy
- Focus On Short Term Rehabilitation
- Orthopedic, Stroke, Neurological, Cardiopulmonary, Dysphasia
- Private Spacious Rooms • Transportation To Doctor Appts
- Please call or visit our website to learn which insurances we accept

WWW.STONEHENGEUTAH.COM

Are you turning 65?
Call your local licensed Humana sales agent.

Humana.

Y0040_GHHXDFEN21a_BC_C

Jeffrey Hinckley
801-462-1844
(TTY: 711)
Monday – Friday
8 a.m. – 5 p.m.

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at
www.mycommunityonline.com

support our ADVERTISERS

SPECIAL EVENTS JANUARY

SECOND GENERATION BAND

Monday, January 3 -- 11:00

FOOT CLINIC (PEDICURES)

10:00 am - \$10.00

Wednesday, January 12 & 19

DANCING by Gary Romer

Saturday, January 22—7:00 pm

GRIEF CLASS

Thursday, January 27—2:30 pm

“POOL PLAYERS WANTED”

FOOD SENSE CLASS

By USU extension

Tuesday, January 11—12:30 pm

VISIT WITH PHARMACIST

Wednesday, January 5 & 12—12:30 pm



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

1:00 pm Tap Dance Class

Thursday

1:00 pm Tap Dancing

Friday

8:30 am Ceramics

& Tai Chi

9:00 am Bridge

10:00 am Yoga

Tuesday

9:30 am Art

10:00 am Line Dancing

Intermediate

12:30 pm Mahjong

Wednesday

9:00 am Wood Carving

Bridge

10:00 am Line Dancing

12:30 am Games



North View Senior Center

485 East 2550 North

Phone: 801-782-6211

Director—Zella Richards

Hours: Monday—Friday

8:00 am— 4:30 pm


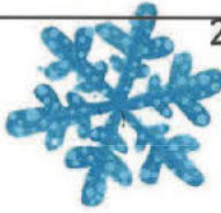


**Seniors 60 and older—Suggested Donation of \$3.00
Individuals under 60 years of age—Charge \$6.00**

MONDAY	TUESDAY	WEDNESDAY
Southwest Chicken Chili 3 Green Beans Fruited Gelatin Salad Fresh Banana Sweet Corn Bread	Pizza Burger / Sauce 4 Mozzarella Cheese & Pepperoni Tater Tots Italian Vegetables Apple Sauce Hamburger Bun	Roast Pork / Gravy Whipped Potatoes Harvard Beets Chilled Peaches Ranch Dinner Roll
Baked Beef Liver 10 Au Gratin Potatoes Sautéed Onions and Mushrooms Southwest Corn Salad Fresh Fruit Buttermilk Roll 	County Fried Steak 11 Cream Gravy Whipped Potatoes Spinach with Lemon Apricot/Pineapple/Yogurt dressing Dinner Roll	Ham Loaf with Mustard Confetti Rice Brussel Sprouts Chilled Mandarin Orange Sliced Pears Congo Bar Ranch Dinner Roll
17 	18 Sweet and Sour Pork Buttered Rice Brussel Sprouts Apple Crisp Whole Wheat Roll	Potato Crunch Pollo Tartar Sauce Buttered Sweet Potatoes Buttered Broccoli Fresh Fruit Blueberry Muffin
Beef Stroganoff 24 Rotini Pasta Peas and Carrots Fresh Fruit Peanut Butter Brownie Whole Wheat Roll 	25 Pork Chop Suey Steamed Rice Oriental Vegetables Yogurt Fruit Salad Fig Newton Cookie Sweet Potato Roll	Corn Dogs Mustard & Pickle Packet Macaroni and Cheese Ranch Green Beans Cherry Pie (No Roll)
Teriyaki cube Steak 31 Fried rice Broccoli Peach Pie Whole Wheat Roll	2022  	

Menu Subject To Change Without Notice · Meals Are Made Possible By Your Generous Contributions
 Weber Senior Nutrition Program · 1176 W. 3300 S. Ogden Utah 84401 · 801-467-1111

WEBER SENIOR NUTRITION—801-399-8392

Milk Offered Daily -Menu subject to change without notice

SDAY	THURSDAY	FRIDAY
5	Teriyaki Beef Cubes Parslied Rice Oriental Vegetables Apple Cobbler Bran Muffin 	6 Ruben Casserole Whole White Potatoes Cottage Cheese with Pineapple Ring Iced White Cake Whole Wheat Roll 7
12	Roast Turkey Gravy Cornbread Stuffing Zucchini & Tomatoes Tropical Fruit Sugar Cookie 13	Tavern Battered Pollock Tartar Sauce Lemon Rice Peas Chilled Peaches Whole Wheat Roll 14
19	Roast Beef / Gravy Whipped Potatoes Zucchini and Yellow Squash Pineapple Coleslaw Raspberry Cheesecake Dinner Roll 20	Chicken San Remo Fettuccini Noodles Cauliflower Fiesta Banana Cheese Biscuit  21
26	Salmon Patty With Dill Sauce Stuffing Broccoli Normandy Lemon Cream Pudding Cheese Bread Roll 27	Baked Chicken Fricassee Skinny Mashed Potatoes Green & Yellow Beans with Bacon Fresh Fruit Raisin Bran Muffin 28
		

Contribution· Every Donation Helps Provide Meals To A Senior In Your Community
 399-8392 · Milk Offered Daily Suggested Meal Donation \$ 3.00

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

- Pottery Monday 10:30am-11:30am
\$3.00 per pound of clay
- Chair Yoga 10:30am-11:30am \$2.00
Domingos 1pm-Until done Free
- Pottery Friday 10:30am-11:30am
\$3.00 per pound of clay
- Friday open play pickle ball 9am-2:30pm \$2.00
- Monday-Thursday open play pickle ball
11:30- 2:30 \$2.00

GOLDEN HOURS

COMING SOON:

Crafting class, Entertainment, Wellness Classes, Wildcat Den Game Room



10 | Weber/Morgan Area Agency on Aging

STAND OUT

with a PREMIUM DIGITAL AD
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952

A-1 Medical Supply

134 31st Street
Ogden, UT 84401

801-394-4455

Wheelchairs • Walkers
First Aid Supplies • Support Hose
Many other medical supplies and equipment!



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.950.9952

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Weber/Morgan Area Agency on Aging, Ogden, UT

C 4C 05-1053

GOLDEN HOURS

SPECIAL EVENTS JANUARY

BIRTHDAY CELEBRATION

Monday, January 3

NEWCOMERS BRIDGE

Thursday, January 6 & 20—12:30 pm

DIVERSITY SEMINAR

Tuesday, January 11—11:30 am

SEMINAR—"SO WHAT ARE THE RULES"

Tuesday, January 11—5:00 pm

LEGAL SERVICES

(by appointment only)

Thursday, January 13—1:30 pm

WELLNESS CHECK

Thursday, January 20—11:00

OGDEN HISTORICAL SOCIETY LUNCH & LEARN

Wednesday, January 26—11:30 pm

HAIR CUTS By appointment

Wednesday, January 26—9:00 am

FAMILY FUED

Friday January 28—12:30 pm



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 Open Art Studio
3:00 pm Balance &
Fitness
3:30 pm 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 &
Tai Chi
12:00 pm Pinochle
3:00 pm Balance & Fitness
3:30 pm Chair Yoga
5:00 pm Silversmithing

Friday

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

POTTERY BEGIN JANUARY 2022
2:00 pm—4:00 pm

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

**Blood Pressure Clinic 12:15
JANUARY – Diane**

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

**Thursday, January 13
Bingo &
Blood Pressure Screening**



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952
or visit www.lpicommunities.com/advertising



WE'RE HIRING
AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Bill Clough**
to place an ad today!

wclough@lpicommunities.com
or (800) 950-9952 x2635

**support our
ADVERTISERS**



SPECIAL EVENTS JANUARY 2022

BINGO—1:00 pm

Thursday, January 6 & 20
By HARRISON REGENT

BLOOD PRESSURE CLINIC

Wednesday, January 12—11:00 am
By CANYON

FOOT CLINIC—10:00 pm

January 27—by Happy Feet

**GAMES ARE PLAYED EVERY
AFTERNOON!**

1:00 pm Monday-Friday

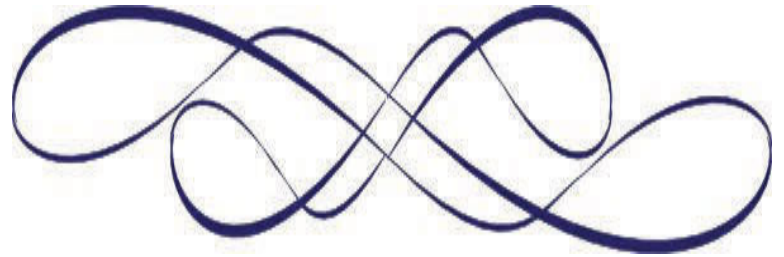
WASHINGTON TERRACE

MEXICAN TRAIN DOMINOS

DAILY-1:00 pm Monday— Friday

HAND and FOOT CARD GAME

Wednesdays, 1:00 pm



Ongoing Activities

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

Monday

9:00 am Low Impact Exercise
9:00 am Fly Tying
By Dennis Parkins
9:00 am Loosey-Goosey
Dice Game
12:00 pm Oil Painting
By Ron Harvey

Tuesday

9:00 am DIAMOND PAINTING
By Karen Padilla
10:30 am Live Band

Wednesday

10:30 am Ceramic
By Karen Padilla
10:30 am Live Band
1:00 pm Jewelry Wire
Wrapping
By Carol Harmann
& Intermediate Line
Dancing
by Chris Stegan

Thursday

9:00 am Low Impact Exercise
9:00 am Watercolor Art
By Ludy Danielson
10:00 pm TAI CHI
By Linda Rantz
12:00 pm Oil Painting
By Ron Harvey

Friday

9:00 am Ceramics—
By Karen Padilla
10:30 am Live Band
1:00 pm Begin LINE DANCING
By 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

Free classes on how to eat well,
prepare delicious food,
and be active on a budget.

CREATE

BETTER HEALTH

SNAP-ED



The Roy Hillside Senior Center | 5051 S 2000 W | Roy, UT 84067

Wednesdays after lunch at 12:30 | Cost is Free!

Feb 9, 2022

- Introduction to MyPlate
- Physical activity guidelines
- Healthy recipe demonstration and samples

Feb 23, 2022

- Meal planning and grocery shopping
- How to set realistic physical activity goals
- Healthy recipe demonstration and samples

March 2, 2022

- Fruits and Vegetables
- How to read the nutrition facts label
- Aerobic activity
- Healthy recipe demonstration and samples

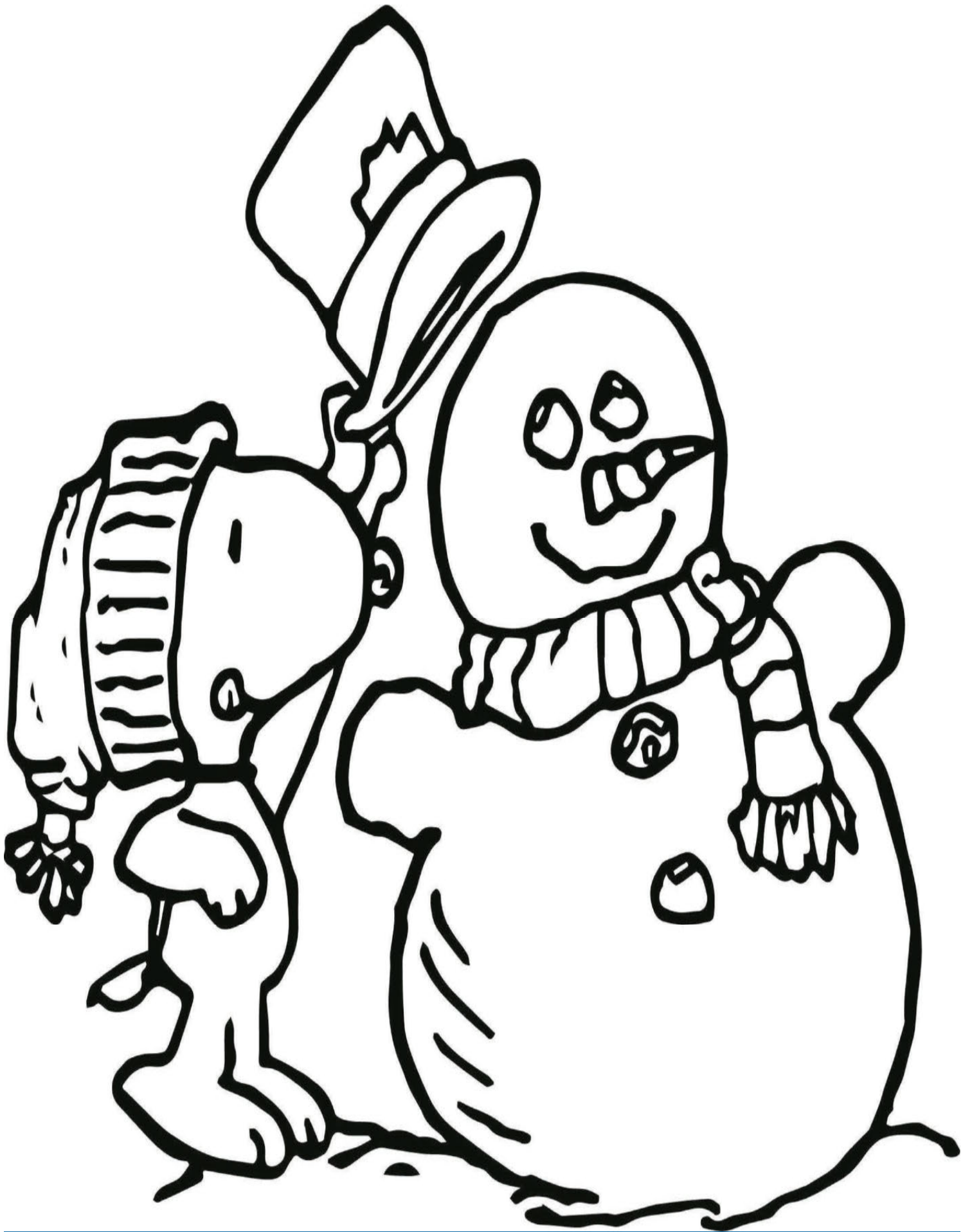
March 9, 2022

- Healthy and sustainable eating patterns
- Healthy and sustainable physical activity
- MyPlate review
- Healthy recipe demonstration and samples

For more information, visit: CreateBetterHealth.org

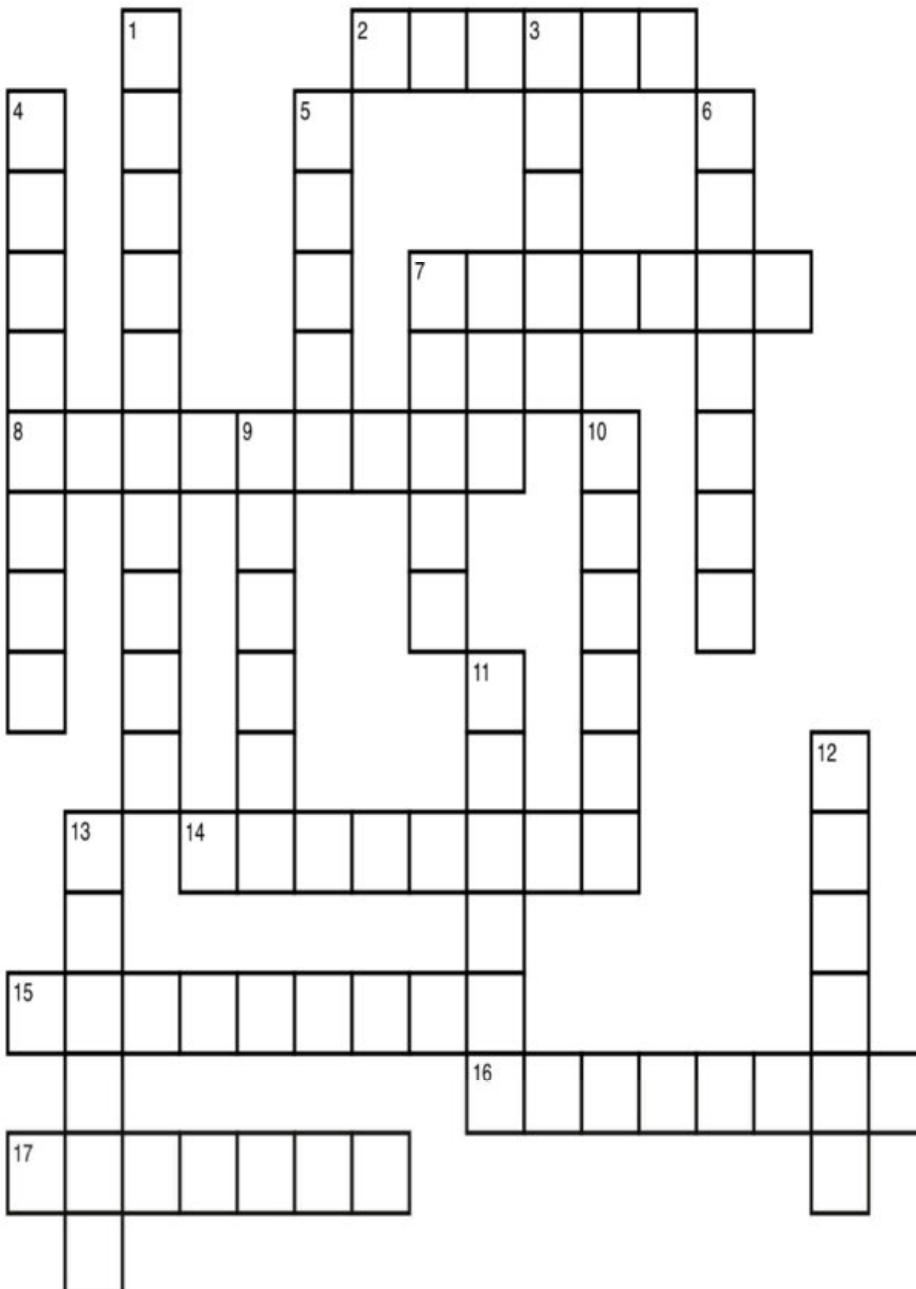
EXTENSION 
UtahStateUniversity

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see equity.usu.edu/non-discrimination.



WINTER

CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool