



**Messages from Weber-Morgan Council on Aging  
The Seeds of Human Life**

*Submitted by Lucy Valerio, a member of Weber-Morgan Council on Aging*

There are different kinds of seeds on earth. Each country has different species and colors of flowers and vegetables that are sown and harvested each Summer and Fall. There are some that will grow beautifully and some that will not grow or rot in the soil. Humans are the same. We come from different countries that may have different colors of skin, but nonetheless we are seeds and after nine months we are born and we grow just like flowers and vegetables. We grow, we go to school, and after we graduate we either go to college or go to work where we make our money to spend. We also get married and we start to seed just like flowers and vegetables. We enjoy our life and help our community grow. As our community grows, the complaints begin. There are good people, and there are some that do not adhere to the community.

As we grew in size, people's complaints began to grow. Therefore, in 1770 the majority of the people wanted some kind of organized government with justice and liberty. A group of constituents came together and started to form a government. In 1776 the Declaration of Independence was written and signed. A flag was established with 13 stripes, alternating red and white. This was a symbol of respect and prayer but not relating to any religion.

The pledge of allegiance was written by Captain George T. Balch.

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, with liberty and justice for all.

In 1892 a word was added by Rev. Francis Bellamy so it reads:

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.

We say this whenever we have a conference, meeting, or a celebration or whenever we feel proud. We also sing "The Star-Spangled Banner," which was written by Francis Scott Key in 1814. People stand at attention and face towards the flag of the United States of America.

O say can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming,  
Whose broad stripes and bright stars through the perilous fight,  
O'er the ramparts we watched, were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there;  
O say does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?

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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**

## ROY HILLSIDE SENIOR CENTER



**SPECIAL EVENTS FEBRUARY**

**ENTERTAINMENT—11:30 am**

Wednesday, February 9  
**Robin Arnold**

Tuesday, February 15  
**Linda Hammer on Piano**

Thursday, February 24  
**Second Generation  
Come and Dance**

Wednesday, February 23  
**Garr Ashby**

**Foot Clinic—12:00 pm**  
Thursday, February 24



**BINGO: - 12:45 pm**

Wednesday, February 2  
**Chancellor gardens**

**PAINT WITH TRISH PAINTING  
CLASS—11:00 am**

Tuesday, February 8  
*New and different picture every  
month. Please call for more  
information. Lots of fun!!!!!!*

**SENIOR CENTER CLOSED**  
**MONDAY FEBRUARY 21**  
**Presidents Day...**

**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  
9:00 am Crocheting  
(9am—11am)  
9:30 am Chair Yoga  
10:30 am Tea Time with Friends  
12:00 pm Cards

**Friday**

10:00 am Arthritis Exercise  
Class &  
Coffee with Friends



**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 Power Walking  
 9:00 am Quilting  
 12:00 am Bingo  
 No Bingo last Monday of the month

### Tuesday

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

### Wednesday

9:00 am Stain Glass Class

### Thursday

8:30 am Power Walking

**WOOD WORKING**—The woodshop for small

**FOOT CLINIC**—February 14 —9:00 am

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

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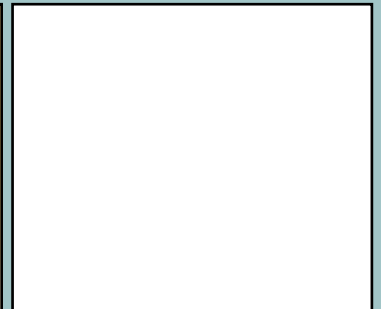
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# MORGAN SENIOR CENTER



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
	1	2 1:00 Mahjong	3 1:00 Cards
7 1:00 Quilting Class	8 12:30 Birthday Celebration  1:30 Shopping	9 1:00 Mahjong	10 1:00 Cards  VALETINE'S PARTY @12:00 pm
14 1:00 Quilting Class  Happy Valentine's Day	15	16 11:00 Encompass bloodpressure checks. 12:30 Caption Call 1:00 Mahjong	17 1:00 Cards
21 CLOSED  Presidents' Day	22 Foot Clinic (by appt.)	23 1:00 Mahjong	24 1:00 Cards
28 1:00 Quilting Class			



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

**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



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

**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, February 16

6 | Weber/Morgan Area Agency on Aging

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**SPECIAL EVENTS FEBRUARY**

**SECOND GENERATION BAND**  
Monday, February 7 -- 11:00

**FOOT CLINIC (PEDICURES)**  
10:00 am - \$10.00  
Wednesday, February 9 & 16

**DANCING by Gary Romer**  
Saturday, February 19—7:00 pm

**GRIEF CLASS**  
Thursday, February 24—2:30 pm

**“POOL PLAYERS WANTED”**



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

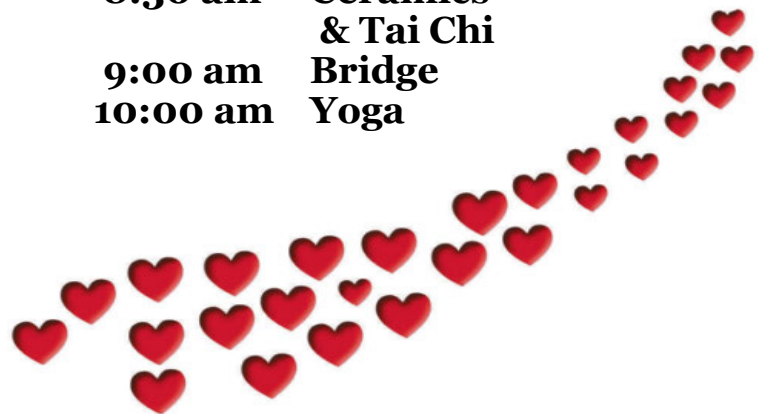
**Monday**  
8:30 am Ceramics/Porcelain  
9:00 am Line Dancing  
Beginners  
  
1:00 pm Tap Dance Class

**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 pm Games  
3:15 pm Zumba






**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
	Pork Chop Supreme / Sauce 1 Yams Peas & Carrots Tossed Salad/Olives and Dressing Fresh Apple Buttermilk Biscuit 	Oven Fried Chicken Whipped Potatoes w/ Country Vegetables Tropical Fruit Salad Chocolate Cream Pud Dinner Roll
Chicken Strips 7 Ranch Dip Candied Sweet Potatoes Zucchini and Yellow Squash Lemon Cream Fruit Cup Dinner Roll	Crabby Cake Sandwich 8 With Cheese / Bun Tartar Sauce Steamed Cube Potatoes Lettuce / Tomato /Pickle Fruit Salad Peanut Butter Cookie	Macaroni Beef Bake Grated Cheese Peas and Carrots Cherry Crisp Carrot-Raisin Muffin
Chicken Turnover / Gravy 14 Whipped Potatoes Brussel Sprouts with Bacon Hot For You Waldorf Salad Sweet Heart Cake (No Roll) 	BBQ Meatballs 15 Buttered Rice Carrot Lyonnais Orange Chocolate Brownie Potato Roll	Baked Chicken Whipped Potatoes w/ Chuck Wagon Corn Beet and Egg Salad Fresh Apple Dilly Roll
	Chicken Enchilada 22 Mexican Rice Peas Shredded Lettuce / Diced Tomatoes/Sour Cream Fresh Fruit Dinner Roll	Cheeseburger / Bun Mustard & Ketchup Potato Chips Lettuce, Tomato, Oni Carrot Coins Hot Cinnamon Sliced
Roast Pork 28 Whipped Potatoes and Gravy Normandy Vegetables Cherry Cobbler Dinner Roll		



# WEBER SENIOR NUTRITION—801-399-8392

Milk Offered Daily -Menu subject to change without notice

DAY	THURSDAY	FRIDAY
2 with Gravy ding	3 Spaghetti with Meat Sauce Broccoli with Diced Red Peppers Emerald Pear Salad Gingerbread Sesame seed Roll	4 Salisbury Steak Gravy Tater Tots Mandarin Glazed Beets Apple Coleslaw Peanut Butter Cookie Raisin-Nut Roll
9	10 Roast Pork Loin with Gravy Baked Potato with Sour Cream Broccoli with Mushrooms Cottage Cheese Fluff Applesauce Dilly Roll 	11 Creamed Ham Over Whipped Potatoes Cauliflower/Bacon/Diced Red Peppers Fresh Orange Chocolate Chip Cookie Whole Wheat Roll
16 with Gravy	17 Cabbage Beef Casserole Seasoned Whole Potatoes Cottage Cheese with Fruit Chocolate Chip Cookie Buttermilk Biscuit	18 Lemon Peppered White Fish Tartar Sauce Orzo Green and Yellow Beans Chilled Fruit Salad Congo Bar Whole Wheat Roll
23 on & Pickle Apples	24 Vegetable Meatloaf Whipped Potatoes with Gravy Spinach with Lemon Sour Cream Fruit Salad Sugar Cookie Spaghetti Bread Roll 	25 Roast Turkey with Gravy Buttered Yams Oregon Bean Medley Cranberry Orange Gelatin Rice Krispie Treat Dinner Roll 
	<p><b>2022</b> Weber Senior Nutrition Program            1176 W. 3300 S. Ogden Utah 84401 * 801-399-8392            Milk Offered Daily Suggested Meal Donation \$ 3.00            Menu Subject To Change Without Notice            Meals Are Made Possible By Your Generous Contribution            Every Donation Helps Provide Meals To A Senior In Your Community</p>	

## 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

### CENTER CLOSED

As of January 20<sup>th</sup> "Due to the recent alarming spike in COVID cases, Ogden City will temporarily be closing city-operated community spaces and programs. Please understand that this is being done in an abundance of caution for public health. City-operated facilities that will be closed include **Marshall White Center, Golden House Senior Center, and Union Station**. This includes the temporary suspension of all programming hosted with these spaces."

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## GOLDEN HOURS

### SPECIAL EVENTS FEBRUARY

**BIRTHDAY CELEBRATION**  
Monday

**NEWCOMERS BRIDGE**  
Thursday, 12:30 pm

**DIVERSITY SEMINAR**  
Tuesday, 11:30 am

**SEMINAR—"SO WHAT ARE THE RULES"**  
Tuesday, 5:00 pm

**LEGAL SERVICES**  
(by appointment only)  
Thursday, 1:30 pm

**WELLNESS CHECK**  
Thursday, 11:00

**OGDEN HISTORICAL SOCIETY  
LUNCH & LEARN**  
Wednesday, 11:30 pm

**HAIR CUTS By appointment**  
Wednesday, 9:00 am

**FAMILY FUED**  
Friday 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

#### 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)



### 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*

First Thursday of every Month  
**Foot (Pedicure) Clinic \$10.00 charge.**

Wednesday, February 9  
**Blood Pressure Screening-12:30**

Thursday, February 10  
**Bingo**

**Blood Pressure Clinic 12:30**  
**FEBRUARY 9— Jacoy**



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**SPECIAL EVENTS FEBRUARY 2022**

**BINGO—1:00 pm**

Thursday, February 3 & 17  
By HARRISON REGENT

**BLOOD PRESSURE CLINIC**

Wednesday, February 9—11:00 am  
By CANYON

**FOOT CLINIC—10:00 pm**

February 24—by Happy Feet

**GAMES ARE PLAYED EVERY  
AFTERNOON!**

**1:00 pm Monday-Friday**

**WASHINGTON TERRACE**

**MEXICAN TRAIN DOMINOS**

**DAILY-1:00 pm Monday— Friday**

\*\*\*\*\*  
\*  
\* **VALENTINES DRESS UP** \*  
\* **PARTY!!!** \*  
\* Friday, February 11th \*  
\* 10:30am-12:00pm \*  
\* (Time to dress up nice & enjoy the dancing) \*  
\*  
\*  \*  
\*  
\*\*\*\*\*

**Ongoing Activities**

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

**Monday**

- 9:00 am Low Impact Exercise
- 9:00 am Loosey-Goosey  
Dice Game
- 12:00 pm Art Class  
By Ron Harvey

**Tuesday**

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

**Wednesday**

- 9:00 am TAI Chi by Linda Berkley  
& Ceramic  
By Karen Padilla
- 10:30 am Live Band
- 1:00 pm Jewelry Wire  
Wrapping  
By Carol Harmann  
& Intermediate Line  
Dancing by Chris Stegan
- 1:00 pm Hand & Foot Card  
game

**Thursday**

- 9:00 am Low Impact Exercise
- 9:00 am Watercolor Art  
By Ludy Danielson
- 10:00 pm TAI CHI  
By Ellen Rantz
- 12:00 pm Art Class  
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](https://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](https://equity.usu.edu/non-discrimination).

### A Senior Companion is...



...someone they count on.

#### Senior Companions provide:

- Weekly visits to older frail adults
- Assistance with day-to-day tasks, like grocery shopping, errands, and Dr's appointments
- Companionship
- Encouragement to stay active
- A listening ear

#### Senior Companions must be age 55 or older and may receive:

- Monthly tax-exempt stipend
- Mileage and meal reimbursements
- Volunteer insurance
- Training

But the greatest reward is the gratitude of the people you will help.

**Call: 801-625-3774**



### RSVP volunteers:

- Serve at local non-profit organizations such as; food banks, shelters, housing complexes, senior centers, wildlife centers, historical museums, schools and more.

#### RSVP volunteers must be 55 or older and receive:

- Volunteer insurance
- Mileage reimbursement
- Recognition events

**Call 801-778-6897**



### A RSVP volunteer is...



...building a strong community

### A Foster Grandparent is...



...a mentor, friend, tutor

#### Foster Grandparents are:

- Tutors to children who are struggling in reading and math
- Serve in local schools
- Assist with basic reading, math and social skills
- A caring adult to a child in need

#### Foster Grandparents must be age 55 or older and may receive:

- Monthly tax-exempt stipend
- Mileage and meal reimbursements
- Volunteer insurance
- Training

But the greatest reward is in helping a student succeed in their education.

**Call 801-625-3782**





Turning 65? Have questions about Medicare?

Come learn about the basics of Medicare, and how to get through the Medicare maze. We are a non profit and non bias program.

Date: Friday March 11th

Time: 2 pm-4pm

Where: Weber Human Services 237 26th Street Ogden, UT in the training room on the 3rd floor.

Please contact Shantel Clark 801-625-3664 with any questions

