



# RIVERDALE CONNECTIONS

March 2022– Issue 51

## Riverdale Senior Center

4433 S 900 W.  
Riverdale, UT 84405  
(801)621-6086

Center Hours  
Monday- Friday  
8 am-3:30 pm

## Riverdale Community Center

4360 S Parker Dr.  
Riverdale, UT 84405  
(801)621-6084

Center Hours  
Monday- Saturday  
6 am-9 pm



Riverdale City provides Summer Swim Nights for Riverdale residents and their guests (ID required) at the Roy Aquatic Center .

We will post dates for the Summer of 2022 on our website

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In addition, Riverdale residents can purchase Roy Complex passes for a 50% discount. Simply bring payment and ID to the Riverdale Community Center and purchase a voucher to redeem at the Roy Complex. For additional information please give us a call or visit the website.

# Community Center Rentals



Large Meeting Room

\$100 refundable deposit  
\$20/hour for residents  
\$60/hour for non-residents  
Call for availability



Small Meeting Room

\$100 refundable deposit  
\$15/hour for residents  
\$45/hour for non-residents  
Call for availability



Kitchen

\$100 refundable deposit  
\$20/hour for residents  
\$60/hour for non-residents  
Call for availability

Add use of the game room or gym access for a flat rate of \$15 each.

# Pickleball



**Registration is still available for March Pickleball Club**  
**Call 801-621-6084 or visit our website at**  
**[www.riverdalecity.com](http://www.riverdalecity.com) for more info**

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# Recreation Programs

## YOUTH SPORTS

### BASKETBALL

Basketball Season is wrapping up. High School championships will be played at 6:30 on 3/14 & 3/17

### SOCCER

Soccer registration ended Feb 28th. The season will begin the week of April 11.

### SOFTBALL & BASEBALL

Softball/Baseball registrations runs March 1st-31st. Season will begin week of May 9th.

### FOR MORE INFO:

Go to [Riverdalecity.com/youth-sports.html](http://Riverdalecity.com/youth-sports.html)

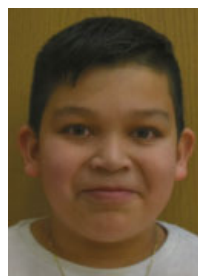
## AFTER SCHOOL SPOTLIGHT



Zoey Stanger is 7 years old and is in 2<sup>nd</sup> grade at Riverdale Elementary. Her favorite food is pizza, and her greatest talent is singing. If a genie gave her three wishes she would wish for 1 million dollars, to have a unicorn, and to have 100 puppies. If he could have one super-power, she would want to be able to fly. If she could travel anywhere in the world she would go to Arizona. This year in the After School Program she wants to learn to how to play soccer better. She is always so helpful and happy in class.



Shelby Thon is 9 years old and is in 4<sup>th</sup> grade at Riverdale Elementary. Her favorite food is pizza, and her greatest talent is playing soccer. If a genie gave her three wishes she would wish to get rid of Covid, to be a really really good soccer player, and to have an unlimited amount of candy. If she could have one super-power, she would want to be able to fly. If she could travel anywhere in the world she would go to Disneyland or Disney World. This year in the After School Program she wants to learn to how to play GAGA ball. She is very respectful and always has a positive attitude in class.



Jeremy Patino is 10 years old and is in 5<sup>th</sup> grade at Riverdale Elementary. His favorite food is anything at Texas Roadhouse, and his greatest talent is playing the piano or playing soccer. If a genie gave him three wishes he would wish for 10 billion dollars, for everyone to have respect for everyone else, and 1 billion dollars to be given to all of his friends. If he could have one super-power, he would want to be able to control time. If he could travel anywhere in the world he would go to Hawaii. This year in the After School Program he wants to learn to how to play dodgeball better. He is always smiling and trying to make everyone feel involved in class.

MARCH 2022

Senior Center Events

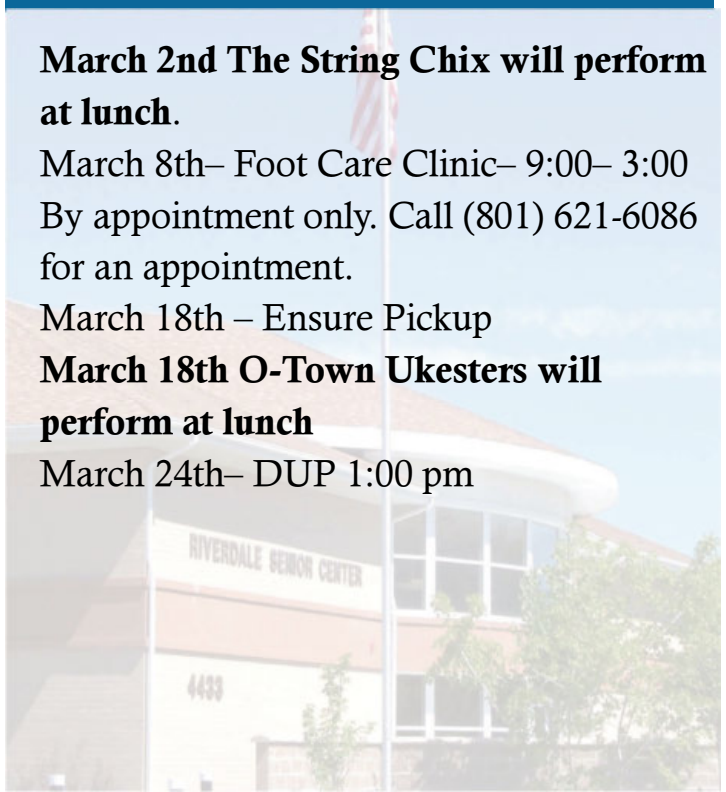
March 2nd The String Chix will perform at lunch.

March 8th– Foot Care Clinic– 9:00– 3:00  
By appointment only. Call (801) 621-6086 for an appointment.

March 18th – Ensure Pickup

March 18th O-Town Ukesters will perform at lunch

March 24th– DUP 1:00 pm



Community Center Events

**We are in need of Volunteers for Old Glory Days 2022!**

**If you would like to help out contact Rich Taylor at**

**rtaylor@riverdalecity.com**

**Opportunities include; Baby Contest, Parade, 3 on 3, and much more!**



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Riverdale Community & Senior Center, Riverdale, UT

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# RIVERDALE SENIOR CENTER MENU

# Menu

Monday	Tuesday	Wednesday
	<b>1</b> Chicken Cordon Bleu Cheesy Potatoes Peas Birthday Cake	<b>2</b> Baked Ziti French Bread Caesar Salad Vanilla Pudding
<b>7</b> Spaghetti Breadstick Tossed Salad Peaches	<b>8</b> Honey Lime Chicken Enchiladas Spanish Rice Corn Snickerdoodle	<b>9</b> French Dip French Fries Green Beans Peanut Butter Cookie
<b>14</b> Salmon Rice Pilaf Coleslaw Apricots	<b>15</b> Tacos Refried Beans Corn Cinnamon Stack	<b>16</b> Chicken & Wild Rice Soup French Bread Strawberry Spinach Salad Broadway Brownie
<b>21</b> Apricot Chicken White Rice Tossed Salad Green Beans Blondie	<b>22</b> Beef Stroganoff Egg Noodles Beets Jell-O	<b>23</b> Chicken Strips French Fries Coleslaw Cherry Cobbler
<b>28</b> Chicken Pillow Gravy Peas Mandarin Orange Salad Chocolate Pudding	<b>29</b> Meatloaf Mashed Potatoes Gravy Broccoli Chocolate Chip Cookie	<b>30</b> Fettucine Alfredo Garden Salad French Bread Peaches

# MARCH 2022

Thursday	Friday
<b>3</b> Pulled Pork Sandwiches Coleslaw Chips Dessert Bar	<b>4</b> BBQ Chicken Pizza Caesar Salad Corn Apple Crisp
<b>10</b> Baked Potato Chili Broccoli Tapioca Pudding	<b>11</b> Club Sandwich Chips Fresh Carrots Rice Krispy Treat
<b>17</b> Ham, Potatoes, Carrots, & Cabbage Shamrock Jigglers Mint Brownie Chocolate Milk 	<b>18</b> Goulash French Bread Tossed Salad Chocolate Pudding
<b>24</b> BLT's Chips Macaroni Salad Vanilla Pudding	<b>25</b> Cheeseburger Puzzle Potatoes Carrot Sticks Cookie
<b>31</b> Orange Chicken White Rice Egg Roll Green Beans Pineapple Dessert	

Lunch is served at noon weekdays for seniors 55 and older for \$3.50  
 Reservations are needed by 8am the day of for a lunch.

Coffee and treats are available beginning at 8 AM–12:30 PM. There is a suggested donation of \$0.50.

**Donations:**  
**Chipotle**– Monday, Wednesday, & Friday  
**Longhorn**– Wednesday  
**Starbucks**– Monday, Wednesday, and Friday

**ATTENTION:**  
 We are in need of Seniors to make handmade crafts for our Fall Sale.  
 Please inquire with Miranda if you are interested.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Lapidary 9:30 Scrapbooking 12:30 Bingo 1:00 Cards	<b>2</b> 10:00 Decorative Painting 11:00 Blood Pressure Check will perform at lunch <b>11:45 The String Chix will perform</b> 12:00 Bridge 1:00 Karaoke	<b>3</b> 8:30 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help	<b>4</b> 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
<b>7</b> 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	<b>8</b> 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Lapidary 9:00 Foot Clinic-By appointment only 12:30 Bingo 1:00 Cards	<b>9</b> 9:00 Ogden Quilt Guild 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	<b>10</b> 8:30 Senior Aerobics 9:00 Men's Fitness 10:00 Roy Pioneer Quilter's 1:00 Computer Help	<b>11</b> 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
<b>14</b> 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	<b>15</b> 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:30 Scrapbooking 12:30 Bingo 1:00 Cards	<b>16</b> 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	<b>17</b> 8:30 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help	<b>18</b> 9:00 & 10:00 Yoga 10:00 Stained Glass <b>O-Town Ukesters will perform at lunch</b> 12:00 Bridge <u><b>ENSURE PICKUP</b></u>
<b>21</b> 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	<b>22</b> 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 12:30 Bingo 1:00 Cards	<b>23</b> 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	<b>24</b> 8:30 Senior Aerobics 9:00 Men's Fitness 11:00 DUP 1:00 Computer Help	<b>25</b> 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
<b>28</b> 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping				



# Senior Center

## Volunteer of the Month



### Gayle Hale

Gayle has volunteered at the Senior Center for over 16 years. She prepares coffee and gets all the goodies ready for the morning. She began volunteering with her

dear friend Lynn. When he moved she continued volunteering. She enjoys visiting with all the seniors that come in. Her hobbies are coloring, bingo, and going to Wendover.

She enjoys spending time with all of her friends at the Center and is very thankful for how much they help one another.

## Item of the Month

Leprechaun Gnomes  
&  
Bags of Gold



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# Registrations

**Smart Start Baseball**

**Boys Baseball**

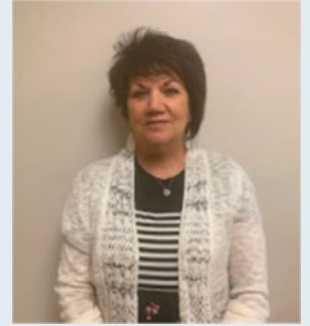
**Girls Softball**

**T-Ball**

**Coach Pitch**

# Employee Spotlight

**Name** Colleen Winget  
**Worked for the city**  
for 17 years



**What is your favorite part of your job?**  
Knowing and working with the city and its residents.

**What is your favorite food?**  
Chocolate & Italian

**What are your hobbies?**  
Sewing bears, gardening and hanging out with my family.

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Riverdale Community & Senior Center, Riverdale, UT

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# Memories



# What's in Your Vegetable Garden?

W O P O T A T O O N S P L M  
A H T R I I T L O G I C C R  
E S A A A O E I T N P A U C  
N A P R M T N N R R I U D O  
I U A A T O A U S A N L O R  
K Q A U R L T P B D S I B N  
P S C A P A E N E I R F R S  
M E R G I A G B A S A L A O  
U E G R S O G U N H P O B R  
P E C A R R O T S H I W U R  
E E P E P P E R S L C E H E  
U E Z U C C H I N I L R R L  
K A L E B R O C C O L I P H  
B E E T S C U C U M B E R P

Word List:

CARROTS  
ZUCCHINI  
BEETS  
CORN  
ONION  
RHUBARB

PEPPERS  
SQUASH  
BROCCOLI  
CUCUMBER  
POTATO  
KALE

BEANS  
PUMPKIN  
PARSNIP  
EGGPLANT  
RADISH  
SORREL

PEAS  
ASPARAGUS  
CAULIFLOWER  
LETTUCE  
TURNIP  
TOMATO