



RIVERDALE CONNECTIONS

April 2022– Issue 52

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

Easter Egg Hunt



April 16 at 10 am at Riverdale Park
Ages 18 months– 11 years old
Come find eggs and great easter prizes!

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Summer Programs



TENNIS



TRACK



ARCHERY

SUMMER FUN

**Registration
begins
April 15**



Pickleball



Registration is still available for April Pickleball Club
Call 801-621-6084 or visit our website at
www.riverdalecity.com for more info

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Recreation Programs

YOUTH SPORTS

SOCCER

Soccer registration ended Feb 28th. The season will begin the week of April 11. Games will be played on Tuesday and Thursdays.



SOFTBALL & BASEBALL

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

Tball- Kindergarten
Coach Pitch-1st/2nd grade
Softball-3rd-9th grade
Baseball-3rd-9th grade



FOR MORE INFO:

Go to Riverdalecity.com/youth-sports.html

AFTER SCHOOL SPOTLIGHT



Austin is 8 years old and is in 3rd grade at Riverdale Elementary. Austin's favorite food is pizza, and his greatest talent is playing four-square. If a genie gave Austin three wishes he would wish for a nerf gun, a new pet, and a new toy. If Austin could have one superpower, he would want to be able to shape shift. If Austin could travel anywhere in the world he would want to go to Texas. This year in the After School Program he wants to learn anything new. Austin is a great team player in the class and always trying to help others feel involved.



Reese is 9 years old and is in 4th grade at Riverdale Elementary. Reese's favorite food is Hawaiian Haystacks, and her greatest talent is cooking or baking. If a genie gave Reese three wishes she would wish for a pet cat, a slushie maker, and some bright pink hair die. If Reese could have one superpower, she would want to have waterpower. If Reese could travel anywhere in the world she would want to go to London. This year in the After School Program Reese wants to learn how to cook better. Reese is a very positive person in the class and always has a smile on her face.



Emma is 11 years old and is in 5th grade at Riverdale Elementary. Emma's favorite food is dumplings, and her greatest talent is drawing. If a genie gave Emma three wishes she would wish to be really rich, to have world hunger solved, and that she could talk to animals. If Emma could have one superpower, she would want to be able to fly. If Emma could travel anywhere in the world she would want to go to Japan. This year in the After School Program Emma wants to learn a new sport. Emma is a friend to everyone in class and always includes others in activities.

APRIL 2022

Senior Center Events

April 5th **Ann Elkins** will perform at lunch

April 7th, 14th, & 28th Create Better Health Cooking Classes 10:30am

April 8th Brain Bootcamp- 11 am- Humana

April 12th - Foot Care Clinic- 9:00- 3:00
By appointment only. Call (801) 621-6086 for an appointment.

April 15th - Ensure Pickup

April 28th- DUP 1:00 pm

April 29th **Gar Ashby** will perform at lunch

Community Center Events

**Easter Egg Hunt
April 16- 10am**

**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**

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RIVERDALE SENIOR CENTER MENU

Menu

Monday	Tuesday	Wednesday
<p>4</p> <p>Beef Enchiladas Spanish Rice Green Beans Cinnamon Stack</p>	<p>5</p> <p>Chicken Salad Croissant Chips Spinach Salad Birthday Cake</p>	<p>6</p> <p>Meatball Sub Potato Salad Carrot Sticks Peanut Butter Bar</p>
<p>11</p> <p>Kalua Pork White Rice Coleslaw Orange Cake</p>	<p>12</p> <p>Broccoli Soup Spinach Salad French Bread Chocolate Chip Cookie</p>	<p>13</p> <p>Salisbury Steak Mashed Potatoes Green Beans Fruit Cocktail</p>
<p>18</p> <p><u>Easter Lunch</u> Glazed Ham Cheesy Potatoes Spinach Salad Strawberry Shortcake Chocolate Milk</p>	<p>19</p> <p>Breaded Chicken Patty Biscuit & Country Gravy Carrots Jell-O w/Whipped Topping</p>	<p>20</p> <p>Pepperoni Pizza Garden Salad Cutie Oranges Snickerdoodle</p>
<p>25</p> <p>Cheesy Eggs Hashbrown Patty Fresh Fruit Cinnamon Roll</p>	<p>26</p> <p>Taco Bake Refried Beans Cowboy Caviar Vanilla Pudding</p>	<p>27</p> <p>Ham Sandwich Chips Macaroni Salad Box Cake Cookie</p>

APRIL 2022

Thursday	Friday
	1 Ravioli (vegetarian) Broccoli French Bread Cherry Cobbler
7 Turkey Gravy over Mashed Potatoes Peas, Roll Chocolate Cupcake	8 Fish & Chips Coleslaw Chocolate Pudding
14 Chicken & Broccoli Divan White Rice Roll Jell-O	15 Cheeseburger Puzzle Potatoes Carrot Sticks Peanut Butter Cookie
21 Angel Chicken White Rice New Brunswick Veggies Brownie w/Frosting	22 Sweet & Sour Meatballs White Rice Green Beans French Bread Pineapple Dessert
28 Lasagna Caesar Salad French Bread Jell-O w/ Whipped Top- ping	29 Sloppy Joes French Fries Carrot Sticks w/Ranch Fruit Pizza

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.

APRIL 2022

Riverdale Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
4 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	5 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Lapidary 9:30 Scrapbooking 11:45 Ann Elkins will perform 12:30 Bingo 1:00 Cards	6 10:00 Decorative Painting 11:00 Blood Pressure Check will perform at lunch 12:00 Bridge 1:00 Karaoke	7 8:30 Senior Aerobics 9:00 Men's Fitness 10:30 Cooking Class 1:00 Computer Help	8 9:00 & 10:00 Yoga 10:00 Stained Glass 11:00 Brain Bootcamp 12:00 Bridge
11 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	5 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	13 9:00 Ogden Quilt Guild 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	14 8:30 Senior Aerobics 9:00 Men's Fitness 10:00 Roy Pioneer Quilter's 10:30 Cooking Class 1:00 Computer Help	15 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge <u>ENSURE PICKUP</u>
18 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	19 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 12:30 Bingo 1:00 Cards	20 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	21 8:30 Senior Aerobics 9:00 Men's Fitness 11:00 DUP 1:00 Computer Help	22 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
25 8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	26 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 12:30 Bingo 1:00 Cards	27 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	28 8:30 Senior Aerobics 9:00 Men's Fitness 10:30 Cooking Class 1:00 Computer Help	29 9:00 & 10:00 Yoga 10:00 Stained Glass 11:45 Gar Ashby will perform 12:00 Bridge

Senior Center

Volunteer of the Month



Laurel Calvert

Laurel is our Sewing Instructor. She has volunteered at the center for 3 years. Her favorite part of volunteering is helping people create new items to sew. She loves working with fabric! Her hobbies are sewing, cardmaking, paper crafting, gardening, and reading. She was prompted to volunteer because of how friendly those she met at the center were. She likes socializing with people at the center. She enjoys the many services and things there are to do at the center.

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

CREATE BETTER HEALTH

SNAP-ED

The Riverdale Senior Center | 4433 S 900 W | Ogden, UT 84405
Thursdays before lunch at 10:30 am | Cost is Free!

March 31st, 2022	April 7th, 2022	April 14th 2022	April 28th, 2022
-Introduction to MyPlate -Physical activity guidelines -Healthy recipe demonstration and samples	-Meal planning and grocery shopping -How to set realistic physical activity goals -Healthy recipe demonstration and samples	-Fruits and vegetables -How to read the nutrition facts label -Aerobic activity -Healthy recipe demonstration and samples	-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 U.S. non-discrimination notice, see equity.usu.edu/non-discrimination.

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Registrations

Group Fitness

After School

Summer Fun

Archery

Tennis

Track Camp

Old Glory Days– May 15

Employee Spotlight

Name

Baylee Cascaddan

Worked for the city since

August 2015

What is your favorite part of your job?

The friends I've made!

What is your favorite food?

Chick-fil-A

What are your hobbies?

Painting, Piano, & Reading

You would like of lifetime supply of:

Chick-fil-A and my favorite treats!



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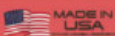


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Riverdale Community & Senior Center, Riverdale, UT

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Memories



Come visit the exercise room at the Senior Center and use this new equipment

