



RIVERDALE CONNECTIONS

May 2022– Issue 53

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



**3 ON 3, VOLLEYBALL, PARADE,
BABY CONTEST, 5K, PICKLEBALL**

REGISTRATION BEGINS MAY 15TH

**FOR MORE INFORMATION VISIT
WWW.RIVERDALECITY.COM**

**REGISTER ONLINE OR AT THE
COMMUNITY CENTER**

**VENDOR BOOTH REGISTRATION
STILL AVAILABLE**

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Riverdale
Community
Center



SUMMER

programs 2022



Registration begins April 22nd
Non-Resident registration begins May 2nd

VOLLEYBALL

June 7 - 30

Cost: \$25-Residents
\$50- Non-Residents

Tuesdays and Thursdays
9-12yrs: 10:30-11:30am
13-18yrs: 9:30-10:30am

TRACK

June 7 - 30

Tuesday/Thursday
9:30 am- 10:30 am
For kids 4-12 years old

Cost: \$25-Residents
\$35- Non-Residents

REGISTER
AT:

The
Community
Center

OR

Online at
Riverdalecity.com

TENNIS

July 18-28

Monday-Thursday
11-12 yrs old
8:30am-9:30am
9-10 yrs old
9:40am-10:40am
7-8 yrs old
10:50am-11:40am
5-6 yrs old
11:45am-12:15pm

Cost: \$25-Residents
\$50- Non-Residents

ARCHERY

3 sessions available

for Kids 8-15 years old

Choose a session:

Session 1: Aug 1-4
Session 2: Aug 8-11
Session 3: Aug 15-18

Choose a class time:

Class 1: 9am-10am
Class 2: 10:15am-11:15am
Class 3: 11:30am-12:30pm

Cost: \$15-Residents
\$25- Non-Residents

SUMMER FUN

June 1- July 14

Choose a session:

Session 1: Monday and Wednesday
Session 2: Tuesday and Thursday

Class is held from 9am to 12 pm
For Kids entering 3rd- 6th grade

Cost: \$25-Residents
\$50- Non-Residents

Pickleball



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

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Riverdale Community & Senior Center, Riverdale, UT

A 4C 05-1137

Recreation Programs

YOUTH SPORTS

SOFTBALL & BASEBALL

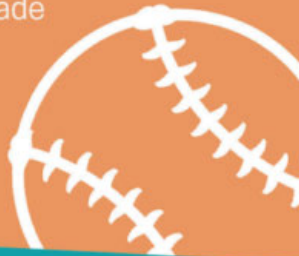
Registration is now closed. Season will begin week of May 9th.

Tball- Kindergarten

Coach Pitch-1st/2nd grade

Softball 3rd-9th grade

Baseball-3rd-9th grade



VOLLEYBALL

Registration begins April 15th for residents and May 2nd for non-residents.

Ages 9-12 years

Ages 13-18 years



FOR MORE INFO:

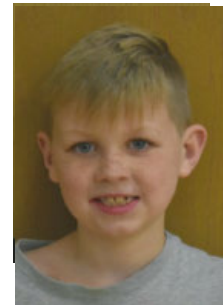
Go to Riverdalecity.com/youth-sports.html

AFTER SCHOOL SPOTLIGHT



JACKSON TAYLOR

Jackson is 6 years old and is in 1st grade at Riverdale Elementary. His favorite food is cereal, and his favorite talent is playing soccer. If a genie gave him 3 wishes he would wish for a phone, a Nintendo switch, and a football. If he could have one superpower, he would like to be able to fly. If he could travel anywhere in the world he would go to southern Utah. This year in the After School Program he would like to learn more about football. He likes to tell stories in class and always has a smile on his face.



DEACON TESCH

Deacon is 8 years old and is in 3rd grade at Riverdale Elementary. His favorite food is pizza, and his favorite talent is playing basketball. If a genie gave him 3 wishes he would wish for a basketball signed by Donovan Mitchell, to be able to play in the NBA, and to be very rich. If he could have one superpower, he would like to be able to be invisible. If he could travel anywhere in the world he would go to Boston. This year in the After School Program he would like to learn more about basketball. He is very determined in class and tries his best.



MAXWELL BRADY

Maxwell is 10 years old and is in 5th grade at Riverdale Elementary. His favorite food is sushi, and his favorite talent is playing soccer. If a genie gave him 3 wishes he would wish to be able to teleport, to have many talents, and to be able to shapeshift. If he could have one superpower, he would like to be able to shapeshift. If he could travel anywhere in the world he would go to the Bahamas. This year in the After School Program he would like to learn more about basketball. He is a leader in class, and is very respectful with his classmates.

MAY 2022

Community Center Events

Registration for summer programs is now open

Old Glory Days registration for pickleball, 3 on 3, parade, 5K, volleyball, and baby contest begins on May 15

Senior Center Events

- May 4th- Dale Searcy will perform at lunch.
- May 5th- Create Better Health Cooking Classes 10:30am
- May 10th - Foot Care Clinic- 9:00- 3:00 By appointment only. Call (801) 621-6086 for an appointment.
- May 13th- Senior Health Fair 10am-1pm. Free lunch to all seniors in attendance.
- May 19th 10:00am-2pm AARP Driver's Safety Course- Sign up is required.
- May 20th - Ensure Pickup
- May 26th 2nd Generation will perform at lunch.
- May 30th The Senior Center will be CLOSED.

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Riverdale Community & Senior Center, Riverdale, UT

B 4C 05-1137

RIVERDALE SENIOR CENTER MENU

Menu

Monday	Tuesday	Wednesday
<p>2</p> <p>Turkey Gravy over Mashed Potatoes Roll Carrots Fruit Cocktail</p>	<p>3</p> <p>Sweet N Sour Chicken White Rice Green Beans French Bread Birthday Cake</p>	<p>4</p> <p>Spaghetti Tossed Salad Garlic Bread Sticks White Sugar Cookie Bar</p>
<p>9</p> <p><u>Mother's Day Brunch</u> Quiche Hashbrown Patty Strawberry Salad Orange Rolls Chocolate Milk</p>	<p>10</p> <p>Pulled Pork Sandwich French Fries Coleslaw Chocolate Pudding</p>	<p>11</p> <p>Chicken BBQ Pizza Garden Salad Peanut Butter Bar</p>
<p>16</p> <p>Fried Chicken Mac N Cheese Peas Bread Pudding</p>	<p>17</p> <p>Beef Stroganoff Egg Noodles Beets Apricots</p>	<p>18</p> <p>Salmon Rice Pilaf Coleslaw Orange Jell-O Salad</p>
<p>23</p> <p>Salisbury Steak Mashed Potatoes Brown Gravy, Roll New Brunswick Veggies Fruit Cocktail</p>	<p>24</p> <p>Ravioli Ham Bake Tossed Salad Breadstick Jell-O w/Whipped Topping</p>	<p>25</p> <p>Country Fried Steak Mashed Potatoes w/Country Gravy Peas Cookie</p>
<p>30</p> <p><u>CLOSED</u></p> 	<p>31</p> <p>Taco Bake Cowboy Caviar Spanish Rice Cinnamon Stack</p>	

MAY 2022


Thursday	Friday
5 Taco Salad Refried Beans Corn Cinnamon Stack	6 BLT Pasta Salad Cheetos Peach Turnover
12 Meatloaf Roasted Potatoes Green Beans Tapioca Pudding	13 <u>Health Fair</u> Turkey Sandwich Wrap Chips Carrot & Celery Sticks Lemon Bar
19 Teriyaki Chicken White Rice Egg Roll Broccoli Cherry Cobbler	20 Pepperoni Pizza Chef Salad Vanilla Cupcake w/Chocolate Frosting
26 Pork Loin Cheesy Potatoes Green Beans Brownie	27 Chicken Salad Croissant Garden Salad Chips Cookie

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.

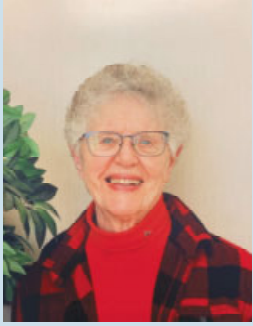
Donations:
Chipotle– Monday, Wednesday, & Friday
Longhorn– Wednesday
Starbucks– Monday, Wednesday, and Friday

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

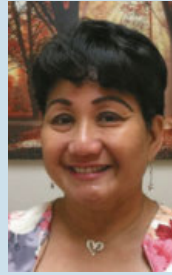
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge</p>	<p>3</p> <p>8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Lapidary 9:30 Scrapbooking 12:30 Bingo</p>	<p>4</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 11:45 Dale Searcy will perform at lunch 12:00 Bridge 1:00 Karaoke</p>	<p>5</p> <p>8:30 Senior Aerobics 9:00 Men's Fitness 10:30 Cooking Class 1:00 Computer Help</p>	<p>6</p> <p>9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge</p>
<p>9</p> <p>8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge</p>	<p>10</p> <p>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</p>	<p>11</p> <p>9:00 Ogden Quilt Guild 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge 1:00 Karaoke</p>	<p>12</p> <p>8:30 Senior Aerobics 9:00 Men's Fitness 10:00 Roy Pioneer Quilter's 1:00 Computer Help</p>	<p>13</p> <p>9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge</p>
<p>16</p> <p>8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge</p>	<p>17</p> <p>8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Lapidary 9:30 Scrapbooking 12:30 Bingo</p>	<p>18</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge 1:00 Karaoke</p>	<p>19</p> <p>8:30 Senior Aerobics 9:00 Men's Fitness 10:00 Driver's Safety Class-Sign up required 1:00 Computer Help</p>	<p>9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge</p> <p><u>ENSURE PICKUP</u></p>
<p>23</p> <p>8:00 Pinochle 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge</p>	<p>24</p> <p>8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 12:30 Bingo</p>	<p>25</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge 1:00 Karaoke</p>	<p>26</p> <p>8:30 Senior Aerobics 9:00 Men's Fitness 2nd Generation will perform at lunch 1:00 Computer Help</p>	<p>27</p> <p>9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge</p>
<p>30</p> <p><u>CLOSED</u></p> 	<p>31</p> <p>8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 12:30 Bingo</p>	<p>27</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge 1:00 Karaoke</p>	<p>28</p> <p>8:30 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help</p>	<p>29</p> <p>9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge</p>

Senior Center

Volunteer of the Month **Carol Sands**



Carol has volunteered for 5 years at the Center. She works at the Front Desk and helps collecting lunch money. She enjoys meeting and greeting all that come through the doors. She enjoys gaining new friendships. In her spare time, she enjoys doing family history, diamond painting, refinishing furniture, and just goofing off. Carol is always so friendly and helpful and we are so happy to have her at The Riverdale Senior Center as a volunteer!



ZUMBA GOLD

Wednesdays
10:00am
Instructor:
Cris Finnigan



The class is designed for seniors and beginners. A typical Zumba GOLD class is 60 minutes with 15 minutes of stretching at the end of class. I play 50's, 60's 70's 80's music as I love to listen to those tunes as well!

Zumba is so much fun that there is no right or wrong move! Zumba is for everybody as it is like a dance party!

I do ask that you wear sneakers and bring a water bottle.

NEVER MISS A NEWSLETTER!

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Registrations

Old Glory Days

May 15

Employee Spotlight

Name

Rich Taylor

Worked for the city since

June 2014

What is your favorite part of your job?

Meeting new people

What is your favorite food?

Chinese

What are your hobbies?

Camping, hiking, and beekeeping

You would like of lifetime supply of:

Hoka running shoes

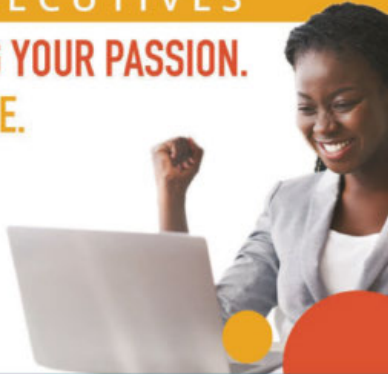


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Riverdale Community & Senior Center, Riverdale, UT

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Memories



The Riverdale Senior

Health Fair

May 13th, 2022



The Riverdale Senior Center
4433 S 900 W Riverdale, UT

10am- 1pm



Lunch will be served 11am-1pm
and will be free for all seniors
in attendance. No takeouts.

