



# RIVERDALE CONNECTIONS

Riverdale City Senior Center & Riverdale City Community Center

NOVEMBER 2025 - ISSUE 95

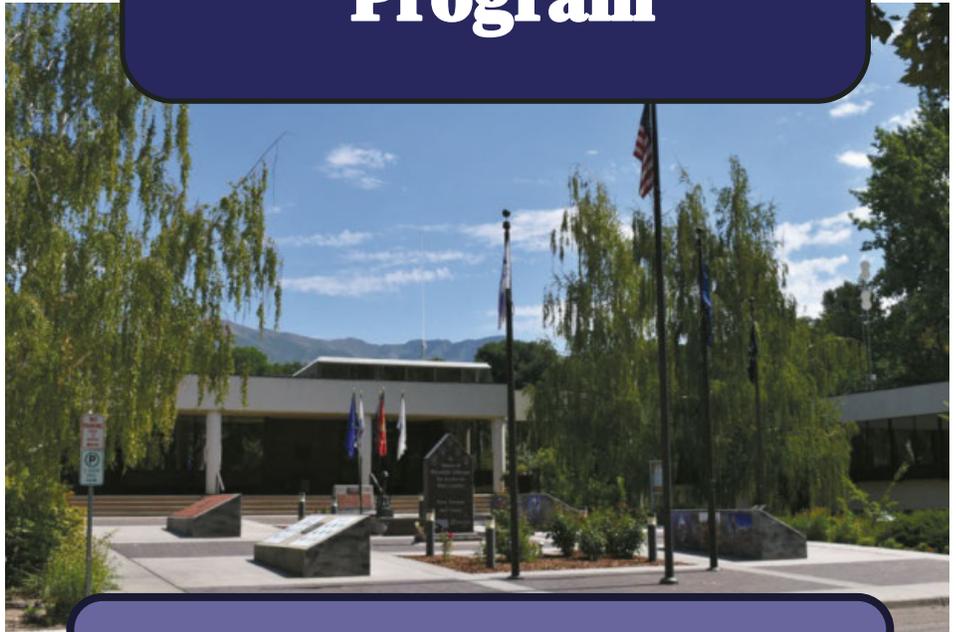
**SENIOR CENTER**  
4433 S 900 W.  
Riverdale, UT 84405  
(801) 621-6086

**Center Hours:**  
Monday - Friday  
8:00am - 3:30pm

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

**Center Hours:**  
Monday - Saturday  
6:00am - 9:00pm

## Veteran's Day Program



**Tuesday, Nov. 11th @10:00am**



**Guest Speaker**  
**Keith Carrigan**

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@ Riverdale City Utah



***Thank you to our sponsor  
Pack Tax for a great  
Halloween Carnival  
this year!***



# SENIOR CENTER

## VOLUNTEER OF THE MONTH



**DORIS PANCICH**

Doris is a new volunteer at the Senior Center. She helps collect Lunch money and works at the Front Desk. Doris enjoys meeting so many nice people at the Center. Some of her hobbies are exercising, sewing, reading, walking, and volunteering at her Church. Doris is a great addition to the volunteer staff, and we are very thankful for her!



**Thanksgiving Lunch  
Friday November 21<sup>st</sup>, 2025  
Noon**

**Tickets will be sold at Lunch  
beginning November 10th.**

**Ticketed seating will be  
11:00-11:45.  
Standby will be seated at  
11:50.**

**\$4.00 per person 55 &  
older**

**\$8.00 per person 55 &  
younger**

**No refunds & No  
takeouts**



Riverdale Senior Center

# Fall Sale

Beginning

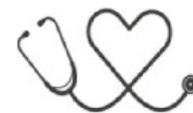
**11.10.2025**  
**8:00am - 3:30 pm**

4433 South 900 West  
Riverdale, UT

Call (801)621-6086 w/Questions

TIME FOR A

## MEDICARE



CHECK-UP!

Medicare Open Enrollment is October 15th to December 7th

**GET FREE, UNBIASED ADVICE AT THESE OPEN ENROLLMENT EVENTS.**

The State Health Insurance Assistance Program (SHIP), is a free, non-bias, Medicare counseling program. We can discuss your Medicare options, see about lowering your medications through the Extra help program and Medicaid, and help report fraud and scams. We are holding special events during Medicare Open Enrollment to help you select a plan that is best for you.

**CHOOSE A DATE AND LOCATION:** from any of our event sites.

**CALL:** the senior center director listed at the event you want to attend to reserve your time.

**WHAT TO BRING:** Medicare card (Red, White, and Blue), list of prescription medications with dosage and quantity, and names of doctors you want to see.

\* If you cannot attend an event, call  
**801-625-3770** for an appointment.



This project was supported, in part by grant number SHIP Grant #905490003 and SMP Grant #90MPPG0059, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**TUESDAY, NOVEMBER 4TH 9 AM TO NOON**

Riverdale Senior Center  
4433 S 900 W Riverdale, UT 84405  
Miranda 801-621-6086

**THURSDAY, NOVEMBER 6TH 9 AM TO NOON**

Roy Hillside Senior Center  
5051 S 2000 W Roy, UT 84067  
Kathy 801-773-0860

**THURSDAY, NOVEMBER 13TH 9 AM TO NOON**

Washington Terrace Senior Center  
4601 S 300 W Ogden, UT 84405  
Cheryl 801-621-0161

**MONDAY, NOVEMBER 17TH 9 AM TO NOON**

NorthView Senior Center  
485 E 2550 N North Ogden, UT 84414  
Jill 801-782-6211

**TUESDAY, NOVEMBER 18TH 10 AM TO 1 PM**

Morgan Senior Center  
50 W. 100 N. Morgan, UT 84050  
Cissy 801-845-4040

# RIVERDALE SENIOR CENTER MENU

# Menu

Monday	Tuesday	Wednesday
<b>3</b> Salisbury Steak Mashed potatoes & Brown Gravy Carrots Peanut Butter Cookie	<b>4</b> Chicken Pot Pie Garden Salad Peach Slices Birthday Cake	<b>5</b> Mountain Man Breakfast Orange Slices Banana Walnut Muffin
<b>10</b> Orange Chicken White Rice Egg Roll Roasted Mixed Veggies Sprinkle Cookie	<b>11</b> Meatloaf Mashed Potatoes & Brown Gravy Peas Chocolate Brownie	<b>12</b> Chicken Parmesan over Spaghetti Green Beans Lime Jello-o w/Whipped Topping
<b>17</b> Sloppy Joe Potato Salad Broccoli & Cauliflower Salad Blondie Bar	<b>18</b> Kalua Pork w/Huli Huli Sauce White Rice Coleslaw Coconut Cake	<b>19</b> Vegetable Beef Soup French Bread Winter Salad Chocolate Cupcake
<b>24</b> Stuffed Shells Breadstick Caesar Salad Chocolate Pudding	<b>25</b> Country Fried Steak Mash Potatoes & Country Gravy Carrots Pumpkin Bar	<b>26</b> Combo Pizza French Bread Garden Salad Raspberry Poke Cake w/ Whipped Topping



# NOVEMBER 2025

Thursday	Friday
<p><b>6</b></p> <p>Spaghetti Casserole Caesar Salad Roll Bread Pudding</p>	<p><b>7</b></p> <p>Bowtie Chicken Pasta Salad Cheetos Strawberry Spinach Salad Carrot Cake</p>
<p><b>13</b></p> <p>Cheeseburger Tater Tots Carrot Sticks w/Ranch Caramel Rice Krispie Treat</p>	<p><b>14</b></p> <p>Lemon Pepper Salmon Rice Pilaf Broccoli Chocolate Chip Cookie</p>
<p><b>20</b></p> <p>Beef Stroganoff Over Egg Noodles Beets Dessert Bar</p>	<p><b>21</b></p> <p><u>Thanksgiving Lunch</u> Turkey, Mashed Potatoes &amp; Gravy, Green Bean Casserole, Cranberry Salad, Roll, Pumpkin Dessert, &amp; Chocolate Milk</p>
<p><b>27</b></p> <p><b>CLOSED</b> <i>happy Thanksgiving</i></p>	<p><b>28</b></p> <p><b>CLOSED</b></p> 

Lunch is served at noon weekdays for seniors 55 and older for \$4.00

Reservations are needed by 8am the day of for a lunch.

Lunch is served from 12-12:15pm

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

**Donations:**

**Chick Fil A-** Mondays

**Chipotle-** Monday, Wednesday, & Friday

**Longhorn-** Wednesday

**Olive Garden-** Wednesday

**Panera-**Tuesday & Thursday

**ATTENTION:**

We are in need of Seniors to make handmade crafts for our Fall Sale.

Please inquire with Miranda if you are interested.



# NOVEMBER 2025

# Riverdale Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <u>9:30</u> Sewing Room <u>10:00</u> Enhance Fitness <u>10:00</u> Wire Wrapping <u>10:00</u> Massages <b>Robin Arnold will perform at Lunch</b> <u>12:00</u> Bridge	<b>4</b> <u>8:15</u> Senior Aerobics <u>9:00- 12:00</u> Medicare Counseling <u>9:00 &amp; 10:00</u> Yoga <u>9:00</u> Men's Fitness <u>9:00</u> Lapidary <u>9:30</u> Card Making <u>12:30</u> Bingo <u>1:00</u> Line Dancing	<b>5</b> <u>9:30</u> Zumba Gold  <u>10:00</u> Decorative  Painting  <u>12:00</u> Bridge	<b>6</b> <u>8:15</u> Senior Aerobics <u>9:00</u> Men's Fitness <u>9:00</u> Ceramics <u>10:00- 2:30</u> AARP Driver's Safety Course <u>1:00</u> Computer Help	<b>7</b> <u>9:00</u> Tai Chi  <u>10:00</u> Meditation  <u>9:00 &amp; 10:00</u> Yoga  <u>10:00</u> Stained Glass  <u>12:00</u> Bridge
<b>10</b> <b>Fall Sale Begins</b> <u>9:30</u> Sewing Room <u>10:00</u> Enhance Fitness <u>10:00</u> Wire Wrapping <u>12:00</u> Bridge	<b>11</b> <u>8:15</u> Senior Aerobics <u>9:00 &amp; 10:00</u> Yoga <u>9:00</u> Men's Fitness  <u>9:00</u> Lapidary <u>9:00</u> Foot Care Clinic <u>12:30</u> Bingo <u>1:00</u> Line Dancing	<b>12</b> <u>9:30</u> Zumba Gold  <u>10:00</u> Decorative  Painting  <u>12:00</u> Bridge	<b>13</b> <u>8:15</u> Senior Aerobics <u>9:00</u> Men's Fitness <u>9:00</u> Roy Pioneer Quilter's <u>9:00</u> Ceramics <b>Gar Ashby will perform at Lunch</b> <u>1:00</u> Computer Help	<b>14</b> <u>9:00</u> Tai Chi  <u>10:00</u> Meditation  <u>9:00 &amp; 10:00</u> Yoga  <u>10:00</u> Stained Glass  <u>12:00</u> Bridge
<b>17</b> <u>9:30</u> Sewing Room <u>10:00</u> Enhance Fitness <u>10:00</u> Wire Wrapping <u>12:00</u> Bridge	<b>18</b> <u>8:15</u> Senior Aerobics <u>9:00 &amp; 10:00</u> Yoga <u>9:00</u> Men's Fitness <u>9:00</u> Lapidary <u>9:30</u> Card Making <u>12:30</u> Bingo <u>1:00</u> Line Dancing	<b>19</b> <u>9:30</u> Zumba Gold <u>10:00</u> Decorative Painting <u>12:00</u> Bridge <u>12:45</u> Loteria Bingo <u>1:00</u> Book Club	<b>20</b> <u>8:15</u> Senior Aerobics <u>9:00</u> Men's Fitness <u>9:00</u> Ceramics <u>1:00</u> Computer Help <u>1:00</u> DUP	<b>21</b> <u>9:00</u> Tai Chi <u>10:00</u> Meditation <u>9:00 &amp; 10:00</u> Yoga <u>10:00</u> Stained Glass <u>12:00</u> Bridge
<b>24</b> 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 10:00 Massages 12:00 Bridge	<b>25</b> <u>8:15</u> Senior Aerobics <u>9:00 &amp; 10:00</u> Yoga <u>9:00</u> Men's Fitness <u>9:00</u> Lapidary <u>12:30</u> Bingo <u>1:00</u> Line Dancing	<b>26</b> <u>9:30</u> Zumba Gold  <u>10:00</u> Decorative  Painting  <u>12:00</u> Bridge	<b>27</b> <b>CLOSED</b> 	<b>28</b> <b>CLOSED</b> 

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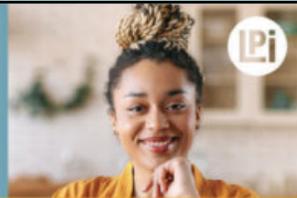
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# MEMORIES

