

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

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Riverdale Community Center

March Schedule

Group Fitness Classes

Monday
Total Body Class 8:45am-9:45am

Wednesday
Total Body Class 8:45am-9:45am

No Class March 25th

No pre-registration needed!
Pay a daily fee or class is included in a month pass.

For more information, and to see class schedules go to www.riverdalecity.com or call (801) 621-6084.



Gym Schedule

Text open court to
801-621-6084 for our
new open court
schedule



Riverdale Community Center			
Open Court Weekly Schedule			
January 1 - 6			
Open Court Activities	Monday	Tuesday	Wednesday
Basketball	CLOSED	6a-8:30a	6a-8:30a
Pickleball		8:30a-2p	8:45a-9:45a
Group Fitness		2:45p-4:45p	10a-2p
Kids Play		5p-9p	2:45p-4:45p
Kids Play is for children grades 1-6			
Memberships include all Open Court play!	Thursday	Friday	Saturday
Memberships can be purchased at the Community Center	6a-8:30a	6a-8:30a	12:30p-9p
	8:30a-2p	8:30a-2p	
	2:45p-4:45p	2:30p-9p	
	5p-9p		

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Riverdale Community & Senior Center, Riverdale, UT

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Recreation Programs

YOUTH SPORTS

SOFTBALL & BASEBALL

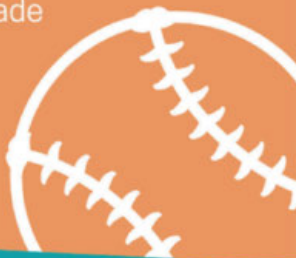
Registration is now closed. Season will begin week of May 6th.

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

Kids Programs Coming up!

OPEN KIDS PLAY

MARCH 2024 SCHEDULE

3:15-4:15PM

M	T	W	T	F	S	S
				1 NO CLASS!	2 NO CLASS!	3 CLOSED
4 Basketball Dunk N Dive Lightning Poison	5 Dodgeball Tic-Tac-Toe Soccer Tag Games	6 Ultimate Football Tug-A-War Yarn Balls Noodles	7 Capture the Flag Night Games Cup Stacking	8 NO CLASS!	9 NO CLASS!	10 CLOSED
11 Broomball 9 Square Scooters Jump Ropes	12 After School Club	13 Board Games GAGA Ball Connect Four Hula Hoops	14 After School Club	15 NO CLASS!	16 NO CLASS!	17 CLOSED
18 Soccer Cornhole Bowling Velcro Throw	19 After School Club	20 Pickleball Dodgeball	21 After School Club	22 NO CLASS!	23 NO CLASS!	24 CLOSED
25 Flag Football Spike Ball Cup Stacking Hula Hoops	26 After School Club	27 Kickball Two Man Carry Yoga Mats Jump Ropes	28 After School Club	29 NO CLASS!	30 NO CLASS!	31 CLOSED

Join us for fun recess-like games! No pre-registration required!
\$2 residents, \$3 nonresidents each day or purchase the monthly pass

New Kids Club!

Riverdale
Community
Center

after school CLUB

For Kids Ages 8-12

Club time is from
3:15-4:30PM
at the Community Center

Bring your friends for
FREE DAY!!
Free Day is MARCH 12th

Our new club is for kids
who love easy to learn
games, lots of playing,
and a place to go when
they aren't busy.

Come when you can, we
would love to have
you join us!

TUESDAYS & THURSDAYS

March 12th- FREE DAY!

**TIC-TAC-TOE
RACERS**

DODGEBALL, TAG, OBSTACLE RACING

March 19th

**FOOTBALL
PINBALL**

FOOTBALL, KICKBALL, 2-MAN CARRY

March 26th

**THE HOT
SPOT SHOT**

BASKETBALL, PARACHUTE, GLOW GAMES

March 14th

**ROCK PAPER
SCISSORS GO!**

March 21st

**NO OUTFS
KICKBALL**

March 28th

**SHARKS IN
THE DARK**

Meet our club instructor:

BAYLEE

You may recognize Baylee from Tennis, Archery, Volleyball, and Youth Sports. She has worked for the Community Center since 2015 and loves providing fun opportunities for the youth of the community. She is so excited to meet you & play fun games with you at our new After School club!



Registration runs
February 21st- March 28th

Club Cost:

**\$10-residents
\$15-non-residents**

Register online at riverdalecity.com
or at the Community Center

MARCH 2024

Community Center Events

March 15th – St. Patrick's Day Activity

March 30th – Easter Egg Hunt



Senior Center Events

March 7th – John Ernst will perform at Lunch.

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

March 14th– Weber County Tax Relief information at Lunch

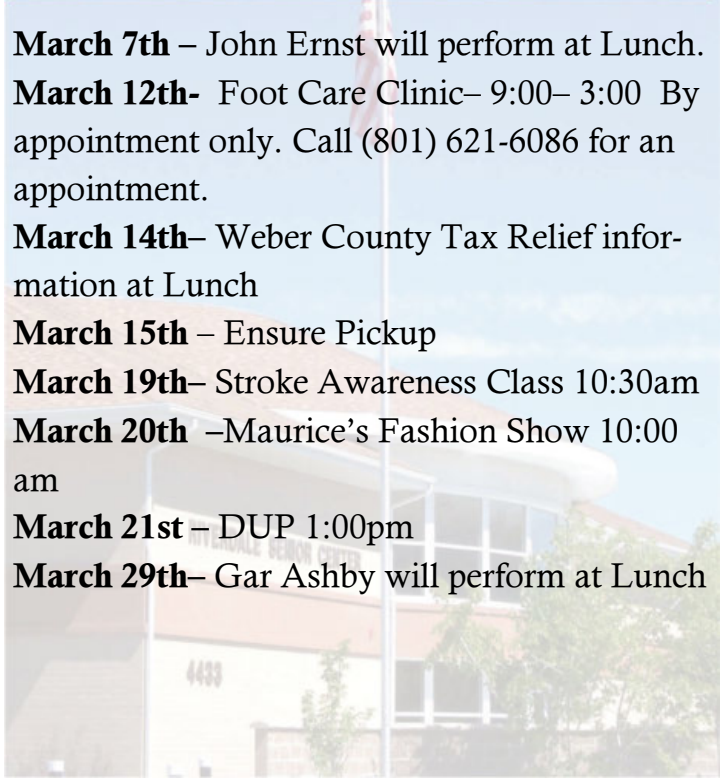
March 15th – Ensure Pickup

March 19th– Stroke Awareness Class 10:30am

March 20th –Maurice's Fashion Show 10:00 am

March 21st – DUP 1:00pm

March 29th– Gar Ashby will perform at Lunch



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Riverdale Community & Senior Center, Riverdale, UT

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RIVERDALE SENIOR CENTER MENU		Menu
Monday	Tuesday	Wednesday
4 Sub Sandwich Cheetos Carrot Sticks w/Ranch Peanut Butter Bar	5 Pork Chop Funeral Potatoes Cauliflower Birthday Cake	6 Turkey Gravy over Mashed Potatoes Green Beans, Roll Cranberry Salad
11 Salisbury Steak Mashed Potatoes & Brown Gravy Broccoli Vanilla Pudding	12 Taco Casserole Spanish Rice Corn Cinnamon Stack	13 Cheese Shells Caesar Salad French Bread Jell-O W/Whipped Topping
18 Irish Grilled Cheese & Ham Sandwich Cooked Cabbage Chips, Mint Brownie Chocolate Milk	19 Beef Stroganoff over Egg Noodles Beets Roll Broadway Brownie	20 Fish & Chips Coleslaw Apple Crisp
25 Cinnamon French Toast Hashbrown Patty Sausage Link Fresh Fruit	26 Chicken Cordon Bleu Hollandaise Sauce Mashed Potatoes Veggie Blend Cake Box Cookie	27 Sloppy Joes French Fries Green Beans Sheet Pan Sugar Cookie

MARCH 2024

Thursday	Friday
	1 Pepperoni Pizza Chef Salad Breadstick Dessert Bar
7 Country Fried Steak Mashed Potatoes & Country Gravy Peas, Roll Brownie	8 Grilled Hamburger Puzzle Pieces Fresh Fruit Chocolate Chip Cookie
14 Meatloaf Garlic Potatoes Cooked Carrots Bread Pudding	15 Cheesy Eggs Bacon Orange Slices Cinnamon Roll
21 Loaded Baked Potato Soup Green Salad French Bread Lemon Bar	22 Supreme Taco Cilantro Lime Rice Corn Churro Cupcake
28 Tomato Bisque Soup Winter Salad French Bread Snickerdoodle	29 Combo Pizza Tossed Salad Baby Carrots w/Ranch Peach Cobbler

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.

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

Olive Garden– Wednesday

Starbucks– Monday, Wednesday, and Friday

Crumbl– Wed. & Friday

Kneaders- Thursday

ATTENTION:

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

MARCH 2024

Riverdale Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass 12:00 Bridge
4 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	5 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:00 Card Making 12:30 Bingo	6 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	7 8:15 Senior Aerobics 9:00 Men's Fitness John Ernst will perform at Lunch 1:00 Computer Help	8 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass 12:00 Bridge
11 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	12 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:00 Foot Clinic-By appointment only 12:30 Bingo	13 9:00 Ogden Quilt Guild 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	14 8:15 Senior Aerobics 9:00 Roy Pioneer Quilters 9:00 Men's Fitness Weber County Tax Relief at Lunch 1:00 Computer Help	15 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass 12:00 Bridge <u>ENSURE PICKUP</u>
18 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	19 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:00 Card Making 10:30 Stroke Awareness Class 12:30 Bingo	20 10:00 Maurice's Fashion Show 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	21 8:15 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help 1:00 DUP	22 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass 12:00 Bridge
25 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	26 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 12:30 Bingo	27 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	28 8:15 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help	29 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass Gar Ashby will perform at Lunch 12:00 Bridge

Senior Center

Volunteer of the Month

Judy Gabourie



Judy works at the Front desk and helps with Lunch money. She has volunteered for over 4 years. She enjoys meeting new people and hearing their stories. Her hobbies are reading, sewing, and playing Duplicate Bridge. In the past, she volunteered as a reading tutor. Judy is such a great volunteer, and we are grateful for all she does!



Fashion Show

The Riverdale Senior Center
4433 S 900 W
Questions call (801) 621-6086

**March 20th,
2024
10:00am**

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Riverdale Community & Senior Center, Riverdale, UT

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Registrations



Employee Spotlight

Name :

Cole Lueders

**Worked for the city
since : October 2022**

**What is your favorite
part of your job? Having fun with the
kids.**

**What is your favorite food? Chicken
and rice.**

**What are your hobbies? Football, golf,
basketball, and I love hunting!**

**You would like a lifetime supply of ?
\$100 bills.**



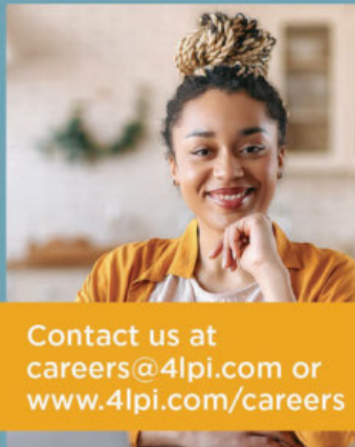
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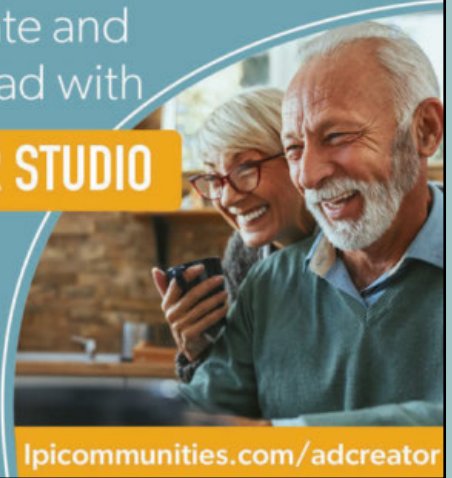


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Memories





STROKE

+ AWARENESS CLASS
March 19th

10:30am
THE RIVERDALE SENIOR
CENTER



Teresa Ashton, RN

She is currently working on her Bachelor's of Science in Nursing at Weber State University.

**KNOWING THE SIGNS
OF A STROKE CAN BE
LIFE SAVING! YOU
WON'T WANT TO
MISS THIS IMPORTANT
CLASS.**