



RIVERDALE CONNECTIONS

Riverdale City Senior Center & Riverdale City Community Center

APRIL 2025 - ISSUE 88

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

Riverdale Community Center

Easter Egg Hunt

April 19th @ 10am

Join us at our annual Easter Egg hunt. The hunt is free for kids ages 18months to 11 years old held at Riverdale Park

INSIDE THIS ISSUE

- Summer programs Pg #2
- Volunteer Spotlight..... Pg #3
- Senior Center Pg #3
- Lunch Menu Pg #4 & 5
- Activity Calendar Pg #6
- Memories Pg #8



@ Riverdale City Utah



Riverdale
Community
Center

SUMMER

Programs 2025

APRIL 15TH

RIVERDALE RESIDENT
REGISTRATION BEGINS



Track

SPORTS
CLUB

Tennis

Find more
information or
register at:



Summer
Fun

PICKLEBALL

Archery

SENIOR CENTER

VOLUNTEER OF THE MONTH



DAVE WEISKOPF

David Weiskopf is our Volunteer of the

Month. He is the Tai Chi and Meditation instructor. He has led classes at The Riverdale Senior Center for the past 2 years. Some of his hobbies are practicing Tai Chi, meditation, walking his dogs, video gaming, and reading. A simple way to sum up the goal of the classes he teaches is "Relax, be kind, and get in touch with your body and the natural world." We are so grateful for Dave and all he does at the Center.



Join the AARP Driving at Night Workshop to learn about vision changes, headlight technology, assistive driving tools, and other essential tips to improve your nighttime driving skills and confidence. It's FREE!!

Where: Riverdale Senior Center
When: Wednesday, April 23
 11:00 AM – 11:45AM
 Register at the Front Desk



Sign Up! Six weeks from now you'll be glad you joined.

Living Well with Diabetes

Meet new people. Focus on your health.
 Join us for a FREE six-week self-management workshop for people who experience or care for those with Diabetes.

Riverdale Senior Center
 4433 S 900 W, Riverdale, UT 84401
 Thursdays, April 10th- May 15th
 9:30am-12pm

- This workshop will cover topics like:
- Healthy Eating
 - Goal Setting
 - Nutrition and Understanding Food Labels
 - Working with your healthcare team
 - Managing Symptoms
 - Problem Solving
 - Physical Activity

Managing diabetes can be challenging, especially if you are newly diagnosed or have been living with the condition for a while. However, attending a free workshop can provide you with the tools, strategies, and support you need to effectively manage diabetes and improve your overall well-being. You'll learn about different aspects of diabetes management while connecting with others living with diabetes and learning from one another.

For additional classes visit: livingwell.utah.gov
 Or to register call
 Kim Tinio
 801-399-7279

This is a FREE program for adults over 18.



Ukulele Lessons

THURSDAYS
APRIL 3RD-24TH
1 HOUR CLASS
 TAUGHT BY JEANNIE YOUNG
 BEGINNER- 10:00
 INTERMEDIATE- 11:00AM

THE RIVERDALE SENIOR CENTER UKULELES WILL BE PROVIDED.

STUDENTS NEED A 3 RING BINDER FOR LESSONS PLANS.

SIGN UP AT THE FRONT DESK.
\$40.00 FOR THE 4 WEEK WORKSHOP

RIVERDALE SENIOR CENTER MENU

Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
	1 Chicken Pot Pie Garden Salad French Bread Birthday Cake	2 Beef Stroganoff Over Egg Noodles Beets Roll Homemade Oreo
7 Pancakes & Syrup Sausage Patty Hashbrown Mandarin Oranges	8 Salisbury Steak Mashed Potatoes & Brown Gravy Cauliflower Sprinkle Cookie	9 BLT Sandwich Macaroni Salad Broccoli & Cauliflower Salad Raspberry Jell-O w/Whipped Topping
14 Chicken Parmesan Over Spaghetti Caesar Salad Breadstick Mint Brownie	15 BBQ Pork Sandwich Baked Beans Coleslaw Cherry Turnover	16 Chicken Enchilada Pasta Refried Beans Garden Salad Apple Crisp & Vanilla Ice Cream
21 Glazed Ham Funeral Potatoes Strawberry Spinach Salad Dessert Bar	22 Taco Casserole Spanish Rice Street Corn Salad White Chocolate Craisin Cookie	23 Country Fried Steak Mashed Potatoes & Country Gravy Peas Caramel Rice Krispy Treat
28 Chicken Divan White Rice Mixed Veggies Molasses Cookie	29 Taco Soup Corn Bread Muffin Garden Salad Mandarin Orange Cake	30 Turkey & Ham Hoagie Sand- wich Celery & Carrot Sticks w/ Ranch Lemon Pudding

APRIL 2025

<i>Thursday</i>	<i>Friday</i>
3 Orange Chicken White Rice Cabbage Salad Pineapple Cream Dessert	4 Chicken & Wild Rice Soup Strawberry Spinach Salad Breadstick Banana Cake
10 Pork Carnita Taco Cilantro Lime Rice Corn Cinnamon Stack	11 Chicken Rollup Mashed Potatoes & Chicken Gravy Green Beans Peach Cobbler w/Whipped Topping
17 Meatloaf Mashed Potatoes & Brown Gravy Carrots Chocolate Chip Cookie	18 Lemon Pepper Salmon Rice Pilaf Broccoli Brownie
24 Chicken Salad Croissant Cheetos Spring Mix Salad Fresh Fruit	25 Shepherd's Pie Garden Salad French Bread Lemon Bar

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:

Chipotle- Monday, Wednesday, & Friday

Longhorn- Wednesday

Olive Garden- Wednesday

Crumb- Tuesday

Kneaders- 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.

APRIL 2025

Riverdale Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:00 Card Making 12:30 Bingo 1:00 Line Dancing</p>	<p>2</p> <p>10:00 Zumba Gold 10:00 Decorative Painting 12:00 Bridge</p>	<p>3</p> <p>8:15 Senior Aerobics 9:00 Men's Fitness 10:00 & 11:00 Ukulele Class 1:00 Computer help 1:00 Crafting</p>	<p>4</p> <p>9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass</p>
<p>7</p> <p>9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 10:00 Massages 12:00 Bridge</p>	<p>8</p> <p>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 1:00 Line Dancing</p>	<p>9</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge</p>	<p>10</p> <p>8:15 Senior Aerobics 9:00 Roy Pioneer Quilt Guild 9:00 Men's Fitness 9:30 Living Well w/Diabetes 10:00 & 11:00 Ukulele Class Dave Allen will perform at Lunch 1:00 Computer help 1:00 Crafting</p>	<p>11</p> <p>9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass</p>
<p>14</p> <p>9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge</p>	<p>15</p> <p>8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:00 Card Making 12:30 Bingo 1:00 Line Dancing</p>	<p>16</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge 12:45 Loteria Bingo 1:00 Book Club</p>	<p>17</p> <p>8:15 Senior Aerobics 9:00 Men's Fitness 9:30 Living Well w/Diabetes 10:00 & 11:00 Ukulele Class 1:00 Computer help 1:00 Crafting</p>	<p>18</p> <p>9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass <u>Ensure Pickup</u></p>
<p>21</p> <p>9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge</p>	<p>22</p> <p>8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary Dusty Roses will perform at Lunch 12:30 Bingo 1:00 Line Dancing</p>	<p>23</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge</p>	<p>24</p> <p>8:15 Senior Aerobics 9:00 Men's Fitness 9:30 Living Well w/Diabetes 10:00 Massages 10:00 & 11:00 Ukulele Class 1:00 Computer help 1:00 Crafting 1:00 DUP</p>	<p>25</p> <p>9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass</p>
<p>28</p> <p>9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge</p>	<p>29</p> <p>8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary Riverdale Elementary Choir will perform at lunch 12:30 Bingo 1:00 Line Dancing</p>	<p>30</p> <p>10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge</p>		

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Visit lpicomunities.com



MORTUARIES™
AND CREMATION SERVICES

"The Funeral Directors Who Care"

Serving Families Since 1940

Roy • (801) 825-2239

Call to receive a FREE Personal Wishes Organizer

www.myers-mortuary.com

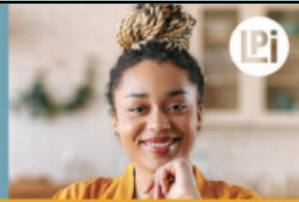
SUPPORT OUR ADVERTISERS!

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Jordan MacDonald

jmacdonald@4LPi.com

(800) 950-9952 x2186

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator

SUPPORT OUR ADVERTISERS!



MEMORIES

