



# RIVERDALE CONNECTIONS

Riverdale City Senior Center & Riverdale City Community Center

MAY 2025 - ISSUE 89

## 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

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@ Riverdale City Utah

# RIVERDALE CITY ★ OLD GLORY DAYS ★



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



MARY PREECE

Mary is our Senior Center Librarian and helps at the Front Desk. She has lived in CA, NM, and moved to UT in 1999. She enjoys crafts, gardening, cooking, camping, sewing, and spending time with others. She is happy to be close to her son and his family. Mary is a very organized person and we are so grateful for her work in managing the Library!

## HEALTH FAIR

Friday, May 2nd  
10:00 AM - 1:00 PM



THE RIVERDALE  
SENIOR CENTER

### Participants:

- AMG
- Americorps Seniors
- Empowered Bodywork
- Weber Morgan Health Dept.
- Canyon Homecare & Hospice
- UT Hard of Hearing
- Alzheimer's Assoc.
- Weber Human Services
- Oasis Senior Advisors
- Lucid Hearing/Sam's Club
- Allevio
- Elevation Hospice, Palliative, and Provider services
- Lindquist Mortuaries
- Family Tree

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

**Free Lunch!!**



### Demo Exercise Classes

10:00-10:15- Tai Chi  
10:20-10:35 Meditation  
10:40- 10:55 Yoga  
11:00- 11:15 Men's Fitness  
11:20 -11:35 Line Dancing  
11:40- 11:55 Zumba Gold



Come and meet with The Weber County Clerk's Office to see what Tax Relief programs are available to you.

The Riverdale Senior Center

Wednesday May 7th

11:30 am

4433 S 900 W

(801)621-6086



## Living Well with Hearing Loss

Get back into conversations!

Every Thursday  
May 8 to June 12, 2025  
10:30 to 11:30 am

Riverdale Senior Center

Learn how to handle those misunderstandings. Strengthen relationships when hearing loss is a factor - yours and theirs.

During this course, we will cover the following:

- Statistics, myths and goals
- Common barriers for those with hearing loss
- Changing communication habits for those hard of hearing and hearing
- Guidelines for the speaker and the listener



Adjusting to life with hearing loss can be easier when you are equipped with strategies and knowledge.

This is a six week class for anyone interested in improving relationships when hearing loss is involved.

For more information, contact Janice Roberts [jaroberts@utah.gov](mailto:jaroberts@utah.gov) or [DSDHH.hoh@utah.gov](mailto:DSDHH.hoh@utah.gov)



Equal Opportunity Employer/Program Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-5245. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-340-3162.





RIVERDALE SENIOR CENTER MENU		Menu
Monday	Tuesday	Wednesday
<b>5</b> Sweet & Sour Meatballs White Rice Egg Roll Coconut Cookie	<b>6</b> French Dip Sandwich w/Au Jus Pea Salad Birthday Cake	<b>7</b> Broccoli Cheddar Soup Roll Garden Salad Bananarama Dessert
<b>12</b> <b><u>Mother's Day Brunch</u></b> Quiche Sausage Patty Strawberry Spinach Salad Vanilla Pudding Chocolate Milk	<b>13</b> Cheeseburger Tator Tots Fresh Veggie Blend Pistachio Jell-O Salad	<b>14</b> Turkey Grav over Mashed Potatoes Peas Apple Turnover
<b>19</b> Teriyaki Chicken White Rice Egg Roll Crunchy Noodle Cabbage Salad Fortune Cookie	<b>20</b> Country Fried Steak Mashed Potatoes & Country Gravy Roasted Veggie Blend Brownie	<b>21</b> Beef & Bean Enchilada Cilantro Lime Rice Corn Cinnamon Stack
<b>26</b> <b><u>CLOSED</u></b> 	<b>27</b> Chicken Tikka Masala White Rice Sliced Cucumbers Raspberry Jell-O w/Whipped Topping	<b>28</b> Meatloaf Mashed Potatoes & Brown Gravy Carrots Chocolate Mint Cookie

## MAY 2025

Thursday	Friday
<b>1</b> Pork Chop Mashed Potatoes & Brown Gravy Creamed Peas Applesauce	<b>2</b> <b><u>HEALTH FAIR</u></b> Bowtie Chicken Pasta Salad Chips Fresh Fruit Chocolate Chip Cookie
<b>8</b> Salisbury Steak Mashed Potatoes & Brown Gravy Carrots Peanut Butter Bar	<b>9</b> Spaghetti & Meat Sauce Caesar Salad Breadstick Chocolate Pudding
<b>15</b> Freid Chicken Chips Rainbow Pasta Salad Dessert Bar	<b>16</b> Goulash Green Beans Roll Strawberry Poke Cake
<b>22</b> BBQ Chicken Pizza Tossed Salad Breadstick Fruit Pizza	<b>23</b> Fish & Chips Tartar Sauce Coleslaw Peanut Butter Cookie
<b>29</b> Fettucine Alfredo Broccoli Breadstick Carrot Cake	<b>30</b> Sloppy Joes Cheetos Spring Mix Salad Snickerdoodle

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

**Crumbl**- 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.

# MAY 2025

# Riverdale Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 8:15 Senior Aerobics 9:00 Men's Fitness 9:30 Living Well w/Diabetes 1:00 Computer help	<b>2</b> <u><b>Health Fair</b></u> 10:00am– 1:00pm 10:00 Stained Glass
<b>5</b> 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 10:00 Massages 12:00 Bridge	<b>6</b> 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	<b>7</b> 10:00 Decorative Painting 10:00 Zumba Gold 11:30 Weber County Tax Relief Program 12:00 Bridge	<b>8</b> 8:15 Senior Aerobics 9:00 Roy Pioneer Quilt Guild 9:00 Men's Fitness 9:30 Living Well w/Diabetes 10:30 Living Well w/Hearing Loss 1:00 Computer help	<b>9</b> 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass
<b>12</b> 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping <b>Dale Searcy will perform at Lunch.</b> 12:00 Bridge	<b>13</b> 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	<b>14</b> 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	<b>15</b> 8:15 Senior Aerobics 9:00 Men's Fitness 9:30 Living Well w/Diabetes 10:00– 2:30 AARP Driver's Safety Course 10:30 Living Well w/Hearing Loss 1:00 Computer help	<b>16</b> 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass <u><b>Ensure Pickup</b></u>
<b>19</b> 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	<b>20</b> 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	<b>21</b> 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge <b>12:45 Loteria Bingo</b> <b>1:00 Book Club</b>	<b>22</b> 8:15 Senior Aerobics 9:00 Men's Fitness 10:00 Massages 10:30 Living Well w/Hearing Loss <b>Gar Ashby will perform at Lunch</b> 1:00 Computer help	<b>23</b> 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass
<b>26</b> <u><b>CLOSED</b></u> 	<b>27</b> 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 12:30 Bingo 1:00 Line Dancing	<b>28</b> 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	<b>29</b> 8:15 Senior Aerobics 9:00 Men's Fitness 10:00 Massages 10:30 Living Well w/Hearing Loss 1:00 Computer help	<b>30</b> 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass

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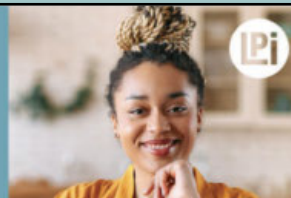
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Riverdale Community & Senior Center, Riverdale, UT

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# MEMORIES

