



RIVERDALE CONNECTIONS

Riverdale City Senior Center & Riverdale City Community Center

AUGUST 2025 - ISSUE 92

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

The Riverdale Senior Center presents for
Seniors 55 and older.

PICNIC
IN THE PARK

**COME ENJOY GREAT
FOOD AND STAMPEDE!**

Fried Chicken, Baked Beans
Potato Salad, Chips, &
Caramel Rice Krispy Treat

Friday, August 15th | 12 p.m.

**Riverdale Park
4300 Parker Dr**

RSVP at Front Desk or call
(801)621-6086



COLOR YOUR FALL WITH KINDNESS.

Give blood.



**American
Red Cross**

Riverdale Community Center Blood Drive

**Tuesday, September 9th, 2025
12:00 PM – 6:00 PM**

**Large Community Room
4360 Parker Dr. Riverdale, UT 84405**

Use code “Riverdale” at RedCrossBlood.org or scan this QR code to
join the event:



Donors will receive a free Red Cross T-shirt!

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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SENIOR CENTER

VOLUNTEER OF THE MONTH



RICHARD CLAYTON

Richard is the volunteer for the Duplicate Bridge group. He has been volunteering for the past year and a half. He also volunteers at the Elks Lodge. He enjoys talking with people and playing bridge. He is a dedicated group leader that plans a lot of games and helps keep things running smoothly. Thanks Richard!

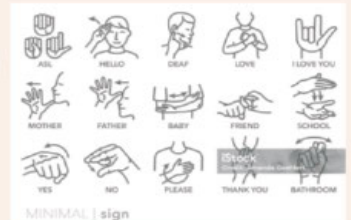
Introduction to Sign Language

Tuesdays 1:00 - 2:00 pm

July 8 - September 9, 2025

**Riverdale Senior Center
4433 S 900 W
Riverdale, UT**

**Taught by Janice Roberts
Hard of Hearing Specialist
contact for any questions
jaroberts@utah.gov**



Equal Opportunity Employer/Program • Auxiliary aids (accommodational) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.



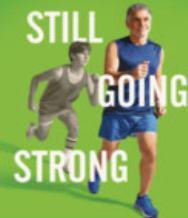
The Riverdale Senior Center VOLUNTEER APPRECIATION & MEETING

**FRIDAY AUGUST 1ST, 2025
10:30 AM
PUZZLE GAME ROOM**



**THE RIVERDALE SENIOR CENTER
4433 S 900 W
(801)621-6086**

Getting older doesn't have to mean giving up your favorite activities.



**Thursday, August 28th
9:00 - 11:30 am
Ogden Botanical Gardens
1750 Monroe Blvd. Ogden**

**Tai Chi Class: 9:00-10:00 am
Booths: 10:00-11:30 am
Group Walk: 10:30 am
Refreshments - Health Screenings - Music**



Free Prizes, drawings, and much more!

**Simple steps, can reduce your risk of a fall so
you can keep going the extra mile -
Join us to learn how.**



RIVERDALE SENIOR CENTER MENU		Menu
Monday	Tuesday	Wednesday
4 Meatball Sub Green Beans Chips Molasses Cookie	5 Shepherd's Pie Garden Salad Roll Birthday Cake	6 Chicken Enchilada Pasta Street Corn Salad Refried Beans Cinnamon Stack
11 Biscuits & Sausage Gravy Scrambled Eggs Hashbrown Patty Orange Slices	12 Spaghetti Casserole Roasted Cauliflower Breadstick Lime Jell-Ow/Whipped Top- ping	13 Cheeseburger French Fries Broccoli & Cauliflower Salad Creamie Popsicle
18 Country Fried Steak Mashed Potatoes & Country Gravy Carrots Snickerdoodle	19 Teriyaki Chicken White Rice Mixed Veggies Egg Roll Vanilla Cupcake	20 Meatloaf Mashed Potatoes & Brown Gravy Peas Brownie
25 Beef Stroganoff w/Egg Noodles Beets Peanut Butter Finger	26 Chicken Cordon Bleu Mashed Potatoes Hollandaise Sauce Carrots Pistachio Jell-O Salad	27 Bowtie Chicken Pasta Strawberry Spinach Salad Chips Chocolate Pudding

AUGUST 2025

Thursday	Friday
	1 Salisbury Steak Mashed Potatoes & Brown Gravy Carrots Chocolate Chip Cookie
7 Combo Pizza Caesar Salad Breadstick Blondie Bar	8 Stuffed Pasta Shells w/Marinara Sauce Broccoli French Bread White Chocolate Craisin Cookie
14 Beef & Bean Enchilada Spanish Rice Corn Churro Cupcake	15 <u>Picnic in the Park</u> Fried Chicken Baked Beans Potato Salad Chips Caramel Rice Krispy Treat
21 Chicken Pot Pie Garden Salad Roll Apple Turnover	22 Fish & Chips Coleslaw Apple Crisp w/Whipped Topping
28 Sweet & Sour Meatballs White Rice Mixed Veggies Egg Roll Bread Pudding	29 Chicken Parmesan over Spaghetti Caesar Salad Breadstick Mint Brownie

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.

AUGUST 2025

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
4 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 10:00 Massages 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 1:00 Line Dancing 1:00 Sign Language	6 9:30 Zumba Gold 10:00 Decorative Painting 12:00 Bridge	7 8:15 Senior Aerobics 9:00 Men's Fitness 9:00 Ceramics 10:00 Yoga A Pair of Old Jeans 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
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 1:00 Line Dancing 1:00 Sign Language	13 9:30 Zumba Gold 10:00 Decorative Painting 12:00 Bridge	14 8:15 Senior Aerobics 9:00 Men's Fitness 9:00 Ceramics 10:00 Yoga 1:00 Computer help	15 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass Noon-Picnic in the Park <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 12:30 Bingo 1:00 Line Dancing 1:00 Sign Language	20 9:30 Zumba Gold 10:00 Decorative Painting 12:00 Bridge 12:45 Loteria Bingo 1:00 Book Club	21 8:15 Senior Aerobics 9:00 Men's Fitness 9:00 Ceramics 10:00 Yoga 10:00 Massages 1:00 Computer help	22 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass
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 1:00 Line Dancing 1:00 Sign Language	27 9:30 Zumba Gold 10:00 Decorative Painting 12:00 Bridge	28 8:15 Senior Aerobics 9:00 Men's Fitness 9:00 Ceramics 9-11:30 Still Going Strong 10:00 Yoga 1:00 Computer help	29 9:00 Tai Chi 9:00 & 10:00 Yoga 10:00 Meditation 10:00 Stained Glass

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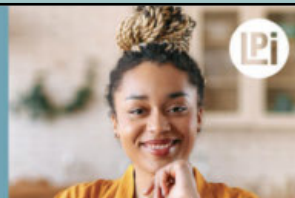
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Riverdale Community & Senior Center, Riverdale, UT

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