

Ogden
Golden
Hours

TIMES



650 25th Street – Ogden, UT 84401 - (801) 629-8864

August 2017 ~ Volume 25~ Issue 8

SUPERVISOR'S CORNER

By Bob Geier

Goodbye My Friends

I'm movin on

At last I can see life has been patiently waiting for me
And I know there's no guarantee's, but I'm not alone

There comes a time in everyone's life

When all you can see are the years passing by
And I have made up my mind that those days are gone

Lyrics from Rascal Flats 2001



Well Folks, I decided to “pull the pin” an old railroad phrase. I have come to the realization that I have a whole lot more road in my rear view mirror than in my windshield.

As you read this you will know that I am leaving Golden Hours. I have had many opportunities with the city. How a kid from New York ended up in Ogden is still a mystery, but as they say it's not the destination but the journey to get there. I have adopted Ogden, and think of it as my home.

The best job I had was the opportunity to work at Golden Hours, all the great friends and stories and shared experiences that have made my life better! I hope that over my tenure maybe, I helped a few folks out in return. I have learned that life is a gift and that each day is a new award, that should be treasured. This is a lesson I learned from all of you here at the center. I thank all of you for that important education. I am looking forward to any new opportunities that may arise and I wish to continue to contribute, however I can in my small way to our community.

Looking forward to spending more time with my lovely wife and family, we have 8 grandchildren and I want to be able to grow with them. I learned again, from you all that all importance of family.

I also want to spend some time, exploring the world, I still have curiosities that need to be fulfilled and plan on spending time in that regard. With that many thanks for all your kindnesses, I wish you the best of everything.

Save the Date



Health
FAIR

Golden Hours Annual Health Fair

Thursday, September 14

Bring your family and join us for an afternoon filled with health information, services and drawings.

Flu shot clinic will also be set up that day.

GOLDEN HOURS SENIOR CENTER

GOLDEN HOURS NEWSLETTER

This newsletter is produced monthly by the Golden Hours Center staff and is available at no cost to Center participants. The Golden Hours Center is funded by Ogden City Corporation and is in partnership with Weber Human Services.

Mayor

Mike Caldwell

Public Services Director

Jay Lowder

Recreation Manager

Edd Bridge

City Council Members

Chair Richard A. Hyer, Municipal Ward 2

Ben Nadolski, Municipal Ward 4

Bart E. Blair, At-Large Seat B

Neil K. Garner, Municipal Ward 1

Luis Lopez, At-Large Seat C

Marcia White, At-Large Seat A

Doug Stephens, Municipal Ward 3

Center Staff

Bob Geier, Supervisor

Marqae Martinson, Assistant Supervisor

Maurine Taylor, Secretary

Jeannie Young, Exercise Coordinator

Leon Varble, Night Monitor

Byron Garner, Night Monitor

Regina Wadman, Weber Senior Nutrition
Coordinator

SENIOR COUNCIL

Mary Ann Schumacher
Naudine Jensen
Regina Wadman
Judy Evenhuis
Wilma Vigil

Joanne Larson
Louise Kelley
Cindy Blanchard
Ruth Ann Alton

The Golden Hours Senior Council meets the **First Thursday** of the month at 12:30 p.m. All meetings are open to the public.

Golden Hours Advisory Committee

Chair Eugene Earickson
Carol Robertson
Carol Hartmann
Dot Price
Joanne Larson

Vice Chair Ben Noid
Clara (Lolly) Nyce
Joyce Henry
Chris Stegen

Ex-Officio Members

Edd Bridge

Ogden City Recreation
Manager

Mike Van-Leeuwen

Weber Senior Nutrition
Manager

Paula Price

Director of Community
Services WHS

The Golden Hours Advisory Committee meets the **Second Wednesday** of the month at 12:30 p.m. All meetings are open to the public. The next meeting will be held on September 13, due to a summer hiatus.

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision or physically impaired participants.

Please notify us at least three working days in advance of the need at (801)629-8864.

August 2017 SEMINARS AND PROGRAMS OFFERED



**WEEKLY SEMINARS ARE HELD AT
THE GOLDEN HOURS CENTER ON
WEDNESDAYS @ 11:00 A.M.**

August 2 ~ LeAnn Sudbury
"Music"

August 9 ~ Roxanne Earl
"Unclaimed Property"

August 16 ~ Christi Thompson, IHC
"Stroke"

August 23 ~ Eileen Wood
"Hand and Foot Reflexology"

August 30 ~ Dr. Bowden & Brenda Flores,
Stay Fit Wellness Clinic
"Diabetes"

OTHER SENIOR SERVICES

Blood Pressure ~ Thursday, August 3,
from 11a.m. to 12p.m.

Haircuts ~ Monday, August 14 @ 8:30 a.m.
By appointment only ~ \$5.00

Foot Clinic ~ Wednesday, August 16,
nails and foot massage.
By appointment only ~ \$13.00

Legal Services ~ Thursdays, August 3, 10, 17
Check times ~ By appointment only.

**PLEASE SIGN UP ON THE CLIPBOARDS
AT THE FRONT DESK**

REGISTERING FOR PROGRAMS

To sign up for a program or class, please call the Center at 801 629-8864, or visit the Center at 650 25th Street in Ogden, Utah.

Art Class ~ held on Tuesdays from 9:00 a.m. to 11:00 a.m. **Robert Micheaux** is our instructor.

Bendable Art Class ~ held on Thursdays from 9:00 a.m. to 10:30 a.m. **Robert Micheaux** is our instructor.

Beginning Computer Classes ~ held on a three-week rotating schedule. Class Fee is \$25 and includes a free memory device. **Maurine Taylor** is our instructor.

Kick Butt! Exercise class ~ held Mondays, Wednesdays & Fridays at 11 a.m. **Jeannie Young** is our Certified Senior Instructor.

Low impact Exercise class ~ held Mondays, Wednesdays & Fridays at 10:00 a.m. **Jeannie Young** is our Certified Senior Instructor.

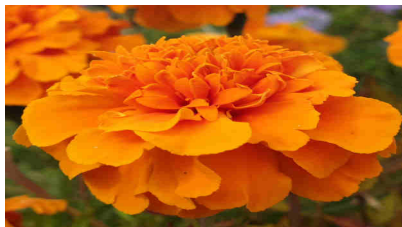
Spanish Study Group ~ held every Friday from 10:00 am to 11:30 am. **Clint Roberts** is our instructor.

Beginning Spanish Class ~ held Thursdays 10:00 am to 11:30am. **Clint Roberts and Richard Terry** are our instructors.

Silversmithing ~ held every Thursday 5:30p.m. to 8:00 p.m. Our Instructor is **Joe Kent**. Material at cost.

Beginning Ukulele Classes ~ held every Wednesday from 6:00pm to 7:00pm. **Jeannie Young** is our instructor.

Ukulele Jam ~ held every Wednesday from 7:00pm to 8:00pm.



Night Programs:

Monday:

Lapidary.....5:30pm

Ogden Singles.....7pm

Tuesday:

Lapidary.....5:30pm

Wednesday:

Jamming.....6pm

Beg. Ukulele.....6pm

Ukulele.....7pm

Thursday:

Zumba.....5pm

Silversmithing.....5:30pm

Wild Bunch ~ \$5.....7pm

Friday:

Funky Squares.....7pm

T&J Round.....7pm

**ALL DANCERS
WELCOME**



August

MONDAY



TUESDAY

1

9am.....Art
10am.....Knitting/Crafts
10am.....Beg. Computer
11am.....Harmonica Band
12:30pm.....Sing-along

7

BIRTHDAY PARTY

10am.....Exercise: Low Impact
10am.....Quilting
11am.....Exercise—Kick Butt!
11am.....Live Band & Dancing
12pm.....Duplicate Bridge
12:30pm.....Bingo

8

9am.....Art
10am.....Knitting/Crafts
10am.....Beg. Computer
11am.....Harmonica Band
12:30pm.....Sing-along

Hair Cuts—Sign Up 14

10am.....Exercise: Low Impact
10am.....Quilting
11am.....Exercise—Kick Butt!
11am.....Live Band & Dancing
12pm.....Duplicate Bridge
12:30pm.....Bingo

Alzheimer's Support & Respite 15

9am.....Art
10am.....Knitting/Crafts
10am.....Beg. Computer
11am.....Harmonica Band
12:30pm.....Sing-along

21

10am.....Exercise: Low Impact
10am.....Quilting
11am.....Exercise—Kick Butt!
11am.....Live Band & Dancing
12pm.....Duplicate Bridge
12:30pm.....Bingo

22

9am.....Art
10am.....Knitting/Crafts
10am.....Beg. Computer
11am.....Harmonica Band
12:30pm.....Sing-along

28

10am.....Exercise: Low Impact
10am.....Quilting
11am.....Exercise—Kick Butt!
11am.....Live Band & Dancing
12pm.....Duplicate Bridge
12:30pm.....Bingo

29

am.....Art
10am.....Knitting/Crafts
10am.....Beg. Computer
11am.....Harmonica Band
12:30pm.....Sing-along



2017



WEDNESDAY

THURSDAY

FRIDAY

2

9:30am.....Veterans Group
 9:30am.....Bingo
 10am.....Exercise: Low Impact
 11amExercise: Kick Butt!
 11am.....Educational Seminar
 12pm.....Guitar
 12:30pm.....Golden Promenaders

3

Legal Advice – Sign Up

9am.....Bendable Art
 11am.....Live Band & Dancing
 12:30.....Beg. Line Dancing
 1pm.....Duplicate Bridge

Blood pressures taken today

4

MOVIE DAY

9am.....Knitting/Crafts
 10am.....Exercise: Low Impact
 11amExercise: Kick Butt!
 10am.....Line Dancing

9

Foot Clinic – Sign Up

9:30am.....Veterans Group
 9:30am.....Bingo
 10am.....Exercise: Low Impact
 11amExercise: Kick Butt!
 11am.....Educational Seminar
 12pm.....Guitar
 12:30pm.....Golden Promenaders

10

Legal Advice – Sign Up

8:30am.....Beginning Tap
 9am.....Bendable Art
 10am.....Beg. Computer
 11am.....Live Band & Dancing
 12:30.....Beg. Line Dancing
 1pm.....Duplicate Bridge

11

9am.....Knitting/Crafts
 10am.....Exercise: Low Impact
 11amExercise: Kick Butt!
 10am.....Line Dancing

16

9:30am.....Veterans Group
 9:30am.....Bingo
 10am.....Exercise: Low Impact
 11amExercise: Kick Butt!
 11am.....Educational Seminar
 12pm.....Guitar
 12:30pm.....Golden Promenaders

17

Legal Advice – Sign Up

8:30am.....Beginning Tap
 9am.....Bendable Art
 10am.....Beg. Computer
 11am.....Live Band & Dancing
 12:30.....Beg. Line Dancing
 1pm.....Duplicate Bridge

18

9am.....Knitting/Crafts
 10am.....Exercise: Low Impact
 11amExercise: Kick Butt!
 10am.....Line Dancing

23

9:30am.....Veterans Group
 9:30am.....Bingo
 10am.....Exercise: Low Impact
 11amExercise: Kick Butt!
 11am.....Educational Seminar
 12pm.....Guitar
 12:30pm.....Golden Promenaders

24

8:30am.....Beginning Tap
 9am.....Bendable Art
 10am.....Beg. Computer
 11am.....Live Band & Dancing
 12:30.....Beg. Line Dancing
 1pm.....Duplicate Bridge

25

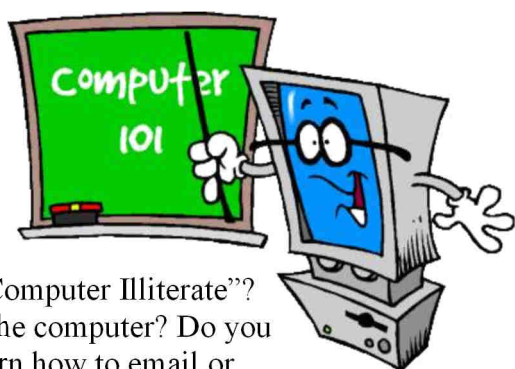
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30

9:30am.....Veterans Group
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 11am.....Educational Seminar
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8:30am.....Beginning Tap
 9am.....Bendable Art
 11am.....Live Band & Dancing
 12:30.....Beg. Line Dancing
 1pm.....Duplicate Bridge



Are you “Computer Illiterate”? Scared of the computer? Do you want to learn how to email or search the internet? Do you need to brush up on your current computer skills?

If you answered yes to any of these questions join the Golden Hours Computer Class. This is a 3 week course with classes held on Tuesdays and Thursdays at 10 am. Cost is \$25.00 and includes a USB drive. Don’t know what a USB drive is?

Join the Computer Class.

Maurine Taylor in the Instructor for this course.

Quote of the Month

“Count your life by smiles, not tears. Count your age by friends, not years.”

~Anonymous

Guess Who?



Okay everyone, Guess Who is a game in which we will make a few statements about one of our members, and the first one to guess who that member is will win a prize. This means you have to engage yourself and learn about other folks here at the center. That’s right, you need to move around at lunch time and question other people in an attempt to get the right information to learn enough about other members so you can make an educated guess. **The first one to come to Bob** with the right answer will win a special prize! The individual who is the topic of the game will not be eligible. That would be too easy.

Okay everyone, a new Guess Who clue.

Clue 1: Loves to read

Clue 2: a previous tap and ballet dancer

Clue 3: Likes playing volleyball

Clue 4: Has given a boy a bloody nose

Clue 5: This person does Stipple Drawings

Clue 6: Likes to visit the coral pink sand dunes

Clue 7: Likes to water ski

Clue 8: Drove stock cars

Clue 9: Graduated from Utah Valley Community College

Clue 10: Likes playing basketball

Clue 11: Played the piano

Clue 12: Nicknamed “Snowball” when they played on an all black softball team.



GOLDEN VETERANS

“Ateeeeeeeenshun”!

Please join us every Wednesday at 9:30am. Our Veterans meet to discuss issues relative to benefits and current events. All who served to keep America and the World Free are welcome!

Thank you to our veterans for your bravery and sacrifice so that we may all have our independence.



All adults should get:

- **Flu vaccine** every year to protect against seasonal flu
- **Tdap vaccine** to protect against tetanus, diphtheria, and pertussis (whooping cough)
- **Pneumococcal vaccines** to protect against serious pneumococcal diseases if you are 65 years or older. There may be other vaccines recommended for you so be sure to talk with your healthcare professional.

August is National Vaccination Awareness Month

According to the U.S. Department of Health and Human Services Centers for Disease Control and Prevention, in the United States, 1 million people get shingles every year. And about one out of every three people will get it in their life times.

Shingles is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you have had the chickenpox you are at risk of getting shingles. The most common complication of shingles is severe pain where the rash was. There are no treatments or cures for this pain.

Visit with your healthcare professional to see which vaccinations you may need. Medicare Part D plan covers shingles vaccine. Some plans may have a charge associated.

For more information visit <https://www.cdc.gov/vaccines/hcp/adults>



Looking for Some Volunteers!

Golden Hours is in need of some volunteers to help at the Front Desk. Our volunteers are vital to the operation of our center. A friendly face and kind words always help to brighten our member's day. Tasks include answering phones and taking questions relative to our facility and services or selling some of our wares to make some money for the center.

Want to help us make a difference or know someone at home that would be a great volunteer at the front desk or the Opp Shop, then have them come in and see one of the staff and we will work with them on finding the perfect fit.

Join us on Friday, August 4th, at 12:30pm for our monthly movie. This time we will be watching "Now You See Me".



"Look closely, because the closer you think you are, the less you will actually see."



MOVIE DAY

MISSION

The mission of the Golden Hours Center is to promote independence and support to the 50+ population by providing health and wellness, exercise and fitness, art, socialization, nutrition, music, job skills, computer training, and educational opportunities for the older adults of Ogden City. Our Center offers a friendly, safe, and comfortable environment that enriches the lives of those we proudly serve.

Hours of Operation

Monday ~ Friday 8:00 a.m.~ 4:00 p.m.

**Evening Hours: Monday ~ Friday
5:30 p.m. ~ 8:00 p.m.**

Lunch

Served to the Center by Weber Nutrition

Monday ~ Friday 11:30 a.m. ~ 12:30 p.m.

Age 50 to 59 ~ \$6.00

Age 60 & up ~ Donation of \$3.00

**Golden Hours Center
August Holiday Schedule**

Golden Hours will be opened throughout the month of August for regular business days.

Alzheimer’s Support Group for Caregivers

August 15~ The Support Group is held on the **third Tuesday of every month from 1:00 p.m. to 3:00 p.m.** **Kim Boyer** is the representative for the Support Group.

Respite Group

August 15 ~ Paula Ledford is the coordinator for the Respite Group on the **third Tuesday of every month from 1:00 to 3:00 p.m.** This group gives Caregivers a little time for themselves.



***Remember to go to the Ogden City Website
for more information
~~ ogdencity.com ~~***

Welcome to Anyone New

If you are new to the Center, please be sure to fill out a membership card and have your picture taken. Make sure to swipe your card so you are registered at the front desk each time you arrive at the Center.

We also ask that those of you who have been here a long time who have not registered to please do so. When you swipe your card each time you come, it helps us with our accountability to the City. Your cooperation is greatly appreciated.



Utah Special Needs Registry

The **Special Needs Registry (SNR)** has been developed for individuals that may require special assistance from emergency services personnel during a disaster or other emergency.

For further assistance or information

Visit: www.specialneedsutah.org

Email: 211@utahfoodbank.org

Dial: 2-1-1

