

WELCOME *New Member*

Golden Hours

SENIOR RECREATION
CENTER



CONGRATULATIONS!

YOU HAVE JOINED THE BEST RECREATION FACILITY FOR THOSE IN THEIR RETIREMENT AGE. WE WELCOME YOU TO OUR FACILITY AND HOPE YOU FIND JOY AND COMFORT IN KNOWING WE ARE HERE TO SERVE OUR SENIOR PATRONS IN OUR COMMUNITY.

MISSION STATEMENT

THE FUNCTION OF THE GOLDEN HOURS CENTER IS TO PROMOTE INDEPENDENCE AND SUPPORT TO THE 50+ POPULATION BY PROVIDING HEALTH AND WELLNESS, EXERCISE, ART, SOCIALIZATION, NUTRITION, MUSIC, JOB SKILLS, AND EDUCATIONAL OPPORTUNITIES FOR THE SENIORS OF OGDEN CITY. OUR CENTER OFFERS A FRIENDLY, SAFE, AND COMFORTABLE ENVIRONMENT THAT ENRICHES THE LIVES OF THOSE WE PROUDLY SERVE.



SCAN ME
Scan to see fun pictures of
our center and possibly
YOU!

MEMBER BENEFITS

YOUR MEMBERSHIP IS FREE. HOWEVER, IT IS SUGGESTED THAT A MONTHLY \$5 DONATION BE MADE AT THE FRONT COUNTER.

- UNLIMITED ACCESS TO OUR FACILITY MON-FRI 8AM-8PM
- NUTRITIOUS LUNCHES PROVIDED BY WEBER HUMAN SERVICES DAILY 11:30A-12:30P
- SUPPORT GROUPS
- SOCIAL CLUBS
- EDUCATIONAL OPPORTUNITIES
- CLASSES
- PICKLEBALL
- UNLIMITED ACCESS TO OUR CARDIO/EXERCISE EQUIPMENT
- POOL TABLE
- EXERCISE CLASSES
- TECH TUTOR
- WELLNESS CHECKS
- GENERAL LEGAL SERVICES
- MUSICAL PERFORMANCES
- VOLUNTEER OPPORTUNITIES
- THRIFT SHOP

"AGING IS NOT LOST YOUTH BUT
A NEW STAGE OF OPPORTUNITY
AND STRENGTH"
BETTY FRIEDAN



GOLDEN RECREATION

HOURS CENTER

SENIOR

FIND US WWW.OGDENCITY.COM

CALL US 801-629-8864

650 25TH STREET | OGDEN | UT