

# 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-THUR 8-8 PM FRI 8-5PM
- 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
- GENERAL LEGAL SERVICES
- MUSICAL PERFORMANCES
- VOLUNTEER OPPORTUNITIES
- THRIFT SHOP OPEN DAILY

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



**GOLDEN HOURS SENIOR RECREATION CENTER**

**FIND US [WWW.OGDENCITY.COM](http://WWW.OGDENCITY.COM)**

**CALL US 801-629-8864**

**650 25TH STREET | OGDEN | UT**