



SENIOR SERVICES AUGUST 2024 NEWSLETTER



August is National Immunization Awareness Month

(Taken in part from First Light Homecare Blog)

Immunization Awareness Month was established to encourage people – young and old – to make sure they are up to date on the various vaccines recommended for them. The Centers for Disease Control and Prevention (CDC) advises that all adults need immunizations to keep them from getting and spreading serious diseases that could result in poor health, missed work and not being able to care for family or themselves. Older adults may need one or more vaccines, even if they received them as a child or as a younger adult. Immunity to some diseases can wear off over time, and as people age, they are at an increased risk of contracting various illnesses.

All adults need:

- A **seasonal flu vaccine** every year. The flu vaccine is specifically important for people with chronic health conditions, pregnant women, and older adults. The CDC estimates that since 2010, flu-related hospitalizations in the United States have ranged from 140,000 to 710,000 and flu-related deaths have ranged from 12,000 to 56,000.
- **The Tdap vaccine** once if they did not receive it as an adolescent. This protects

against pertussis (whooping cough). Adults also should get a Td (tetanus, diphtheria) booster shot every 10 years.

Adults 50 years and older should also get:

- The **shingles vaccine**, which protects against shingles and the complications from the disease. This is recommended for healthy adults 50 years and older
- **Pneumococcal vaccines**, which protect against pneumococcal disease, including infections in the lungs and bloodstream. This is recommended for all adults over 65 years old, and for adults younger than 65 who have certain chronic health conditions. About 900,000 people get pneumococcal pneumonia every year, leading to as many as 400,000 hospitalizations and 19,000 deaths.

Talk with your doctor or other healthcare professional to know which vaccines are recommended for you.

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Need an Immunization?

In-Home Vaccines

Available to Davis County residents who:

- Are homebound; or
- Are unable to drive; or
- Are immunocompromised/medically vulnerable



Immunization

22 State Street, Clearfield

Walk-ins are welcome but an appointment is recommended

Upcoming

Clinics at our Senior Activity Centers will be announced soon! Watch for announcements.

For more information or to schedule an appointment, call our Immunizations Office at (801) 525-5020



SAVE THE DATE

AND SHARE A SLICE



They said
SHARE
hun!

FRIDAY SEPTEMBER 13TH

All Centers Pizza Party hosted by North Davis Senior Activity Center



August 2024



North Davis Senior Activity Center
42 S. State St., Clearfield (801) 525-5080

National Park Month Kickoff!

August 2nd @ 11:45

Hot Dogs and Sides and
National Park Trivia
RSVP required



National Park Fun

Come enjoy a treat and learn about
a National Park!
Thursdays starting 8/8 @ 10:30!



Wednesday, Aug 21st @ 11:15 am
This month's lunch bunch will be
at Black Bear Diner!

FIELD TRIP

OGDEN NATURE CENTER

AUGUST 16TH

BUS LEAVES [AT] 10:30

LIMITED SPACE RSVP REQUIRED



Mondays

9:00 am Quilters & Silversmithing
9:30 am EnhanceFitness
10:30 am Shopping @ Dollar Tree
(3rd Monday Only)
12:30 pm Texas Hold'Em Poker
12:30 pm Bingo

Tuesdays

9:00 am Lapidary
10:30 am Tai Chi II
10:30 am Music & Memories(2nd Tuesday)
1:00 pm Pinochle
1:00 pm Line Dancing



Wednesdays

9:00 am Lapidary
9:00 am Quilters
9:30 am EnhanceFitness
10:30 am Kraft With Kristie (Last Wed)
12:30 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
1:00 pm Silversmithing
2:00 pm Multi-Cultural Dancing

Thursdays

9:00 am Lapidary
9:30 am EnhanceFitness
10:30 am Fun and Games
12:15 pm Theater Thursday
1:00 pm Pinochle



Fridays

10:00 am Bingo
12:15 pm Shopping @ Walmart
(2nd Friday Only)
12:30 pm Texas Hold'Em Poker
1:00 pm Pinochle

*Bonsai Plant Workshop Mon-Fri 12:30-2:30pm

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

Grief Support- 2nd & 4th Wednesday @10:30am

Parkinson's Support- 1st Wednesday @6pm

AUGUST 2024

Central Davis Senior Activity Center
81 East Center Street, Kaysville 801-444-2290

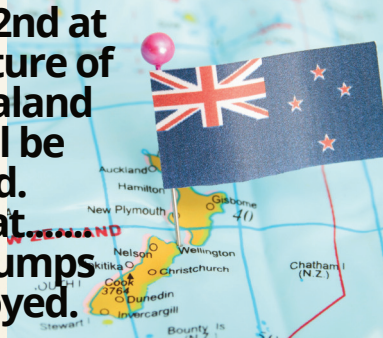
Friendship Week
Friendship Activities throughout the week of August 5th - 9th at lunch

LUNCH **BUNCH**

We will be going to Pennie Ann's Cafe in Bountiful on August 5th at 11:00. Sign up at the front desk

Free Square Dancing every Wednesday in September @ 12:30. Lots of fun. Meet new people. Street clothes appropriate.

On August 22nd at 11:00 the culture of the New Zealand Islands will be presented. A Maori treat... Pineapple Lumps will be enjoyed.



Marshmallows will be a roasting on an open sterno!! Come roast one for yourself. August 30th at 11:00

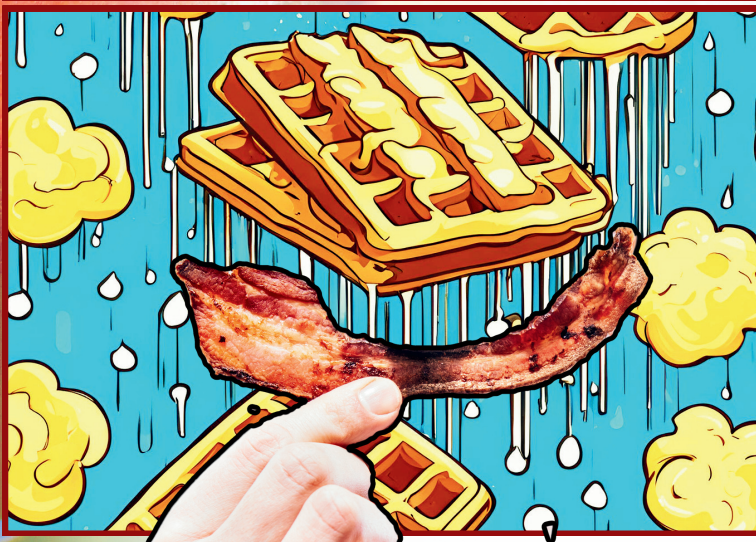
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Oil Painting/ Watercolors	Beginners Lapidary	Oil Painting/ Watercolors	Marvelous Crafters Class	
9:30	EnhanceFitness Class		EnhanceFitness Class		
10:00	Beginners Lapidary	Tai Chi With Diana		Tai Chi With Diana	
10:15			Bingo		
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15	Bingocize			Bingocize	Movie
12:30			Square Dancing Pinochle	Mah Jongg	Bridge
1:00	Line Dancing With Linda	Art Class with Kathy			
2:00	Beginners Line Dancing				

August

**SOUTH DAVIS SENIOR ACTIVITY CENTER
726 S 100 E BOUNTIFUL 801-451-3660**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness		EnhanceFitness
9:00	Sit n Fit Stained Glass Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Watercolor
9:30	Line Dancing		Advanced Line Dancing	Crochet Group	Line Dancing
9:45					Tai Chi
10:00		Gentle Yoga			
10:30			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:45	Shopping	Bingo	Bingocize	Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing	Grief Support 2nd & 4th Tues	Tap Dancing	Dementia support Group 1st Thurs	
3:00		Pickleball			

Waffle Morning + Bacon Lovers Day



Tue Aug. 20th 9:30-10:30



**Famous Fruit Hwy
Field Trip!**



EXIT ONLY



Thursday August 29th

Join us for fresh peach shakes and an opportunity to shop for locally sourced fruits, veggies and an assortment of farm fresh goods. \$3.00 for transportation plus cost of shake. Bus leaves at 12:20

August 2024

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb										
*Break fast Wrap												1 Breaded Fish Fillet	23	2 Beef Stroganoff	9					
																	Brown Rice	22	Spaghetti	32
																	Dinner Roll	27	Noodles	4
																	Green Beans	6	Sliced Beets	17
																	California Veggies	5	Corn	13
						Fruit	20	Watermelon	11											
						Milk	11	Milk	11											
*Buffalo Chicken Salad	5 Beef Soft Tacos	42	6 Meatball Sandwich	43	7 Egg Salad Sandwich	27	8 Stir Fry Chicken	18	9 Chicken Alfredo	6										
	Cooked Beans	40	Pea/Onion Salad	21	Fresh Veggies	11	Fluffy Rice	30	Spaghetti	32										
	Corn	17	Carrots	7	Cantaloupe	11	Corn	17	Noodles	5										
	Fruit	14	Fresh Fruit	21	Yogurt	11	Fruit	20	Broccoli Florets	5										
	Milk	11	Fresh Fruit	11	Milk	19	Cookie	16	Mixed Veggies	18										
			Milk	11		11	Milk	11	Fruit	11										
									Milk											
*Tuna Salad Sandwich	12 Cheeseburger	29	13 BBQ Pork Sandwich	54	14 Beef Enchilada	29	15 Buffalo Chicken Salad	10	16 Baked Turkey	2										
	Oven Browned Potatoes	23	Zucchini	3	Pie	24	Chicken Salad	10	Mash	29										
	California Veggies	5	Coleslaw	6	Spanish Rice	2	Dinner Roll	22	Potatoes/gravy	5										
	Fruit	14	Fresh Fruit	22	Green Salad	20	Fresh Veggies	6	Mixed Veggies	17										
	Milk	11	Cookie	16	Fresh Fruit	16	Fresh Fruit	22	Corn	18										
			Milk	11	Cookie	11	Pudding	27	Fruit	11										
							Milk	11	Milk											
*Chicken Chef Salad	19 Lasagna Cass	36	20 Chicken Sandwich	28	 Employee In-service		22 Chicken Caesar Salad	12	23 Meatballs	7										
	Dinner Roll	22	Sliced Beets	3			Dinner Roll	12	Brown Gravy	5										
	Mixed Veggies	11	Oven Browned Potato	19			Fresh Veggies	22	Rotini Noodles	20										
	Fruit	5	Fresh Fruit	19			Watermelon	6	Coleslaw	6										
	Milk	14	Milk	11			Cookie	13	Peas	13										
							Milk	16	Fresh Fruit	19										
								11	Milk	11										
*Turkey Wrap	26 Beef Enchilada	29	27 Chicken Chef Salad	9	28 Mac & Cheese	52	29 Pork Loin	0	30 Beef Hot Dog	29										
	Pie	29	Dinner Roll	22	Baked Beans	35	Mash	28	Vegetarian Chili	9										
	Spanish Rice	24	Fresh Veggies	6	Green Salad	2	Potatoes/gravy	13	Potato Salad	22										
	Watermelon	18	Fruit	18	Sliced Beets	3	Bread	7	Cabbage	5										
			Milk	11	Fruit	13	Cuke & Tomato Salad	6	Fresh Fruit	21										
					Milk	11	Green Beans	21	Milk	11										
							Fresh Fruit	11												
							Milk	11												

**Alternate Meals are available in Center Dining Only.

This menu is subject to change at any time based on product availability.**





MEDICARE HEALTH INSURANCE

Medicare 101

Medicare 101

Let **US** take the guesswork out of Medicare. Come learn about signing up, coverage options, and cost. Learn more about Medicare programs such as Medicare Advantage, Medigap, and assistance programs if you have limited income.

Upcoming Medicare 101 Classes

Thursday Aug. 15th, at 6:30 pm
Farmington Library

LIS: Low Income Subsidy

A federal program that helps pay for Medicare Prescription drug coverage. You may be eligible for help if you are single and your monthly income is less than \$1,822 or if you are married and your combined monthly income is less than \$2,465.



Medicare Counseling - Staff and volunteers help older adults with Medicare, Medicaid, and some Social Security questions. They also provide information about regulations and coverage. There is no cost for these services.



For more information or to set up an appointment call 801.525.5050 opt 5

ENHANCEFITNESS

- Improve physical function
- Decrease depression
- Protect against falls and fall injury
- Provide a social benefit
- Promote a physically active lifestyle



EnhanceFitness is a group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered. Classes available at all Davis County Senior Activity Centers. See activities pages in Senior Newsletter for days and times.

Help

When caregiving becomes challenging.



Support services are available, call and talk to a case manager today at 801-525-5050 option #5



If you would like to sponsor a prize, snack, or activity at one of our senior activity centers. Please reach out!



North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660

Thank you! Sponsors



Nurse Next Door[®]
home care services



LINDQUIST
MORTUARIES • CREMATIONS • CEMETERIES



PINEVIEW ASSISTED LIVING

