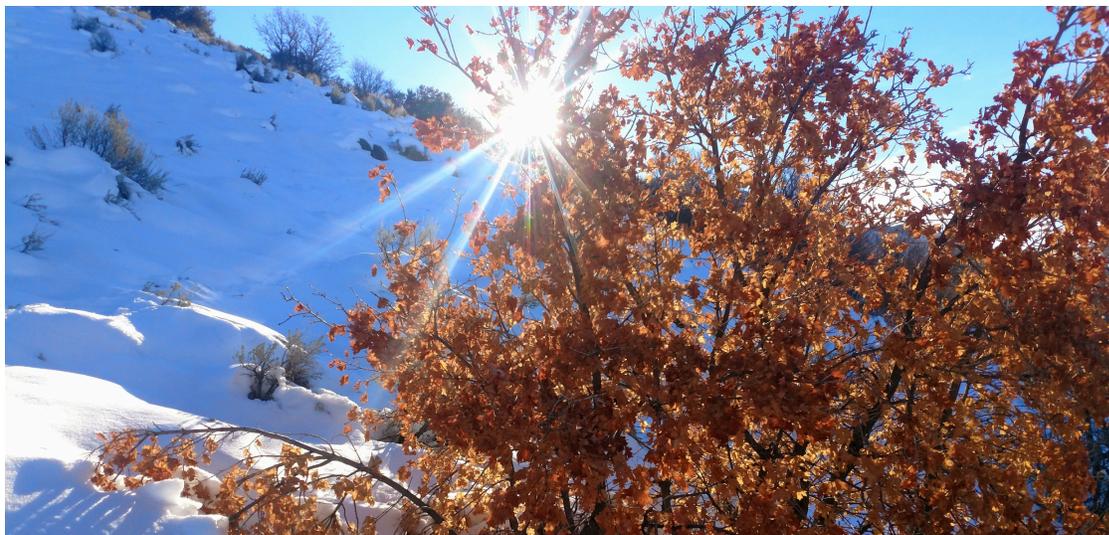




# SENIOR SERVICES JANUARY 2025 NEWSLETTER



## After the Winter Solstice: A Gardener's Hope Grows with Longer Days

*(Taken in part from The Daily Gardener online publication)*

On this day, we take a moment to recognize that the amount of daylight is getting longer. Even though we're in the middle of January, and it's so cold, and our gardens are buried under many feet of snow, the days are getting longer. The good news is that the winter solstice, the shortest day of the year, is behind us. It took place on December 21st.

Vita Sackville-West.

The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute, they lengthen out. It takes some weeks before we become aware of the change.

It is imperceptible even as the growth of a child, as you watch it day by day until the moment comes when with a start of delighted surprise, we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour.

The next Winter Solstice will occur in the northern hemisphere on Sunday, December 21st, 2025, at 8:02 a.m. Mountain Time.



In January, each day gains about two minutes of daylight. And in February, we gain about 2.5 minutes of sunlight each day. Here are some thoughts on the lengthening days by the English poet, novelist, and garden designer

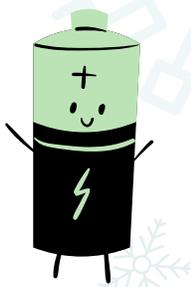
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# POSITIVE ADJECTIVES

## WORD SEARCH

B T F A N T A S T I C V  
E Y N Y H E L P F U L F  
A N O E M E Y R X A X B  
U I E V I T I U T N I I  
T M A D A T Q D K P H W  
I C S F I D A V L X P D  
F A Q C L L O P J V R E  
U L A R A K I R D J J T  
L M S S Y I X G A R A I  
U R W G O N S B E B D C  
P A D V L D F X M N L X  
S U O R E N E G H R T E

"STAY POSITIVE"



ADORABLE

BEAUTIFUL

CALM

DILIGENT

EXCITED

FANTASTIC

GENEROUS

HELPFUL

INTUITIVE

KIND

LOYAL

PATIENT

# January 2025

North Davis Senior Activity Center

42 S. State St., Clearfield

(801) 525-5080

## Field Trip

### HOF



### Germanfest

Music / Food / Fun



Jan. 17th - bus leaves at **10:30 a.m.**

Self pay for food, vendors, entertainment

## LUNCH BUNCH



OLD COUNTRY STORE

JAN. 22ND - BUS LEAVES CENTER AT 11:00

**CRAZY HAT AND BAGEL DAY**

**JAN. 15TH**

**WEAR IT AND SCHMEARE**

**IT...10:00**



## Swimsuit Contest

**FORGET THE WEATHER, THINK  
PALM TREES AND SALTY SEAS.**

**CAN YOU CREATE THE BEST SWIM  
SUIT?**

**USE YOUR IMAGINATION  
YOU MIGHT BE THE WINNER!!!!**

Participants must sign up

### Mondays

9am-5pm Quilters  
9:30-10:30am EnhanceFitness  
10:00-11:30am Bingo  
10:30-11:30am Shopping @ Dollar Tree  
(3rd Monday Only)  
12:30-2:30pm Texas Hold'Em Poker

### Tuesdays

9am-12pm Lapidary & China Painting  
10:30-11:30am Tai Chi II  
10:15-11:15am Music & Memories (2nd Tuesday)  
12:30-1:30pm Wii Block Party  
1:00-5:00pm Pinochle  
1:00-3:00pm Line Dancing  
1:00-2:30pm Wire Wrapping (2nd Tuesday,  
Bring your own supplies)

### Wednesdays

9am-12pm Lapidary  
9am-5pm Quilters  
9:30-10:30am EnhanceFitness  
10:30-11:30am Kraft With Kristie (Last Wed)  
12:30-5:00pm Hand & Foot Cards  
12:30-2:30pm Texas Hold'Em Poker  
1:00-3:30pm Silversmithing  
2:00-3:30pm Multi-Cultural Dancing

### Thursdays

9am-12pm Lapidary  
9:30-10:30am EnhanceFitness  
10am-12:30pm Fun and Games  
12:15-2:30pm Theater Thursday  
1:00-5:00pm Pinochle

### Fridays

10:00-11:30am Bingo  
12:15-2:00pm Shopping @ Walmart  
(2nd Friday Only)  
12:30-2:30pm Texas Hold'Em Poker  
1:00-5:00pm Pinochle

\*Bonsai Plant Workshop Mon-Thurs 12:30-2:30pm

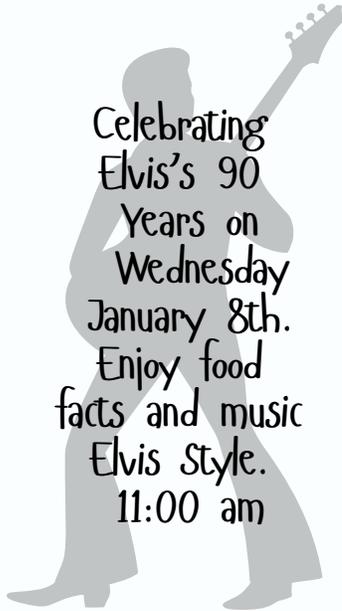
### Support Groups:

Alzheimer's Support- 1st Wednesday@3pm  
Grief Support- 2nd & 4th Wednesday @1pm  
Parkinson's Support- 1st Wednesday @6pm

Happy  
New Year

# January 2025

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



Celebrating  
Elvis's 90  
Years on  
Wednesday  
January 8th.  
Enjoy food  
facts and music  
Elvis Style.  
11:00 am

## BUNCH

Johnny Rockets at  
Station Park.  
Tuesday January 14th  
at 11:00 am



Wear your  
favorite hat on  
Wednesday  
January 15th.

Don't miss  
our center's  
Chinese New Year's  
Eve Celebration on  
Tuesday January 28th  
at 11:30 am. Lunch  
includes egg rolls,  
chicken fried rice,  
orange chicken and  
fortune cookies

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		Community Music - 3rd Fri.
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15					Movie
12:30			Square Dancing Pinochle	Mah Jongg	Bridge
1:00	Line Dancing With Linda	Art Class with Kathy			Canasta
2:00	Beginners Line Dancing				

# January

**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		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing	Grief Support 2nd & 4th Tues	Tap Dancing		
3:00		Pickleball		Dementia support Group 1st Thurs	

## Waffle Morning

**Tues. January 14th**  
**9:45-10:30am**

with Fresh Crushed Strawberry Sauce

YUM!



## Station Park Lunch Trip!

Skip the traffic, roundabouts, and the hassle of parking at Station Park. Hop on the lunch bus on Wednesday, **January 22nd, at 11:30 AM.**

RSVP in center. Pay for your own meal. Enjoy lunch with friends at Cafe Zupa's, Santorini's, Costa Vida, Vessel Kitchen, or Panda Express.



**ATTENTION**  
**PLEASE!**

South Davis will be closed for renovation Jan. 27- Feb. 7th. Grab & Go meals available upon advanced reservation. For questions and reservations call 801-451-3660.

Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb	
*Egg Salad Sandwich	 <h1>January 2025</h1>						
*Chicken Chef Salad	<b>6</b> Beef a Roni Spinach Butternut Squash Fruit Milk	<b>7</b> Meatloaf Mashed Pot/gravy Peas Carrots Fresh Fruit Milk	<b>8</b> Chicken Breast Rice Pilaf Roll Zucchini Green Beans Fruit Milk	<b>9</b> Ham Scalloped Potatoes Green Salad Corn Fresh Fruit Milk	<b>10</b> Chicken Cacciatore Rotini Noodles Peas Mixed Veggies Fruit Pudding Milk	<b>3</b> Chicken Parmesan Spaghetti Cauliflower Green Beans Roll Fresh Fruit Milk	52 6 8 20 11  8 20 13 5 22 13 5 22 19 11
*Tuna Salad Sandwich	<b>13</b> Pork Loin Mash Pot/gravy Roll Corn Spinach Fruit Milk	<b>14</b> Smothered Meatballs/gravy Rotini Noodles Green Salad Mixed Veggies Fresh Fruit Milk	<b>15</b> Stir Fry Chicken Fluffy Rice Zucchini Fruit Frosted Cake Milk	<b>16</b> Breaded Chick Au Gratin Potatoes Peas Butternut Squash Fruit Milk	<b>17</b> Chili Mac Corn Green Beans Fresh Fruit Cookie Milk	0 28 22 17 6 22 11  17 30 3 18 40 11	
*Breakfast Wrap	<b>20</b> Closed for Holiday 	<b>21</b> Sweet & Sour Chicken Fluffy Rice Cabbage Broccoli Fruit Milk	<b>22</b> Breaded Fish Herb Roast Potatoes Beets Mixed Veggies Roll Fruit Milk	<b>23</b> Beef Hot Dog Mac & Cheese Green Beans Green Salad Fresh fruit Milk	<b>24</b> Spanish Rice Casserole Peas Corn Fruit Milk	2 39 6 2 22 11  2 39 6 2 22 11	
*South west Salad	<b>27</b> Shepherds Pie Carrots Spinach Fruit Cookie Milk	<b>28</b> Turkey & Rice Cass Butternut Squash Broccoli Fruit Pudding Milk	<b>29</b> Closed for In-service Training	<b>30</b> Chili Dinner Roll Corn Green Salad Fresh Fruit Milk	<b>31</b> Chicken Alfredo Pasta Peas Mixed Veggies Dinner Roll Fresh Fruit Milk	29 7 6 18 16 11  26 22 17 2 21 11	

**\*\*Alternate Meals are available in Center Dining Only.**

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

# Caregiver Support in Davis County

Being a caregiver for a loved one can be demanding and stressful, but also rewarding. People who have been caregivers know that the days are long and the work is difficult. Many caregivers cannot get out to do the most basic of activities such as grocery shopping, going for a walk or seeing a movie.

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



# Tai Chi for Arthritis

A journey to vitality starts here!

Improve joint health, balance, and well-being.

Tai Chi for Arthritis has been shown to:

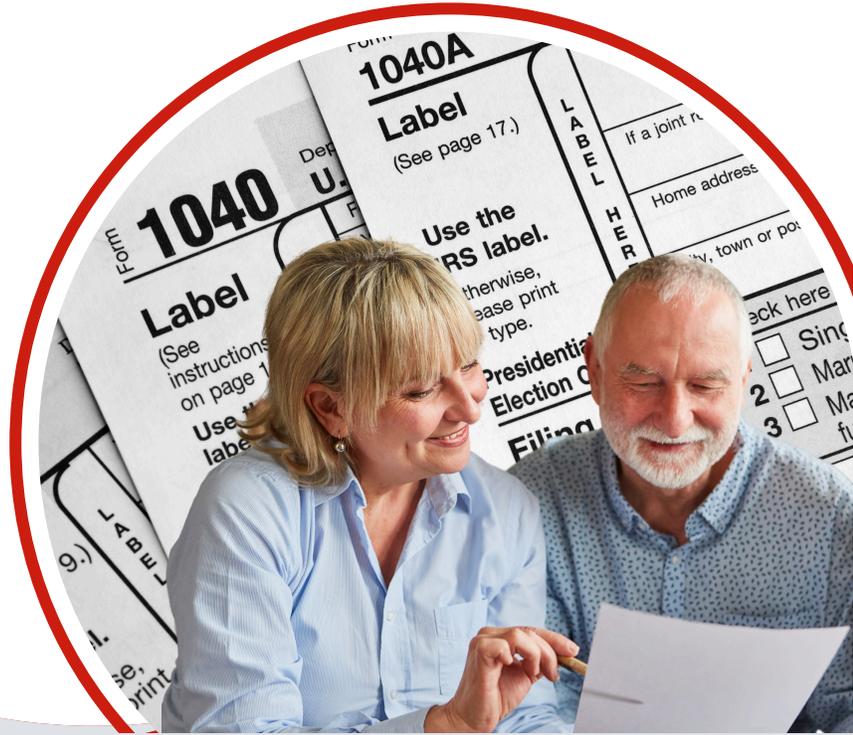
- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls



**AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS**



**Tax-Aide is the nation's largest free tax assistance and preparation service. Every year, from early February to mid-April, our volunteers take appointments at almost 3,500 locations around the country.**



Tax-Aide will be available at a Davis County Senior Activity Center near you. Call your local center for more info.

**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

