



# SENIOR SERVICES JUNE 2026 NEWSLETTER



## Signs of a Stroke: Time is Brain

*(Taken in part from an online publication by Karen Schaefer, MSN, APRN, AGCNS-BC at Brown Health University)*

In the healthcare world, we like to say that "time is brain"—every second that a stroke is not treated is a second where the patient's nervous tissue is damaged and lost. If you wait too long to seek medical attention, it may be too late for treatment. That's why being able to recognize the signs of stroke are so important.

### What are the signs of a stroke?

All stroke symptoms are sudden and it is important to "Think F.A.S.T."

- F – Face** – drooping on one side of the face
- A – Arms** – weakness or numbness in one arm
- S – Speech** – slurred speech
- T – Time is brain** – saving time saves brain cells – time to call 9-1-1

It is vital that you do not ignore these symptoms, even if they go away. Call 9-1-1. Note the time when you first noticed symptoms, as the care team will ask you what time they began. This will help determine if you are eligible for immediate treatment. Calling 9-1-1 is vital because the rescue team can begin your care as soon as they arrive. They can also call ahead to the hospital's emergency department to alert them that you are on the way.

Strokes are largely treatable. Clot-busting drugs and medical treatments are available but every second counts. The faster a patient is treated, the more likely they are to recover without permanent disability.

### Types of strokes:

- **Ischemic strokes:** About 83 percent of strokes are ischemic strokes – an obstruction in a vessel supplying blood to the brain occurs.
- **Hemorrhagic strokes:** Only about 17 percent of strokes are hemorrhagic. This type of stroke occurs when a weakened blood vessel ruptures and bleeds into the surrounding brain.
- **Transient ischemic attacks (TIAs):** TIAs are a warning sign of a stroke. In a TIA, conditions indicative of an (Continue pg 2)

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ischemic stroke occur and the typical warning signs develop. However, the obstruction (blood clot) occurs for a short time and then resolves itself. Although symptoms disappear, TIAs are a strong predictor of a major stroke. You should see your doctor immediately and take preventative steps to reduce your risk of future strokes.

### Reduce your risk factors for stroke

The American Heart Association/American Stroke Association estimates that 80 percent of

strokes are preventable. While some risk factors like age, gender and family history can't be changed, you can take steps to reduce your chances of having a stroke:

- Don't smoke. Seek help to quit smoking
- Avoid abusing alcohol and drugs
- Maintain a healthy weight
- Eat foods that support brain health
- Exercise regularly
- Control your blood pressure and cholesterol
- Know the warning signs

# FREE SHRED DAY

PROTECT  
DETECT  
REPORT

**June 5, 2026**  
**10:30am-1:00pm**

**South Davis Senior  
Activity Center**

726 S 100 E  
Bountiful, UT

Davis County Senior Services invites you to help fight fraud and reduce possible identity theft by properly disposing of:

- documents with personal information such as your social security number
- documents with personal information about your medical history
- documents with your credit card information or credit scores
- junk mail for credit card offers

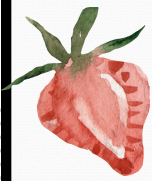


# Help

When caregiving  
becomes challenging.



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



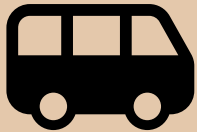
# June 2026



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



## Field Trip Bear River Bird Refuge



June 3rd-Bus leaves 10:30am

Picnic in the park  
June 12<sup>th</sup> at 12:00pm



Food, Games, Fun...  
Please RSVP



♥ Father's Day ♥



BINGO/DONUTS  
JUNE 19<sup>TH</sup> AT 10:00AM  
PLEASE RSVP



June 24th  
bus leaves  
at 10:30am



Please  
RSVP

**\*\*CLOSED JUNE 15th\*\***

*\*Activity sign-ups begin at 12:00pm the first  
Monday of the month\**

### Monday

8:00am-12:00pm  
8:30am-9:30am  
9:00am-5:00pm  
9:30am-10:30am  
10:30am-11:30am  
12:15pm-2:15pm  
12:30pm-2:30pm  
Silversmithing  
Tai Chi  
Quilters  
EnhanceFitness  
Bingo  
Movie Monday  
Texas Hold'Em Poker

### Tuesday

8:00am-12:00pm  
9:00am-9:30am  
10:30am-11:30am  
12:00pm-1:00pm  
1:00pm-5:00pm  
1:00pm-3:00pm  
1:00pm-2:30pm  
1:00pm-2:30pm  
Lapidary & China Painting  
Chair Yoga (1<sup>st</sup> and 4<sup>th</sup> week)  
Tai Chi for Fall Prevention  
Mexican Train Dominos  
Pinochle  
Line Dancing  
Bonsai Workshop  
Wire Wrapping (2nd Tuesday,  
Bring your own supplies)

### Wednesday

8:30am-9:30am  
8:00am-12:00pm  
9:00am-5:00pm  
9:30am-10:30am  
10:30am-12:30pm  
12:30pm-5:00pm  
12:30pm-2:30pm  
2:00pm-3:30pm  
Tai Chi  
Lapidary  
Quilters  
EnhanceFitness  
Card Games  
Hand & Foot Cards  
Texas Hold'Em Poker  
Multi-Cultural Dancing

### Thursday

8:00am-12:00pm  
9:00am-9:30am  
9:30am-10:30am  
10:30am-11:30am  
12:15pm-1:15pm  
1:00pm-5:00pm  
Lapidary  
Chair Yoga (1<sup>st</sup> and 4<sup>th</sup> week)  
EnhanceFitness  
Bunco  
Fun & Games/Craft 11th  
Pinochle

### Friday

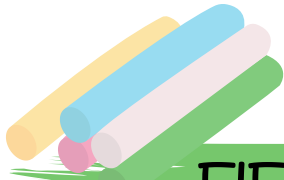
8:00am-12:00pm  
10:00am-11:30am  
10:15am-11:30am  
12:30pm-2:30pm  
1:00pm-5:00pm  
Silversmithing  
Bingo  
Shopping (3rd Friday)  
Texas Hold'Em Poker  
Pinochle

### Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

# June 2026

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



## FIELD TRIP

Bountiful Chalk Art Festival  
June 4th 10:00  
Sign up at the front desk

Float on in for  
a sweet celebration  
in honor of  
Father's Day.  
June 19<sup>th</sup> 11:30am



*Calling All Fairy Tale Creatures*

**To a Far, Far Away Ogre Party celebrating 25 years of**

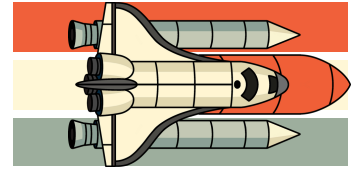
# SHREK

**JOIN THE CROWD AT SHREK'S SWAMP ON JUNE 16TH AT 10:30AM.  
YOU'RE GUARENTEED TO HAVE LOADS OF SHREKITY GOOD FUN!**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Tai Chi Painting Group	Beginners Lapidary	Tai Chi Painting Group		Wire Wrapping 1st & 3 <sup>rd</sup> Fri.
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class	Silversmithing	EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi		Tai Chi	
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	Open Craft Room
12:00		Pickin Circle	Ceramics Instructor		
12:15			Square Dancing		Movie
12:30			Pinochle	Mahjonn	Bridge
1:00	Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	



# JUNE



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 Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Watercolor
9:30	Line Dancing		Line Dancing		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	Writing Club 1 <sup>st</sup> & 3 <sup>rd</sup> Wed	Bridge	
2:00					
3:00		Pickleball		Dementia support Group 1st Thurs	Book Club 2 <sup>nd</sup> Friday

## June Parties & Events

### Thurs. June 11th

Join us at 11 a.m. for an exciting morning of building and launching paper rockets! Then, at 11:45 a.m. we will serve Chicken Ala King along with other beloved food favorites from the 1960s.

## Moon Landing Day Party



### Father's Day FLOATS

Wed  
June 22nd  
@11:00AM



Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb
*Turkey Wrap	<b>1</b> Sloppy Joes Oven-Browned Potatoes Fresh Veggies Fruit Milk 33 23 6 20 11	<b>2</b> Chicken Chef Salad Dinner Roll Fruit Cookie Milk 9 22 14 16 11	<b>3</b> Beef & Broccoli Fluffy Rice Green Salad Carrots Fresh Fruit Milk 6 59 2 7 21 11	<b>4</b> Breaded Fish Filet Brown Rice Dinner Roll Green Beans California Veggies Fruit Milk 23 22 27 6 5 20 11	<b>5</b> Beef Stroganoff Spaghetti Noodles Sliced Beets Corn Watermelon Milk 9 32 4 17 13 11	Carb
*South west Salad	<b>8</b> Beef Soft Tacos Cooked Beans Corn Fruit Milk 42 40 17 14 11	<b>9</b> Baked Turkey Mash Potatoes/Gravy Mixed Veggies Corn Fruit Milk 2 29 5 17 18 11	<b>10</b> Egg Salad Sandwich Fresh Veggies Cantaloupe Yogurt Milk 27 11 11 19 11	<b>11</b> Stir-Fry Chicken Fluffy Rice Corn Fruit Cookie Milk 18 30 17 20 16 11	<b>12</b> Chili Dog Potato Salad Cooked Cabbage Fresh Fruit Milk 38 22 5 21 11	Carb
*Chicken salad Sandwich	<b>15</b> Closed for Holiday	<b>16</b> BBQ Pork Sandwich Zucchini Coleslaw Fresh Fruit Cookie Milk 54 23 9 17 22 11	<b>17</b> Beef Enchilada Pie Spanish Rice Green Salad Fresh Fruit Cookie Milk 29 24 2 20 16 11	<b>18</b> Buffalo Chicken Salad Dinner Roll Fresh Veggies Fresh Fruit Pudding Milk 10 22 6 22 27 11	<b>19</b> Meatball Sub Pea & Onion Salad Carrots Fresh Fruit Milk 43 21 7 21 11	Carb
*Egg Salad Sandwich	<b>22</b> Lasagna Casserole Dinner Roll Mixed Veggies Broccoli Fruit Milk 36 22 11 5 14 11	<b>23</b> Chicken Sandwich Sliced Beets Oven-Browned Potato Fresh Fruit Milk 28 3 19 19 11	<b>24</b> Roast Beef/gravy Seasoned Mash Potatoes Carrots Mixed Veggies Fruit Milk 7 23 7 5 20 11	<b>25</b> Chicken Caesar Salad Dinner Roll Fresh Veggies Watermelon Cookie Milk 12 22 6 13 16 11	<b>26</b> Meatballs Brown Gravy Rotini Noodles Coleslaw Peas Fresh Fruit Milk 7 5 20 6 13 19 11	Carb
*Break-fast Wrap	<b>29</b> Beef Enchilada Pie Spanish Rice Mexican Corn Watermelon Milk 29 24 18 18 11	<b>30</b> Chicken Chef Salad Dinner Roll Fresh Veggies Fruit Milk 9 22 6 18 11	<div style="text-align: center;"> <h1>June 2026</h1> </div>			



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

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

# 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**

## Defying Gravity

### Fall Prevention Class

**Stay strong, steady and independent!** Join our 90 minute class taught by a fall prevention experts. More than 1 in 4 Americans age 65 and older fall each year. This class is designed to meet that need with a power packed, fun and interactive agenda. This class focuses on the importance of talking about falls, identifying fall risks, and provides tools that help to prevent falls. The class covers the following topics:

- Home Hazards
- Balance & Strength Exercises
- Vision
- Medication
- Footwear
- Navigating Your Community Environment
- Local Resources
- Your Action Items

More than 1 in 4



Americans age 65+

**FALL EACH YEAR**

Monday June 22, 10:00 am. Central Davis Senior Activity Center  
81 E Center St Kaysville 801-444-2290

# 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



## Thank You Sponsors!



**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