



SENIOR SERVICES MARCH 2024 NEWSLETTER



How to bring more laughter into your life

(Taken in part from an article by Lawrence Robinson, Melinda Smith, M.A. and Jeanne Segal, Ph.D. for HelpGuide.org)

Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life.

Begin by setting aside special times to seek out humor and laughter, as you might with exercising, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything.

Here are some ways to start:

Smile. Smiling is the beginning of laughter, and like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling. Instead of looking down at your phone, look up and smile at people you pass in the street, the person serving you a morning coffee, or the co-workers you share an elevator with. Notice the effect on others.

Count your blessings. Literally make a list. The simple act of considering the positive aspects of your life will distance you from negative thoughts that block humor and laughter. When you're in a state of sadness, you have further to travel to reach humor and laughter.

When you hear laughter, move toward it. Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?" (Continue pg. 2)

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Spend time with fun, playful people. These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious. Even if you don't consider yourself a lighthearted, humorous person, you can still seek out people who like to laugh and make others laugh. Every comedian appreciates an audience.

Bring humor into conversations. Ask people, "What's the funniest thing that happened to you today? This week? In your life?"

Create opportunities to laugh

- Watch a funny movie, TV show, or YouTube video.
- Invite friends or co-workers out to a comedy club.
- Read the funny pages.
- Seek out funny people.
- Share a good joke or a funny story.
- Check out your bookstore's humor section.
- Host game night with friends.
- Play with a pet.
- Try a "laughter yoga" class.
- Goof around with children.
- Do something silly.
- Make time for fun activities (e.g. bowling, miniature golfing, karaoke).

Tips for developing your sense of humor

An essential ingredient for developing your sense of humor is to learn not to take yourself too seriously and laugh at your own mistakes and foibles. As much as we'd like to believe otherwise, we all do foolish things from time to time. Instead of feeling embarrassed or defensive, embrace your imperfections. While some events in life are clearly sad and not opportunities for laughter, most don't carry an overwhelming sense of either sadness or delight. They fall into the gray zone of ordinary life—

giving you the choice to laugh or not. So, choose to laugh whenever you can.

Laugh at yourself. Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.

Attempt to laugh at situations rather than bemoan them. Look for the humor in a bad situation, and uncover the irony and absurdity of life. When something negative happens, try to make it a humorous anecdote that will make others laugh.

Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.

Don't dwell on the negative. Try to avoid negative people and don't dwell on news stories, entertainment, or conversations that make you sad or unhappy. Many things in life are beyond your control—particularly the behavior of other people. While you might view carrying the weight of the world on your shoulders as admirable, in the long run it's unrealistic and unhealthy.

Deal with stress. Stress can be a major impediment to humor and laughter, so it's important to keep your stress levels in check. One great technique to relieve stress in the moment is to draw upon a favorite memory that always makes you smile—something your kids did, for example, or something funny a friend told you.

Don't go a day without laughing. Think of it like exercise or breakfast and make a conscious effort to find something each day that makes you laugh. Set aside 10 to 15 minutes and do something that amuses you. The more you get used to laughing each day, the less effort you'll have to make.

North Davis Senior Activities Center

Monthly Activities



Friday, March 15th @ 10:00 am
You don't want to miss this!
Celtic Dancing Performance
at 10:00 am - Games at 10:45 am -
Catered lunch (Shepherd's Pie)
at 11:30 am - Please RSVP!



Wednesday, March 13th @ 11:15 am
This month's lunch bunch will be at
Annie's Diner, formerly known as
Grannie Annie's



Monday, March 25th
Please join us! Waffles will be served
from 9:00am to 10:30 am.

Daily Activities

Mondays

9:00 am Quilters
9:30 am EnhanceFitness
10:30 am Bingocize
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 Fun and Games
1:00 pm Pinochle
1:00 pm Line Dancing

Wednesdays

9:00 am Lapidary
9:00 am Quilters
9:30 am EnhanceFitness
10:00 am Technology Lab by appt.
10:30 am Bingocize
12:30 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
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
12:30 pm Texas Hold'Em Poker
1:00 pm Pinochle

Available All Day/Everyday:
Pool table, computers, treadmill,
recumbent bike, library, videos,
and puzzles!

42 S. State St., Clearfield

(801) 525-5080

Central Davis Senior Activity Center

Daily Activities

Mondays

8:00 am EnhanceFitness Class
9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
11:30 am Lunch
12:15 pm Bingocize
1:00 pm Line Dancing With Linda
2:00 pm Beginners Line Dancing

Tuesdays

9:00 am Art Class With Kathy
10:00 am Tai Chi With Diana
10:30 am Boredom Buster Game
11:30 am Lunch
1:00 pm Art Class With Kathy

Wednesdays

8:00 am EnhanceFitness Class
9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:15 am Bingo
11:00 am Ceramics & Crafts
11:30 am Lunch
12:30 pm Ceramic Instructor
12:30 pm Pinochle
12:30 pm Square Dancing

Thursdays

9:00 am Marvelous Crafters Class
10:00 am Tai Chi With Diana
10:30 am Boredom Buster Game
11:00 am Ceramics & Crafts
11:30 am Lunch
12:15 pm Bingocize
12:30 pm Mah Jongg

Fridays

8:00 am EnhanceFitness Class
9:00 am EnhanceFitness Class
10:00 am Qiugong (Only 1st
10:30 am Friday)
11:30 am Wii Bowling
12:00 pm Ceramics & Crafts
12:15 pm Lunch
12:30 pm Movie (Call For Info)
Shopping Day
Bridge

Upcoming Activities

**National Cold Cereal Day
Activities, March 8th
at lunch time.**



**Daylight Savings Time....If you
SNOOZE you LOSE Cinnamon
Rolls & Milk**



**10:00 AM
March 11th**



Mini Pie Bar March 14th

**Come build your own pie at
11:30 for National Pi Day.**

**St. Patrick's Day Luncheon
March 15th at 11:30 am.
Reuben Sandwiches
will be served. RSVP
required**



**Piper Michael
Gibbs from the
Heathen
Highlanders will
entertain us.**

**81 E. Center Street, Kaysville
(801) 444-2290**



March



SOUTH DAVIS SENIOR ACTIVITY
CENTER 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
11:00			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Pickleball		Alzheimer's Group 1st & 3rd Thurs	

March Special Events and Activities!

Fri. Mar. 15th

Enjoy Corned Beef
Rueben sandwiches,
Friends, Irish Music &
a Lunch Pub Quiz
11:45am

Mon. Mar. 18th

Music w/Maddi Sing along
Group music therapy
11:00am-11:45am

Tue. Mar. 19th

SPRING FLING DANCE!
Live entertainment,
food, fun ALL CENTERS
ACTIVITY! 2:00pm-
3:30pm



Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
South west Salad									1 Teriyaki Chicken Fluffy Rice Butternut Squash Mixed Veggies Fresh Fruit Cookie, Milk	13 30 8 5 21 15 11
Turkey Wrap	4 Stir Fry Chicken Fluffy Rice Green Beans Fruit Dessert Bar Milk	18 30 6 14 27 11	5 Breadcrumbs Brown Rice Cuke & Tomato Salad Corn Fresh Fruit Milk	23 22 7 17 22 11	6 Chicken Caesar Salad Roll Fresh Veggie Fruit Dessert Bar Milk	12 22 6 13 27 11	7 Hamburger Oven Breadcrumbs Potatoes Zucchini Fresh Fruit Milk	28 23 3 19 11	8 Chicken Parmesan Penne/marinara Cauliflower Mixed Veggies Roll, Fresh Fruit Pudding, Milk	19 26 4 5 22 19 22 11
Chicken Salad Sandwich	11 Beef & Cheese Quesadilla Corn Broccoli & Red Peppers Fruit Milk	32 17 6 14 11	12 Pork Loin Mash Potatoes/gravy Coleslaw Zucchini Fresh Fruit Frosted Bar Milk	0 28 11 3 22 39 11	13 Meatball Sub Green Beans Green Lettuce Fresh Fruit Milk	46 6 2 19 11	14 Chicken Tenders Oven Breadcrumbs Potatoes Mixed Veggies Fresh Fruit Dessert Bar Milk	16 23 11 11 27 11	15 Chicken Chef Salad Roll Fresh Fruit Milk	9 22 19 11
Southwest Salad	18 Breadcrumbs Chicken Mash Potato/gravy Fresh Veggie Green Beans Fruit, Milk	14 28 6 6 21 11	19 BBQ Pork Sandwich Oven Breadcrumbs Potatoes Coleslaw Fresh Fruit Cookie Milk	54 23 9 17 22 11	20 Buffalo Chicken Salad Roll Fresh Fruit Dessert Bar Milk	10 22 13 27 11	21 Lasagna Cass. Roll Carrots Peas Fruit Milk	37 22 7 13 14 11	22 Beef & Broccoli Fluffy Rice Mixed Veggies Green Salad Roll Fresh Fruit Milk	6 30 5 2 22 22 11
Chicken Chef Salad	25 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	36 24 17 3 21 11	26 Southwest Salad Roll Fresh Veggies Fresh Fruit Dessert Bar Milk	18 22 6 11 27 11	27 Pork Loin Mash Pot/gravy Ranch pasta Salad Green Beans Fresh Fruit Milk	0 28 21 6 22 11	28 Chili Dog Potato Salad Butternut Squash Fresh Fruit Milk	38 21 8 22 11	29 Breadcrumbs Chicken Sandwich Sliced Beets Oven Breadcrumbs Potatoes Fresh Fruit Milk	41 3 23 19 11

**Alternate Meals are available in Center Dining Only.

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



All Davis County Senior Activity Centers

SPRING FLING DANCE

Party

Tues.
MAR
19

**Come
Dressed to
Dance!**

**FREE ADMISSION
FUN FOOD & DRINKS
LIVE ENTERTAINMENT
PHOTO BOOTH**



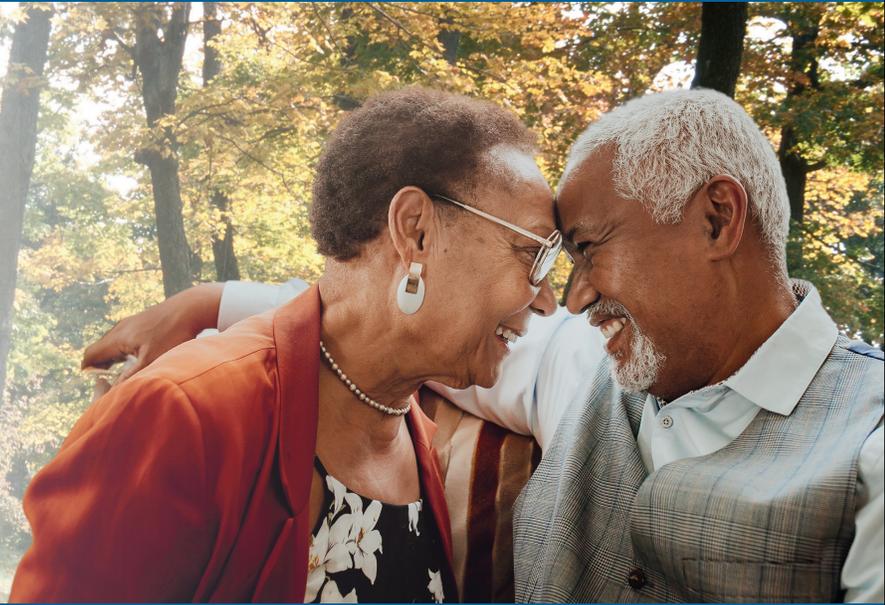
2:00pm - 3:30pm

**R.S.V.P @ your local Davis County Senior Activity Center
Our dance will be held at 726 S. 100 E. , Bountiful**

Some transportation will be provided on a first come first serve basis. All are welcome to drive or car-pool with friends. **Boogie on over to South Davis Senior Activity Center!**

Caregiver Support in Davis County

It's important to care for yourself when you are generously giving to others.



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!



Davis County Senior Activity Centers

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660

