



# SENIOR SERVICES JULY 2023 NEWSLETTER



## Ultraviolet Safety Month

July is UV Safety Awareness Month. It serving as a reminder that exposure to ultraviolet rays is the most important preventable risk factor for skin cancer.

Exposure to too much UV light rays can develop a weakened immune system. Vaccines start to be less effective and bodies will start have a harder time fighting off infections. With a weakened system, problems such as reactivation of herpes can also be triggered by sun or other UV ray sources

Officials aim to educate the public on ways to protect themselves from harmful UV rays. Here are a few examples:

### SUNSCREEN



The U.S. Food and Drug Administration (FDA) recommends that each person wears a sunscreen that has a sun protection factor (SPF) of at least 15 and should cover UV-A and UV-B rays.

### COVER UP



If you are going to be out in the sun you should wear proper clothing such as pants, long sleeved shirts, a hat and sunglasses to protect you from harmful rays.

### STAY IN THE SHADE



Midday is when the sun is at it's most intense, try staying in a shaded area from 10 am to 4pm to help protect your skin.

### DON'T USE TANNING BEDS



Repeated exposure may cause premature aging of the skin and skin cancer.

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# Central Davis Senior Activities Center

## Daily Activities

### Mondays

- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 11:30 am Lunch
- 12:15 pm Bingocize (NEW)
- 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
- 12:15 pm Chair Yoga (NEW)
- 1:00 pm Art Class With Kathy



### Wednesdays

- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:15 am Bingo
- 10:30 am Tai Chi For Arthritis
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12 - 3 pm Ceramic Instructor Available
- 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 (NEW)
- 12:30 pm Mah Jongg



### Fridays

- 9:30 am EnhanceFitness Class
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:00 pm Movie (Call For Info)
- 12:15 pm Shopping Day
- 12:30 pm Bridge

## Closure Dates



**ALL CENTERS WILL BE CLOSED ON THE FOLLOWING DAYS:**



**Monday, July 3rd**

**Tuesday, July 4th**

**Monday, July 24th**



## What's New?!

### **C H A I R   Y O G A**

We are so excited to have this activity at our center!!

Join us every Tuesday at 12:15pm and stretch out those muscles!

### **B I N G O C I Z E**

This 10-week health promotion program combines the game of bingo with fall prevention exercise.

Play bingo, meet new people and learn the techniques to reduce falls.

Mondays & Thursdays @ 12:15pm

### Available Everyday:

Pool Tables, Lapidary, Computers/WiFi, Treadmill, Recumbent Bike, Ping Pong, Puzzles & Library

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

# North Davis Senior Activities Center

## This and That

### LOOK WHAT'S NEW!



Looking for a fun, new way to be more active? Come join the fun! Stay active and win prizes.  
Tuesday & Thursday  
12:30pm-1:15pm



### JULY TRIPS

### THE LUNCH BUNCH

Ramblin' Roads  
July 19th

*Days of '47*  
*Float Preview*  
July 21st

Parkinson's Support Group  
July 5th 6:00pm to 7:00pm

Dementia Caregiver Support  
July 5th 3:00pm to 4:00 pm

Shopping  
Every other Friday at 12:30 pm  
July 7th & 21st

## Daily & Monthly Activities

### Mondays

9:00 am Quilters  
10:00 am Bingo  
12:30 pm Texas Hold'Em Poker  
1:00 pm EnhanceFitness

### Tuesdays

9:00 am Lapidary  
9:30 am Bonsai Plant Workshop  
10:00 am Tai Chi  
10:30 am Fun and Games  
12:30 pm Pinochle  
1:00 pm Line Dancing



### Wednesdays

9:00 am Lapidary  
9:00 am Quilters  
10:00 am Technology Lab by appt.  
12:00 pm Hand & Foot Cards  
12:30 pm Texas Hold'Em Poker  
1:00 pm EnhanceFitness  
2:00 pm Multi-Cultural Dancing

### Thursdays

9:00 am Lapidary  
9:30 am Bonsai Plant Workshop  
10:00 am Tai Chi  
10:30 am Fun and Games  
12:15 pm Theater Thursday  
12:30 pm Pinochle

### Fridays

10:00 am Bingo  
12:30 pm Pinochle  
12:30 pm Texas Hold'Em Poker  
1:00 pm EnhanceFitness



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

# JULY

## South Davis Senior Activities Center

726 S 100 E Bountiful 801-451-3660

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness	Gentle Yoga	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 Water Color
9:30	Line Dancing		Line Dancing	★	Line Dancing
9:45	★				Tai Chi
11:00	★		Tai Chi for Arthritis	Tai Chi for Arthritis	
12:30	★		Grocery Shopping		
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting	Hand & Foot	Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Open Pickleball Court		Alzheimer's Group 1st & 3rd Thurs	

### Billiard Clinic

Free to Seniors  
All levels



July 5 th, 12th, 19th, 26th  
10 am- 1pm or 3-4 pm

Days of '47 lunch  
special July 20th



Super Saucy Sloppy Joes  
cooked by center staff  
RSVP \$3.00 Contribution

Field Trip! ★

July 21st 10:30 am  
RSVP



Days of '47  
Float Preview

Meet the creators  
and technicians  
behind the 2023  
Days of '47 Parade  
floats and see  
how it all comes  
together — even  
before the Parade  
rolls!

Call or come in to  
reserve your spot  
on the bus!

Alternate	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Wrap	3 All Centers <b>4th of July</b> Closed	4 All Centers <b>4th of July</b> Closed	5 Macaroni & Cheese Baked Beans Green Salad, Beets Watermelon Milk	6 Hot Pork Sandwich Potato/gravy Cuke/tomato Salad, Beans Fresh Fruit Milk	7 Chili Dog Potato Salad Cabbage Fresh Fruit Milk
Buffalo Chicken Salad	10 Tuna Salad Sandwich Fresh Vegetable Fruit Cookie Milk	11 Chicken Breast Baked Potato Mixed Veggies Marinated Veggie Salad, Fruit, Milk	12 Breaded Fish Rice Pilaf Cuke Tomato Salad Corn Fresh Fruit Milk	13 Chicken Chef Salad Roll, Fresh Vegetable Cantaloupe Milk	14 Spaghetti Marinara Meatball Zucchini Carrots Fruit Pudding Milk
Tuna Salad Sandwich	17 Chicken Caesar Roll Fresh Vegetable Fruit Milk	18 BBQ Pork Sandwich Potato Salad Green Salad Fruit, Dessert Bar Milk	19 Sweet/Sour Meatballs Fluffy Rice Cabbage Mixed Veg, Watermelon Milk	20 Hamburger Corn Pea/Onion Salad Fresh Fruit Milk	21 Chicken Teriyaki Rice Cauliflower Carrots Fruit, Milk
Chicken Chef Salad	24 All Centers  Closed	25 Chicken Breast MshPotatoes/gravy Peas Mixed Veggies Fruit, Pudding Milk	26 Hot Dog Mac & Cheese Cabbage Cantaloupe Milk	27 Salisbury Steak MshPotato/gravy Green Salad Zucchini Fruit, Milk	28 Turkey Sandwich Pasta Salad Fresh Vegetable Fresh Fruit Milk
Turkey Wrap	31 Sloppy Joes Oven Brown Potatoes Fresh Veg Fruit Milk	33 Sloppy Joes Oven Brown Potatoes Fresh Veg Fruit Milk	35 Beans Green Salad, Beets Watermelon Milk	38 Hot Pork Sandwich Potato/gravy Cuke/tomato Salad, Beans Fresh Fruit Milk	38 Chili Dog Potato Salad Cabbage Fresh Fruit Milk

# July 2023

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

# Learning how to read nutrition information

## No two packaged food products are alike.

For example, different brands of nuts can have different fat or sodium content, depending on how they are processed and what, if any, oils are used. Plain yogurt and Greek yogurt have very different amounts of protein. A granola bar and whole oats have very different levels of sugars and fats.

Because of this, understanding food nutrition and how to read labels can help you make healthier choices.

## How to read a nutrition label

1. The nutrients listed on the label are based on one serving size. Often serving sizes are smaller than you'd think. So, it's a good idea to measure.

2. Calories are a unit of measurement that tells us the amount of energy in one serving. Your body uses calories for energy and to be active. Everybody uses a different number of calories. To control your weight, the goal is to balance what you eat with the amount of energy you need.

3. All nutrients are shown as a percent of the daily value. The daily values are reference amounts for how much of the nutrients you should consume or not exceed each day.

Nutrition Facts		
Per slice (35 g)		
Amount	% Daily Value	
<b>Calories</b> 85		
<b>Fat</b> 1 g		2%
Saturated 0.5 g		3%
+ Trans 0 g		
<b>Cholesterol</b> 0 mg		0%
<b>Sodium</b> 150 mg		6%
<b>Carbohydrate</b> 15 g		5%
Fibre 3 g		13%
Sugars 2 g		
<b>Protein</b> 3 g		
Vitamin A 0%	Vitamin C 0%	
Calcium 6%	Iron 15%	

4. Limit foods with high amounts of the items in red. Look for fewer than 2g of saturated fat, less than 250mg of sodium and little to no added sugar.

5. Try to eat foods with more of the items in green. These include dietary fiber, vitamin D, calcium, iron and potassium.

6. Read and rate the ingredients. In general, products that have fewer ingredients – and ones you can pronounce -- are less processed and better for you. Here are some questions to ask yourself:

- Does this food contain more than five ingredients?
- Does it contain unhealthy fats like coconut oil?
- Does it include whole grains like oats, barley and wheat flour? If so, are they near the top of the ingredient list?
- Do you know what the ingredients are?



## Know the daily values for a heart smart diet

Try to focus on heart-healthy numbers for the following:

- **Dietary fiber:** Eat 25-30 grams of dietary fiber each day.
- **Sugar:** Limit the amount of added sugar you eat or drink.
- **Salt (sodium):** Limit to 1,500-2,000 milligrams each day.
- **Fats:** Aim for no trans fats and less than 13 grams of saturated fat each day. Just remember, all fats are high in calories so don't eat too much.

When you eat not-so-great food, the FDA recommends dietary tradeoffs. So, if you eat a breakfast that's high in saturated fat, choose foods that are lower in saturated fats throughout the rest of the day. It's all about balance and finding a healthy diet you can stick with.

And if you have a bad food day, tell yourself it's okay and move on. You can do better tomorrow.

# Fourth of July

## WORD SCRAMBLE

1. WFORRIESK \_\_\_\_\_
2. PEIEDDEENCNN \_\_\_\_\_
3. DAREPA \_\_\_\_\_
4. EFOMEDR \_\_\_\_\_
5. FGLA \_\_\_\_\_
6. NPCCII \_\_\_\_\_
7. URMSEM \_\_\_\_\_
8. EIBTLR \_\_\_\_\_
9. ERIACMA \_\_\_\_\_
- 10 NITEUD STTSEA \_\_\_\_\_
11. JUYL \_\_\_\_\_
12. SASTTE \_\_\_\_\_
13. RTILEVOONU \_\_\_\_\_
14. PTTOIARCI \_\_\_\_\_
15. RASTS \_\_\_\_\_

1. Fireworks 2. Independence 3. Parade 4. Freedom 5. Flag 6. Picnic  
7. Summer 8. Liberty 9. America 10. United States 11. July 12. States  
13. Revolution 14. Patriotic 15. Stars

# Thank you Sponsors!

Davis County Senior Centers

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660



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