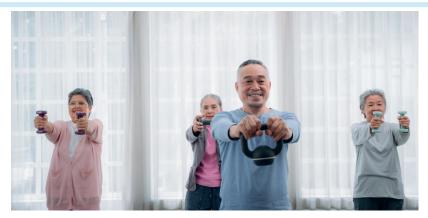




SENIOR SERVICES SEPTEMBER 2024 NEWSLETTER



'Powering Connections'

(Taken in part from ncoa.org & Davis County Senior Services)

Celebrated every year in September, National Senior Center Month is a great time to shine a light on senior centers, showing the entire nation how vital they are to the health and wellbeing of a community. Senior centers have become integral to health care delivery in our communities by providing access to information, opportunities, and support to improve the lives of people in their communities as they age. That's why the 2024 theme for National Senior Center Month is Powering Connections. Senior centers have transformed from their origins in the 1940s, especially after being incorporated into the Older Americans Act in 1973. Despite these changes, their core mission persists: to serve as the trusted community hub that links individuals to the necessary programs, services, and opportunities for successful aging.

Explore Your Local Senior Activity Center

Davis County Senior Activity Centers are tailored for adults aged 60 and above seeking social connections, engaging activities, or new hobbies.

Here's what you can find:

- Varied classes offered weekly like painting, lapidary, and ceramics;
- Health and fitness classes suitable for all levels, including Tai Chi, Bingocize, EnhancedFitness, and line dancing

- Amenities such as pool tables, internetenabled computers, exercise gear, books, puzzles, and videos;
- A daily midday meal on weekdays, excluding state and federal holidays, in a social setting.
 There are also group activities like bingo, card games, and themed parties that are perfect for socializing.

I don't drive, how can I get there?

Transportation can be provided for Davis County residents, to and from all three centers. Vehicles are accessible to accommodate walkers and manual or electric wheelchairs.

How to connect

Today, more than 11,000 senior centers serve more than 1 million older adults every day, Powering Connections in their communities and neighborhoods. Please call one of your Davis County Senior Activity Centers to sign up for transportation, meals ,classes, trips and activities.

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Get out and about!



Davis County Senior Services offers curb-to-curb transportation for individuals wishing to attend our senior activity centers. Our senior activity centers offer day trips to local museums, shopping, and events. Advance reservations are suggested, and voluntary contributions are accepted.

Contact your local Davis County Senior Activity Center



Rides4Health

is a curb-to-curb nonemergency transportation service provided to seniors 60 and older living in Davis County, and not able to drive. Appointments for service must be within the county. No fee is charged for the ride but a suggested contribution of \$5.00 per trip is appreciated.

Rides4Health



To schedule a ride

At least 3 business days in advance

*Time Slots are filled on a first-come, first-served basis.

Call: 801-525-5061

Rides4Health can take you to:

- Doctors Offices
- Dentist Offices
- Physical & Occupational Therapy
- Hearing & Vision Appointments

To be eligible Clients Must:

- Be of Age 60+
- Be unable to drive
- Be able to get to the curb without driver assistance



September 2024

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

International Chocolate Day

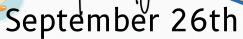
Which candy bar is the best? Come find out on September 11th & 12th. Starting around 10:30 am.





Wednesday, September 18th @11:30 am
Bus leaves Center @11:15 am
This month's lunch bunch
will be at Culvers!

Pancakes & Pajamas



We're celebrating National Breakfast in Bed Day with Pancakes, Pajamas, and a Movie! Starting @11:00 am. RSVP Required.



BOTANICAL CENTER

SEPTEMBER 30TH

BUS LEAVES [AT] 12:15 PM



<u>Mondays</u>

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 Bingo

Tuesdays

9:00 am Lapidary
10:30 am Tai Chi II
10:15 am Music & Memories (2nd Tuesday)
1:00 pm Pinochle
1:00 pm Line Dancing
1:00 pm Wire Wrapping (2nd Tuesday,
Bring your own supplies)

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

September 2024

Central Davis Senior Activity Center 81 East Center Street, Kaysville

801-444-2290





Celebration!!

Come watch a slideshow of our fun summer memories whille enjoying fresh melons galore.

September 4th at 11:30

OF INDIA ON SEPTEMBER 24TH





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 - 2nd Fri
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				



September





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		
3:00		Pickleball	Market St. Comments of the Com	Dementia support Group 1st Thurs	

First Day of Fall Celebrations!

Friday, Sept. 20th
Carmel Apple Nachos!

& Minute to Win it Apple stacking

Starting @ **11:20** am

Fall Foliage Trip & Rainbow Gardens

Registration opens on
September 24th at noon
for one of our beloved
seasonal field trips. Join
us for a scenic drive
through Trappers Loop
and Ogden Canyon
followed by lunch at The
Greenery on **Tuesday**.

Greenery on <u>Tuesday</u>, <u>October 8th</u>.

*Egg Salad Sandwich	*Buffalo Chicken Salad	*Chicken Salad Sandwich	*South west Salad	*Turkey Wrap	Alt Meal
30 Shepherds Pie Roasted Cauliflower Fruit Cookie Milk	22 Spaghetti/ meatballs Spinach Roasted Cauliflower Fruit Milk	16 Smothered Meatballs Rotini/brown gravy Butternut Squash Fruit Peas, Milk	9 Beef/Cheese Quesadilla Corn Broccoli/red peppers Fruit Milk	Sorry. We're CLOSED	Monday
29 18 16	6 20 5 13 13 14	9 25 21 11	33 17 11		Carb
	24 Pork Loin Mash Potatoes/gravy Carrots Green Beans Fresh Fruit Cookie Milk	17 Chicken Sandwich Lettuce/Tomato Green Beans Baked Beans Fresh Fruit Milk	10 Tilapia Brown Rice Green Beans Carros Fruit Pudding Milk	3 Chicken Parm Penne/Marinara Sauce Broccoli Roasted Cauli Roll Fresh Fruit Milk	Truesday
	0 28 7 6 22 16	29 1 6 31 22 11	0 33 6 14 12 11	15 28 5 4 22 22 11	Carb
	25 Beef Stew Boiled Potatoes Green Salad Roll Fresh Fruit Milk	18 Lasagna Casserole Carrots Zucchini Roll Fruit Milk	11 Chicken Tenders Mash Potatoes/gravy Mixed Veggies Fruit Milk	4 Cheeseburger Lettuce/Tomato Butternut Squash Zucchini Fruit Milk	Wednesday
	10 23 22 21 11	36 7 3 22 20	15 28 11	11 14 3 8 1 29 11 14 3 8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Carb
	26 Breaded Chicken Sandwich Lettuce/Tomato Sliced Beets Corn Fresh Fruit Milk	19 Chicken Chef Salad Fresh Fruit Dessert Bar Roll Milk	12 Meatball Sandwich Green Bean Green Salad Fresh Fruit Milk	5 Curry Stew Fluffy Rice Green Salad Corn Fresh Fruit Cookie Milk	Thursday
	41 41 3 17 22 11	10 21 27 27 11	11 11	17 30 2 17 22 16	Carb
	27 Beef and Broccoli Fluffy Rice Mixed Veggies Fruit Frosted Cake Milk	20 Veggie Chili Dog Potato Salad Cabbage Fruit Milk	13 Baked Turkey Mash Potatoes/gravy Corn Zucchini Fresh Fruit Dessert Bar Milk	6 Sloppy Joes Baked Beans Mixed Veggies Fruit Milk	Friday
7	6 30 11 14 40	43 21 5 11	2 29 17 3 39 11	33 35 10	Carb

Central Davis Senor Activity Center

Beginner Square Dancing

Get ready to kick up your heels and join us for an afternoon of lively square dancing fun! Casual clothed appropriate.

No partner? No problem!

We welcome couples or sing

We welcome couples or singles.

Starting Wednesday September 4th

@ 12:30 pm-2:30 pm, beginners can dance for

FREE every Wednesday for the

month of September—

Call Anna Marie for more info

801-773-2201

See you on the dance floor!





It's time to review

your current

Medicare coverage

Davis County Senior Services offers **FREE** non-bias 1 on 1 counseling by appointment.

Make an appointment by calling (801) 525-5050 Opt. 5

Are you a FAMILY CAREGIVER?

DATE: Tuesday, September 10th, 2024

*Registration is required—

Complimentary lunch included.

TIME: 10:00 am-2:30 pm

(30 minute lunch break from 12:00-

12:30 pm)

PLACE: 81 E Center St, Kaysville

(Central Davis Senior Activity Center)





Sign up today for your FREE
Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time for You

I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

PRE-REGISTRATION IS REQUIRED.

To reserve your spot, please contact:

Eve Larsen

801.525.5050 opt 5

elarsen@co.davis.ut.us

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

Thank you! Sponsors







North Davis 801-525-5080

Central Davis 801-444-2290







