



# SENIOR SERVICES SEPTEMBER 2024 NEWSLETTER



## 'Powering Connections'

*(Taken in part from [ncoa.org](https://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 well-being 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, internet-enabled 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

### Rides4Health

is a curb-to-curb non-emergency 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.



## CONTACT US

### 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



*Party*



September 26th

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

## FIELD TRIP

SCARECROW WALK [AT] USU

BOTANICAL CENTER

SEPTEMBER 30TH

BUS LEAVES [AT] 12:15 PM



## Mondays

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  
12:30 pm 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



What a MELON of a  
**SUMMER**  
Celebration!!

Come watch a slideshow  
of our fun summer  
memories while enjoying  
fresh melons galore.  
September 4th at 11:30

CELEBRATE THE CULTURE  
OF INDIA ON  
SEPTEMBER 24TH  
AT 11:00



| 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



**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<br>Stained Glass<br>Pencil Drawing | Sit n Fit                       | Sit n Fit<br>Stained Glass | Sit n Fit                           | Sit n Fit<br>Stained Glass<br>Watercolor |
| 9:30  | Line Dancing                                 |                                 | Advanced Line<br>Dancing   | Crochet Group                       | Line Dancing                             |
| 9:45  |  |                                 |                            |                                     | Tai Chi                                  |
| 10:00 |  | Gentle Yoga                     |                            |                                     |  |
| 10:30 |  |                                 | Tai Chi for<br>Arthritis   | Tai Chi for<br>Arthritis            |  |
| 12:45 | Shopping                                     | Bingo                           | Bingocize                  | Bingo                               | Bingocize                                |
| 1:00  | Bridge                                       | Pinochle<br>Oil Painting        |                            | Bridge                              |  |
| 2:00  | Tap Dancing                                  | Grief Support<br>2nd & 4th Tues | Tap Dancing                |                                     |  |
| 3:00  |  | Pickleball                      |                            | Dementia support<br>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,**  
**October 8th.**



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

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

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

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Central Davis Senior 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 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!**



# **Kaysville Komets**



**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.**

Eve Larsen

801.525.5050 opt 5

To reserve your spot, please contact:

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**



**South Davis 801-451-3660**

