

North Davis:

42 South State Street,
Clearfield UT. 84015

Phone: 801-525-5080

Central Davis:

81 East Center Street,
Kaysville UT, 84037

Phone: 801-444-2290

South Davis:

726 South 100 East,
Bountiful UT, 84010

Phone: 801-451-3660

Join the Davis County Senior Activity Center Facebook Page:

facebook.com/groups/232504901225003/?source_id=129701737098222

**Even though centers are currently closed, staff can still help you navigate the available options & services. Call your nearest center or Senior Services at (801) 525-5050 ext. 5.

Fun Dates in September

- Sept. 06: Read a book day
- Sept. 07: Labor Day (1st Monday of the month)
- Sept. 11: Patriot Day
- Sept. 13: Grandparents Day
- Sept. 22: Fall Begins



September is self-improvement month, Hispanic Heritage month, and Falls Prevention month.

Interested in going paperless? Get the email version of this newsletter

Call (801) 525-5105
Or Sign up at
[Mailchi.mp/059291365bb7/davis-senior-services-newsletter](https://mailchi.mp/059291365bb7/davis-senior-services-newsletter)

Sign up today!!

Don't forget September 30th is the last day to do the Census.
www.my2020census.gov or do it by phone at 1-844-330-2020



Happy Labor Day!
September 7th

A FUN NEW CLASS IN TOWN!!

Join us with a fun way to stay moving ... at home!

Sit-n-Fit Arthritis

A 8-week Easy Chair Fitness Online Class

Sept 14 - Nov 6

- Monday @ 10:30 a
- Wednesday to 11:00 a
- Friday

Call Emily to reserve your place.
801-525-5014



Find the 2 hidden pencils in this newsletter and win an adult coloring book and colored pencils!

SEPTEMBER SENIOR SERVICES NEWSLETTER



IN THIS ISSUE

Reinvent yourself during Healthy Aging Month

Senior Center Month

Aging at home as long as possible

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REINVENT YOURSELF DURING HEALTHY AGING MONTH

HEALTHY AGING MAGAZINE

September is Healthy Aging Month. Healthy Aging Month began over 20 years ago, to help bring national attention to the "positive aspects of aging." Healthy Aging Month provides inspiration and ideas to improve your physical, mental, social, and financial health. It also helps to break down the myths of aging. Forget the negative aspects of aging and focus on the positive measures you can take to improve your physical, mental, social and financial well-being.

As the summer months come to an end and "back to school" time, begins, you may be thinking about getting started on your new tasks for the fall season. There is no better time to begin reinventing yourself and actively take measures to reinvent yourself, then during "Healthy Aging Month"

Healthy Aging Magazine has some great ideas for getting started.

- Be positive in your daily thoughts & actions. When you find yourself complaining, check yourself right there and change your thought or conversation to something positive.

- Ditch your negativity. If you have negative friends who are always complaining about how terrible everything is, distance yourself from them and anyone who does not have a positive outlook on life. Being around negative people will only depress you and stop you from moving forward. Surround yourself with happy, energetic, and positive people of all ages. Don't forget to smile. It's contagious and will ward off naysayers.
- Walk like a vibrant healthy person. Check your gait. Do you walk slowly? if you notice you have become lazy in your stride or have a fear of falling, make an effort to take big strides, walk with your heel first, and wear comfortable and supportive shoes.
- Get your annual check-ups. Take this month to get all your health screenings done.
- Try something new. Take an art class, learn a new language, or try learning a new instrument.

Davis County Senior Services also has monthly online classes that you can join by computer or phone. Check out our monthly activity & event calendar and try a new class today.



Make an effort to take big strides, walk with your heel first, and wear comfortable and supportive shoes.

Read more tips at: <https://healthyaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>



SENIOR CENTER MONTH

BY TAZIA VENSTRA

Happy Senior Center month! The vital mission of senior activity centers is to prevent social isolation among older adults, while also providing knowledge, programming, and resources. This pandemic has forced activity centers to change their delivery methods and the way they provide services.

It has been difficult for our centers to not have our patrons participating in our centers for the last 5 months. YOU ARE MISSED! But there has been some progress and we are adapting under the

circumstances. Since it is Senior Center month, we wanted to share some of the changes happening at our activity centers.

If you would like to get your body moving and incorporate some exercise into your daily routine, then you should definitely check out our virtual Senior Exercise Class taking place every Monday, Wednesday and Friday, from 8:00 am - 9:00 am! This class is taught by Kristi Tanner, who provided instruction for our Tai Chi and Enhance Fitness classes in the past.

Many of us may need a little more connection with others than we are currently experiencing. Interacting with one another is such an important part of our lives

and really does improve our overall well-being. That is why Central Davis Senior Center is offering the "Central Connection", a fun interactive chance to meet other activity center patrons over the phone or computer. Share stories, reminisce, and discuss many fun topics, or share your feelings. Central Connection is held virtually every Wednesday from 2:00 pm - 3:00 pm beginning September 2nd. This an opportunity for anyone to log in and chat with friends! Just type this link in your search bar when it is time to participate: <https://meet.google.com/tqa-oqfz-zmi?hs=122&authuser=0>.

Got an idea for a topic? Call Tazia at 801-444-2290. In addition to the virtual services, all of our Senior Activity Centers currently offer the following, Meal deliveries (Meals on Wheels), Grab & Go Meals, Medication and grocery pick-up, transportation to medical appointments, as well as the grocery store and back. WE ARE HERE FOR YOU! Please call for more information about any of these services and we hope to connect with you soon!

AGING AT HOME AS LONG AS POSSIBLE

BY MARISSA BLACK

Are the challenges of aging getting you down? If your hope to stay at home as long as possible, and maybe you feel if you just had a little help, you could remain at home but paying for help would be a challenge. Helping you stay independent and at home, is the goal of Davis County Senior Services In-home programs.

Many older adults want to stay home but struggle with tasks such as bathing, meal preparation, transportation, laundry, vacuuming, and other cleaning needs. If this sounds like you or a loved one, you are caring for, please give us a call at 801-525-5050 ext. 5 to discuss what services you may qualify for.



AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to "age in place" – stay in their own homes as they get older – but may have concerns about safety, getting around, or other daily activities.

A few changes could make your home easier and safer to live in and help you continue to live independently.

Don't use area rugs and check that all carpets are fixed firmly to the floor.

Install a ramp with handrails to the front door.

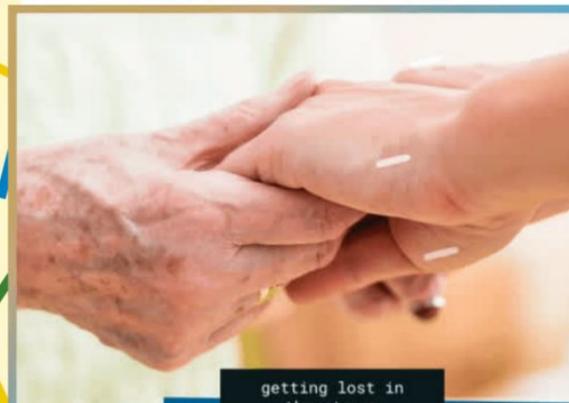
Reduce fall hazards: place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.

Replace handles on doors or faucets with ones that are comfortable for you to use.

Install grab bars near toilets and in the tub or shower.

Place light switches at the top and bottom of stairs and remember to turn on night lights.

For more information about aging in place, visit www.nia.nih.gov/aging-in-place.



getting lost in the stress

travelling on the over-beaten path



Senior Services presents Tuesday Cares

Davis County online support group for Caregivers

EVERY TUESDAY @ 2:30 pm

Bring us any questions or concerns!

Join our Caregiver Team by

Google Meets or by Telephone

To register for the group Call our Caregiver Team 801-525-5050 opt 5



SEPTEMBER 21-OCTOBER 2

PREVENTING FALLS ONE STEP AT A TIME!

A Falls Prevention Awareness Event hosted by Davis County Senior Services

Track your daily steps and report back the total number for the two weeks, by October 9, to win prizes. Call a Davis County Senior Center to sign up today!

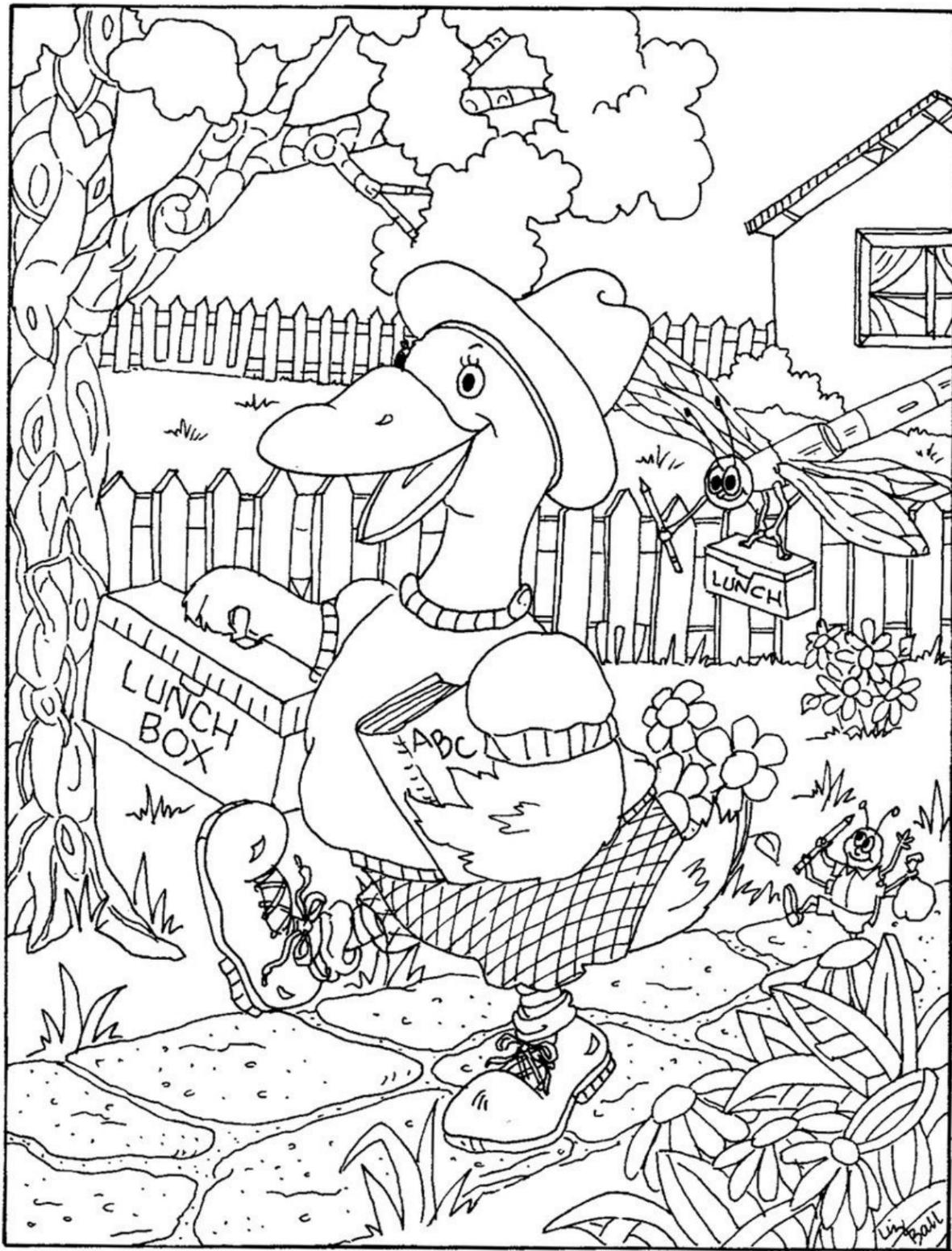


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Tuna Salad Sandwich Carrot Sticks Fresh Fruit Cookie Milk	29 Shepherds Pie Broccoli/red pepper mix Roasted Cauliflower Fresh Fruit Cookie Milk	30 Tilapia Herb Roasted Potatoes Marinated Veg Salad Dinner Roll Fruit Milk	31 Chili Dog Potato Salad Cabbage Fresh Fruit Milk	32 Beef Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	33 Baked Turkey Mash Potatoes/gravy Coleslaw Fresh Fruit Cookie Milk
14 Roast Beef/gravy Au Gratin Potatoes Green Beans Fresh Fruit bread Milk	15 Baked Chicken Sandwich Beets Oven Brown Potatoes Fruit Milk Dessert Bar	16 Italian Casserole Garlic Bread Carrots Zucchini Fresh Fruit Milk	17 Pork loin/gravy Boiled Potatoes Tomato/Cuke/Onion Sal Corn Fresh Fruit Milk	18 Smothered Meatballs Rotini Noodles Winter Squash Peas Fresh Fruit Cookie Milk	7 Closed for LABOR DAY
	8 Lemon Baked Fish Brown Rice Green beans Carrots Fruit Dessert Bar Milk	9 Meatloaf Mashed Pot/gravy Cuke Tomato Salad Fresh Fruit Bread Cookie Milk	10 Meatball Sub Green Beans Green Salad Dessert Bar Milk	11 Baked Turkey Mashed Potatoes Corn Zucchini Fresh Fruit Cookie Milk	1 Chicken Parmesan Cauliflower Peas Fruit Milk

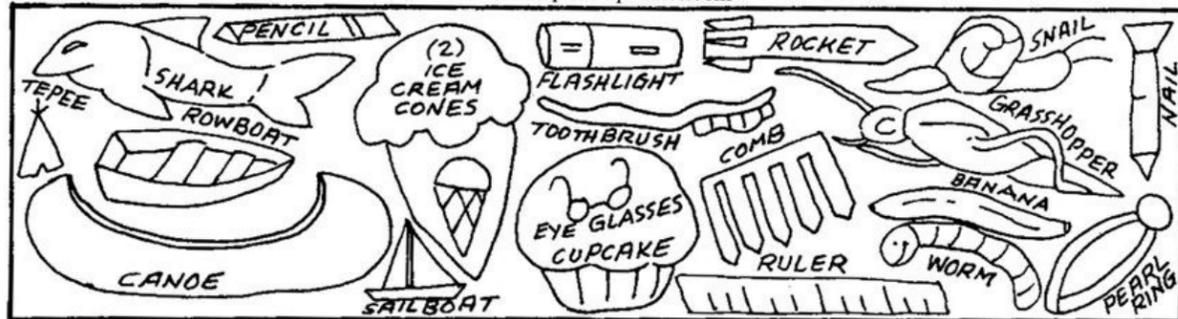
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September is National Senior Center Month, Falls Prevention Month, and Hispanic Heritage Month.	9 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class Happy Labor Day!	10 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class 1:30 Scattergories	11 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class 1:30 Scattergories	12 8 am Exercise with Kristi 11 am Finish the song lyrics 2:30 Caregiver group chat (Online/Phone) Sign up at 801-525-5050 ext 5	13 Happy Grandparents Day!	14 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class 1:30 Scattergories
27	28	29 8:15 am Tai Chi 9:45 Happy Cat Day	30 8 am Exercise with Kristi 2 PM Central Connection Virtual Discussion -10:30 am Sit N Fit Arthritis Class -Last day to do Census!	31 8 am Exercise with Kristi -2 PM Central Connection Virtual Discussion -10:30 am Sit N Fit Arthritis Class -Last day to do Census!	1 8:15 am Tai Chi 2:30 Caregiver group chat (Online/Phone) Sign up at 801-525-5050 ext 5	2 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class 2 pm Central Connection Virtual discussion
20 	21 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class Step Away From Falls event Sept 21-Oct 2	22 8:15 am Tai Chi 9:30 am Comedian Corner 2:30 Caregiver group chat (Online/Phone) Sign up at 801-525-5050 ext 5	23 8 am Exercise with Kristi 2 PM Central Connection Virtual Discussion -10:30 am Sit N Fit Arthritis Class -2 PM Medicare 101 Class (Online/phone) RSVP	24 10:30 am Sit N Fit Arthritis Class 1 pm Brief history of mining in Davis County	25 8 am Exercise with Kristi	26 8 am Exercise with Kristi
13 Happy Grandparents Day!	14 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class 1:30 Scattergories	15 8:15 am Tai Chi 2:30 Caregiver group chat (Online/Phone) Sign up at 801-525-5050 ext 5	16 8 am Exercise with Kristi -10:30 am Sit N Fit Arthritis Class -2 PM Central Connection Virtual Discussion	17 10:30 am Sit N Fit Arthritis Class 1 pm Tour through Utah's Petroglyphs Part 3	18 8 am Exercise with Kristi 1:30 1 min microwave recipes	19 8 am Exercise with Kristi
9	7 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class Happy Labor Day!	8 8:15 am Tai Chi 11 am Finish the song lyrics 2:30 Caregiver group chat (Online/Phone) Sign up at 801-525-5050 ext 5	9 8 am Exercise with Kristi -2:00 Medicare 101 Class (Online/phone) RSVP at 801-525-5050 -10:30 am Sit N Fit Arthritis Class -2 PM Central Connection Virtual Discussion	10 10:30 am Sit N Fit Arthritis Class 1 pm Tour through Utah's Petroglyphs Part 1	11 8 am Exercise with Kristi Happy Patriot's Day!	12 8 am Exercise with Kristi
5	1 8:15 am Tai Chi 2:30 Caregiver group chat (Online/Phone) Sign up at 801-525-5050 ext 5	2 8 am Exercise with Kristi 10:30 am Sit N Fit Arthritis Class 2 pm Central Connection Virtual discussion	3 8:15 Tai Chi 10 am Music based caregiving fireside 10:30 am Sit N Fit Arthritis Class 12 pm Grandparents Day Craft 1 pm Tour through Utah's Petroglyphs Part 1	3 8:15 Tai Chi 10 am Music based caregiving fireside 10:30 am Sit N Fit Arthritis Class 12 pm Grandparents Day Craft 1 pm Tour through Utah's Petroglyphs Part 1	4 8 am Exercise with Kristi	5 8 am Exercise with Kristi
41	35 4 Taco Joes Green Beans Boiled Beans Fruit Cookie Milk	35 3 Turkey Rice Casserole Peas Winter Squash Fresh Fruit Milk Bread	32 32 Cheeseburger Oven brown potatoes Zucchini Fresh Fruit Milk	54 54 Chicken Parmesan Cauliflower Peas Fruit Milk	5 5 If you need any help accessing any of these events, Please call our technology Specialists: 801-525-5080	6 6 Roast Beef/gravy Au Gratin Potatoes Green Beans Fresh Fruit bread Milk

September 2020





www.hiddenpicturepuzzles.com



School

Word Scramble



Unscramble each group of letters to form a school word.

1. PCLIEEN _____
2. EKDS _____
3. HACRI _____
4. DCOINTAIYR _____
5. TTSE _____
6. OOWEHMKR _____
7. TYSDU _____
8. EANLR _____
9. ECTEAHR _____
10. CYSNRAO _____
11. SEDNTTU _____
12. RDIAEGN _____
13. WTNIIGR _____
14. LNPEIGSL _____
15. CMEUTPOR _____