



SENIOR SERVICES APRIL 2026 NEWSLETTER



Arthritis pain: Do's and don'ts

(Taken in part from an online publication by mayoclinic.org)

Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines, and stress management. But how do you know what's best for you? Here are some do's and don'ts to help you figure it out.

Basics

No matter your condition, effectively managing pain is easier when you:

- Learn all you can about your condition, including the type of arthritis you have and any existing joint damage.
- Involve your healthcare professional, friends and family in your pain management plan.
- Tell your healthcare professional of any changes in your pain.

Everyday routines

- Be mindful of your joints in all activities, whether sitting, standing or moving.
- Keep your joints flexible. Do gentle daily stretches to move your joints through their full range of motion.
- Maintain good posture. A physical therapist can teach you proper ways to sit, stand and move.
- Know your limits. Balance activity and rest, and don't overdo.

In addition, lifestyle changes can play a key role in managing pain.

- **Manage your weight.** Extra weight can worsen arthritis symptoms and increase pain. Gradual, lasting healthy changes are the most effective approach to weight management. Talk to your healthcare professional about what you can do to get to, and stay, at a healthy weight.
- **Quit smoking.** Toxins in cigarette smoke can damage connective tissues, which can increase arthritis pain. And studies have shown that electronic cigarettes, called e-cigarettes, also may harm connective tissues.

Exercise

If you have arthritis, staying active can help reduce pain and stiffness. It can improve flexibility, strengthen muscles and boost endurance. It also helps (Continue pg 2)

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you manage your weight and improve your mood.

What to do

Select activities that strengthen the muscles around your joints without causing harm. A physical or occupational therapist can help you create an exercise program that's right for you. Focus on stretching, range-of-motion exercises and gradual strength training. Include low-impact aerobic activities, such as walking, cycling, and water exercises, to improve your mood and help control your weight.

What to avoid

Avoid activities that involve high impact and repetitive motion, such as:

- Running
- High-impact aerobic exercises
- Jumping
- Repeating the same
- Tennis
- movement, again and again

Medications

Many types of medicines are available to relieve arthritis pain. Most are relatively safe, but no medicine is completely free of side effects. Talk with your healthcare professional to create a pain management plan for your specific pain symptoms. A pain management plan aims to reduce pain. It also aims to ease distress, increase mobility and improve quality of life.

What to do

Pain medicines that you can buy without a prescription can help ease occasional pain triggered by activity your muscles and joints

aren't used to, such as gardening after a winter indoors. These medicines include acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve).

Creams with capsaicin can be applied to the skin over a painful joint to relieve pain. Capsaicin cream is made from capsaicin, the ingredient in chile peppers that gives them their heat. When applied to the skin over a painful joint or muscle, capsaicin temporarily reduces pain by blocking pain signals from the nerves. Capsaicin cream can be used on its own or with other medicines.

Talk to your healthcare professional if medicines you can buy without a prescription don't relieve your pain.

What to avoid

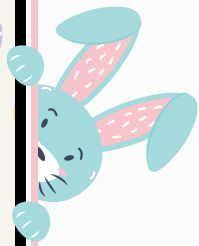
- Smoking. If you use tobacco, talk to your healthcare professional about resources to help you quit. The toxins in cigarette smoke can damage connective tissues. This worsens joint problems.
- A negative mindset. Dwelling on negative thoughts can make them spiral, increasing pain and limiting mobility. Instead, focus on activities you enjoy and spend time with people who support you. Consider talking to a therapist if negative thoughts are difficult to manage.

Help

When caregiving becomes challenging.



Support services are available, call and talk to a case manager today at 801-525-5050 option #5



April 2026

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



Lunch Bunch

April 6th
Bus leaves
11:00am

Must RSVP

SPRING BRUNCH

April 10th @11:30am



French toast, bacon,
fruit, & hashbrowns

Must RSVP



Resource Fair
Central Davis Senior
Activity Center



April 14th bus leaves @ 11:30am

Must RSVP/May drive on your own

Whats up Doc???

Let's Celebrate Bug's Bunny Day-
Bingo, Carrot Cake and cartoons

April 30th 10:00am



*Activity sign-ups begin at 12:00pm the first Monday
of the month*

Monday



8:00am-12:00pm
8:30am-9:30am
9:00am-5:00pm
9:30am-10:30am
10:30am-11:30am
12:15pm-2:15pm
12:30pm-2:30pm
Silversmithing
Tai Chi
Quilters
EnhanceFitness
Bingo
Movie Monday
Texas Hold'Em Poker

Tuesday

8:00am-12:00pm
10:30am-11:30am
12:00pm-1:00pm
1:00pm-5:00pm
1:00pm-3:00pm
1:00pm-2:30pm
1:00pm-2:30pm
Lapidary & China Painting
Tai Chi for Fall Prevention
Mexican Train Dominos
Pinochle
Line Dancing
Bonsai Workshop
Wire Wrapping (2nd Tuesday,
Bring your own supplies)

Wednesday

8:30am-9:30am
8:00am-12:00pm
9:00am-5:00pm
9:30am-10:30am
10:30am-1:15pm
12:30pm-1:30pm
12:30pm-5:00pm
12:30pm-2:30pm
2:00pm-3:30pm
Tai Chi
Lapidary
Quilters
EnhanceFitness
Laugh and Learn
Bingocize
Hand & Foot Cards
Texas Hold'Em Poker
Multi-Cultural Dancing

Thursday

8:00am-12:00pm
9:30am-10:30am
10:30am-11:30am
12:15pm-1:15pm
1:00pm-5:00pm
Lapidary
EnhanceFitness
Bunco
Craft w/ Lizz (2nd&4th Thurs)
Pinochle

Friday

8:00am-12:00pm
10:00am-11:30am
12:15pm-2:00pm
12:30pm-2:30pm
1:00pm-5:00pm
Silversmithing
Bingo
Shopping (3rd Friday)
Texas Hold'Em Poker
Pinochle

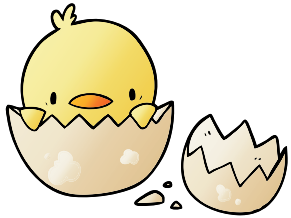
*I See It Cards Mon-Fri 9:30am-2:30pm

Support Groups:

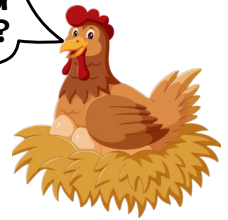
Alzheimer's Support- 1st Wednesday@3pm

April 2026

Central Davis Senior Activity Center
81 East Center Street, Kaysville
801-444-2290



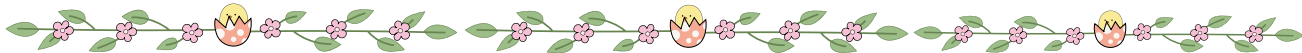
Which comes first, the chicken or the egg?



The Eggstrodinary Egg



Come join us on April 2nd at 10am to celebrate the incredible edible egg! Eggs & bacon will be served ~ Design an egg contest ~ Scientific egg demonstrations Egg Games to be played while in the company of our center's newborn baby chicks.



Are you in the mood to get your green thumb in action? If so, don't miss Nadine's visit from Joes Greenhouse on April 23rd at 10:30am. She will discuss spring container planting while we decorate pots and plant flowers. Come get your hands a little dirty!!!



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Tai Chi Painting Group	Beginners Lapidary	Tai Chi Painting Group		Wire Wrapping Class
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class		EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi		Tai Chi	Qigong 3 rd Friday
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	Open Craft Room
12:00		Pickin Circle	Ceramics Instructor		
12:15	Bingocize		Square Dancing	Bingocize	Movie
12:30			Pinochle	Mahjongg	Bridge
1:00	Beginners Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	



APRIL



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 Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Watercolor
9:30	Line Dancing		Line Dancing		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	Writing Club 1 st & 3 rd Wed	Bridge	
2:00					
3:00		Pickleball		Dementia support Group 1st Thurs	Book Club 2 nd Friday

April Trips and Events

CITY BUFFET

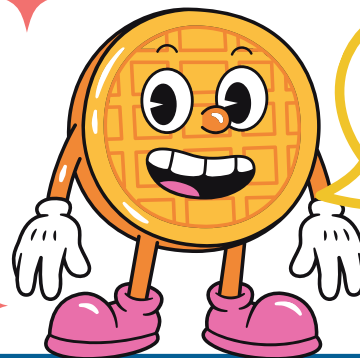
Wed. Apr. 22

Join your friends at City Buffet in Roy without the worry of the drive. Sign up in person. Apr. 9th.



**All you can eat
over 200 items!**

Waffle Breakfast!



**Thurs
Apr. 9th
9:30 AM-
10:45 am**

Senior Health & Resource Fair

Hosted by Central Davis Senior Activity Center.
81 E Center St, Kaysville. 10:00 am- 1:00 pm. Limited transportation from center to center. Bus leaves @ 9:30, and will return in time for lunch & bingo.

Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb
*Tuna Salad Sandwich				2 Chicken Chef Salad Roll Fruit Cookie Milk 39 13 5 22 11 11	3 Beef Soft Tacos Corn Carrots Fresh Fruit Milk 10 22 14 16 11	53 17 7 19 11
*Breakfast Wrap	6 Fish Sandwich Oven Browned Potatoes Mixed Veggies Fruit Milk 47 23 5 14 11	6 Buffalo Chicken Salad Roll Fresh Veggies Fresh Fruit Dessert Bar Milk 10 22 6 22 27 11	7 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fresh Fruit Cookie Milk 16 30 5 5 11 16 11	8 Pork Loin/gravy Rice Pilaf Coleslaw Sliced Beets Fresh Fruit Milk 6 27 9 4 19 11	10 Salisbury Patty Mash Pot/gravy Butternut Squash Green Salad Fresh Fruit Milk 6 28 8 3 22 11	
*Egg Salad Sandwich	13 Chicken Ench Beans Broccoli/Red pepper Fruit Dessert Bar Milk 27 6 2 14 27 11	14 Hamburger Potato Salad Zucchini Fresh Fruit Milk 28 21 3 21 11	15 Chicken Caesar Salad Roll Fresh Veggies Fresh Fruit Milk 12 22 6 13 11	16 Beef Hot Dog Green Beans Green Salad Fresh Fruit Milk 30 6 2 19 11	17 Sloppy Joe Coleslaw Mixed Veggies Fresh Fruit Milk 33 6 5 22 11	
*Grilled Turkey & Cheese	20 Spaghetti/meatballs Spinach Roasted Cauliflower Fruit Milk 47 6 4 14 11	21 Chicken Chef Salad Roll Three Bean Salad Fresh Fruit Milk 10 22 26 19 11	22 Beef & Broccoli Fluffy Rice Peas Fresh Fruit Pudding Milk 6 30 13 11 22 11	23 BBQ Pulled Pork Oven Brown Potatoes Cuke & Tomato Salad Fresh Fruit Milk 35 23 7 22 11	24 Chicken Cacciatore Rotini Noodles Green Salad Mixed Veggies Roll Fresh Fruit Milk 6 20 3 5 22 22 11	
*Turkey Wrap	27 Stir Fry Chicken Fluffy Rice Green Beans Fruit Dessert Bar Milk 18 30 6 14 27 11	28 Breaded Fish Brown Rice Cuke & Tomato Salad Corn Fresh Fruit Milk 20 22 7 17 22 11	29 Chicken Caesar Salad Roll Fresh Veggie Fruit Dessert Bar Milk 12 22 6 13 27 11	30 Hamburger Oven-Browned Potatoes Zucchini Fresh Fruit Milk 28 23 3 19 11		

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

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

Senior HEALTH and Community Resource FAIR



Tuesday April 14th
81 East Center Street
Kaysville
10:00am - 1:00pm



For more
information Call
801-444-2294

Get Free Screenings & Information

- *Transportation*
- *In Home Aging Services*
- *Pain Management*
- *Diabetes Prevention*
- *Vaccinations*
- *Food Resources*
- *and more.....*

Are You a Family Caregiver?

DATE:

Thursday, April 9, 2026

*Registration is required - Seating is limited

TIME:

10:00 am - 2:30 pm

*30 minute lunch break - Lunch is provided

LOCATION:

81 E Center St, Kaysville

*Central Davis Senior Activity Center

Sign up today for a FREE
Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

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

ROSALYNN FOR
CARTER CAREGIVERS
INSTITUTE



To reserve your spot, please contact: Megan Forbush at (801) 525 - 5050 opt. 5 or at mforbush@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



Davis County Senior Activity Centers