



SENIOR SERVICES AUGUST 2025 NEWSLETTER



How Does Aging Affect Sleep?

(Taken in part from sleepfoundation.org online publications)

Aging affects people differently. While some older adults may have no significant disruptions in their sleep, others complain about getting less sleep and having worse sleep quality. Experts have found several common sleep disturbances in older adults.

- **Shifting sleep schedule:** As people age, the body's circadian rhythms actually shift forward in time. This shift is called a phase advance. Many older adults experience this phase advance as getting tired earlier in the afternoon and waking up earlier in the morning.
- **Waking up at night:** Research has also shown that as people get older, they often experience changes in their sleep architecture. Sleep architecture refers to how people cycle through the different stages of sleep. Older adults spend more time in the earlier, lighter stages of sleep and less time in the later, deeper stages. These shifts may contribute to older people waking up more often during the night and having more fragmented, less restful sleep.
- **Longer recovery from changes in sleep schedule:** Alterations in how the body regulates circadian rhythms make it more difficult for older people to adjust to sudden changes in their sleep schedules, like during daylight saving time or when experiencing

jet lag.

- **Daytime napping:** Research estimates that about 25% of older adults take naps, compared with around 8% of younger adults. While some experts suggest that a short daytime nap may be beneficial, many agree that extended napping and napping later in the day can make it harder to fall asleep at bedtime and create nighttime sleep disruptions.

Do Older People Need Less Sleep?

It is a common misconception that older adults require less sleep than younger individuals. Many older adults have a hard time getting the sleep they need, but that does not mean they need less sleep. In general, adults should aim to get at least seven hours of sleep each night.

Common Sleep Issues in Older Adults

Researchers estimate that between 40% and 70% of older adults have chronic sleep issues and up to half of cases may be undiagnosed. Chronic sleep problems can significantly interfere with older (Continue pg. 2)

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adult's daily activities and reduce their quality of life. There are several sleep issues that are especially common in older adults.

Pain: Pain and sleeplessness can become a vicious cycle, in which less sleep can lead to more pain. It is important to talk to a doctor if pain is interfering with sleep.

Nighttime Urination: Nighttime urination increases with age due to physical changes in the urinary system and other factors. This issue may affect up to 80% of older adults contributing to increased sleep disruptions.

Insomnia: Having persistent difficulty in falling or staying asleep is one of the most common sleep issues in older adults. Insomnia may be caused by a variety of overlapping factors but can get better with treatment.

Sleep Apnea: Obstructive sleep apnea can cause pauses in breathing during sleep. These pauses are related to the upper airway collapsing or narrowing. Sleep apnea causes fragmented sleep and can affect oxygen levels in the body, leading to headaches, daytime sleepiness, and difficulty thinking clearly.

Restless Legs Syndrome: Restless legs syndrome (RLS) affects 9% to 20% of older people while periodic limb movement disorder (PLMD) affects 4% to 11%. RLS causes an urge to move the legs while resting or sleeping. PLMD causes involuntary movements in the lower limbs, most commonly in the feet.

REM Sleep Behavior Disorder: REM sleep behavior disorder (RBD) primarily affects older people. While most people's bodies do not move while they are dreaming, this disorder can cause people to physically act out their dreams, sometimes violently.

Sleep Tips for Older Adults

Research has shown that older people can take steps to improve their sleep. These steps often involve focusing on improving and developing habits that encourage quality sleep.

- **Exercise:** Older people who exercise regularly fall asleep faster, sleep longer, and

report better quality of sleep. Exercise is one of the best things older people can do for their health.

- **Reduce bedroom distractions:** Televisions, smartphones, and bright lights can make it more challenging to fall asleep. Keep the television in another room and try not to fall asleep with it turned on. Move electronics out of the bedroom and reserve the bedroom for only sleeping and sex.
- **Avoid substances that discourage sleep:** Substances like alcohol, tobacco, caffeine, and even large meals late in the day can make sleep more challenging. Consider quitting smoking, reducing caffeine intake, and eating dinner at least four hours before bedtime.
- **Keep a regular sleep schedule:** Aging can make it more difficult to recover from lost sleep. Avoid sudden changes in sleep schedules. This means going to bed and waking up at the same time every day and being careful about napping too long or too close to bedtime.
- **Develop a bedtime routine:** Find activities that help you relax before bed. Many older people enjoy taking a warm bath, reading, or finding some quiet time before getting into bed.

If you or a family member are experiencing symptoms such as significant sleepiness during the day, insomnia, leg cramps, snoring, or another symptom that is preventing you from sleeping well, you should consult your primary care doctor or find a sleep professional to determine the underlying cause.

You can try using a sleep diary to track your sleep habits. This can provide insight about your sleep patterns and needs. It can also be helpful to bring with you to the doctor if you have ongoing sleep problems.

August 2025

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

WEBER COUNTY FAIR

Take a field trip to the fair.

Friday Aug. 8th

Bus leaves 11:00 a.m.



LUNCH BUNCH



1863 W 700 S Suite 3-Syracuse
Aug. 13th-Bus leaves 11:00 a.m.

MAD HATTERS PARTY

Aug. 20th 10:30 a.m.

We're all mad around here so
let's celebrate.

Food
Games
Laughter



Signs ups for bus trips will open the first Monday @ noon.

Center Closed Aug. 27th

Mondays

8:00am-1:00pm	Silversmithing
8:30-9:30am	Tai Chi
9:00am-5:00pm	Quilters
9:30-10:30am	EnhanceFitness
10:30-11:30am	Bingo
12:00-1:15pm	Wii Block Party
12:30-2:30pm	Texas Hold'Em Poker

Tuesdays

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

Wednesdays

8:30-9:30am	Tai Chi
8:00am-1:00pm	Lapidary
9:00am-5:00pm	Quilters
9:30-10:30am	EnhanceFitness
10:30-1:15pm	All Stitched Up
10:30-11:30am	Kraft With Kristie (Last Wed)
12:30-5:00pm	Hand & Foot Cards
12:30-2:30pm	Texas Hold'Em Poker
2:00-3:30pm	Multi-Cultural Dancing

Thursdays

8:00am-1:00pm	Lapidary
9:30-10:30am	EnhanceFitness
10:30-11:30am	Bunco
12:15-2:30pm	Theater Thursday
1:00-5:00pm	Pinochle

Fridays

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

*Bonsai Plant Workshop Mon-Thurs 12:30-2:30pm

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

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

Parkinson's Support- 1st Wednesday @6pm



August 2025

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



DOG DAY'S OF SUMMER

**COOL OFF
WITH COLD
TREATS
THROUGHOUT
THE MONTH.**



LEMONADE-04TH
WATERMELON-06TH
ICE CREAM-08TH
SNOW CONES-12TH
POPSICLES-14TH

ENJOY THESE
ITEMS AT 11:30
ON THE DAYS
LISTED.

COME DESIGN A SWIMSUIT ON PAPER. PRIZES AWARDED

*Lunch
Bunch*

HUG-HES

Monday August 11th
11:00 am {Syracuse}

National Fajita Day Is August 18th

Come satisfy your appetite and enjoy Fajita's that we will be serving for lunch with rice and beans.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Painting Tai Chi For Arthritis	Beginners Lapidary	Painting Tai Chi For Arthritis		
9:30	EnhanceFitness				EnhanceFitness
10:00	Beginners Lapidary	Tai Chi Basics		Tai Chi Basics	
10:15		Boredom Busters	Bingo	Boredom Busters	
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15					Movie
12:30			Square Dancing Pinochle	Mahjong	Bridge
1:00	Scrabble Club Beg. Line Dancing				Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	

August

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		Advanced Line Dancing	Crochet & Craft	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 Mahjong		Bridge	
2:00		Grief Support 2nd & 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	

Dog Day's of Summer Cookout



& Natl' S'mores Day!

Flame grilled hot dogs with toppings, fresh fruit, chips & potato salad, served @ 11:45. Stick around for dessert as we celebrate Natl' S'mores Day!

Build and burn your very own summer sticky sweet, at our table top indoor S'mores station.

Friday August 8, 2025



Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Turkey Wrap										
*South west Salad	4 Beef Soft Tacos Cooked Beans Corn Fruit Milk	42 40 17 14 11	5 Baked Turkey Mash Potatoes/gravy Mixed Veggies Corn Fruit Milk	2 29 5 17 18 11	6 Egg Salad Sandwich Fresh Veggies Cantaloupe Yogurt Milk	27 11 11 19 11	7 Stir Fry Chicken Fluffy Rice Corn Fruit Cookie Milk	18 30 17 20 16 11	8 Chili Dog Potato Salad Cooked Cabbage Fresh Fruit Milk	38 22 5 21 11
*Chicken Salad Sandwich	11 Pork Loin Mash Pot/gravy Bread Cuke & Tomato Green Beans Fresh Fruit Milk	0 28 13 7 6 21 11	12 BBQ Pork Sandwich Zucchini Coleslaw Fresh Fruit Cookie Milk	54 3 6 22 16 11	13 Beef Enchilada Pie Spanish Rice Green Salad Fresh Fruit Cookie Milk	29 24 2 20 16 11	14 Buffalo Chicken Salad Dinner Roll Fresh Veggies Fresh Fruit Pudding Milk	10 22 6 22 27 11	15 Meatball Sandwich Pea/Onion Salad Carrots Fresh Fruit Milk	43 21 7 21 11
*Egg Salad Sandwich	18 Lasagna Casserole Dinner Roll Mixed Veggies Broccoli Fruit Milk	36 22 11 5 14 11	19 Chicken Sandwich Sliced Beets Oven Browned Potato Fresh Fruit Milk	28 3 19 19 11	20 Roast Beef/gravy Seasoned Mash Potatoes Carrots Mixed Veggies Fruit Milk	7 23 7 5 20 11	21 Chicken Caesar Salad Dinner Roll Fresh Veggies Watermelon Cookie Milk	12 22 6 13 16 11	22 Meatballs Brown Gravy Rotini Noodles Coleslaw Peas Fresh Fruit Milk	7 5 20 6 13 19 11
*Break fast Wrap	25 Beef Enchilada Pie Spanish Rice Mexican Corn Watermelon Milk	29 24 18 18 11	26 Chicken Chef Salad Dinner Roll Fresh Veggies Fruit Milk	9 22 6 18 11	27 Centers Closed  Employee In-service		28 Cheese Burger Lettuce/Tomato Oven-Browned Potatoes Calif Veggies Fruit Milk	29 1 23 5 14 11	29 Chicken Alfredo Broccoli Mixed Veggies Fruit Milk	38 5 5 28 11

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

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

for Seniors

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 3rd

beginners can dance for

FREE every Wednesday for the

month of September. Class starts @ 12:30pm.

See you on the dance floor!



Kaysville Komets

Caregiver Support in Davis County

**It's important to
care for yourself
when you are
generously giving to
others.**



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

Thank you Sponsors!

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



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