

SENIOR SERVICES AUGUST 2026 NEWSLETTER



What is Creative Aging?

(Taken in part from an online publication by Lifetime Arts, Inc)

Creative aging is the practice of using artistic and creative engagement to enhance well-being, boost physical and cognitive abilities, and enrich our overall quality of life as we age. Creative aging is more than just a fulfilling pastime; it's a crucial element of a healthy, vibrant life. Creative aging programming can take many forms, including but not limited to art classes, theater workshops, storytelling sessions, music-making, and intergenerational arts projects. These programs not only support healthy aging, but also break down stereotypes by showing that growth and creativity are possible at any age.

Creative aging is a proven way to shatter chronic loneliness, which affects 25% of older adults and is often deadlier than smoking. This staggering statistic from a recent advisory from the National Library of Medicine is one of hundreds which show the physical and mental

health effects of aging alone. Social isolation not only diminishes our health and well-being, but it also fuels negative stereotypes and perspectives around aging. Ageism distorts our view of ourselves and others.

Creative Aging Opportunities in Davis County

Davis County Senior Activity Centers provide valuable resources along with engaging classes and activities for adults aged 60 and above who are interested in making new friends or exploring new hobbies. These centers offer a diverse selection of classes (Continue pg 2)

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and groups throughout the week, including:

- Silversmithing
- Lapidary
- China Painting
- Bonsai Workshops
- Multi Cultural Dancing
- Wire Wrapping
- Pencil Drawing
- Ceramics
- Line Dancing
- Oil Painting
- Watercolor Painting
- Stained Glass Art
- Writing Club
- Square Dancing
- Open Instrument Jamming and Playing Circles

Participating in Creative aging enables us to paint a different picture; a new canvas where connection and creativity is woven into every chapter of our lives.

Rides4Health

A curb-to-curb non-emergency transportation service for seniors 60 and older in Davis County with no other transport options. A suggested \$10 contribution per round trip is appreciated.

To schedule a ride call at least three business days in advance. Time slots are filled on a first-come, first served basis.

Call: 801-525-5061

NOURISH ED

FREE CLASSES & PRODUCE

**Produce bags will be provided only to those who register for and attend the class.*

Eat better, waste less!
Join us to learn healthy eating tips, plus take home fresh produce and matching recipies.

**TO REGISTER CALL YOUR
LOCAL DAVIS COUNTY
SENIOR ACTIVITY CENTER**



Extension
UtahStateUniversity



Davis
COUNTY
HEALTH DEPARTMENT

North Davis Senior Activity Center **42 S State St Clearfield**

When: 10:30 on Fridays-
July 31st, August 21st, and
September 18th

Central Davis Senior Activity Center **81 E Center St Kaysville**

When: 10:30 on Fridays-
August 7th, August 28th, and
September 25th

South Davis Senior Activity Center **726 S 100 E Bountiful**

When: 10:30 on Fridays-
August 14th, September 4th, and
October 2nd

Caregiver Support in Davis County



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

August 2026

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

Weber Co. Fair

Aug. 7th

Bus leaves at 10:45 a.m.

Lunch is on your own

Must RSVP



Hawaiian Luau

Aug. 12th

at 10:15am

The tribe has spoke...and it's hula time...
Serving pulled pork, white rice, fruit and drinks

Must RSVP

Seasoned Wise People Day

(Senior Citizens Day)

Aug. 21st at 10:00 a.m.

Join us for a wild bingo session
followed by sloppy joes, chips, fruit and "Jan's
Famous" dutch oven cobbler

Must
RSVP



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

Monday

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

Tuesday

8:00am-12:00pm Lapidary & China Painting
9:00am-9:30am Chair Yoga
10:30am-11:30am Tai Chi for Fall Prevention
12:00pm-1:00pm Mexican Train Dominos
1:00pm-5:00pm Pinochle
1:00pm-3:00pm Line Dancing
1:00pm-2:30pm Bonsai Workshop
1:00pm-2:30pm Wire Wrapping (2nd Tuesday,
Bring your own supplies)

Wednesday

8:30am-9:30am Tai Chi
8:00am-12:00pm Lapidary
9:00am-5:00pm Quilters
9:30am-10:30am EnhanceFitness
10:30am-12:30pm Card Games
12:30pm-5:00pm Hand & Foot Cards
12:30pm-2:30pm Texas Hold'Em Poker
2:00pm-3:30pm Multi-Cultural Dancing

Thursday

8:00am-12:00pm Lapidary
9:00am-9:30am Chair Yoga
9:30am-10:30am EnhanceFitness
10:30am-11:30am Bunco
12:15pm-1:15pm Fun & Games/No craft
1:00pm-5:00pm Pinochle

Friday

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

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm



August 2026
Central Davis Senior Activity Center
81 East Center Street, Kaysville
801-444-2290

ALOHA



It's luau time for all three centers at Central Davis.
Dig out those leis and your Hawaiian attire and join us for a
tropical good meal and time at 11 am on Thursday August 27th
Must RSVP at the front desk.

Come explore your artistic side through painting
a sugar cookie. All supplies provided and edible.
Friday August 21st at 10:45 am.



SENIOR
DAY



Lunch
BUNCH

Cheddars Scratch Kitchen in Riverdale
Tuesday August 18th Bus leaves at 10:30



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 1st & 3 rd Fri.
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class	Silversmithing	EnhanceFitness Class
10:00	Open Lapidary	Tai Chi	Open Lapidary	Tai Chi	
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	
12:00		Pickin Circle	Ceramics Instructor		
12:15	Bingocize		Square Dancing	Bingocize	Movie
12:30			Pinochle	Mahjongg	Bridge
1:00	Beg. Line Dancing	Art Class with Kathy			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		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

August Parties & Events

Art Show Social

Celebrate the creativity of our senior artist. Join us for our grand showing to admire the incredible paintings, stained glass and more created daily right here in our own center!

Aug. 6th 10:15am-12:15pm.



Natl' Senior Citizen's Day Movie Night

Friday August 21st @ 12:45

Celebrate Senior Citizens Day! Join us for a delightful day with friends and a movie! We will be screening *A Beautiful Day in the Neighborhood*, featuring Tom Hanks as Mr. Rogers. Enjoy soft pretzels, popcorn, drinks, and sweets served right to you while you relax in our comfy chairs.

Student Violin Concert

After lunch, stay with us as the young and talented violin students of Jenny Wadsworth showcase their skills on August 19th at noon.

Alt Meal	Monday	carb	Tuesday	carb	Wednesday	carb	Thursday	carb	Friday	carb
*South west Salad	3 Beef Soft Tacos Cooked Beans Corn Fruit Milk	42 40 17 14 11	4 Baked Turkey Mash Potatoes/gravy Mixed Veggies Corn Fruit Milk	2 29 5 17 18 11	5 Egg Salad Sandwich Fresh Veggies Cantaloupe Yogurt Milk	27 11 11 19 11	6 Stir Fry Chicken Fluffy Rice Corn Fruit Cookie Milk	18 30 17 20 16 11	7 Chili Dog Potato Salad Cooked Cabbage Fresh Fruit Milk	38 22 5 21 11
	10 Pork Loin Mash Pota/gravy Bread Cuke & Tomato Green Beans Fresh Fruit Milk	0 28 13 7 6 21 11	11 BBQ Pork Sandwich Zucchini Coleslaw Fresh Fruit Cookie Milk	54 3 6 22 16 11	12 Beef Enchilada Pie Spanish Rice Green Salad Fresh Fruit Cookie Milk	29 24 2 20 16 11	13 Buffalo Chicken Salad Dinner Roll Fresh Veggies Fresh Fruit Pudding Milk	10 22 6 22 27 11	14 Meatball Sandwich Pea/Onion Salad Carrots Fresh Fruit Milk	43 21 7 21 11
*Egg Salad Sandwich	17 Lasagna Casserole Dinner Roll Mixed Veggies Broccoli Fruit Milk	36 22 11 5 14 11	18 Chicken Sandwich Sliced Beets Oven Browned Potato Fresh Fruit Milk	28 3 19 19 11	19 Roast Beef/gravy Mash Potatoes Carrots Mixed Veggies Fruit Milk	7 23 7 5 20 11	20 Chicken Caesar Salad Dinner Roll Fresh Veggies Watermelon Cookie Milk	12 22 6 13 16 11	21 Meatballs Brown Gravy Rotini Noodles Coleslaw Peas Fresh Fruit Milk	7 5 20 6 13 19 11
	24 Beef Enchilada Pie Spanish Rice Mexican Corn Watermelon Milk	29 24 18 18 11	25 Chicken Chef Salad Dinner Roll Fresh Veggies Fruit Milk	9 22 6 18 11	26 Mac & Cheese Baked Beans Green Salad Sliced Beets Fruit Milk	52 35 2 3 13 11	27 CheeseBurger Lettuce/Tomato Oven-Browned Potatoes Calif Veggies Fruit Milk	29 1 23 5 14 11	28 Chicken Alfredo Broccoli Mixed Veggies Fruit Milk	38 5 5 28 11
*Grilled Ham and Cheese	31 Tuna Salad Sandwich Fresh Veggies Fruit Cookie Milk	31 11 13 16 11								

August 2026

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

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



ALL CENTER PARTY

LUAU PARTY

Aloha! Get Ready for an Unforgettable Celebration!
Indulge in delicious pulled pork, creamy mac salad, fluffy rice, watermelon, and snow cones all accompanied by wonderful friends and music that will have you swaying and smiling as if you were relaxing by the ocean. RSVP at your local Davis County Senior Activity Center

THURSDAY - AUGUST 27
11:00 AM

Central Davis Senior Activity Center
81 E Center St, Kaysville



FREE LEGAL ADVICE FOR SENIORS

Presented by Utah Legal Services



Utah Legal Services is a nonprofit law firm that provides free legal advice to individuals who live in Utah and fall under any of the following:

- have low income
- are 60+ years old
- are a survivor of domestic violence
- are a qualifying veteran dealing with housing insecurity

Monthly Senior Activity Center Presentations

Monday, Aug. 19 @ 11:30 am North Davis- 42 S State St Clearfield

Wednesday, Sept. 16 @ 11:30am Central Davis-81 E Center St, Kaysville

Wednesday, Oct. 21 @ 11:30am South Davis -726 S 100 E, Bountiful

All Presentations Given Will Have Time for Questions After

LSC | America's Partner
for Equal Justice
LEGAL SERVICES CORPORATION

 **Davis**
COUNTY
HEALTH DEPARTMENT

Thank You Sponsors!



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

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660