

SENIOR SERVICES JANUARY 2026 NEWSLETTER



Glaucoma Awareness Month

(Taken from a DHS.gov online publication)

January is National Glaucoma Awareness Month. Glaucoma is a leading cause of vision loss and blindness in the United States. It is a condition in which elevated eye pressure may damage the optic nerve, which connects the eye to the brain. There are many different types of glaucoma, but the most common type in the United States is open-angle glaucoma. According to the Centers for Disease Control and Prevention (CDC), 50% of people with glaucoma do not know they have the disease because there are often no early symptoms. Although anyone can get glaucoma, some people are at higher risk. You are at higher risk if you:

- Over 60 years old.
- Hispanic or Latino.
- African American and over 40 years old.
- A family history of glaucoma.
- Have diabetes.

Currently, there is no cure for glaucoma, but you can help preserve your vision health and prevent vision loss by taking the actions below:

- Get a comprehensive dilated eye exam to catch glaucoma early and start treatment. Prescription eye drops can stop glaucoma from progressing. Your eye care specialist will recommend how often to return for follow-up exams.
 - Maintain a healthy weight, control your blood pressure, stay physically active, and avoid smoking. These healthy behaviors will also help you avoid vision loss from glaucoma and will help prevent other chronic conditions.
 - Get immediate medical help if you have severe eye pain or a sudden loss of vision.
- For more information and resources about glaucoma, visit the CDC's [Don't Let Glaucoma Steal Your Sight](#) webpage.

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Glaucoma

T W D S W X M P V L O Q O W S T C U T R E C G R
 M J H Y T O X A C D P C B Y K X I T V I F B I O
 U P G A M O C U A L G E L G N A E D I W G R A P
 S D W S G I Z C G S S O Q G Z H M Q M A I G D T
 G J K G L A U C O M A O A J Y V K P D S I E U I
 J O I Z Z K G C S S R L H P N V J C O V G B M C
 Y P T E R N K M K V E H E K T L B Z Y S B S X D
 B T D B R R Y S H Q Z R U T L K C V Y W B N Q I
 Q H H G Z O Q J S W O D E C E N G S F M D T L S
 W A Y A P B A S B P G B S O E Q S L E K P N Q C
 F L H I K V L M I W E I S R S Q B N E X C Z N S
 V O A J O N Z A O Q J E I N Z O A J R X U D M O
 V L Z P O R A Q Y C K N D E O M B W X M U F X H
 O O E L D L Q M O V U J X A C Z B A O F M Y T D
 O G V C G W Y Z C O T A I J G R N V S T M L G O
 H I X D X G B R P Q Z Z L U R J I Q D Y J T G E
 Z S B U Q E W T T C I M V G A C D X V R O T T O
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 X V K E I Q X N V C Z N M E T Y P E T Y H K B E
 E A H K N Y G K N H I N Q H I A B X I W Q H W D

wide-angle glaucoma

acute glaucoma

Opthalmologist

optic discs

optic nerve

hyperopia

tonometry

glaucoma

cornea

myopia

iris

January 2026

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

Golden Ginger

Bus leaves the center at 11:00am
on Jan. 7th/lunch purchased on
your own
Must RSVP

Hof Germanfest 40

Celebrate Ogden's
Sister City:
Hof, Germany!



Jan 16th

Let's Celebrate- Prost to 40 years!!

Bus leaves the center at 10:30am on Jan. 16th

Enjoy food, vendors, and live music

Must RSVP

Baby it's cold outside

On Jan. 20th lets get
together and warm up
with a bowl of soup and a
grilled cheese sandwich.
Games, food and fun!!!

Puzzle Palooza

It's National Puzzle Day!!

All problem solvers unite and let's "get
it together" for a day of working
puzzles and laughter...

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

Monday

8:00am-12:00pm
8:30am-9:30am
9:00am-5:00pm
9:30am-10:30am
10:30am-11:30am
12:00pm-3:00pm
12:15pm-2:15pm
12:30pm-2:30pm

Silversmithing
Tai Chi
Quilters
EnhanceFitness
Bingo
Shanghai Rummy
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
1:00pm-5:00pm
12:30pm-2:30pm
2:00pm-3:30pm

Tai Chi
Lapidary
Quilters
EnhanceFitness
Laugh and Learn
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 (2nd Friday)
Texas Hold'Em Poker
Pinochle

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

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm
Parkinson's Support- 1st Wednesday @6pm

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

FIRE And Ice

Fire and Ice Celebration with Kaysville Fire Department
 Come learn about fire and ice safety on wednesday January 14th at 11:00 am
 Enjoy Hot Cocoa with ice cream

LUNCH
Bunch

Iceberg (Syracuse)
 Thursday January 22nd at 11:30am

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		
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class		EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi With Diana		Tai Chi With Diana	Qigong 2 nd & 4th Fri
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	Open Craft Room
12:00			Ceramics Instructor		
12:15	Scrabble Club				Movie
12:30		Square Dancing	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	

JANUARY

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		Bingo	Bingocize starts on the 30th
1:00	Bridge	Pinochle Oil Painting	Writing Club 1 st & 3 rd Wed	Bridge	
2:00		Grief Support every 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	Book Club 2 nd Friday

THANKS A BRUNCH

Tues. Jan 6th @ 11:45

Egg, sausage, potato
casserole, cinnamon
roll, fruit & juice. Cooked
in center by center staff

A SWEET

TRIP



Wed January 28th

Factory tour! Bus leaves @ 10:30 am. The cost is \$5 per person which includes a \$4 redeemable voucher at the end of your tour to purchase chocolates. Sign up in center Jan. 8th @ noon.

Alt Meal	Monday	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Egg Salad Sandwich	2026 JANUARY								
	<div>1 Closed for Holiday</div> <div>Sorry We're CLOSED</div>								
*Sub Sandwich	5 Beef a Roni Spinach Butternut Squash Fruit Milk	51 6 8 20 11 6 Meatloaf Patty Mash Potatoes/gravy Peas Carrots Fresh Fruit Milk	6 28 13 7 22 11	7 Chicken Breast Rice Pilaf Dinner Roll Zucchini Corn Fruit Milk	2 27 20 3 17 21 11	8 Baked Ham Au Gratin Potatoes Green Salad Green Beans Fresh Fruit Milk	1 21 2 6 22 11	9 Chicken Caccia Rotini Noodles Peas Mixed Veggies Fruit Pudding Milk	7 20 13 5 21 22 11
	12 Pork Loin Mash Pot/gravy Dinner Roll Corn Spinach Fruit Milk	2 28 20 17 6 21 11 13 Smothered Meatballs Rotini Noodles Green Salad Mixed Veggies Fresh Fruit Milk	14 20 2 5 22 11	14 Stir Fry Chicken Fluffy Rice Zucchini Fruit Frosted Cake Milk	18 29 3 18 40 11	15 Chicken Patty Au Gratin Potatoes Peas Butternut Squash Fruit Milk	14 21 13 8 21 11	16 Chili Macaroni Corn Green Beans Fresh Fruit Cookie Milk	33 17 6 15 16 11
*Break-fast Wrap	19 Closed for MLK Day	20 Sweet Sour Chicken Fluffy Rice Cabbage Broccoli Fruit Milk	12 30 5 5 21 11	21 Breaded Fish Herb Roast Potatoes Beets Mixed Veggies Dinner Roll Fruit Milk	20 22 3 5 20 18 11	22 Beef Hot Dog Mac & Cheese Green Beans Green Salad Fresh Fruit Milk	2 39 6 2 22 11	23 Spanish Rice Cass Peas Corn Fruit Milk	13 13 17 19 11
	<div>19 Closed for MLK Day</div> <div>Sorry We're CLOSED</div>								
*Chicken Tenders	26 Shepherds Pie Carrots Spinach Fruit Cookie Milk	29 7 6 18 16 11 27 Turkey Rice Cass Butternut Squash Broccoli Fruit Pudding Milk	46 8 5 12 22 11	28 Swedish Meatball Rotini Noodles Green Beans Zucchini Fruit Milk	14 20 6 3 21 11	29 Chili Cornbread Corn Green Salad Fresh Fruit Milk	26 30 17 2 21 11	30 Chicken Alfredo Spaghetti Noodles Peas Mixed Veggies Dinner Roll Fresh Fruit Milk	6 32 13 5 20 19 11

**Alternate Meals are available in Center Dining Only.

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

JOIN SOUTH DAVIS SENIOR ACTIVITY
CENTERS
WRITERS CLUB

HAVE A STORY TO TELL?

EVERY 1ST & 3RD WEDNESDY AT 1:00
PM. 726 S. 100 E. BOUNTIFUL



“SASQ-WASATCH” PICKIN’ CIRCLE

A circle of friendship, social enjoyment,
kindness and courtesy to display your talents
no matter what your level. Hosted by Donny
Glade, songwriter, Hawaiian Cowboy from
Idaho.



North Davis

Thursdays
2:00pm-4:00pm
801-525-5080

Central Davis

Tuesdays
12:00pm-2:00pm
801-444-2290

South Davis

Fridays
11:00am-1:00pm
801-451-3660

Bring your guitar, uke,
mandolin, bass, fiddle,
harmonica, auto harp,
spoons, whatever your
instrument may be. Should
be mostly “unplugged”.

Are You a Family Caregiver?



DATE:

Thursday, January 29, 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

DO YOU NEED HELP IN THESE AREAS?

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

Sign up today for a **FREE** Dealing with Dementia Workshop

"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

ROSALYNN **FOR**
CARTER **CAREGIVERS**
INSTITUTE

**ALL
PARTICIPANTS
WILL RECEIVE A
FREE DEALING
WITH DEMENTIA
GUIDE**



To reserve your spot, please contact: Megan Forbush 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!

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660