



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 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
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O C O E K E K I S T E S N O K Y A C M W J H L U
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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

Ophthalmologist

optic discs

optic nerve

hyperopia

tonometry

glaucoma

cornea

myopia

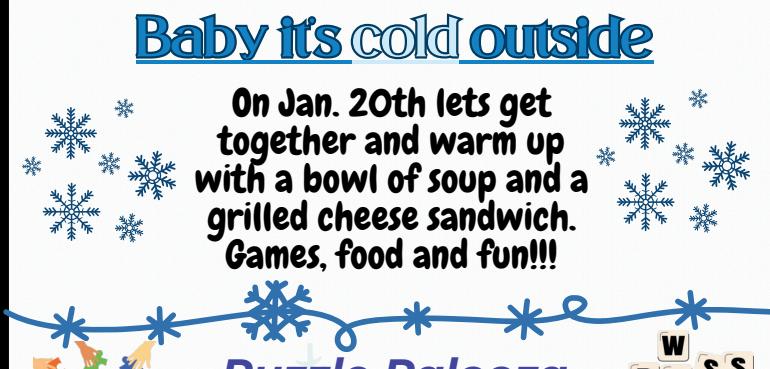
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January 2026

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



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



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.

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

Monday

Silversmithing
Tai Chi
Quilters
EnhanceFitness
Bingo
Shanghai Rummy
Movie Monday
Texas Hold'Em Poker

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

Tuesday

Lapidary & China Painting
Tai Chi for Fall Prevention
Mexican Train Dominos
Pinochle
Line Dancing
Bonsai Workshop
Wire Wrapping (2nd Tuesday, Bring your own supplies)

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

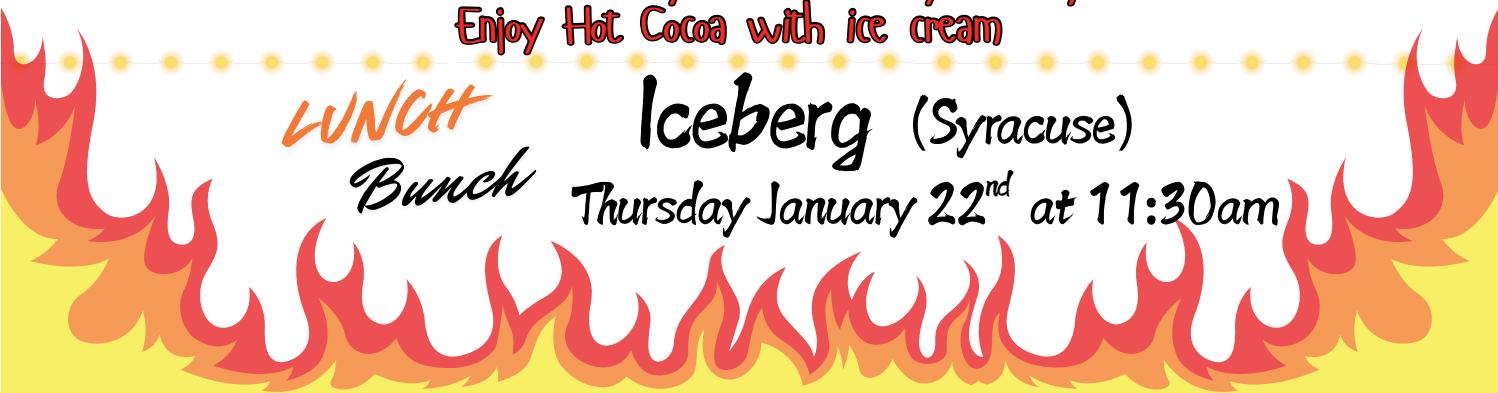
Fire and Ice Celebration with Kaysville Fire Department

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 & 4 th 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 1 st 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 | Wednesday | Carb | Thursday | Carb | Friday | Carb |
|---|--|--|--|--|--|---|-----------------|------|
| *Egg Sandwich | | | | | | | | |
| 5 Beef a Roni Spinach Butternut Squash Fruit Milk | 51 6 Mash Potatoes/gravy Peas Carrots Fresh Fruit Milk | 6 Meatloaf Patty 28 13 Peas Carrots Fresh Fruit Milk | 7 Chicken Breast 27 20 3 Corn Fruit Milk | 8 Baked Ham Au Gratin Potatoes 20 21 22 11 | 9 Chicken Caccia Rotini Noodles 20 21 22 11 | 7 Chicken Caccia Rotini Noodles 20 21 22 11 | 57 4 6 20 19 11 | |
| *Sub Sandwich | 8 20 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 Stir Fry Chicken Fluffy Rice Zucchini Fruit Frosted Cake Milk | 15 Chicken Patty Au Gratin Potatoes Peas Butternut Squash Fruit Milk | 16 Chili Macaroni Corn Green Beans Fresh Fruit Cookie Milk | 33 17 6 15 16 11 | | |
| *Tuna Salad Sandwich | | | | | | | | |
| 19 Closed for MLK Day | | | | | | | | |
| *Breakfast Wrap | | | | | | | | |
| 26 Shepherds Pie Carrots Spinach Fruit Tenders Cookie Milk | 29 7 6 18 16 11 | 27 Turkey Rice Cass Butternut Squash Broccoli Fruit Pudding Milk | 28 Swedish Meatball Rotini Noodles Green Beans Zucchini Fruit Milk | 29 Chili Cornbread Corn Green Salad Fresh Fruit Milk | 30 Spanish Rice Cass Peas Corn Fruit Milk | 30 17 2 21 11 | | |
| *Chicken Tenders | | | | | | | | |
| 1 Closed for Holiday | | | | | | | | |
| Sorry We're CLOSED | | | | | | | | |
| 2026 JANUARY | | | | | | | | |
| This menu is subject to change at any time based on product availability**. | | | | | | | | |
| 6 | | | | | | | | |

**Alternate Meals are available in Center Dining Only.

JOIN SOUTH DAVIS SENIOR ACTIVITY
CENTERS
WRITERS CLUB

HAVE A STORY TO TELL?

EVERY 1ST & 3RD WEDNESDAY 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?



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

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

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

ROSALYNN FOR
CARTER **CAREGIVERS**
INSTITUTE



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!