



SENIOR SERVICES MARCH 2026 NEWSLETTER



Make Spring a Time of Personal Renewal

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

Spring — at least in places with relatively well-defined seasons — is a time of renewal. In the northern climates, crocuses and daffodils are already popping up, the trees are budding, and birds are chirping. Warm weather won't be far behind.

As nature wakes from its winter slumber, people often start to emerge from their hibernation. That may mean socializing more, exercising outdoors or launching a new project. Whatever one's rebirth engenders, it's a welcome respite from the cold, gray days of winter.

"What better time than spring to regroup and reprioritize, and even reinvent ourselves and the lives we find ourselves living?" asks Abigail Brenner, M.D., in a Psychology Today article. Leading her seven suggested personal "rituals" to start a spring renewal.

First, declutter your living space, sorting out any clothing that you haven't worn in more than two years and donating it (ClothingDonations.org can help). Follow up by getting rid of any pantry items and medications that have expired. Next, (and perhaps more importantly), clear your mental and emotional clutter. Shed the practices and habits that sap your energy. Let

go of the past, commit to decisions you've been putting off, challenge limiting beliefs, and think positively. Progress is the goal, not perfection. Try something new, and take advantage of the weather to do something outdoors. Try to streamline and renew your life to improve its overall quality. What are your priorities? Focus on what you value the most and structure your time around it.

Once your living environment and psyche are clear, you'll be more relaxed — there's just "less noise" in your brain, Mayo Clinic psychologist Craig Sawchuk told CNN Health. And the altruism engendered in donating goods "psychologically can have a really good impact." So this season, take a hint from nature: Take the initiative to renew your surroundings and your outlook. You'll feel better and more refreshed every step of the way.

Make Spring a Time.....	pg. 1
All Centers Party.....	pg. 2
Center Activities.....	pg. 3-5
Lunch Menu.....	pg. 6
Zen Drawing/ Tai Chi Classes...	pg. 7
Caregivers/Sponsors.....	pg. 8

GOLDEN TALES

AN ALL CENTERS LIVE STORYTELLING PARTY

Friday, March 13th, 10:30

North Davis Senior Center - Clearfield

Storytelling will start at 10:30 AM.

Lunch will be served at 11:45.

Transportation from other Davis County Senior Activity Centers available by reservation.

Contact your local center for more information.



30TH ANNUAL

**STORYTELLING
FESTIVAL**

WEBER STATE UNIVERSITY
College of Social Sciences & Education



March 2026

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

Golden Tales

In collaboration with

Weber State University

we are proud to host

Live Profesional storytelling

Fri. March 13th at 10:30 am.

Followed by lunch

Space is limited/**RSVP**

LETS PARTY!!!

Food, Fun and Irish

Dancers!!!

Tues. March 17th at 10:30am

Must RSVP



Join us for an educational event hosted by

International Hawk Watch

Live demonstrations, education and conservation information

March 24th at 10:30am

Activity sign-ups begin at 12:00 p.m. 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

March 2026

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



Spring Forward With
Day Light Savings Time Cinnamon Rolls
Served Monday March 9th at 9am



It's that time of year to feel lucky!!!
Celebrate St. Patrick's Day with Rueben Sliders
and all the sides. March 17th 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	Basic Tai Chi		Tai Chi For Arthritis	Qigong 1&3 Friday
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00				Open Craft Room	Open Craft Room
12:00	Bingosize		Ceramics Instructor	Bingosize	
12:15			Square Dancing		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	

MARCH

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



Better than the usual corned beef and cabbage! Grilled Reubens!

Tuesday March 17, 2026

Cooked in center by staff to juicy, tender, super savory goodness. Lunch starts at 11:45 am. A \$3.00 contribution is suggested. Meal includes a toasted sandwich filled with corned beef, sauerkraut, and swiss cheese. A pickle, chips and desert will be served on the side. RSVP ASAP

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Turkey Wrap	2 Stir Fry Chicken 18 Fluffy Rice 30 Green Beans 6 Fruit 14 Dessert Bar 27 Milk 11	20 22 7 17 22 11	3 Breaded Fish Brown Rice Cuke & Tomato Salad Corn Fresh Fruit Milk	20 22 7 17 22 11	4 Chicken Caesar Salad Roll Fresh Veggie Fruit Dessert Bar Milk	12 22 6 14 27 11	5 Hamburger Oven-Browned Potatoes Zucchini Fresh Fruit Milk	28 23 3 19 11	6 Chicken Parm Penne/marinara Cauliflower Mixed Veggies Roll Fresh Fruit Pudding Milk	19 26 4 5 22 19 22 11
*Chicken Salad Sandwich	9 Beef & Cheese Quesadilla Corn Broccoli & Red Peppers Fruit Milk	33 17 6 14 11	10 Pork Loin Mash Potatoes/gravy Coleslaw Zucchini Fresh Fruit Frosted Bar Milk	0 28 11 3 22 39 11	11 Meatball Sub Green Beans Green Salad Fresh Fruit Milk	46 6 2 19 11	12 Chicken Tenders Oven-Brown Pot Peas & Carrots Mixed Veggies Fruit Dessert Bar Milk	15 23 8 5 19 27 11	13 Chicken Chef Salad Roll Fresh Fruit Milk	10 22 19 11
*Grilled Ham & Cheese	16 Breaded Chicken Mash Pot/gravy Fresh Veggie Green Beans Fruit Milk	14 28 6 6 21 11	17 BBQ Pork Sandwich Browned Potatoes Coleslaw Fresh Fruit Cookie Milk	55 23 8 16 22 11	18 Buffalo Chicken Salad Roll Fruit Dessert Bar Milk	10 22 14 27 11	19 Lasagna Cass Roll Carrots Peas Fruit Milk	36 22 7 13 14 11	20 Beef & Broccoli Fluffy Rice Mixed Veggies Green Salad Roll Fresh Fruit Milk	6 30 5 2 22 22 11
*Chicken tenders	23 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	37 24 17 3 21 11	24 Southwest Salad Roll Fresh Veggies Fruit Dessert Bar Milk	18 22 6 11 27 11	25 Pork Loin Mash Pot/gravy Ranch Pasta Salad Green Beans Fresh Fruit Milk	0 28 21 6 22 11	26 Chili Dog Potato Salad Butternut Squash Fresh Fruit Milk	39 21 8 22 11	27 Breaded Chicken Sandwich Sliced Beets Oven Brown Potatoes Fresh Fruit Milk	41 3 23 19 11



March

2026

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

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

Zen Drawing Class

South Davis Senior Activity Center
726 S 100 E. Bountiful

Wednesdays at 1:00 PM

Join our Zen Drawing Class and unlock the path to peace and creativity! Whether you're an experienced artist or a complete beginner, this class is designed to help you relax, focus, and express yourself through mindful drawing.

Required Materials:

- Drawing tools: Pens, Pencils, Fine-point markers, etc.
- Drawing paper (optional)
- Compass and Protractor (a few will be provided)

Suggested \$2 contribution per class.

Artwork by Senior Center member, Janet Barton



TAI CHI

FOR ARTHRITIS

Tai Chi for Arthritis has been shown to:

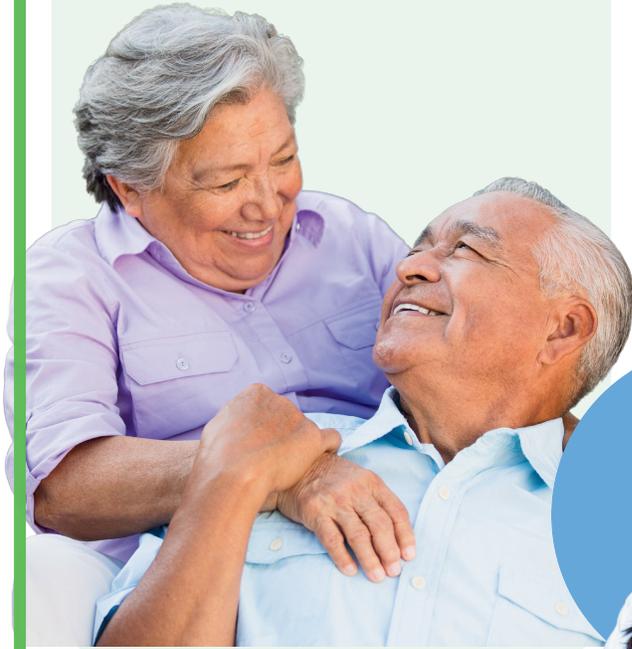
- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls

Join this class to learn and practice this ancient exercise consisting of slow, relaxed movements to prevent falls and improve movement and balance.



AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS

¿Eres un cuidador?



Davis County Senior Services ofrece servicios a domicilio para personas mayores de 60 años que necesiten ayuda con las tareas cotidianas. Según el programa, también puede haber requisitos de elegibilidad en cuanto a ingresos y activos. Llame para consultar sobre nuestros servicios y programas.



Podemos ayudar



Call: 801-525-5050

* Opción 5 y un administrador de casos podrá ayudarlo.

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