



SENIOR SERVICES NOVEMBER 2023 NEWSLETTER

Music Gets You Moving and More

(Article from the National Institutes of Health, U.S. Department of Health and Human Service monthly newsletters)



Music has been around since ancient times. It is part of every known culture. It can get your foot tapping, lift your mood, and even help you recall a distant memory. Did you know that music can bring other health benefits? Scientists are exploring the different ways music stimulates healthier bodies and minds. "When you listen to or create music, it affects how you think, feel, move, and more," says neuroscientist Dr. Robert Finkelstein, who co-leads National Institutes of Health music and health initiative.

"Today, modern technologies are helping researchers learn more about how the brain works, what parts of the brain respond to music, and how music might help ease symptoms of certain diseases and conditions," he explains.

Your Brain on Music

The brain is a complex processing hub. It's the control center of your nervous system, the network of nerve cells that carry messages to and from your body and the brain.

A healthy brain tries to make sense of the world around you and the constant information it receives, including sound and music.

"Sound is an important and profound force in our lives," explains Northwestern University neuroscientist Dr. Nina Kraus. "The more we exercise our sound processing in the brain, the better the brain becomes at making sense of sound and the world around us. Music does this more than any other sound."

Music and other sounds enter the ear as sound waves. These create vibrations on our eardrum that are transformed into electrical signals.

The electrical signals travel up the auditory nerve to the brain's auditory cortex. (Cont. pg.2)

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This brain area interprets the sound into something we recognize and understand.

But music affects more than the brain areas that process sound. Using techniques that take pictures of the brain, like fMRI, scientists have found that music affects other brain areas.

When music stimulates the brain, it shows up on brain images as flickers of bright light. Studies have shown that music “lights up” brain areas involved in emotion, memory, and even physical movement.

“Music can help facilitate movement,” Finkelstein explains. NIH-funded scientists are investigating whether music can help patients with movement disorders, like Parkinson’s disease. Patients with this condition slowly lose their ability to walk and move over time.

“Studies show that when a certain beat is embedded in music, it can help people with Parkinson’s disease walk,” Finkelstein says. Another study is looking at how dance compares to other types of exercise in people with Parkinson’s disease.

There’s also evidence that music may be helpful for people with other health conditions, including Alzheimer’s disease, dementia, traumatic brain injury, stroke, aphasia, autism, and hearing loss.

Building Strong Minds

Playing a musical instrument engages many parts of the brain at once. This can especially benefit children and teens, whose brains are still developing. Introducing music to young kids can positively influence their ability to focus, how they act, and language development. Once you teach your brain how to respond to sound effectively it continues to do that well beyond when the music lessons stop,” Kraus explains. “A little music goes a long way, but the longer you play, the stronger your brain becomes.” Being musical may also protect you from hearing loss as you age.

We naturally lose our hearing ability over time. In particular, it becomes harder to hear conversations in a loud environment.

But researchers have found that musicians are better at picking out a person’s voice in a noisy background.

Music Therapy

Listening to and making music on your own can bring health benefits. But some people may also benefit from the help of a board-certified music therapist. Music therapists are trained in how to use music to meet the mental, social, and physical needs of people with different health conditions.

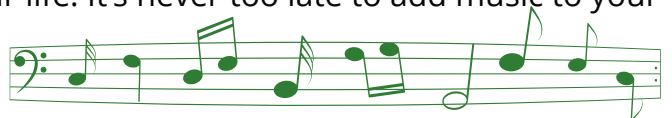
Music therapists can use certain parts of music, like the rhythm or melody, to help people regain abilities they’ve lost from a brain injury or developmental disability. For example, a person who’s had a stroke may be able to sing words, but not speak them.

Music therapists also rely on the social qualities of music. Shared musical experiences can help a family member connect with a loved one who has dementia. Music can also be used to help young people with behavior disorders learn ways to manage their emotions.

Music in Your Life

Music can offer many health benefits, but it may not be helpful for everyone. Traumatic injuries and brain conditions can change the way a person perceives and responds to music. Some people may find some types of music overstimulating. Others may find that certain music brings up emotional or traumatic memories. It’s important for healthcare providers to identify and understand when music isn’t helpful and may be harmful.

This is an area where music therapists can be helpful. To see the most health benefits, try to include music as a regular, consistent part of your life. It’s never too late to add music to your life.



Music Therapy is Here!

Exciting Interactive Sessions Available at Davis County Senior Activity Centers. Get in touch with your local center for more information on how to join in.

North Davis Senior Activities Center

Monthly Activities

Performance by
Utah Military Academy
November 9th at 11:30 am



Trip to Simple
Treasures Boutique
November 7th

Music and Memories
November 9th at 10:30 am

Trip to Movie Theater
November 14th

Lunch Bunch trip to
Chuck-A-Rama
November 15th at 11:00

Flu Shot Clinic
Nov 17th 10:00 am to 1:00 pm

Thanksgiving Meal
November 21st at 11:45

Entertainment and Cobbler
November 22nd @ 11:30

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

Parkinson's Support Group
November 1st 6:00pm to 7:00pm

Dementia Caregiver Support
November 1st 3:00pm to 4:00 pm

Shopping
November 3rd & 17th at 12:30pm

Daily Activities

Mondays

9:00 am Quilters
9:30 am EnhanceFitness
10:30 am Bingocize
12:30 pm Texas Hold'Em Poker
12:30 pm Bingo

Tuesdays

9:00 am Lapidary
10:30 am Tai Chi II
10:30 am Fun and Games
12:30 pm Pinochle
1:00 pm Line Dancing

Wednesdays

9:00 am Lapidary
9:00 am Quilters
9:30 am EnhanceFitness
10:00 am Technology Lab by appt.
10:30 am Bingocize
12:30 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
2:00 pm Multi-Cultural Dancing

Thursdays

9:00 am Lapidary
9:30 am EnhanceFitness
10:30 am Fun and Games
12:15 pm Theater Thursday
12:30 pm Pinochle

Fridays

10:00 am Bingo
12:30 pm Pinochle
12:30 pm Texas Hold'Em Poker

Available All Day/Everyday:
Pool table, computers, treadmill,
recumbent bike, library, videos,
and puzzles!



42 S. State St., Clearfield

(801) 525-5080

Central Davis Senior Activities Center

Daily Activities

Mondays

8:00 am EnhanceFitness Class
9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:00 am Wii Games
11:30 am Lunch
12:15 pm Bingocize
12:30 pm American Mah Jongg
1:00 pm Line Dancing With Linda
2:00 pm Beginners Line Dancing

Tuesdays

9:00 am Art Class With Kathy
10:00 am Tai Chi With Diana
10:30 am Boredom Buster Game
11:30 am Lunch
1:00 pm Art Class With Kathy

Wednesdays

8:00 am EnhanceFitness Class
9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:15 am Bingo
11:00 am Ceramics & Crafts
11:30 am Lunch
12 - 3 pm Ceramic Instructor Available
12:30 pm Pinochle
12:30 pm Square Dancing

Thursdays

9:00 am Marvelous Crafters Class
10:00 am Tai Chi With Diana
10:30 am Boredom Buster Game
11:00 am Ceramics & Crafts
11:30 am Lunch
12:15 pm Bingocize
12:30 pm Mah Jongg

Fridays

8:00 am EnhanceFitness Class
8:50 am EnhanceFitness Class
11:00 am Ceramics & Crafts
11:30 am Lunch
12:00 pm Movie (Call For Info)
12:15 pm Shopping Day
12:30 pm Bridge

Featured Activity

Traditional Thanksgiving Lunch Sign Up Today!!!



On Tuesday, November 21st @
11:00am, a traditional
Thanksgiving meal will be served
here at Central Davis.

You must sign up by contacting
our front desk and getting on the
list to receive a meal. Space is
limited so don't delay!

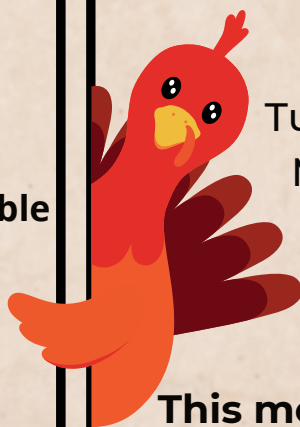
ON THE MENU:

Turkey Breast Roast
Mashed Potatoes
Stuffing
Dinner Rolls
Pumpkin Pie



This meal is 100% provided by
the following sponsors:

Lindquist Mortuaries
Abbingtion Senior Living
Oasis Senior Living
Alzheimer's Association
Premier Funeral Services
SOS Senior Moving Solutions
THANK YOU SPONSORS!



81 E. Center Street, Kaysville (801) 444-2290

November South Davis Senior Activities Center

726 S 100 E Bountiful 801-451-3660

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness	Gentle Yoga	EnhanceFitness
8:30		Begining Tap			
9:00	Sit n Fit Stained Glass Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Water Color
9:30	Line Dancing		Line Dancing	Crochet	Line Dancing
9:45					Tai Chi
11:00			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:30			Grocery Shopping		
12:45	Bingocize	Bingo		Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Open Pickleball Court		Alzheimer's Group 1st & 3rd Thurs	

November Special Events

November 15, 2023

10am-1pm



VACCINATION CLINIC

- FLU • PNEUMONIA
- TDAP • SHINGLES
- COVID-19 • HEPATITIS A&B
- RSV

Ham before Turkey Day!

November 22, 2023

Turkey
Games
11am-12pm
Wednesday
Nov. 22nd



Ham, Funeral Potatoes,
Mixed Veggies, and Pie

Lunch @ 11:45 \$3.00 Contribution

Natl' French Toast Day!

Lunch/Brunch @ 11:45


French Toast
Eggs
Fruit
Sausage

\$3.00 Suggested Contribution




November 28, 2023

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
Turkey Wrap					1 Cheeseburger Lettuce/Tomato Oven Brown Potato Zucchini Fruit Milk	29 1 23 3 14 11	2 Curry Stew Fluffy Rice Corn Green Salad Fresh Fruit Cookie, Milk	17 30 17 2 22 16 11	3 Sloppy Joels Baked Beans Mixed Veggies Fruit, Milk	33 35 12 14 11

Southwest Salad	6 Beef/Cheese Quesadilla Corn Broccoli/Red Pepper Fruit Milk	35 17 6 21 11	7 Tilapia Brown Rice Green Beans Carrots Fruit Pudding Milk	0 33 6 7 14 22 11	8 Chicken Tenders Mash Pot/gravy Mixed Veggies Ruit Milk	16 28 5 21 11	9 Meatball Sub Green Beans Green Salad Fresh Fruit Milk	39 6 2 15 11	10 Closed for Veteran's Day 	
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Chicken Salad Sandwich	13 Smothered Beef Meatballs Rotini/Gravy Butternut Squash Peas Fruit Milk	7 25 8 13 21 11	14 Chicken Sandwich Over Brown Potatoes Baked Beans Fresh Fruit Milk	28 23 31 22 11	15 Lasagna Cass. Garlic Roll Carrots Zucchini Fruit Milk	36 22 7 3 20 11	16 Chicken Chef Salad Roll Fresh Fruit Dessert Bar Milk	9 22 21 27 11	17 Chili Beef Dog Potato Salad Cabbage Fruit Milk	38 25 5 21 11
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Buffalo Chicken Salad	20 Breaded Chicken Sandwich Lettuce/Tomato Beets Oven Brown Potatoes Fruit, Milk	41 1 2 12 14 11	21 Pork Loin Mash Pot/Gravy Carrots Green Beans Fresh Fruit Cookie, Milk	10 23 2 22 15 11	22 Beef Stew Boiled Potatoes Green Salad Roll Fresh Fruit, Milk	10 23 2 22 15 11		23		24
							Closed for Thanksgiving		Closed for Thanksgiving	

Egg Salad Sandwich	27 Shepherds Pie Roasted Cauliflower Fruit Cookie Milk	30 4 18 16 11	28 Chicken Caesar Salad Roll Fresh Fruit Dessert Bar Milk	12 22 19 30 11	29 Cheeseburger Tomato/Lettuce Corn Zucchini Fruit Milk	29 1 17 3 21 11	30 Chicken Alfredo Spinach Mixed Veggies Roll Fruit Milk	39 5 5 22 14 11		
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****Alternate Meals are available in Center Dining Only.**

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



It's time to review

your current

Medicare coverage

Davis County Senior Services
offers **FREE** non-bias 1 on 1
counseling by appointment.

**Make an appointment by calling
(801) 525-5050 Opt. 5**



VACCINATION CLINICS



Vaccines Offered:

- Flu
- Pneumonia
- Tdap
- Shingles
- Covid-19
- Hepatitis A & B
- RSV



Central Davis Senior Center

81 East Center Street, Kaysville

Wednesday, November 8, 2023 10:00 am -1:00pm

North Davis Senior Center

42 South State Street, Clearfield

Friday, November 17, 2023 10:00 am - 1:00 pm

South Davis Senior Center

726 South 100 East, Bountiful

Wednesday, November 15, 2023 10:00 am - 1:00 pm

Most Insurance Accepted

- Proof of insurance is required at time of visit
- No-out-of-pocket cost for vaccination covered by your insurance

Uninsured/self-pay

- \$15 Adult flu shot (19 years and older)
- \$75 Adult High dose flu shot (65 years and older)
- \$15 for all other Vaccinations (excludes RSV)

For insurance questions
or more information call
or visit

Clearfield Immunization Clinic

22 South State Street,
Clearfield
(801) 525-5020

SAVE THE DATE

Breakfast in Bed Pajama Party Brunch!

**Tuesday
November 14th.**

Brunch @ 11:45
R.S.V.P @ your
Center



An all Davis County Senior Activity Centers Event!

Event held at 726 S 100 E, Bountiful

Thank you Sponsors!

Davis County Senior Activity Centers

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660



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Companionship Services**



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AmazingCare
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