



# SENIOR SERVICES NOVEMBER 2025 NEWSLETTER



## National Family Caregivers Month

*(Taken in part from NCOA and UNSEEN online publications)*

Families are often the primary source of support for older adults and people with disabilities. In fact, today in America, more than 53 million family caregivers provide unpaid care. That's an economic value totaling more than \$470 billion.

That's why every November we celebrate National Family Caregivers Month. While family caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

### **How can you show appreciation to a family caregiver?**

To observe National Family Caregivers Month 2025, here are five things you can do to encourage and support a family caregiver in your life.

#### **Provide respite care**

If it's once a week or just once — period — caregivers can benefit greatly from a break from their work. Spend a morning with their loved one while they run errands or take some time for themselves. The gift of your time is priceless.

#### **Check in regularly**

Let them talk about their experiences without

offering advice or casting an opinion. Let them know that you see the work they are doing and the value it brings to the family and community. Just being able to talk openly and without judgment is often the support they need.

#### **Be specific with your offers**

Avoid saying "let me know if you need anything." Instead, make a specific offer of help. When caregivers are overwhelmed, it can be difficult to ask for help, so the more specific you can be, the better.

#### **Help with chores**

Bring a meal, clean the house, help with laundry, do yard work, or tackle any other life tasks that are hard for caregivers to get to. This helps ease their burden and makes them feel supported.

#### **Keep inviting them**

Even if you know they can't attend an outing or gathering, continued invitations will make a caregiver feel less isolated and let them know that you are thinking of them (Continue page 2)

|                               |                |
|-------------------------------|----------------|
| <b>Caregiver Month.....</b>   | <b>pg. 1-2</b> |
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and value their presence. And you never know when they might be able to make it happen!

### **Offer encouragement**

A thoughtful card or text message, or even a small gift, can show that you recognize the gift of their service. Be positive about how you appreciate their efforts and see what a great job they're doing.

### **Are you a caregiver?**

You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Davis County Senior Services would like to connect caregivers and older adults to the services our county has to offer. These services include personal care assistance, homemaking services, and respite service through our in-home service programs, Meals on Wheels through our home delivered meals program, and many other services offered through our senior centers. For more information on eligibility requirements and the intake process, contact our office at 801-525-5050, option 5.

# 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, November 13, 2025

\*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

 **Davis**  
COUNTY  
HEALTH DEPARTMENT

To reserve your spot, please contact: Eve Larsen at (801) 525 - 5048 or at [elarsen@co.davis.ut.us](mailto:elarsen@co.davis.ut.us)



# November 2025

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

## The great brunch escape

NOV. 12TH

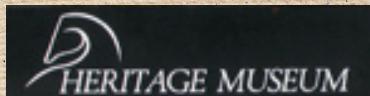
**BUS LEAVES AT 9:30 FROM THE CENTER**

RISE AND GET READY FOR BRUNCH AT LAYTON



**Black Bear Diner**

FOLLOWED BY A VISIT TO THE



## World Pickle Day!!!

Nov. 14<sup>th</sup> 10:00 a.m.



Come celebrate with pickle flavored  
popcorn during bingo!



Nov 25<sup>th</sup> at 11:30 a.m.

## Thanksgiving feast!

Lets gather to give thanks for our many  
blessings!!!

\*If you plan on eating with us on this day you  
must RSVP by Nov. 17th



**\*NDSC will be CLOSED**

**\*Nov. 11th\***

**\*Nov. 27-28\***

**\*Signs ups for trips/activities will open  
the first Monday of the month @noon.\***

## Monday

8:00am-1:00pm  
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-1:00pm  
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-1:00pm  
9:00am-5:00pm  
9:30am-10:30am  
10:30am-1:15pm  
12:30pm-5:00pm  
12:30pm-2:30pm  
2:00pm-3:30pm

Tai Chi  
Lapidary  
Quilters  
EnhanceFitness  
All Stitched Up  
Hand & Foot Cards  
Texas Hold'Em Poker  
Multi-Cultural Dancing

## Thursday

8:00am-1:00pm  
9:30am-10:30am  
10:30am-11:30am  
12:15pm-1:15pm  
1:00pm-5:00pm

Lapidary  
EnhanceFitness  
Bunco  
Craft w/ Lizz (2nd&3rd Thurs)  
Pinochle

## Friday

8:00am-1:00pm  
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





# November 2025

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



**Be Grateful Give Thanks Eat Pie**

## Lunch Bunch



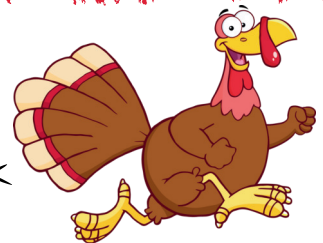
POT Belly  
Sandwich Shop  
November 4<sup>th</sup>  
at 11:15am

Sign up at front desk

**Caramel Apple Bar**  
**Thursday**  
**November 13<sup>th</sup>**  
**at 11:00am.**

Join us for a Thanksgiving Luncheon with all the trimmings on Tuesday November 25<sup>th</sup> at 11:30 am. Thanksgiving Bingo starts beforehand at 10:15am

**Veteran's Recognition**  
**During Lunch**  
**November 10<sup>th</sup>**  
**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    |                      | EnhanceFitness Class   |                                    | EnhanceFitness Class                         |
| 10:00 | Beginners Lapidary      | Tai Chi With Diana   |                        | Tai Chi With Diana                 | Qigong 1 <sup>st</sup> & 3 <sup>rd</sup> Fri |
| 10:15 | Wii Fit                 | Boredom Busters      | Bingo                  | Boredom Busters                    | Wii Fit                                      |
| 11:00 |                         |                      | Ceramics & Crafts      | Ceramics & Crafts                  | Ceramics & Crafts                            |
| 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 |                                              |





# November



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<br>Pencil Drawing | Sit n Fit                       | Sit n Fit<br>Stained Glass | Sit n Fit                           | Sit n Fit<br>Watercolor |
| 9:30  | Line Dancing                |                                 | Line Dancing               |                                     | Line Dancing            |
| 9:45  |                             |                                 |                            |                                     | Tai Chi                 |
| 10:00 |                             | Gentle Yoga                     |                            |                                     |                         |
| 10:30 |                             |                                 | Tai Chi for<br>Arthritis   | Tai Chi for<br>Arthritis            |                         |
| 12:45 | Shopping                    | Bingo                           |                            | Bingo                               |                         |
| 1:00  | Bridge                      | Pinochle<br>Oil Painting        |                            | Bridge                              |                         |
| 2:00  |                             | Grief Support<br>every 4th Tues |                            |                                     |                         |
| 3:00  |                             | Pickleball                      |                            | Dementia support<br>Group 1st Thurs |                         |

## MALL

### SHOPPING

Lunch with friends at the food court and time for shopping after!



**Tues Nov. 4, @ 11:15am**

## The Pardoned Turkeys



**Thankful Lunch Special**

**FRIDAY NOVEMBER 21,**

**@ 11:45**

Ham, au gratin potatoes,  
salad and pecan pie

| Alt Meal                                                                                                                                                                                             | Monday                                                                                            | Carb                                 | Tuesday                                                                                              | Carb                                | Wednesday                                                                     | Carb                            | Thursday                                                                                     | Carb                           | Friday                                                                                     | Carb                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------|--------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------|
| <div><h1>November 2025</h1></div> |                                                                                                   |                                      |                                                                                                      |                                     |                                                                               |                                 |                                                                                              |                                |                                                                                            |                                      |
| *Chicken Tenders                                                                                                                                                                                     | 3 Beef/Cheese Quesadilla<br>Corn<br>Broccoli/red peppers<br>Fruit<br>Milk                         | 33<br>17<br>6<br>21<br>11            | 4 Tilapia<br>Brown Rice<br>Green Beans<br>Carrots<br>Fruit<br>Pudding<br>Milk                        | 0<br>33<br>6<br>7<br>14<br>22<br>11 | 5 Chicken Tenders<br>Mash<br>Potatoes/gravy<br>Mixed Veggies<br>Fruit<br>Milk | 15<br>28<br>5<br>21<br>11       | 6 Meatball Sandwich<br>Green Bean<br>Green Salad<br>Fresh Fruit<br>Milk                      | 41<br>6<br>2<br>21<br>11       | 7 Baked Turkey<br>Mash Pot/gravy<br>Corn<br>Zucchini<br>Fresh Fruit<br>Dessert Bar<br>Milk | 2<br>29<br>17<br>3<br>22<br>39<br>11 |
| *Chicken Salad Sandwich                                                                                                                                                                              | 10 Smothered Meatballs/gravy<br>Rotini Noodle<br>Butternut Squash<br>Canned Fruit<br>Peas<br>Milk | 14<br>20<br>8<br>21<br>13<br>11      | 11 Closed for Veteran's Day                                                                          |                                     | 12 Lasagna<br>Casserole<br>Carrots<br>Zucchini<br>Roll<br>Fruit<br>Milk       | 36<br>7<br>3<br>22<br>20<br>11  | 13 Chicken Chef Salad<br>Fresh Fruit<br>Dessert Bar<br>Roll<br>Milk                          | 10<br>21<br>27<br>22<br>11     | 14 Veggie Chili<br>Dog<br>Potato Salad<br>Cabbage<br>Fruit<br>Milk                         | 43<br>21<br>5<br>21<br>11            |
| *Grilled Ham & Cheese                                                                                                                                                                                | 17 Beef Stroganoff<br>Rotini Noodles<br>Mixed Veggies<br>Peas<br>Roll<br>Fruit<br>Milk            | 6<br>20<br>5<br>13<br>22<br>14<br>11 | 18 Pork Loin<br>Mash<br>Potatoes/gravy<br>Carrots<br>Green Beans<br>Fresh Fruit<br>Cookie<br>Milk    | 0<br>28<br>7<br>6<br>22<br>16<br>11 | 19 Beef Stew<br>Boiled Potatoes<br>Green Salad<br>Roll<br>Fresh Fruit<br>Milk | 10<br>23<br>2<br>22<br>21<br>11 | 20 Breaded Chicken Sandwich<br>Lettuce/Tomato<br>Sliced Beets<br>Corn<br>Fresh Fruit<br>Milk | 41<br>1<br>3<br>17<br>22<br>11 | 21 Beef and Broccoli<br>Fluffy Rice<br>Mixed Veggies<br>Fruit<br>Frosted Cake<br>Milk      | 6<br>30<br>11<br>14<br>40<br>11      |
| *Egg Salad Sandwich                                                                                                                                                                                  | 24 Shepherds Pie<br>Roasted Cauliflower<br>Fruit<br>Cookie<br>Milk                                | 29<br>4<br>18<br>16<br>11            | 25 Turkey/Stuffing<br>Mash<br>Potatoes/gravy<br>Vegetables<br>Roll<br>Cranberry Sauce<br>Pumpkin Pie |                                     | 26 Cheeseburger<br>Lettuce/Tomato<br>Corn<br>Spinach<br>Fruit<br>Milk         | 29<br>1<br>17<br>5<br>21<br>11  | 27 Closed in Observance of Thanksgiving Holiday                                              |                                | 28 Closed in Observance of Thanksgiving Holiday                                            |                                      |

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

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



# VACCINES AVAILABLE

## North Davis Senior Center

42 South State Street, Clearfield

**Tuesday November 18, 2025**

10:00 am - 1:00 pm

## Central Davis Senior Center

81 East Center Street, Kaysville

**Wednesday, November 19, 2025**

10:00 am - 1:00 pm

## South Davis Senior Center

726 South 100 East, Bountiful

**Wednesday, November 12, 2025**

11:00 am - 1:00 pm

## In-Home Vaccinations

Available to Davis County residents  
who:

- Are homebound; or
- Are unable to drive; or
- Are immunocompromised/  
medically vulnerable

**For more information, call  
our Immunizations Office at  
(801) 525-5020**



# Tai Chi for Arthritis

Your journey to vitality starts here!

Improve joint health,  
balance, and well-being.

Tai Chi for Arthritis has been shown to:

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



**AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS**



# MEDICARE HEALTH INSURANCE



**Open  
Enrollment  
2026**

**October 15 - December 7**

Call your local Davis County Senior Activity Center to schedule an appointment with our FREE unbiased Davis County SHIP Counselors

## Thank You Sponsors!



NORTHERN UTAH  
REHABILITATION HOSPITAL  
*We are passionate patient caregivers*



**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