Davis COUNTY HEALTH DEPARTMENT

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SENIOR SERVICES NOVEMBER 2026 NEWSLETTER



Caregivers: Eight Ways To Add More Joy To Your Life

(Taken in part from an online publication from caregiver.com)

Being a caregiver of a loved one, or a family member who has a chronic or debilitating disease can take a toll on you physically and emotionally especially when it comes to your joy.

During this season in your life, at times it may feel as if you're robotic as you move through your day to day responsibilities of caring for a loved one. It may feel as if you have forgotten what makes your heart sing with joy. And you may even suppress it out of guilt. Infusing joy and laughter back into your life though will help you better deal with the stress of being a caregiver. Laughter specifically strengthens your immune system and releases certain 'feel good" endorphins.

Here are some tips to help you add more joy to your life as a caregiver.

1.Create a joyful journal. Journaling is a safe place to write our innermost thoughts. It can serve as therapy for caregivers to write about the challenges, difficulties and darkest times as we take care of a loved one. Still you should not want to dwell in those moments because that is not the sum total of your life. Your life even during those rough patches has large slivers of joy in it. You just may have to hone into it. Have a separate journal to write about those times. A joyous or funny memory of your loved one, a joyous event that happened in the world, some upbeat lyrics to a song you love, or an inspirational quote.

2.Write a joyful mantra to post on your computer or refrigerator to say each morning. Mantra's can encourage you to stay positive and in a joyous mood during those times when you are feeling low spirited.

3.Celebrate. Find ways to celebrate. Buy flowers, treat yourself to an "Off day" by getting friends and family on board so that you can have date night with your spouse, or a spa day or a day out golfing. Buy something inexpensive for yourself like a coffee mug or t-shirt with a humorous or quirky saying. (Continue pg 2)

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4.Eat joyously. As caretakers we tend to eat rushed, less nutritious foods or skip meals. You can eat joyously by eating the rainbow, a bounty of fruits and vegetables that are rainbow colored – green, yellow, orange, red, blue and purple, and white can will give you essential nutrients, vitamins, antioxidants and minerals.

5.Exercise always boots your mood. Although it may be difficult to find time to exercise as a caretaker it is essential self-care for your well-being. Even if you can't go to a fitness center you can take walks if you can get a friend or another family member to watch your loved one. You can also put on an exercise DVD to do at home or put on music and dance.

6.Surround yourself with happy, vibrant friends. Being around people who are living a full life and doing fun creative things will have a positive affect on you even if you've had to put some of your own dreams on hold momentarily. Their boundless spirits can fuel yours when you're overwhelmed and you've lost sight of yourself.

7.Be joyous around your loved one. Even if your loved one isn't responsive talk joyously to him or her. Recall funny memories of past times, tell jokes, put on a comical or inspirational movie or sitcom for your loved one. Your loved one is much more than the disease he or she has and you are so much more than a caretaker.

8.Cultivate gratitude. Many research studies have shown that gratitude is associated with greater happiness. As caretakers you may feel hard-pressed to feel grateful during this time in your life as you care for an incapacitated loved one. "Why did this happen to our family?" "It's so hard seeing my father this way, he was such a proud man who never wanted anyone to do anything for him." In the midst of caretaking you have to purposely look for things, occasions, and signs to counter those emotions so they won't weigh you down. Start by being grateful each day for a supportive spouse, friends, family, nurses, doctors, and administrators that have held your hand throughout this journey.

Caregiver Support in Davis County

Family caregivers deserve our gratitude, respect and a big Thank You for their hard work and dedication. In November, as we honor the many contributions that family caregivers make to the quality of our lives, Davis County Senior Services is offering caregivers a special thank you gift. Please call our office at **801-525-5050**, option 5 to reserve your gift and pick up at a local Senior Center while supplies last.

In November, there are several caregiver workshops and support groups being offered. All caregivers are welcome to join!

Dealing with Dementia:
Location: Central Davis Senior Activity Center (81 E Center Street, Kaysville)
Day and Time: Thursday, November 5, 2026, 10:00 am-2:30 pm
Registration required at 801-525-5050, Option 5

Dementia Support Group for Caregivers
Location: South Davis Senior Activity Center (726 S. 100 E. Bountiful)
Day and Time: 1st Thursday of each month 3:00 pm-4:30 pm

Location: Fairfield Village (1205 N Fairfield Rd, Layton)
Day and Time: 3rd Tuesday of each month 7:00 pm-8:00 pm

Location: North Davis Senior Activity Center (42 S. State St, Clearfield)
Day and Time: 1st Wednesday of each month 3:00-4:00 pm

Davis COUNTY HEALTH DEPARTMENT

November 2026

North Davis Senior Activity Center

42 S. State St., Clearfield (801) 525-5080

Lunch Bunch

Ramblin Roads

Thursday, Nov. 5th

bus leaves at 11:30 a.m.

Must RSVP

Holiday plate and ornament painting

Nov. 16th at 12:00 p.m.



Must RSVP
$8.00 supply fee



Field Trip

Must RSVP

Smith and Edwards

"where the scrap hit's the road"

Nov. 18th

Bus leaves at 10:00



Eat, drink and be thankful. Join us on Nov. 24th at 11:45 a.m. for a Thanksgiving feast

Please RSVP

NDSC is now offering $10 haircuts, facial hair trims and waxing. Nov. 4th

We are also offering toenail trimming Nov. 23rd billed to insurance.

Services are rendered by professionals
Schedule your appointment today!!!

NDSAC Closed Nov. 11th and Nov. 26th/27th

Activity sign-ups begin at 12:00p.m. the first Monday of the month

Monday

8:00am-12:00pm	Silversmithing
8:30am-9:30am	Tai Chi
9:00am-5:00pm	Quilters
9:30am-10:30am	EnhanceFitness
10:30am-11:30am	Bingo
12:15pm-2:15pm	Wii-Mania/Movie
12:30pm-2:30pm	Texas Hold'Em Poker

Tuesday

8:00am-12:00pm	Lapidary & China Painting
8:45am-9:30am	Chair Yoga
10:30am-11:30am	Tai Chi for Fall Prevention
12:00pm-1:00pm	Mexican Train Dominos
1:00pm-5:00pm	Pinochle
1:00pm-3:00pm	Line Dancing
1:00pm-2:30pm	Bonsai Workshop
1:00pm-2:30pm	Wire Wrapping (2nd Tuesday, Bring your own supplies)

Wednesday

8:30am-9:30am	Tai Chi
8:00am-12:00pm	Lapidary
9:00am-5:00pm	Quilters
9:30am-10:30am	EnhanceFitness
10:30am-12:30pm	Card Games
12:30pm-5:00pm	Hand & Foot Cards
12:30pm-2:30pm	Texas Hold'Em Poker
2:00pm-3:30pm	Multi-Cultural Dancing

Thursday

8:00am-12:00pm	Lapidary
8:45am-9:30am	Chair Yoga
9:30am-10:30am	EnhanceFitness
10:30am-11:30am	Bunco
12:15pm-1:15pm	Fun & Games/No craft
1:00pm-5:00pm	Pinochle

Friday

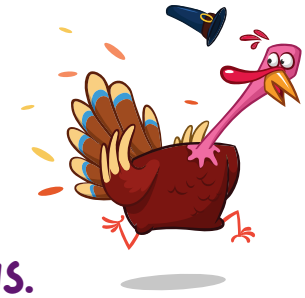
8:00am-12:00pm	Silversmithing
10:00am-11:30am	Bingo
10:15am-11:30am	Shopping (3rd Friday)
12:30pm-2:30pm	Texas Hold'Em Poker
1:00pm-5:00pm	Pinochle

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm



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



IT'S FEATHER STRUTTING TIME AT CENTRAL DAVIS. OUR WILD TURKEY HUNT AND CALL COMPETITIONS WILL BEGIN AT 10:30 AM ON NOVEMBER 19TH. COME PREPARED TO GOBBLE UP SOME SWEET AND SALTY FALL TIME NACHOS TOO.

LUNCH BUNCH: BLACK BEAR DINER TUESDAY NOVEMBER 3RD AT 11:30.

We would love to have you gather around our tables this November 24th at 11:45am to share a Thanksgiving feast of friendship and gratitude. Thanksgiving Bingo will be played prior to the meal at 10:30am.

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		Wire Wrapping 1st & 3rd Fri.
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class	Silversmithing	EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi		Tai Chi	Qigong
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	
12:00		Pickin Circle	Ceramics Instructor		
12:15	Bingocize		Square Dancing	Bingocize	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	

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 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		Chair Tai Chi @ 11:00	Tai Chi for Arthritis	Tai Chi for Arthritis	
12:45	Shopping	Bingo	Bingocize	Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting	Writing Club 1st & 3rd Wed	Bridge	
2:00					Book Club 2nd Friday
3:00		Pickleball		Dementia support Group 1st Thurs	

November Parties & Events

Veterans Day Treats & Lunch Quiz

Tuesday November 10th @ 11:30 am.

Calling out to honor all Veterans! Donuts and juice at 11:15. Stick around for lunch and test your knowledge of military history and life @ noon.

Football & Gatitude!Nov.24th



Thanksgiving movie! After our Thanksgiving turkey lunch, come enjoy the ideal November film, *The Blind Side,* because turkey and football are a classic combination. The movie starts at 12:45 PM. Snacks will be provided. We look forward to seeing you there!

"I sure Ham ThankFULL" Lunch Special

Join us Friday,Nov. 20th, for a special in center cooked meal, featuring a delicious spread that includes ham, baked potatoes topped with butter and sour cream, Broccoli Normandy, fruit, and celebration cake. This delightful feast will be served at **11:45 AM**. Please RSVP either in person or by phone.

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Chicken Tenders	2 Beef/Cheese Quesadilla Corn Broccoli/red peppers Fruit Milk	33 17 6 21 11	3 Tilapia Brown Rice Green Beans Carros Fruit Pudding Milk	0 33 6 7 14 22 11	4 Chicken Tenders Mash Potatoes/gravy Mixed Veggies Fruit Milk	15 28 5 21 11	5 Meatball Sandwich Green Bean Green Salad Fresh Fruit Milk	41 6 2 21 11	6 Baked Turkey Mash Potatoes/gravy Corn Zucchini Fresh Fruit Dessert Bar Milk	2 29 17 3 22 39 30 11
*Chicken Salad Sandwich	9 Smothered Meatballs/gravy Rotini Noodle Butternut Squash Canned Fruit Peas Milk	14 20 8 21 13 11	10 Chicken Sandwich Green Beans Baked Beans Fresh Fruit Milk	29 23 21 22 11	11 Centers Closed  Veterans Day		12 Chicken Chef Salad Fresh Fruit Dessert Bar Roll Milk	10 21 27 22 11	13 Chili Dog Potato Salad Cabbage Fruit Milk	43 21 5 21 11
*Grilled Ham & Cheese	16 Stroganoff Rotini Noodles Mixed Veggies Peas Roll Fruit Milk	6 20 5 13 22 14 11	17 Pork Loin Mash Potato/gravy Carrots Green Beans Fresh Fruit Cookie Milk	0 28 7 6 22 16 11	18 Beef Stew Boiled Potatoes Green Salad Roll Fresh Fruit Milk	10 23 2 22 21 11	19 Breaded Chicken Sandwich Lettuce/Tomato Sliced Beets Corn Fresh Fruit Milk	41 1 3 17 22 11	20 Beef and Broccoli Fluffy Rice Mixed Veggies Fruit Frosted Cake Milk	6 30 11 14 40 11
*Egg Salad Sandwich	23 Shepherds Pie Roasted Cauliflower Fruit Cookie Milk	29 4 18 16 11	24 Turkey/Stuffing Mash Potatoes/gravy Vegetables Roll Cranberry Sauce Pumpkin Pie		25 Hamburger Lettuce/Tomato Corn Spinach Fruit Milk	28 1 17 5 21 11	26 Centers Closed  Happy Thanksgiving		27 Centers Closed 	
*Roast Beef Sandwich	30 Turkey A la King Rotini Noodles Green Beans Carrots Fruit Milk	9 20 6 7 21 11								

**Alternate Meals are available in Center Dining Only.

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

MEDICARE
OPEN ENROLLMENT



2026

October 15 - December 7

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

FREE LEGAL ADVICE
FOR SENIORS

Presented by Utah Legal Services

Utah Legal Services is a nonprofit law firm that provides free legal advice to individuals who live in Utah and fall under any of the following:

- have low income
- are 60+ years old
- are a survivor of domestic violence
- are a qualifying veteran dealing with housing insecurity

Monthly Presentations

Wednesday, Nov. 18 @ 11:30am North Davis - 42 S State St

Wednesday, Dec. 16 @ 11:30am Central Davis - 81 E Center St, Kaysville

All Presentations Given Will Have Time for Questions After

Caregiver Support in Davis County

Davis COUNTY HEALTH DEPARTMENT

Support services are available, call and talk to a case manager today at 801-525-5050 option #5

TAI CHI
FOR ARTHRITIS

Tai Chi for Arthritis has been shown to:

Davis COUNTY HEALTH DEPARTMENT

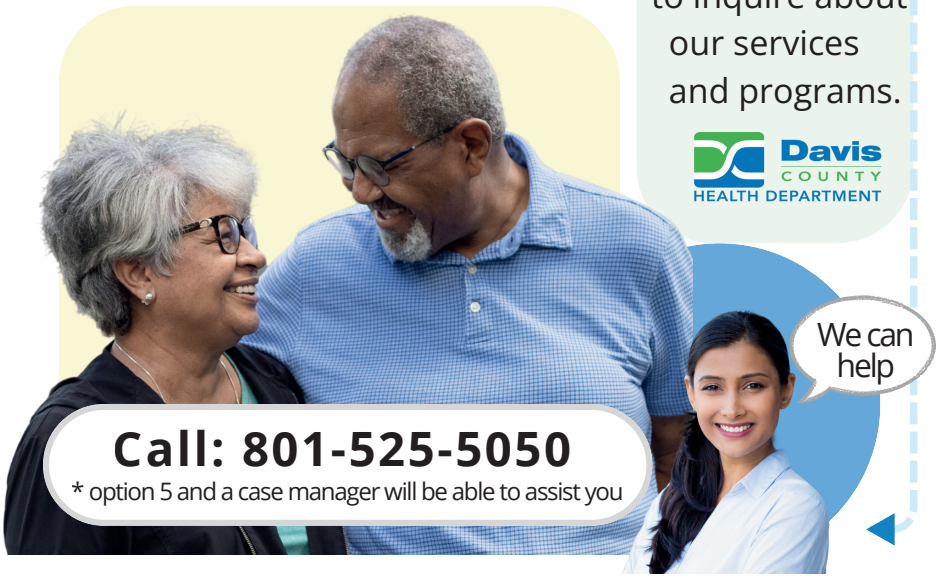
- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls

AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS

Need Assistance at Home?

Davis County Senior Services offers in-home services to those who are 60 years old or older and who need help with everyday tasks. Depending on the program, there may also income and asset requirements. Call to inquire about our services and programs.

Davis COUNTY HEALTH DEPARTMENT



Call: 801-525-5050

* option 5 and a case manager will be able to assist you

Rides4Health

is a curb-to-curb non-emergency transportation service provided to seniors 60 and older living in Davis County, with no other transportation. Appointments for service must be within the county.
No fee is charged for the ride but a suggested contribution of $10.00 per round trip is appreciated.



Call: 801-525-5061

To schedule a ride
call at least three business days in advance.
Time slots are filled on a first-come, first served basis.

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

Thank you! Sponsors

Bristol Hospice
embracing a reverence for life

LEGACY