



SENIOR SERVICES JUNE 2023 NEWSLETTER

Are you really the lucky winner? Spot the prize scams

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Say you hear or read the words: "You've won!" What will you do with your winnings? Who wouldn't be excited to win a prize, sweepstakes, or lottery? But...did you actually win? And how do you know?

Sweepstakes, prize, and lottery frauds are among the top scams people report to the FTC. These scams usually start with a call or message that says you're a winner.

They will say to get the so-called prize you have to send money or click somewhere to give your information. The most recent FTC data shows people reported losing \$301 million to this type of fraud. That's an average loss of \$907 per person.

But there are also legitimate contests and prizes that follow the law and give real prizes. So how do you know the difference?

One question to consider is: did you enter the sweepstakes or play the lottery? If not, you absolutely didn't win. Here are other ways to spot and avoid prize scams:

- **Don't pay to get a prize.** Real prizes are free. Anyone who asks you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, is a scammer. Stop and walk away.



- **Don't give your financial information.** There is absolutely no reason to ever give your bank account or credit card number to claim a prize. If anyone asks for it, it's a scam.
- **Don't give your personal information.** Scammers hope you'll click on links that will take your personal information or download malware on your device. Delete the message without clicking on the links and don't respond.

Check out #FTCTopFrauds and ftc.gov/data to learn more. Already paid a scammer? [Learn how to get your money back](#) and tell the FTC at ReportFraud.ftc.gov.

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North Davis Senior Activities Center

This and That

New!

Tai Chi

Tai Chi Classes on
Tuesday's and
Thursday's
at 10:00 am

Enhance Fitness
Monday,
Wednesday,
and Friday
at 1:00 pm

ENHANCE
FITNESS



Father's Day
Brunch

Join us for our
Father's Day
Brunch on
June 16th
at 11:30am.
Please make
reservations!

Trips

Bountiful Chalk Festival
June 1st @ 12:30 pm

THE
UNCH BUNCH

Cuzins Kitchen
June 14th @ 11:15 am

Daily & Monthly Activities

Mondays

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

Tuesdays

9:00 am Lapidary
9:30 am Bonsai Plant Workshop
10:30 am Fun and Games
12:30 pm Pinochle
1:00 pm Line Dancing

Wednesdays

9:00 am Lapidary
9:00 am Quilters
10:00 am Technology Lab by appt.
10:00 am Craft Class
12:00 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 Bonsai Plant Workshop
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!

Parkinson's Support Group
June 7th 6:00pm to 7:00 pm
Dementia Caregiver Support
June 7th 3:00pm to 4:00 pm

Shopping
Every other Tuesday at 12:30 pm
June 13th & 27th

Central Davis Senior Activities Center

Daily Activities

Mondays

9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:00 am Wii Games
10:30 am Tai Chi For Arthritis
11:30 am Lunch
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
12:00 pm Yoga Class (NEW)
1:00 pm Art Class With Kathy

Wednesdays

9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:15 am Bingo
10:30 am Tai Chi For Arthritis
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
12:30 pm Mah Jongg

Fridays

9:30 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

Celebration Highlight

Thank you to all who participated in our Cinco De Mayo celebration last month!

Particularly our sponsors:

- Trisha Jorgensen/Humana
- The Abbington Senior Living Community
- Heart & Soul Program
- Sunridge Assisted Living & Memory Care
- Oasis Senior Living
- Aspen Ridge Home Health & Hospice



Available Everyday:

Pool Tables, Lapidary, Computers/WiFi,
Treadmill, Recumbent Bike, Ping Pong,
Puzzles & Library

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

J U N E

South Davis Senior Activities Center

726 S 100 E Bountiful 801-451-3660

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am EnhanceFitness 9:00 am Sit N Fit 9:00 Stained Glass 9:00 Pencil Drawing 9:30 Line Dancing 1:00pm Bridge 2:00 Tap Dancing	9:00 am Sit N Fit 12:45 pm Bingo 1:00 Pinochle 1:00 pm Oil Panting	8:00 am EnhanceFitness 9:00 am Sit N Fit 9:00 Stained Glass 9:30 Line Dancing 11:00 Tai Chi for Arthritis 12:30 pm Grocery Shopping 1:00 Hand and Foot 2:00 Tap Dancing	8:00 am Gentle Yoga w/Chair Options 9:00 am Sit N Fit 9:30 Crochet 11:00 Tai Chi for Arthritis 12:45 pm Bingo 1:00 Bridge	8:00 am EnhanceFitness 9:00 am Sit N Fit 9:00 Stained Glass 9:00 Water Color 9:30 Line Dancing 9:45 Tai Chi

Billiards

&

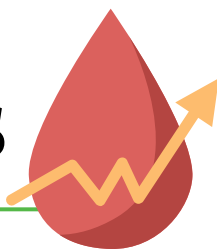
Cards



Full size Tables
Mon-Fri 8am-5pm
See schedule for cards

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
									
5 Sloppy Joes Oven Brown Potatoes, Vegetable Fruit Milk	33 23 6 20 11	6 Chicken Chef Salad Roll Fresh Broccoli Fruit Cookie Milk	9 22 11 14 16 11	7 Beef & Broccoli Fluffy Rice Green Salad Carrots Fresh Fruit Milk	6 59 3 7 21 11	8 Breaded Fish Brown Rice Roll Green Beans Fruit, Milk	23 22 27 11 20 11	9 Beef Stroganoff Beets Corn Watermelon Milk	41 3 17 13 11
12 Beef Soft Tacos Beans Corn Fruit Milk	43 33 17 14 11	13 Meatball Sandwich Pea & Onion Salad Carrots Fresh Fruit Milk	43 21 7 21 11	14 Egg Salad Sandwich Fresh Vegetables Cantaloupe Yogurt Milk	28 11 11 19 11	15 Stir Fry Chicken Fluffy Rice Corn Fruit Cookie Milk	18 30 17 20 16 11	16 Chicken Alfredo Broccoli Mixed Veggies Fruit Milk	38 5 5 18 11
19 All Centers 		20 BBQ Pork Sandwich Zucchini Coleslaw Fresh Fruit Cookie Milk	54 3 6 22 16 11	21 Beef Enchilada Pie Spanish Rice Green Salad Fruit Cookie Milk	21 24 3 20 16 11	22 Buffalo Chicken Salad Roll Fresh Vegetables Fresh Fruit Dessert Bar Milk	10 22 6 22 27 11	23 Baked Turkey Mash Potatoes/gravy Mixed veggies Corn Fruit Pudding Milk	12 2 0 6 13 19 11
26 Lasagna Casserole Roll Mixed Veggies Broccoli Fruit Milk	36 22 12 5 14 11	27 Chicken Sandwich Beets Oven Brown Potatoes Fresh Fruit Milk	29 3 19 19 11	28 Roast Beef Mash Potatoes/gravy Carrots Mixed Veggies Fruit Milk	2 28 7 5 20 11	29 Chicken Caesar Salad Roll Fresh Vegetables Watermelon Cookie Milk	12 22 6 13 16 11	30 Meatballs/gravy Rotini Noodles Coleslaw Peas Fresh Fruit Milk	12 20 6 13 19 11
<div> <div>June 2023</div> <div>**This menu is subject to change at any time based on product availability**</div> </div>									

Prediabetes



Prediabetes occurs when one's blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. Having a high blood sugar puts you at an increased risk of type 2 diabetes, heart disease, and stroke. Unfortunately, there are no clear symptoms of prediabetes, so it is important to have your blood sugar checked regularly.

The good news is, making dietary and lifestyle changes can prevent or delay diabetes and other health problems. Remember, if you learn that you do have prediabetes, this does not mean that you have diabetes.

Work with your healthcare team and your loved ones to follow a plan to improve your food choices and increase your physical activity. Small changes can make a huge impact on your blood sugar levels and your overall well-being.

Prediabetic Screening Opportunities

North Davis Senior Center

May 31st at 11:30 AM
June 2nd at 11:30 AM
801-525-5080

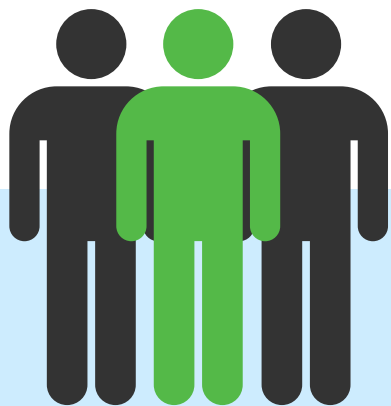
Central Davis Senior Center

June 1st at 11:45 AM
June 6th at 11:45 AM
801-444-2290

South Davis Senior Center

June 22nd at 12:00 PM
801-451-3660

Prediabetes classes will be taught in the month of June at all senior center locations. Call your local Senior Center for more information



1 in 3 Americans have pre-diabetes and they don't know it yet.

Knowing if you are at risk for prediabetes is the first step to preventing future health concerns.

Senior **HEALTH** *and Community* *Resource* **FAIR**



Tuesday June 13th

726 S 100 E Bountiful,

11:00am - 3:00 pm

South Davis Senior Activity Center



Get Free Screenings & Information

- *Transportation*
- *In Home Aging Services*
- *Pain Management*
- *Diabetes Prevention*
- *Food Resources*
- *Vaccinations*
- *and more.....*

**For more
information Call
801-451-3660**



FREE SHRED DAY

PROTECT
DETECT
REPORT

June 9, 2023
10:30-1:00

**South Davis
Senior Center**
726 S 100 E
Bountiful

Davis County Senior Services invites you to help fight fraud and reduce possible identity theft by properly disposing of:

- documents with personal information such as your social security number
- documents with personal information about your medical history
- documents with your credit card information or credit scores
- junk mail for credit card offers



**Davis County
AmeriCorps Seniors RSVP**

Call for Volunteers

Make giving
back your
second act



Get involved and make a positive difference in your community. AmeriCorps Seniors volunteers serve with organizations dedicated to helping others.

For more information
contact us at
801-525-5052



SHIP

State Health Insurance
Assistance Program

Do you need help with
prescription costs?

Is your monthly income:
Single: less than \$1,610
Married: less than \$2,177

Are your assets:
Single: less than \$14,790
Married: less than \$29,520

You may be eligible for help paying
for prescription drug costs.

Call Davis County Senior Services
SHIP/SMP @
801-525-5050 opt 5

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