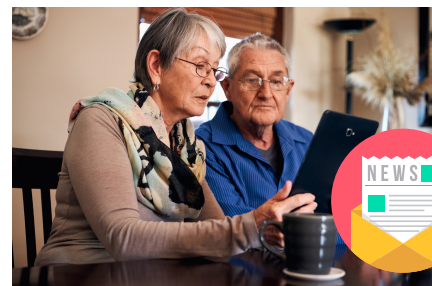


SENIOR SERVICES NEWSLETTER

February 2023

Changing Times, Changing Ways!

Senior Services Newsletter to be offered electronically.



Throughout the past year, change has affected many. Rising food costs, higher gas prices, shortage of used cars, supply chains, and staffing shortages have contributed to changes in the way businesses operate, the way we shop, and the way we think and interact with others in our daily lives. How many of us have gone back to "normal" (Pre-COVID)? I dare say, not many. In a world where nothing remains the same for long, we have to learn to adapt.

Davis County Senior Services is learning to adapt so we are switching our newsletter to a preferred Electronic Format. Some of you may say we have been doing this for some time but in reality, we have been printing almost the same amount that we have been sending through email.

As the cost of postage increases, we will no longer be able to mail out this large number of newsletters. You will be able to access the newsletter on our website:

<http://www.daviscountyutah.gov/health/davis-senior-services-newsletter> and then you can print it off from any computer.


Or you could sign up for the electronic version by scanning the QR code here - on this front page. Do this by selecting your camera button on your phone and hover over the code box on the right, once the camera recognizes the image, click on the link. This link will take you to our sign-up page.

Senior Activity Centers will have copies of the menu as well as the activity calendar available in limited quantities. For homebound individuals on meals on wheels, a menu will still be sent each month.

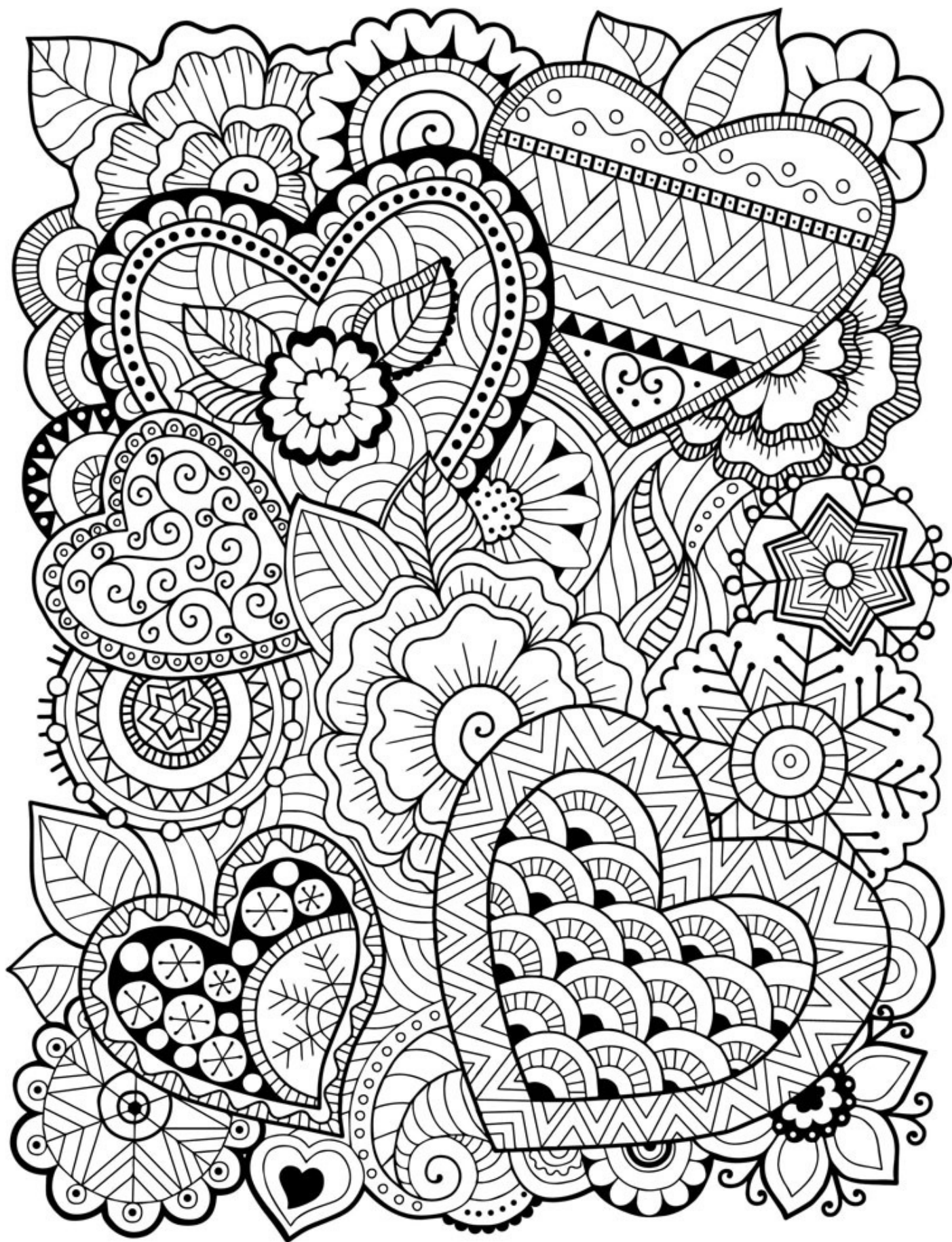
In summary, as of April 1, 2023, we will no longer print large volumes of the newsletter, and start sending it out via email. We encourage everyone who wants to receive a copy to sign up for our email newsletter. Use this QR code to sign up today!



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Improve your hand-eye coordination by coloring this page. Enjoy!!



North Davis Senior Activities Center

This and That

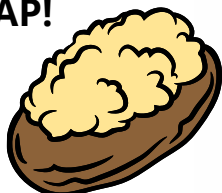
Come tour the U.S. with us this year!

We will journey through 4 to 5 States each month and learn fun facts about each State that we visit.

We will even have a meal or snack from one of the State's we travel through during the month.

This month will be Wyoming, Montana, Idaho, and Washington.

We will be having a Potato Bar on Thursday, February 23rd - so get your reservations in ASAP!



NEW

Multi-Cultural Dancing from around the world!

These are all non partner dances so
just bring yourself!

Starting Wednesday's at 2:00 in February.



UPcoming
EVENTS

Tai Chi will be
starting on
March 7th. It will be
every Tuesday
and Thursday at
10:30 a.m.

Daily Activities

Mondays

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

Tuesdays

8:00 am Lapidary
10:30 am Fun and Games
12:00 pm Pinochle
1:00 pm Line Dancing

Wednesdays

8:00 am Lapidary
9:00 am Quilters
10:00 am Technology Lab by appt.
12:00 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
12:30 pm Bingocize

Thursdays

8:00 am Lapidary
10:30 am Fun and Games
12:15 pm Theater Thursday

Fridays

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

Available All Day/Everyday:

Pool table, computers, treadmill,
recumbent bike, library, videos, and
puzzles!



HAPPY
VALENTINE'S

DAY

MONTHLY

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

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

Shopping

Tuesday, February 7th, and 21st
at 12:30 pm

42 S. State St., Clearfield

(801) 525-5080

Central Davis Senior Activities Center

Daily Activities

Mondays

- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 11:30 am Lunch
- 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
- 3:30 pm Tap Dancing Class

Wednesdays

- 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 Makers Crafts
- 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 Highlights



SHERIFF'S IN TOWN!
Members of the
Davis County
Sheriff's Office
visited us in
December & played
Boredom Busters!

Center Highlights

Beeyonder Virtual Tour
Brooklyn Bridge (Live-Walking)
Thursday, February 23
Noon-1 (in the center or from home)



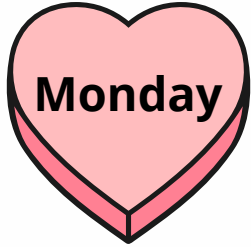
AARP SMART DRIVERS COURSE
February 9th
Sign up required
Call or visit us today!

Available Everyday:

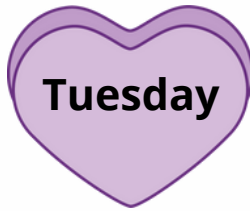
Pool Tables, Lapidary, Computers/WiFi,
Treadmill, Recumbent Bike, Ping Pong,
Puzzles & Library

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

South Davis Senior Activities Center



Monday



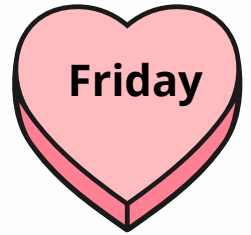
Tuesday



Wednesday



Thursday



Friday

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 am Stained Glass
9:00 am Pencil Drawing
9:30 am Line Dancing
1:00 pm Oil Painting
2:00 pm Tap Dancing

9:00 am Sit N Fit
12:45 pm Bingo
1:00 pm Pinochle
Special Valentines Dessert after Lunch
Tues Feb 14th 11:45 Strawberry Cheesecake

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 am Stained Glass
9:00 am Pencil Drawing
9:30 am Line Dancing
10:30 am Tai Chi for Arthritis
12:30 pm Grocery Shopping
1:00 pm Hand and Foot
2:00 pm Tap Dancing

8:00 am Gentle Yoga + Chair Options
9:00 am Sit N Fit
9:30 am Crochet
11:00 am Tai Chi for Arthritis
12:45 pm Bingo
1:00 pm Bridge
3:00 pm Alzheimer's support Group
(1st & 3rd Thursday)

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 am Stained Glass
9:00 am Water Color
9:30 am Line Dancing
9:45 am Tai Chi

726 S. 100 E., Bountiful (801) 451-3660

Waffle Morning!
Wednesday
Feb. 8th, 9:30

FIRST DAY OF FLIGHT

Winner!!



Popcorn Day!
Thursday
Feb. 9th

PAPER PLANE

Way to go Bill!

CONTEST

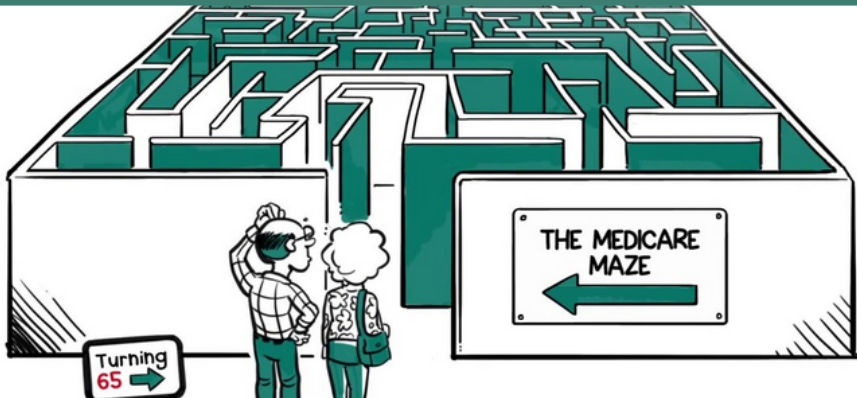


March 17, 2023

South Davis Senior Center will be hosting the next **All Centers Party** for St. Patrick's Day. We will be serving grilled Rubens, with sauerkraut on the side. Technically, the Ruben is not an Irish thing, but Corned Beef is an Irish American Holiday staple. A perfect melting pot meal fit for the mesh of Holidays we celebrate together in the U.S.

The sides are pickles & chips.
To support this event, please contribute \$3.00.

Health Dept & Senior Center will be
CLOSED
on
February 20th (Mon)



FREE MEDICARE 101 CLASSES

January 19, 2023 at 6:30 pm

@Layton Library

February 16, 2023 at 6:30 pm

@Centerville Library

March 16, 2023 at 6:30 pm

@Clearfield Library

Questions: Call 801-525-5050 opt 5



Do you need help with Prescription costs?

Is your Monthly Income

- Single: less than \$1,719
- Married: less than \$2,309

Are your Assets

- Single: less than \$14,010
- Married: less than \$27,950

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

**Call Davis County Senior
Services SHIP/SMP**

801-525-5050 opt 5



Thank you caregivers!

For all of your caregiving.
Your persistence spreads hope and
changes lives.

The Caregiver Academy

The Caregiver Academy is a free series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment. Each participant receives a free Managing Care Guide.

***Thursdays from 11:00 am-12:30 pm** at Central Davis Senior Activity Center (81 E Center St, Kaysville) starting March 9, 2023.

The Six Workshops for Fall 2022

Mar 9: Finding Caregiver Resources

Mar 16: Building Caregiver Resilience

Mar 23: Setting Good Care Boundaries

Mar 30: Involving Family and Others

Apr 6: Managing Difficult Behaviors

Apr 13: Understanding Care Options

Call
801.525.5050, Option 5
to sign up—Space Limited



ARTHRITIS FOUNDATION EXERCISE PROGRAM

THIS PROGRAM KEEPS YOU MOVING SO THAT
ARTHRITIS DOES NOT SET IN OR KEEP YOU
STATIONARY!



A low-impact class
that can be done
sitting or standing.



Take away
information that will
last you a lifetime!

JANUARY 17TH - FEBRUARY 23RD
TUESDAYS & THURSDAYS @ 10:30AM

This program goes for 6 weeks and space
is limited. Call to sign up..

North Davis Senior Activity Center
42 S State Street
Clearfield, UT 84015
801-525-5080

