



SENIOR SERVICES SEPTEMBER 2025 NEWSLETTER



Understanding the Medicare Advantage Open Enrollment Period

(Taken in part from a National Council on Aging online publications)

Should I switch Medicare plans? Is it too late to change my coverage? If you have Medicare, these are questions you may find yourself wondering.

It's common for your health needs and budgets to change from year to year. That's why it is important to review your Medicare plan annually to ensure the coverages still meet your needs. If not, it may be time for a change.

When can I make changes to my Medicare plan?

While all Medicare enrollees can make changes during the regular Open Enrollment Period (October 15 – December 7), people who are already enrolled in a Medicare Advantage plan (also known as Medicare Part C) get another chance to modify their coverage each year. They also get a one-time window of opportunity to make changes after initially joining Medicare.

So, when exactly can you make changes to your Medicare Advantage plan? Let's look at the Medicare Advantage Open Enrollment Period's two timeframes: annual and individual.

When is the Medicare Advantage Open Enrollment Period?

Annual: The annual Medicare Advantage Open Enrollment Period runs January 1– March 31. If you are already enrolled in a Medicare Advantage plan on January 1, this timeframe gives you an extra three-month window of time

to consider options and make changes.

Individual: If you're new to Medicare and have Medicare Part A and Part B, and you're also enrolled in a Medicare Advantage plan during your initial coverage election period, you can also participate in an individual Medicare Advantage Open Enrollment Period. You have a three-month period from the start of your coverage during which you can switch plans. Changes made during either the annual or individual Medicare Advantage Open Enrollment Period will take effect the month after you make your change request. For example, if you switch to a new Medicare Advantage plan on January 15, your new coverage will take effect on February 1.

What changes can I make during the Medicare Advantage Open Enrollment Period?

Both the annual and individual Medicare Advantage Open Enrollment Period allow Medicare beneficiaries already enrolled in a Medicare Advantage

Medicare Open Enrollment.....	pg. 1-2
Center Activities.....	pg. 3-5
Lunch Menu.....	pg. 6
Caregiver/Tai Chi.....	pg. 7
Sponsors.....	pg. 8

plan a one-time election to either:

- Switch to a different Medicare Advantage plan, OR
- Switch from a Medicare Advantage plan to original Medicare with or without a Part D prescription drug plan.

Note: This enrollment period does not allow for Part D changes for people enrolled in original Medicare.

Where can I get trusted Medicare advice?

There's a lot to consider when choosing a plan, but you don't have to do it alone. Call 1-800-MEDICARE (1-800-633-4227) to talk with a customer support representative about your Medicare questions and concerns or visit the Medicare.gov website to start a live chat. TTY users should call 1-877-486-2048. The Medicare Support Hotline is available 24/7, except for some federal holidays.

What types of Medicare Assistance is available in Davis County?

Davis County Senior Services has state-certified Medicare Counselors who assist Medicare participants with a variety of Medicare tasks and questions. Medicare counseling is also available for those who would like help navigating Medicare, Medicaid, and basic Social Security. Medicare counseling is supplied through the State Health Insurance Assistance Program (SHIP), which provides unbiased help to Medicare participants, their families, and caregivers. This program is especially helpful for those who are new to Medicare, those who are reviewing Medicare plan options, or have questions about their Medicare benefits.

For questions about available Medicare assistance, or to schedule a Medicare counseling appointment, call 801-525-5050, option 5.



The banner features a blue header with the Department of Health & Human Services USA logo on the left and the text "MEDICARE HEALTH INSURANCE" in large white letters. Below the header is a photograph of a smiling older man with a white beard and glasses, wearing a grey shirt, with a woman with blonde hair smiling behind him. To the right of the photo is a white box with a blue border containing the text "Open Enrollment 2026" in large blue letters. Below this box is a red banner with the text "October 15 - December 7" in white. At the bottom of the banner is a white box with the text "Call your local Davis County Senior Activity Center to schedule an appointment with our FREE un-biased Davis County SHIP Counselors" in black.

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 un-biased Davis County SHIP Counselors

September 2025

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

Lunch Bunch



2432 W 1700 S STE B6 Syracuse, UT

Sept. 5th

Bus leaves at 10:30 a.m.

HOT POTATO PARTY



Sept. 17th @ 10:30 a.m.

Come celebrate National Potato Month with a fun game of Hot Potato, then pile on the toppings at our baked potato bar!

Must RSVP.



Sept. 22nd

Field trip to Historic Gardner Village
bus leaves at 10:30 a.m.

Sack lunch provided



Center Closed Sept. 1st for Labor Day

Due to the Holiday, sign-ups for bus trips will open Aug 29th @noon

Monday

8:00am-1:00pm 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 Movie Monday
12:30pm-2:30pm Texas Hold'Em Poker

Tuesday

8:00am-1:00pm Lapidary & China Painting
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 Wire Wrapping (2nd Tuesday, Bring your own supplies)

Wednesday

8:30am-9:30am Tai Chi
8:00am-1:00pm Lapidary
9:00am-5:00pm Quilters
9:30am-10:30am EnhanceFitness
10:30am-1:15pm All Stitched Up
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-1:00pm Lapidary
9:30am-10:30am EnhanceFitness
10:30am-11:30am Bunco
12:15pm-1:15pm Craft w/ Lizz (2nd & 4th Thurs)
1:00pm-5:00pm Pinochle

Friday

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

*Bonsai Plant Workshop Mon-Thurs 12:30-2:30pm
*I See It Cards Mon-Fri 9:30am-2:30pm

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm
Parkinson's Support- 1st Wednesday @6pm



September 2025

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



Celebrating 70 Years Of Disneyland Magic

Come celebrate
all things Disney
and make some edible
Mickey Mouse ears.
Sept. 2nd 11:00am

Be Our Guest Dance
September 18th 1-3 pm
Gary Romer will provide music
Come dance the afternoon away while
enjoying pineapple dole whips.

Disney Movies
Every Friday

Savour the first day of fall
with pumpkin spice pancakes.
Served hot on September 22nd
between 9 & 11 am

PIZZERIA
Lunch Bunch
The Pie Pizzeria
September 10th 10:45
Sign up at the front desk

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	
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					Movie
12:30		Square Dancing	Pinochle	Mahjongg	Bridge
1:00	Scrabble Club Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	

September

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		Advanced Line Dancing		Line Dancing
9:45					Tai Chi
10:00		Gentle Yoga			
10:30			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:45	Shopping	Bingo	Bingocize	Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting Mahjong		Bridge	
2:00		Grief Support 2nd & 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	

First Day of Fall Celebration

Monday Sept. 22nd @ 11AM



Come join us for a taste of the changing season. Hot spiced cider and caramel apple nachos will be enjoyed in good company. See you there.



Fall Foliage Trip & Lunch Oct. 1st

Enjoy a cool colorful fall drive through Weber and Ogden canyon followed by a rustic hearty meal at Jeremiah's Restaurant in Ogden. RSVP in center. Bus leaves @ 11AM.



A Very Merry

Un-Birthday Party!

Step into the whimsical world of Wonderland for an unforgettable Unbirthday celebration! Whether it's your unbirthday or someone else's, come and experience the magic of a Mad Hatter tea party. Tea and snacks, decorate hats, or find the right spot to stop, on a cake walk.



Fri. Sept. 26th 11am-Noon

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Turkey Wrap	1 Closed for Labor Day		2 Chicken Parmesan w/penne noodles Roasted Cauliflower Dinner Roll Fresh Fruit Milk	15 20 4 22 22 11	3 Hamburger Oven Browned Potatoes Zucchini Canned Fruit Milk	28 23 3 14 11	4 Curry Stew Fluffy Rice Corn Green Salad Fresh Fruit Cookie Milk	17 30 17 2 22 16 11	5 Sloppy Joes Mixed Veggies Baked Beans Canned Fruit Milk	33 10 35 14 11
	8 Beef/Cheese Quesadilla Corn Broccoli/red peppers Canned fruit Milk	33 17 6 21 11	9 Tilapia Brown Rice Green Beans Carrots Canned Fruit Pudding Milk	0 33 6 7 14 22 11	10 Chicken Tenders Mash Potatoes Mixed Veggies Canned Fruit Milk	15 23 5 21 11	11 Meatball Sub Green Beans Green Salad Fresh Fruit Milk	35 6 2 21 11	12 Baked Turkey Mash Potatoes Corn Zucchini Fresh Fruit Frosted Bar Milk	2 23 17 3 22 39 11
*Chicken Salad Sandwich	15 Smothered Meatballs Rotini Noodles Peas Butternut squash Canned Fruit Milk	9 30 13 8 21 11	16 Chicken Sandwich Oven browned potatoes Baked Beans Fresh Fruit Milk	29 23 21 22 11	17 Lasagna Casserole Garlic Roll Carrots Zucchini Canned Fruit Milk	36 22 7 3 20 11	18 Chicken Chef Salad Dinner Roll Fresh Fruit Dessert Bar Milk	10 22 21 27 11	19 Chili Dog PotatoSalad Cabbage Canned Fruit Milk	43 21 5 21 11
	22 Breaded Chicken Sandwich Beets Oven Brown Potatoes Canned Fruit Milk	41 3 23 14 11	23 Pork Loin Mash Potatoes Carrots Green Beans Fresh Fruit Cookie Milk	0 23 7 6 22 16 11	24 Beef Stew Boiled Potatoes Green Salad Dinner Roll Fresh Fruit Milk	10 23 2 22 21 11	25 Beef Stroganoff Rotini Noodles Mixed Veggies Peas Dinner Roll Fresh Fruit Milk	6 20 5 13 22 22 11	26 Beef & Broccoli Fluffy Rice Mixed Veggies Canned Fruit Frosted Cake Milk	6 30 11 14 40 11
*Egg Salad Sandwich	29 Shepherds Pie Roasted Cauliflower Canned Fruit Cookie Milk	33 23 6 20 11	30 Chicken Caesar Salad Dinner Roll Fresh Fruit Dessert Bar Milk	12 22 19 30 11						



September

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

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

Are You a Family Caregiver?

DATE:

Thursday, October 9, 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

Sign up today for a FREE
Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time for You

ROSALYNN **FOR**
CARTER **CAREGIVERS**
INSTITUTE



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

TAI CHI FOR ARTHRITIS

Tai Chi for Arthritis has been shown to:

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

Join this class to learn and practice this ancient exercise consisting of slow, relaxed movements to prevent falls and improve movement and balance.



AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS

National Senior Center Month

Powering Possibilities: Flip the Script



Discover your possibilities

September is National Senior Centers Month. Check out what's going on at you local Davis County Senior Activity Center on pages 3 - 5

If you would like to sponsor a prize, snack, or activity at one of our senior activity centers. Please reach out!

Thank you! Sponsors



North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660



helperly

