



SENIOR SERVICES SEPTEMBER 2026 NEWSLETTER



Understanding the Medicare Advantage Open Enrollment Period

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

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

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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.

MEDICARE OPEN ENROLLMENT

2027



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 2026

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



SEPT 3RD AT 10:15 A.M.

DRESS UP AND BELT OUT SONGS FROM THE 70S

PLEASE RSVP/SIGN-UP YOUR 70S SONG AT THE FRONT DESK



Come on down, you're invited to



BUMMER, BUMMER, GOODBYE SUMMER
SEPT. 23RD 11:45 A.M. /PLEASE RSVP



ONE LAST SPLASH TO BRING IN FALL
YUMMY HOMEMADE...BLTS, SOUP

Activity sign-ups begin at 12:00pm the first Monday of the month

Monday

8:00am-12:00pm
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
Wii-Mania
Texas Hold'Em Poker

Tuesday

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

Thursday

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

Friday

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

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

We will be closed Sept. 7th/Labor Day
and Sept. 16th/staff training



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



THE ICONIC ROUTE 66 CENTENIAL IS HERE SO COME TRAVEL WITH US ALONG AMERICA'S LEGENDARY MOTHER ROAD AND CELEBRATE 100 YEARS OF 2248 MILES.

Starting Line 
COME ENJOY A CHICAGO DOG FOR LUNCH AS WE REV UP OUR ENGINES AT ROUTE 66'S MILE MARKER #1 IN CHICAGO. SEPTEMBER 3RD @ 11:30



Finish Line 
PUT THOSE BRAKES ON & COOL DOWN OUR ENGINES AT THE SANTA MONICA PIER. ENJOY ICE COLD SNOWCONES. *MILE MARKER 2448* SEPTEMBER 30TH @ 11:30

Lunch BUNCH  Taggart's Grill in Morgan
 Tuesday September 29th @ 10:30
 We will be going to see the fall leaves also.

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 1st & 2nd Friday
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	



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		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 new start 9/25
1:00	Bridge	Pinochle Oil Painting	Writing Club 1 st & 3 rd Wed	Bridge	
2:00					Book Club 2 nd Friday
3:00		Pickleball		Dementia support Group 1st Thurs	

September Parties & Events

Bingo & Lunch Field Trip

Mark your calendars for Friday, September 11th, from 11:30 am to 2:00 pm! Legacy House of Bountiful is rolling out the red carpet for a fabulous, free lunch and a heap of fun! Swing by South Davis to sign up in person on Wednesday, September 2nd. Grab your friends and don't miss out!

Fall Foliage Trip Sign up

These trips fill up fast!

Our yearly drive through our canyons topped with lunch at Black Bear Diner, Fri. Oct 2nd.

Sign up Thur. Sept 24th @ Noon.

First Day of Fall Celebration

Tuesday September 22nd

Dip into Fall, cooler temps, and crafting sweet treats.

Marshmallows, pretzels, and candy dip will be provided at 11:15. Fun Fall quiz after lunch.



⚠️ ⚠️ ⚠️ Site Closure ⚠️ ⚠️ ⚠️

Wednesday, September 16th. All Davis County Senior Activity Centers will be closed for an employee in-service

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Turkey Wrap			1 Chicken Parm w/penne noodles Cauliflower Dinner Roll Fresh Fruit Milk	15 20 4 22 22 11	2 Cheeseburger Butternut Squash Zucchini Fruit Milk	29 1 8 3 11	3 Curry Stew Fluffy Rice Corn Green Salad Fresh Fruit Cookie Milk	17 30 17 2 22 16 11	4 Sloppy Joes Mixed Veggies Baked Beans Fruit Milk	33 10 35 14 11
*Chicken Tenders	7 Centers Closed  Labor Day		8 Tilapia Brown Rice Green Beans Carrots Fruit Pudding Milk	0 33 6 7 14 22 11	9 Chicken Tenders Mash Potatoes/gravy Mixed Veggies Fruit Milk	15 23 5 21 11	10 Meatball Sub Green Beans Green Salad Fresh Fruit Milk	35 6 2 21 11	11 Baked Turkey Mash Potat/gravy Corn Zucchini Fresh Fruit Frosted Bar Milk	2 23 17 3 22 39 11
*Chicken Salad Sandwich	14 Meatballs Rotini Noodles Peas Butternut squash Fruit Milk	9 30 13 8 21 11	15 Chicken Sandwich Green Beans Baked Beans Fresh Fruit Milk	29 23 21 22 11	16 Centers Closed  Employee In-Service		17 Chicken Chef Salad Dinner Roll Fresh Fruit Dessert Bar Milk	10 22 21 27 11	18 Chili Dog Potato Salad Cabbage Fruit Milk	43 21 5 21 11
*Grilled Ham & Cheese	21 Beef Stroganoff Rotini Noodles Mixed Veggies Peas Dinner Roll Fruit Milk	6 20 5 13 22 22 11	22 Pork Loin Mash Potatoes/gravy Carrots Green Beans Fresh Fruit Cookie Milk	0 23 7 6 22 16 11	23 Beef Stew Boiled Potatoes Green Salad Dinner Roll Fresh Fruit Milk	10 23 2 22 21 11	24 Breaded Chicken Sandwich Beets Green Salad Fresh Fruit Milk	41 3 23 14 11	25 Beef & Broccoli Fluffy Rice Mixed Veggies Fruit Frosted Cake Milk	6 30 11 14 40 11
*Egg Salad Sandwich	28 Shepards Pie Cauliflower Fruit Cookie Milk	33 23 6 20 11	29 Chicken Caesar Salad Dinner Roll Fresh Fruit Dessert Bar Milk	12 22 19 30 11	30 Hamburger Corn Spinach Fruit Milk	28 17 5 21 11				

**Alternate Meals are available in Center Dining Only.

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

September

is Fall Prevention Month!



EnhanceFitness



Tai Chi

**1 in 4 Davis County adults aged 60+
reported falling in the past year**

Take action to prevent falls

Join an evidence based exercise program at your local Davis
County Senior Activity Center



National Senior Center Month

"Happier Birthdays Happen Here" is the National Institute for Senior Centers 2026 theme for National Senior Center Month.

From balance classes to wellness workshops, senior centers support aging well. And that's just one reason why happier birthdays happen at senior centers.

One participant shared, "I'm discovering strength, flexibility, balance and focus!" 



**Happier Birthdays
Happen Here!
September 2026**



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 be income and asset requirements. Call

to inquire about our services and programs.



Call: 801-525-5050

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

We can help

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

Wednesday, Oct. 21 @ 11:30am South Davis -726 S 100 E, Bountiful

All Presentations Given Will Have Time for Questions After

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!