



SENIOR SERVICES APRIL 2024 NEWSLETTER



5 Ways to Boost Your Mental Health for Spring

(Taken in part from an article by Lawrence Robinson, Melinda Smith, M.A. and Jeanne Segal, Ph.D. for HelpGuide.org)

As spring begins and the days grow longer, many people feel a sense of potential. If you live in a place where the winters are particularly cold, warmer weather and the ability to spend more time outdoors can feel like a godsend. Flowers are blooming, birds singing, and in many cultural and religious traditions, spring brings a sense of rebirth and renewal.

These changes often translate into a sense of increased energy and motivation to make more social plans, along with—in plenty of people—a sense of a chance to start fresh and "spring clean." Perhaps you are driven to clean out a closet or a garage, or start exercising more. If it feels like time is ripe for change, it can also be an excellent time to harness your motivation to extend the spring cleaning attitude to your mental health as well.

Here are five considerations to help you get a sense of momentum while springing forward.

1. Reprioritize your sleep.

As daylight lasts longer into the evening, it can be tempting to go to bed even later than usual. And as much as more time outdoors can be good for you, and as much as your increased energy might make you feel like you don't need as much sleep, the truth is most of us are still likely sleep-deprived and suffering from poor-quality slumber. So, to truly nourish yourself in a way that will allow you to grow and have new adventures this spring, try to recommit to a reasonable bedtime and put your phone away before you go into bed. Building new habits that yield even a few extra minutes of sleep a night can pay major dividends. (Continue pg.2)

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2. Change up your physical space.

The urge to buy some new clothes, paint your bedroom, or clean up your backyard often strikes just as the weather gets nicer. Why not run with it in a way that helps your mental health? Changing up your visual life, even by just rearranging your furniture, or trying a different hairstyle, can provide a burst of novelty that gets you out of a bored rut, and can help improve your cognitive flexibility as you try things that you've never tried before and create new mental pathways.

3. Reconnect socially.

Social support is crucial for our physical and emotional health, and the past few years have been a long haul of increased isolation for many of us. Now is the time to nudge yourself to come out of your cocoon. The stress relief, laughter, and mental stimulation that trusted friends and social outings can increase our well-being profoundly. Do be aware, however, that it might be anxiety-producing to expect to immediately resume the social life you had before the disruptions of the pandemic. Be gentle with yourself and take it slowly.

4. Consider growing a plant.

For people who consider themselves gardeners, nothing beats spring's opportunity for getting seeds in the ground and getting your hands dirty. But even if you don't know a pumpkin seed from a tulip, there is plenty to be gained by nurturing a small plant of your own.

Outdoor gardening gets you access to more sunlight, and can be a great form of physical movement. Even houseplants are associated with decreased anxiety, there is likely something evolutionarily comforting about being connected to nature. And it can be downright thrilling to watch a flower, veggie, or fruit grow out of seemingly nothing. So, why not make this the year where you try to grow something, anything at all—no perfectionism allowed.

5. Make a new creative goal.

Growth shouldn't always be based on conquering something, and sometimes goal-setting for busy people starts to look too much like an achievement test. To decrease stress, improve your cognitive flexibility and increase your sense of well-being, sometimes a goal should not be about the end process but instead, the experience itself. If it's creative, all the better.

Why not try your hand at doing something that you don't necessarily think you'll be good at, but that might be interesting or fun? From painting a sunset to building a model car, from designing a flowerbed to learning to knit, the point is not creating something perfect, but rather spending time letting your mind be creative. A tool valuable in its own right. Perhaps you did this during the pandemic, but you gradually stopped. Why not start again?

				
1. tulip	2. shower	3. bloom	4. kite	5. jacket
6. season	7. spring	8. garden	9. storm	10. renewal

1. Tulip 2. Shower 3. Bloom 4. Kite 5. Jacket 6. Garden 7. Spring 8. Storm 9. Season 10. Renewal

North Davis Senior Activities Center

Monthly Activities

FIELD TRIP

BABY ANIMAL DAYS!

FRIDAY APRIL 5TH

BUS LEAVES @ 10:00AM

\$5 BUS DONATION

\$12 ENTRANCE FEE

SACK LUNCH PROVIDED



PARTIAL SOLAR ECLIPSE

APRIL 8TH @12:20

ECLIPSE GLASSES PROVIDED
& SNACKS TO ENJOY!

THE LUNCH BUNCH

Wednesday, April 17th @ 11:15 am
This month's lunch bunch will be at
Red Robin.

Jelly Belly Rumble

WHAT'S THE BEST FLAVOR?
FILL OUT A BRACKET AND
HELP US FIND OUT ON
NATIONAL JELLY BEAN DAY,
APRIL 23RD.



Daily Activities

Mondays

9:00 am Quilters
9:30 am EnhanceFitness
10:30 am Shopping @ Dollar Tree
(3rd Monday Only)
10:30am Bingocize
12:30 pm Texas Hold'Em Poker
12:30 pm Bingo

Tuesdays

9:00 am Lapidary
10:30 am Tai Chi II
10:30 am Fun and Games
1:00 pm Pinochle
1:00 pm Line Dancing

Wednesdays

9:00 am Lapidary
9:00 am Quilters
9:30 am EnhanceFitness
10:00 am Technology Lab by appt.
10:30 am Bingocize
12:30 pm Kraft With Kristie (Last Wed)
12:30 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 EnhanceFitness
10:30 am Music & Memories(2nd Thursday)
10:30 am Fun and Games
12:15 pm Theater Thursday
1:00 pm Pinochle

Fridays

10:00 am Bingo
12:15 pm Shopping @ Walmart
(2nd Friday Only)
12:30 pm Texas Hold'Em Poker
1:00 pm Pinochle

Available All Day/Everyday:
Pool table, computers, treadmill,
recumbent bike, library, videos,
and puzzles!

42 S. State St., Clearfield

(801) 525-5080

APRIL

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

Partial Solar Eclipse Event on April 8th at 11:30. am. Eclipse glasses provided. Snacks to enjoy! Weather permitting.



Tulip Festival Field Trip to Thanksgiving Point/Ashton Gardens on April 16th at 10:00 am. Sign up at the front desk. Cost is \$5 for bus & Admission fee is \$21.



Learn about the Netherlands during lunch on April 17th. Come try a stropwafel.

Pretzels 🥨 *Pretzels* 🥨 *Pretzels* 🥨 *Pretzels* 🥨

National Pretzel Day April 26th. Come celebrate at lunch time.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Enhancefitness		EnhanceFitness		EnhanceFitness
9:00	Oil Painting/ Watercolors	Art Class With Kathy	Oil Painting/ Watercolors	Marvelous Crafters Class	EnhanceFitness
9:30	Enhancefitness		EnhanceFitness		
10:00		Thai Chi With Diana		Tai Chi With Diana	
10:15			Bingo		
11:00			Ceramics & Crafts	Ceramics & Crafts	
12:00			Ceramics Instructor		Ceramics & Crafts
12:15	Bingocize			Bingocize	Movie
12:30			Square Dancing Pinochle	Mah Jongg	Bridge
1:00	Line Dancing With Linda	Art Class with Kathy			
2:00	Beginners Line Dancing				

APRIL

SOUTH DAVIS SENIOR ACTIVITY CENTER
801-451-3660

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness		EnhanceFitness
9:00	Sit n Fit Stained Glass Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Watercolor
9:30	Line Dancing		Advanced Line Dancing	Crochet Group	Line Dancing
9:45					Tai Chi
10:30			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Pickleball		Alzheimer's Group 1st & 3rd Thurs	



PB&J Day

Tue Apr 2nd



Indulge in a delightful spin on a classic favorite. Join us for a slice of Peanut Butter & Jelly Pie and a glass of milk at 11:30 am.

Lunch Bus!

Friday Apr 19th 11:30 AM

Carnival Buffet

in Taylorsville

Lunch Buffet \$10.29
for seniors



Enjoy a leisurely lunch outing with your friends as we take care of transportation - \$3.00 suggested contribution for the bus, plus the cost of lunch on your own

★ Movie Day ★

Mon Apr 22nd

Come Celebrate Jack Nicholson's B-Day!

Something's Gotta Give
12:30PM
FREE
Soft Pretzels
Popcorn
M&M's

HAPPY BIRTHDAY

NOW SHOWING

Alt Meal	Monday	carb	Tuesday	carb	Wednesday	carb	Thursday	carb	Friday	carb
Tuna Salad Sandwich	1 Shepards Pie Roasted Cauliflower Fruit Dessert Bar Milk	29 4 18 27 11	2 Mac & Cheese Baked Beans Green Salad Green Beans Fresh Fruit Milk	52 31 3 6 22 11	3 Chicken Alfredo Spinach Mixed Veggies Roll Fresh Fruit Milk	38 6 5 22 11 11	4 Chicken Chef Salad Roll Fruit Cookie Milk	9 22 14 16 11	5 Beef Soft Tacos Green Beans Carrots Fresh Fruit Milk	53 6 7 19 11
Break fast Wrap	8 Fish Sandwich Oven Brownd Potatoes Mixed Veggies Fruit Milk	50 23 5 14 11	9 Buffalo Chicken Salad Roll Fresh Veggies Fresh Fruit Dessert Bar Milk	10 22 6 22 27 11	10 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fresh Fruit Cookie Milk	16 30 5 5 11 16 11	11 Pork Loin/gravy Rice Pilaf Coleslaw Sliced Beets Fresh Fruit Milk	6 27 9 4 19 11	12 Salisbury Patty Mash Pot/gravy Butternut Squash Green Salad Fresh Fruit Milk	6 28 8 3 22 11
Egg Salad Sandwich	15 Chicken Enchiladas Beans Broccoli/Red pepper Fruit Dessert Bar Milk	21 27 6 2 14 27 11	16 Hamburger Potato Salad Zucchini Fresh Fruit Milk	28 21 3 21 11	17 Chicken Caesar Salad Roll Fresh Veggies Fresh Fruit Milk	12 22 6 13 11	18 Beef Hot Dog Green Beans Green Salad Fresh Fruit Milk	29 6 2 19 11	19 Sloppy Joe Coleslaw Mixed Veggies Fresh Fruit Milk	33 6 5 22 11
Buffalo Chicken Salad	22 Spaghetti/ meatballs Spinach Roasted Cauliflower Fruit Milk	48 6 4 14 11	23 Chicken Chef Salad Roll Three Bean Salad Fresh Fruit Milk	9 22 26 19 11	24 Beef & Broccoli Fluffy Rice Peas Fresh Fruit Pudding Milk	6 44 13 11 22 11	25 BBQ Pulled Pork Oven Brown Potatoes Cuke & Tomato Salad Fresh Fruit Milk	35 23 7 22 11	26 Chicken Cacciatore Rotini Noodles Green Salad Mixed Veggies Roll Fresh Fruit Milk	6 20 3 5 22 22 11
Turkey Wrap	29 Stir Fry Chicken Fluffy Rice Green Beans Fruit Dessert Bar Milk	18 30 6 14 27 11	30 Breaded Fish Brown Rice Cuke & Tomato Salad Corn Fresh Fruit Milk	23 22 7 17 22 11						

**Alternate Meals are available in Center Dining Only.

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



Medicare Help



Let **US** take the guesswork out of Medicare. Come learn about signing up, coverage options, and cost. Learn more about Medicare programs such as Medicare Advantage, Medigap, and assistance programs if you have limited income.

Upcoming Medicare 101 Classes

4/15 at at 6:30 pm
Layton Library

5/16 at 6:30 pm
Bountiful Library

6/20 at 6:30 pm
Syracuse Library

LIS: Low Income Subsidy

A federal program that helps pay for Medicare Prescription drug coverage.

You may be eligible for help if you are single and your monthly income is less than \$1,822 or if you are married and your combined monthly income is less than \$2,465.



Medicare Counseling - Staff and volunteers help older adults with Medicare, Medicaid, and some Social Security questions. They also provide information about regulations and coverage. There is no cost for these services.



For more information or to set up an appointment call 801.525.5050 opt 5

FREE SHRED DAY

May 3rd, 2024
10:30am-1:00pm

South Davis
Senior Activity
Center

726 S 100 E
Bountiful, UT 84010

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

PROTECT
DETECT
REPORT



University of South Carolina's Office for the Study of Aging
in the Arnold School of Public Health and the SC Department of the Health and Human Services Present

Dementia Dialogues™

The Dementia Dialogues program is offered at NO COST by the office for the Study of Aging and the South Carolina Department of Health and Human Services

The 3-week course will be held
Wednesday May 15th, 22nd & 29th
from 1:00-3:30

REGISTER BY EMAILING: sknight@co.davis.ut.us
or by calling Sheryl at (801) 525-5127

SEATS ARE LIMITED AND WILL FILL UP QUICKLY.



UNIVERSITY OF
South Carolina



Topic 1: The Basic Facts: An Introduction to Dementia

Topic 2: Keeping the Dialogue Going: Communication Skills

Topic 3: Preparing the Environment: Safety, ADLs and QOL

Topic 4: It's Nothing Personal: Addressing the Challenging Behavior

Topic 5: Now What Do I Do? Creative Problem Solving

Thank you Sponsors!



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

Davis County Senior Activity Centers

North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660

