



SENIOR SERVICES JANUARY 2025 NEWSLETTER



After the Winter Solstice: A Gardener's Hope Grows with Longer Days

(Taken in part from The Daily Gardener online publication)

On this day, we take a moment to recognize that the amount of daylight is getting longer. Even though we're in the middle of January, and it's so cold, and our gardens are buried under many feet of snow, the days are getting longer. The good news is that the winter solstice, the shortest day of the year, is behind us. It took place on December 21st.

Vita Sackville-West.

The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute, they lengthen out. It takes some weeks before we become aware of the change.

It is imperceptible even as the growth of a child, as you watch it day by day until the moment comes when with a start of delighted surprise, we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour.

The next Winter Solstice will occur in the northern hemisphere on Sunday, December 21st, 2025, at 8:02 a.m. Mountain Time.



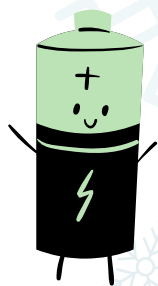
In January, each day gains about two minutes of daylight. And in February, we gain about 2.5 minutes of sunlight each day. Here are some thoughts on the lengthening days by the English poet, novelist, and garden designer

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POSITIVE ADJECTIVES WORD SEARCH

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| B | T | F | A | N | T | A | S | T | I | C | V |
| E | Y | N | Y | H | E | L | P | F | U | L | F |
| A | N | O | E | M | E | Y | R | X | A | X | B |
| U | I | E | V | I | T | I | U | T | N | I | I |
| T | M | A | D | A | T | Q | D | K | P | H | W |
| I | C | S | F | I | D | A | V | L | X | P | D |
| F | A | Q | C | L | L | O | P | J | V | R | E |
| U | L | A | R | A | K | I | R | D | J | J | T |
| L | M | S | S | Y | I | X | G | A | R | A | I |
| U | R | W | G | O | N | S | B | E | B | D | C |
| P | A | D | V | L | D | F | X | M | N | L | X |
| S | U | O | R | E | N | E | G | H | R | T | E |

"STAY POSITIVE"



ADORABLE

BEAUTIFUL

CALM

DILIGENT

EXCITED

FANTASTIC

GENEROUS

HELPFUL

INTUITIVE

KIND

LOYAL

PATIENT

January 2025

North Davis Senior Activity Center

42 S. State St., Clearfield

(801) 525-5080

Field Trip

HOF



Germanfest

Music / Food / Fun



Jan. 17th - bus leaves at **10:30 a.m.**

Self pay for food, vendors, entertainment

LUNCH BUNCH



OLD COUNTRY STORE

JAN. 22ND-BUS LEAVES CENTER AT 11:00

CRAZY HAT AND BAGEL DAY

JAN. 15TH

WEAR IT AND SCHMEARE

IT...10:00



Swimsuit Contest

FORGET THE WEATHER, THINK
PALM TREES AND SALTY SEAS.

CAN YOU CREATE THE BEST SWIM
SUIT?

USE YOUR IMAGINATION
YOU MIGHT BE THE WINNER!!!!

Participants must sign up

Mondays

9am-5pm Quilters
9:30-10:30am EnhanceFitness
10:00-11:30am Bingo
10:30-11:30am Shopping @ Dollar Tree
(3rd Monday Only)
12:30-2:30pm Texas Hold'Em Poker

Tuesdays

9am-12pm Lapidary & China Painting
10:30-11:30am Tai Chi II
10:15-11:15am Music & Memories (2nd Tuesday)
12:30-1:30pm Wii Block Party
1:00-5:00pm Pinochle
1:00-3:00pm Line Dancing
1:00-2:30pm Wire Wrapping (2nd Tuesday,
Bring your own supplies)

Wednesdays

9am-12pm Lapidary
9am-5pm Quilters
9:30-10:30am EnhanceFitness
10:30-11:30am Kraft With Kristie (Last Wed)
12:30-5:00pm Hand & Foot Cards
12:30-2:30pm Texas Hold'Em Poker
1:00-3:30pm Silversmithing
2:00-3:30pm Multi-Cultural Dancing

Thursdays

9am-12pm Lapidary
9:30-10:30am EnhanceFitness
10am-12:30pm Fun and Games
12:15-2:30pm Theater Thursday
1:00-5:00pm Pinochle

Fridays

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

*Bonsai Plant Workshop Mon-Thurs 12:30-2:30pm

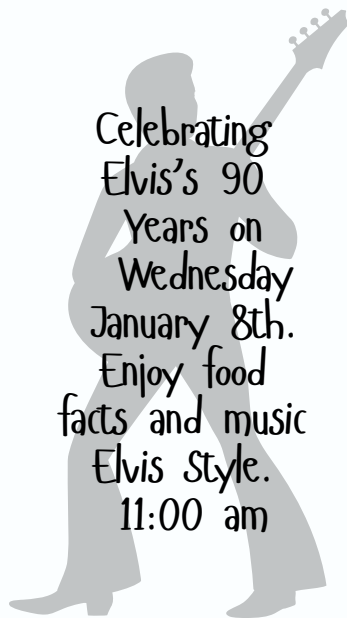
Support Groups:

Alzheimer's Support- 1st Wednesday@3pm
Grief Support- 2nd & 4th Wednesday @1pm
Parkinson's Support- 1st Wednesday @6pm

Happy
New Year

January 2025

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



Celebrating
Elvis's 90
Years on
Wednesday
January 8th.
Enjoy food
facts and music
Elvis Style.
11:00 am

BUNCH

Johnny Rockets at
Station Park.
Tuesday January 14th
at 11:00 am



Wear your
favorite hat on
Wednesday
January 15th.



| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|---------------------------|----------------------|---------------------------|--------------------------|----------------------------|
| 8:00 | EnhanceFitness Class | | EnhanceFitness Class | | EnhanceFitness Class |
| 9:00 | Oil Painting/ Watercolors | Beginners Lapidary | Oil Painting/ Watercolors | Marvelous Crafters Class | |
| 9:30 | EnhanceFitness Class | | EnhanceFitness Class | | |
| 10:00 | Beginners Lapidary | Tai Chi With Diana | | Tai Chi With Diana | |
| 10:15 | | | Bingo | | Community Music - 3rd Fri. |
| 11:00 | | | Ceramics & Crafts | Ceramics & Crafts | Ceramics & Crafts |
| 12:00 | | | Ceramics Instructor | | |
| 12:15 | | | | | Movie |
| 12:30 | | | Square Dancing Pinochle | Mah Jongg | Bridge |
| 1:00 | Line Dancing With Linda | Art Class with Kathy | | | Canasta |
| 2:00 | Beginners Line Dancing | | | | |

January

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

Waffle Morning

Tues. January 14th
9:45-10:30am

with Fresh Crushed Strawberry Sauce

YUM!



ATTENTION

PLEASE!


South Davis will be closed for renovation Jan. 27- Feb. 7th. Grab & Go meals available upon advanced reservation. For questions and reservations call 801-451-3660.

Station Park Lunch Trip!

Skip the traffic, roundabouts, and the hassle of parking at Station Park. Hop on the lunch bus on Wednesday, **January 22nd, at 11:30 AM.**

RSVP in center. Pay for your own meal. Enjoy lunch with friends at Cafe Zupa's, Santorini's, Costa Vida, Vessel Kitchen, or Panda Express.



| Alt Meal | Monday | Carb | Tuesday | Carb | Wednesday | Carb | Thursday | Carb | Friday | Carb |
|----------------------|--|--------------------------------------|--|--------------------------------|--|--------------------------------------|--|--------------------------------------|---|--|
| *Egg Salad Sandwich |  | | | | 1 Closed for Holiday | | 2 Chicken Teriyaki Fluffy Rice Butternut squash Mixed Veggies Fresh Fruit Cookie Milk | 12 30 8 5 22 16 11 | 3 Chicken Parmesan Spaghetti Cauliflower Green Beans Roll Fresh Fruit Milk | 25 32 4 6 22 19 11 |
| *Chicken Chef Salad | 6 Beef a Roni Spinach Butternut Squash Fruit Milk | 52 6 8 20 11 | 7 Meatloaf Mashed Pot/gravy Peas Carrots Fresh Fruit Milk | 6 28 13 7 22 11 | 8 Chicken Breast Rice Pilaf Roll Zucchini Green Beans Fruit Milk | 2 27 22 3 6 18 11 | 9 Ham Scalloped Potatoes Green Salad Corn Fresh Fruit Milk | | 10 Chicken Cacciatore Rotini Noodles Peas Mixed Veggies Fruit Pudding Milk | 8 20 13 5 22 21 11 |
| *Tuna Salad Sandwich | 13 Pork Loin Mash Pot/gravy Roll Corn Spinach Fruit Milk | 0 28 22 17 6 22 11 | 14 Smothered Meatballs/gravy Rotini Noodles Green Salad Mixed Veggies Fresh Fruit Milk | 14 20 2 5 22 11 | 15 Stir Fry Chicken Fluffy Rice Zucchini Fruit Frosted Cake Milk | 17 30 3 18 40 11 | 16 Breaded Chick Au Gratin Potatoes Peas Butternut Squash Fruit Milk | 14 21 13 8 21 11 | 17 Chili Mac Corn Green Beans Fresh Fruit Cookie Milk | 33 17 6 15 16 11 |
| *Breakfast Wrap | 20 Closed for Holiday  | | 21 Sweet & Sour Chicken Fluffy Rice Cabbage Broccoli Fruit Milk | 12 30 5 5 21 11 | 22 Breaded Fish Herb Roast Potatoes Beets Mixed Veggies Roll Fruit Milk | 20 22 3 5 22 18 11 | 23 Beef Hot Dog Mac & Cheese Green Beans Green Salad Fresh fruit Milk | 2 39 6 2 22 11 | 24 Spanish Rice Casserole Peas Corn Fruit Milk | 49 13 17 19 11 |
| *South west Salad | 27 Shepherds Pie Carrots Spinach Fruit Cookie Milk | 29 7 6 18 16 11 | 28 Turkey & Rice Cass Butternut Squash Broccoli Fruit Pudding Milk | 46 8 5 14 22 11 | 29 Closed for In-service Training | | 30 Chili Dinner Roll Corn Green Salad Fresh Fruit Milk | 26 22 17 2 21 11 | 31 Chicken Alfredo Pasta Peas Mixed Veggies Dinner Roll Fresh Fruit Milk | 6.5 32 13 5 22 19 11 |

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

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

Caregiver Support in Davis County

Being a caregiver for a loved one can be demanding and stressful, but also rewarding. People who have been caregivers know that the days are long and the work is difficult. Many caregivers cannot get out to do the most basic of activities such as grocery shopping, going for a walk or seeing a movie.

Support services are available, call and talk to a case manager today at 801-525-5050 option #5



Tai Chi for Arthritis

A journey to vitality starts here!

Improve joint health, balance, and well-being.

Tai Chi for Arthritis has been shown to:

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



AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS



Tax-Aide is the nation's largest free tax assistance and preparation service. Every year, from early February to mid-April, our volunteers take appointments at almost 3,500 locations around the country.



Tax-Aide will be available at a Davis County Senior Activity Center near you. Call your local center for more info.

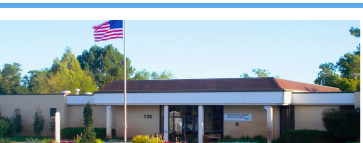
If you would like to sponsor a prize, snack, or activity at one of our senior activity centers. Please reach out!



North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660

Thank you! Sponsors

