



SENIOR SERVICES JULY 2024 NEWSLETTER



Remember to Protect Your Eyes During UV Safety Month

(Taken in part from an article by UAB Medicine)

July is UV Safety month, serving as a reminder to safeguard more than just your skin from UV rays – your eyes also need protection. It's important to shield your eyes from UV rays throughout the year.

According to a national sun safety survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

- Wear sunglasses labeled "100% UV protection": Use only glasses that block both UVA and UVB rays.
- Wear a hat along with your sunglasses.
- Know that clouds don't block UV light: The sun's rays can pass through haze and clouds.
- Be extra careful in UV-intense conditions: Sunlight is strongest midday to early afternoon, at higher altitudes, and when reflected off of water.

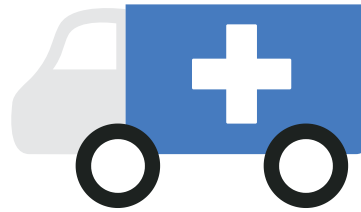
Sunglasses Matter

"Picking a proper frame is key when picking a

pair of sunglasses," says Shilpa Register, OD, assistant professor with UAB Callahan Eye. "You need to make sure the sunglasses protect against UVA and UVB rays, but you also want to ensure that the frame is big enough to give you adequate sun protection. Sunglasses that wrap around the eyes offer even better protection from the sun. Some sunglasses are also polarized, which is nice for reducing the reflection off of cars, the street, water, and any other reflective surface."

Look for a pair of sunglasses that is labeled with "100% UV protection" or "UV400" to make sure you are getting the right type of protection. As Dr. Register mentions, remember to pick a wrap-around pair to avoid rays penetrating your eyes from the side. If you wear contact lenses, you still need a quality pair of glasses that blocks UV rays.

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DAVIS COUNTY SENIOR
SERVICES PRESENTS A

SENIOR RESOURCE FAIR 2024

The Abbingdon

LEGACY HOUSE OF
BOUNTIFUL

Oasis

AT CENTRAL DAVIS
SENIOR ACTIVITY
CENTER

Elite Hearing

JULY 9TH, 2024
10 AM TO 2 PM
81 E CENTER ST,
KAYSVILLE, UT
84037

ALZHEIMER'S
ASSOCIATION

Utah Legal Service

DAVIS COUNTY
SENIOR SERVICES



Davis
COUNTY
HEALTH
DEPARTMENT

MEDICARE
ASSISTANCE

July 2024

North Davis Senior Activity Center

42 S. State St., Clearfield (801) 525-5080



July 3rd

Bring a shirt to tie die @10:30

Fried chicken lunch @11:30

rsvp required!



Summer Snow Cone Soiree

Come enjoy a delicious
snow cone on 7/11!
Starting around 10:30



THE
LUNCHBUNCH

Wednesday, July 17th @ 11:15 am

This month's lunch bunch will be
at Lucky Slice Pizza!

FIELD TRIP

SYRACUSE REGIONAL MUSEUM

& ITALIAN ICE [AT] ZEPPE'S

JULY 26TH

BUS LEAVES [AT] 12:15

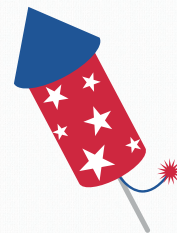


Mondays

9:00 am Quilters & Silversmithing
9:30 am EnhanceFitness
10:30 am Bingocize
10:30 am Shopping @ Dollar Tree
(3rd Monday Only)
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
10:30 am Bingocize
12:30 pm Kraft With Kristie (Last Wed)
12:30 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
1:00 pm Silversmithing
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

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

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

Grief Support- 2nd & 4th Wednesday @1pm

Parkinson's Support- 1st Wednesday @6pm

JULY 2024

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

★ ★ ★ ★ ★ **LUNCH** ★ ★ ★ ★ ★
BUNCH July 15th at 11:00 am
Taggart's Grill in Morgan



Red, White and
Blue Ice Cream
Sundaes Served
on July 3rd at
11:45.

Celebrate the all American
hot dog with a full fixings
bar at lunch
on July 17th.



CHUCK WAGON BREAKFAST
Join us for a
hearty
breakfast
during lunch.
July 23rd
Sign up at the
front desk.

These hot crispy
sensations
will come alive on
Friday July 12th
during lunch.
Fry sacue available!!



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Oil Painting/ Watercolors	Art Class With Kathy	Oil Painting/ Watercolors	Marvelous Crafters Class	
9:30	EnhanceFitness Class		EnhanceFitness Class		
10:00		Tai Chi With Diana		Tai Chi With Diana	
10:15			Bingo		
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
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				

July

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	Bingocize	Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing	Grief Support 2nd & 4th Tues	Tap Dancing	Dementia support Group 1st Thurs	
3:00		Pickleball			

★ ★ JULY SPECIAL PARTIES and TRIPS ★ ★

Your Face
Here



Wed. July 3rd

**Happy Birthday
'Merica Burger Burn**
 Flame broiled & cooked
 in center by staff



**Lunch Served
@ 11:45 am**

\$3.00 suggested
contribution

Mon. July 22nd

**Days of '47
Field Trip!**

Meet the creators and
technicians behind the
2024 Days of '47 Parade
floats and see how it all
comes together — even
before the Parade rolls!
Call or come in to
reserve your spot on
the bus!

\$3.00 suggested contribution
for transportation plus cost of
your meal at Sizzler

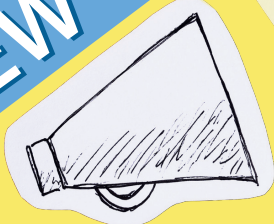


Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Breakfast Wrap	1 Beef Enchilada Pie Spanish Rice Mexican Corn Watermelon Milk	33 23 6 20 11	4 Chicken Chef Salad Dinner Roll Fruit Cookie Milk	9 22 14 16 11	3 Mac & Cheese Baked Beans Green Salad Sliced Beets Fruit Milk	52 35 2 3 13 11	4 <div>Sorry We're Closed</div> Happy 4th of July		5 Beef Hot Dog Vegetarian Chili Potato Salad Cabbage Fresh Fruit Milk	29 9 22 5 21 11
*Buffalo Chicken Salad	8 Tuna Salad Sandwich Fresh Veggies Fruit Cookie Milk	31 11 13 16 11	9 Chicken Breast Baked Potato Mixed Veggies Marinated Veg Salad Fresh Fruit Milk	1 22 5 9 22 11	10 Breaded Fish Fillet Rice Pilaf Cuke/Tomato Salad Corn Fresh Fruit Milk	23 27 7 17 19 11	11 Chicken Chef Salad Dinner Roll Fresh Veggies Cantaloupe Milk	9 22 6 11 11	12 Spaghetti/meatballs Zucchini Carrots Fruit Pudding Milk	48 3 7 20 22 11
*Tuna Salad Sandwich	15 Chicken Caesar Salad Dinner Roll Fresh Veggies Fruit Milk	12 22 11 14 11	16 BBQ Pork Sandwich Potato Salad Green Salad Fresh Fruit Dessert Bar Milk	54 22 3 21 30 11	17 Beef Dog Mac & Cheese Green Beans Cabbage Fresh Fruit Milk	1 26 6 5 22 11	18 Hamburger Corn Pea & Onion Salad Fresh Fruit Milk	28 17 21 19 11	19 Chicken Teriyaki Fluffy Rice Cauliflower Carrots Fruit Milk	13 30 4 7 20 11
*Chicken Chef Salad	22 Tilapia Buttered Rice Corn Broccoli Fruit Milk	0 59 17 5 20 11	23 Chicken Breast Mash Potatoes/gravy Peas Mixed Veggies Fruit Pudding Milk	1 29 13 5 19 22 11	24 <div>Sorry We're Closed</div> Pioneer Day		25 Salisbury Patty Mash Potatoes/gravy Green Salad Zucchini Fruit Milk	5 29 3 3 20 11	26 Turkey Sandwich Ranch Pasta Salad Fresh Veggies Fresh Fruit Milk	28 22 11 21 11
*Turkey Wrap	29 Sloppy Joes Oven Brownd Potatoes Fresh Veggies Fruit Milk	33 23 6 20 11	30 Chicken Chef Salad Dinner Roll Fruit Cookie Milk	9 22 14 16 11	31 Beef & Broccoli Fluffy Rice Green Salad Carrots Fresh Fruit Milk	6 59 2 7 21 11				

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

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

NEW



New Class Alert!



Silversmith Classes



Learn to make rings, necklaces
and other jewelry. Open shop
with an instructor Monday
9am-12pm, Wednesday
1pm-4pm
Call or come in for more
information

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

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**Gentle
O G**

A

NEW CLASS!

Build your
strength.
Build your
peace.

Tuesdays 10am-
11am starting
June 4, 2024

South Davis Senior Activity Center
726 S 100 E, Bountiful
801-451-3660



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



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



North Davis 801-525-5080



North Davis 801-525-5080

Thank you! Sponsors

THE PETAL COOP 
BOUTIQUE FLORAL SHOP & FLOWER TRUCK

 **LINDQUIST**
MORTUARIES • CREMATIONS • CEMETERIES


oasis
SENIOR ADVISORS®

ABBINGTON
Senior Living

INDEPENDENT • ASSISTED • MEMORY CARE



NORTHERN UTAH
REHABILITATION HOSPITAL
We are passionate patient caregivers