



## SENIOR SERVICES MAY 2024 NEWSLETTER



### Older Americans Month: May 2024

May is the month to recognize the accomplishments and contributions of older Americans, to accept our own aging process, and reinforce our dedication to valuing our life experiences and those of others.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs.

Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Every year, Older Americans Month introduces a new theme, ranging from "Older Americans and the Family" in 1978 to "Aging Unbound" in 2023. The theme for 2024 is "Powered by Connection," emphasizing the profound impact of meaningful relationships and social connections on our health and general welfare.

This May join us in advocating the advantages of building connections with others. Here are some ways you can get involved.

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Promote resources that help older adults engage, like community events, social clubs, senior activity centers and volunteer opportunities.
- Share what connection means to you on social media using the hashtag #PoweredByConnection.

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# Cinco de Mayo



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



CELEBRATION  
 CONSTITUTION  
 FIESTA  
 FIFTH  
 GREEN  
 INDEPENDENCE  
 MAY

MEXICO  
 MUSIC  
 RED  
 SPAIN  
 VICTORY  
 WHITE  
 YEAR

# North Davis Senior Activities Center

## Monthly Activities

### FIELD TRIP

Olympic Park Museum  
in Park City

May 24th Bus Leaves @ 10:15.

\$5.00 Suggested Transportation Donation

RSVP Required!

### Mother's Day Social

MAY 10TH

LIGHT BREAKFAST @ 9:30-10:30

LUNCHTIME ENTERTAINMENT @ 11:45

### THE LUNCH BUNCH

Wednesday, May 15th @ 11:15 am

This month's lunch bunch will be at Ramblin Roads in Layton.



National Cherry  
Cobbler Day!  
May 17th During Lunch!



May 28th @ 11:30 am

HAMBURGERS, CHIPS, &  
WATERMELON WITH LUNCHTIME  
ENTERTAINMENT!

RSVP REQUIRED!

## Daily Activities

### Mondays

9:00 am Quilters  
9:30 am EnhanceFitness  
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  
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



### Support Groups:

Alzheimer's Support- 1st Wednesday @ 3pm

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

Parkinson's Support- 1st Wednesday @ 6pm

42 S. State St., Clearfield

(801) 525-5080

# MAY

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

Mother's Day Tea Party! Come celebrate your mom. Bring something to share that was passed on to you from your mom. May 9th at 10:30 am Refreshments served



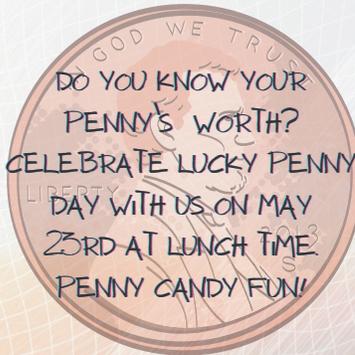
Learn about Indonesia at 11:00 am on May 14th.



INDONESIA

Come try Onde Onde - an Indonesian Treat!

Tour the Layton Temple at the Open House on Tuesday May 7th at 11:45 am. We will stop for ice cream afterwards. Sign up at the front desk. No bus fee. Bring money for ice cream.



Surfing Into Summer Social

Smoothies served at lunch time on May 28th

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	EnhanceFitness Class
9:30	EnhanceFitness Class		EnhanceFitness Class		
10:00		Tai Chi With Diana		Tai Chi With Diana	
10:15			Bingo		Community Music 2nd Friday Only
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				

# May

**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	Shopping	Bingo	Bingocize	Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing	Grief Counseling 2nd & 4th Thurs	
3:00		Pickleball		Alzheimer's Group 1st & 3rd Thurs	

## Nacho Bar!



**Thurs. May 2nd**

Come Celebrate Cinco De Mayo!



Photo Booth  
Fun Food  
Piñata  
Lunch Quiz

Fun starts @ 11:20  
Piñata @ 11:35  
Nacho Bar Opens  
@ 11:45

## Mother's Day



Ice Cream Parlor

**MAY  
9TH**

**11:15 AM**  
Ladies  
served first,  
all are  
welcome to  
a sweet  
treat.

## BREAKFAST SPECIAL Chicken N' Waffles!



**Friday  
May 17th  
9:30 AM -  
10:45 am**

**Free!**

# MAY 2024

Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday						
*Turkey Wrap	6 Beef & Cheese Quesadilla Corn Broccoli & Red Peppers Fruit Milk	7 Pork Loin Mash Potatoes/gravy Coleslaw Zucchini Fresh Fruit Frosted Bar Milk	0 28 11 11 3 3 22 39 11 11	8 Meatball Sub Green Beans Green Lettuce Fresh Fruit Milk	46 6 2 2 19 11 11 11	9 Chicken Tenders Oven Browned Potatoes Mixed Veggies Fresh Fruit Dessert Bar Milk	16 23 23 11 11 11 27 11	10 Chicken Chef Salad Roll Fresh Fruit Milk	37 22 7 7 13 13 14 14 11 11	17 Beef & Broccoli Fluffy Rice Mixed Veggies Roll Fresh Fruit Milk	6 30 5 5 2 2 22 22 11 11
*Chicken Salad Sandwich	13 Breaded Chicken Mash Potato/gravy Fresh Veggie Green Beans Fruit Milk	14 28 6 6 21 6 11 11	54 23 9 9 17 17 22 22 11 11	15 Buffalo Chicken Salad Roll Fresh Fruit Dessert Bar Milk	10 22 13 13 27 27 11 11	16 Lasagna Cass. Roll Carrots Peas Fruit Milk	37 22 7 7 13 13 14 14 11 11	17 Beef & Broccoli Fluffy Rice Mixed Veggies Roll Fresh Fruit Milk	37 22 21 21 8 8 22 22 11 11	24 Breaded Chicken Sandwich Sliced Beets Oven Brown Potatoes Fresh Fruit Milk	6 30 5 5 2 2 22 22 11 11
*South west Salad	20 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	36 24 17 17 3 3 21 21 11 11	18 22 22 6 11 11 27 27 11 11	22 Pork Loin Mash Pot/gravy Ranch pasta Salad Green Beans Fresh Fruit Milk	0 28 21 21 6 6 22 22 11 11	23 Chili Dog Potato Salad Butternut Squash Fresh Fruit Milk	38 21 21 21 8 8 22 22 11 11	24 Breaded Chicken Sandwich Sliced Beets Oven Brown Potatoes Fresh Fruit Milk	38 21 21 21 8 8 22 22 11 11	24 Breaded Chicken Sandwich Sliced Beets Oven Brown Potatoes Fresh Fruit Milk	41 3 3 3 23 23 19 19 11 11
*Tuna Salad Sandwich	Centers Closed 	28 Mac & Cheese Baked Beans Green Salad Green Beans Fresh Fruit Milk	52 31 3 3 6 6 22 22 11 11	29 Chicken Alfredo Spinach Mixed Veggies Roll Fresh Fruit Milk	38 6 5 5 22 22 11 11 11 11	30 Chicken Chef Salad Roll Fruit Cookie Milk	9 22 14 14 16 16 11 11	31 Beef Soft Tacos Green Beans Carrots Fresh Fruit Milk	53 6 7 7 19 19 11 11		

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

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



# MEDICARE HEALTH INSURANCE

## Medicare 101



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

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

# DAVIS COUNTY SUPPORT GROUPS

### Dementia Care Support Group for Caregivers

Location: South Davis Senior Activity Center (726 S. 100 E. Bountiful)

Day and Time: 1st and 3rd Thursday of each month 3:00 pm - 4:30 pm

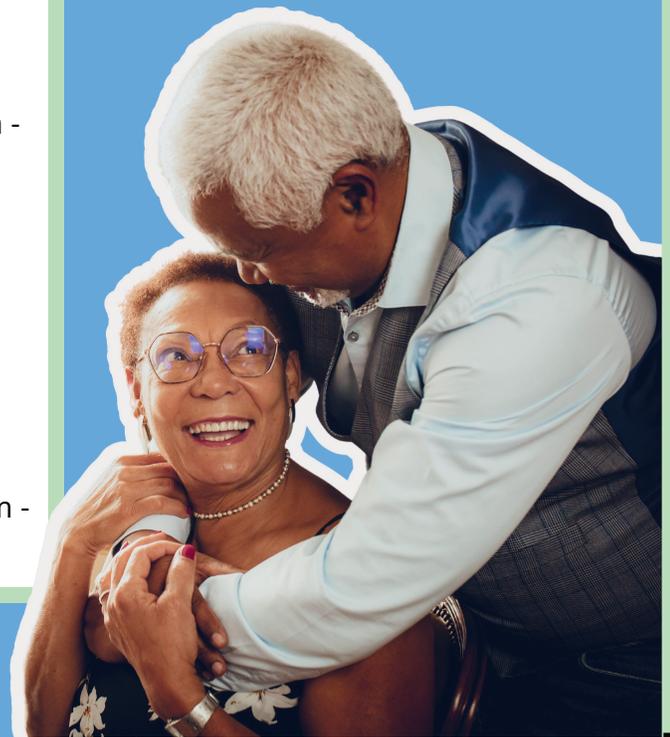
Location: North Davis Senior Activity Center (42 S. State St, Clearfield)

Day and Time: 1st Wednesday of each month 3:00 pm - 4:00 pm

### Parkinson's Support Group

Location: North Davis Senior Activity Center (42 S. State St, Clearfield)

Day and Time: First Wednesday of each month from 5:30 pm -  
Contact: Dale George (801) 451-6238



# ENHANCEFITNESS



**Davis**  
COUNTY  
HEALTH  
DEPARTMENT



- Improve physical function
- Decrease depression
- Protect against falls and fall injury
- Provide a social benefit
- Promote a physically active lifestyle

EnhanceFitness is a group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered. Classes available at all Davis County Senior Activity Centers. See activities pages in Senior Newsletter for days and times.

## 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

