



# SENIOR SERVICES NOVEMBER 2024 NEWSLETTER



## Giving Thanks Can Make You Happier

*(Taken in part from Harvard Health Publishing)*

Each holiday season comes with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research (and common sense) suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday — being grateful.

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. In positive psychology research, gratitude is

strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

### Research on gratitude

Two psychologists, Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami, have done much on the research of gratitude.

(Continue pg 2)

<b>Giving Thanks Can Make You....</b>	<b>pg. 1-2</b>
<b>Center Activities.....</b>	<b>pg. 3-5</b>
<b>Lunch Menu.....</b>	<b>pg. 6</b>
<b>Vaccines/Medicare.....</b>	<b>pg. 7</b>
<b>Caregivers/Sponsors.....</b>	<b>pg. 8</b>

In one study, they asked all participants to write a few sentences each week, focusing on particular topics.

One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them, and the third wrote about events that had affected them (with no emphasis on them being positive or negative). After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation.

Another leading researcher in this field, Dr. Martin E.P. Seligman, a psychologist at the University of Pennsylvania, tested the impact of various positive psychology interventions on 411 people, each compared with a control assignment of writing about early memories. When their week's assignment was to write and personally deliver a letter of gratitude to someone who had never been properly thanked for his or her kindness, participants immediately exhibited a huge increase in happiness scores. This impact was greater than that from any other intervention, with benefits lasting for a month.

Of course, studies such as this one cannot prove cause and effect. But most of the studies published on this topic support an association between gratitude and an individual's well-being.

Other studies have looked at how being grateful can improve relationships. For example, a study of couples found that individuals who took time to express gratitude for their partner not only felt more positive toward the other person, but also felt more comfortable expressing concerns about their relationship.

### **Ways to cultivate gratitude**

Gratitude is a way for people to appreciate what they have, instead of always reaching for something new in the hope it will make them

happier, or thinking they can't feel satisfied until every physical and material need is met.

Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.

Here are some ways to cultivate gratitude on a regular basis.

**Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you letter or email expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

**Thank someone mentally.** No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

**Keep a gratitude journal.** Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

**Count your blessings.** Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

**Pray.** People who are religious can use prayer to cultivate gratitude.

**Meditate.** Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

# November 2024



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



## Field Trip

FamilySearch Center

Nov. 21st @9:45am

Classroom instruction and  
research



RSVP Required

## Lunch Bunch

Garcia's Mexican Restaurant

Nov. 13th @11:00am



RSVP Required



## LOOKING FOR A NEW HOBBY?

ASK US ABOUT.....

\*CHINA PAINTING



\*MULTI-CULTURAL DANCING



## Veterans Day Observance

Nov. 8th @11:45am

Come celebrate Veterans Day with a  
special lunchtime performance by  
Utah Military Academy.

## 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 Yoga for Seniors  
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

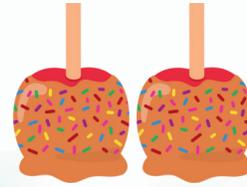
# November 2024

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



*Veterans Day program at 11:30 am on Friday November 8th. Come honor our veterans. Refreshments served.*

**CARMEL APPLE BAR!**



**Monday November 18th at 11:00**

**HAPPY THANKSGIVING**



Come give thanks with us at a Luncheon with all the fixings on November 26th at 11:30 am Thanksgiving Bingo prior at 10:30

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 - 2nd Fri.
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			Canasta
2:00	Beginners Line Dancing				

# NOVEMBER

**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		
3:00		Pickleball		Dementia support Group 1st Thurs	

## Glazed Pumpkin WAFFLES!

Wednesday Nov. 13th

**9:45am-10:45am**

## South Davis Gives Thanks

Wednesday Nov. 27th

Join your Senior Activity Center family for a day of food and thanks. Ham and au gratin potatoes will be cooked by center staff.

Served @ 11:45am.



Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	Carb	Carb	Carb	Carb	Carb



# NOVEMBER 2024

*Turkey Wrap	<b>4</b> Beef/Cheese Quesadilla Corn Broccoli/red peppers Fruit Milk 33 17 6 21 11	<b>5</b> Tilapia Brown Rice Green Beans Carrots Fruit Pudding Milk 0 33 6 7 14 22 11	<b>6</b> Chicken Tenders Mash Potatoes/gravy Mixed Veggies Fruit Milk 15 28 5 21 11	<b>7</b> Meatball Sandwich Green Bean Green Salad Fresh Fruit Milk 41 6 2 21 11	<b>1</b> Sloppy Joes Baked Beans Mixed Veggies Fruit Milk 33 35 14 10 11
*South west Salad	<b>4</b> Beef/Cheese Quesadilla Corn Broccoli/red peppers Fruit Milk 33 17 6 21 11	<b>5</b> Tilapia Brown Rice Green Beans Carrots Fruit Pudding Milk 0 33 6 7 14 22 11	<b>6</b> Chicken Tenders Mash Potatoes/gravy Mixed Veggies Fruit Milk 15 28 5 21 11	<b>7</b> Meatball Sandwich Green Bean Green Salad Fresh Fruit Milk 41 6 2 21 11	<b>8</b> Baked Turkey Mash Potatoes/gravy Corn Zucchini Fresh Fruit Dessert Bar Milk 2 29 17 3 22 39 11
*Chicken Salad Sandwich	<b>11</b> Veterans Day 	<b>12</b> Chicken Sandwich Lettuce/Tomato Green Beans Baked Beans Fresh Fruit Milk 29 1 6 31 22 11	<b>13</b> Lasagna Casserole Carrots Zucchini Roll Fruit Milk 36 7 3 22 20 11	<b>14</b> Chicken Chef Salad Fresh Fruit Dessert Bar Roll Milk 10 21 27 22 11	<b>15</b> Veggie Chili Dog Potato Salad Cabbage Fruit Milk 43 21 5 21 11
*Buffalo Chicken Salad	<b>18</b> Beef Stroganoff Rotini Noodles Mixed Veggies Peas Roll Fruit Milk 6 20 5 13 22 14 11	<b>19</b> Pork Loin Mash Potatoes/gravy Carrots Green Beans Fresh Fruit Cookie Milk 0 28 7 6 22 16 11	<b>20</b> Beef Stew Boiled Potatoes Green Salad Roll Fresh Fruit Milk 10 23 2 22 21 11	<b>21</b> Breaded Chicken Sandwich Lettuce/Tomato Sliced Beets Corn Fresh Fruit Milk 41 1 3 17 22 11	<b>22</b> Beef and Broccoli Fluffy Rice Mixed Veggies Fruit Frosted Cake Milk 6 30 11 14 40 11
*Egg Salad Sandwich	<b>25</b> Shepherds Pie Roasted Cauliflower Fruit Cookie Milk 29 4 18 16 11	<b>26</b> Turkey/ Stuffing Mash Potatoes/gravy Vegetables Roll Cranberry Sauce Pumpkin Pie 29 4 18 16 11	<b>27</b> Cheeseburger Lettuce/Tomato Corn Spinach Fruit Milk 29 1 17 5 21 11	<b>28</b> Thanksgiving 	<b>29</b> Thanksgiving 

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

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

# VACCINES AVAILABLE

## North Davis Senior Center

42 South State Street, Clearfield  
**Wednesday, November 6**  
10:00 am - 1:00 pm

## Central Davis Senior Center

81 East Center Street, Kaysville  
**Wednesday, November 13**  
10:00 am - 1:00 pm

## South Davis Senior Center

726 South 100 East, Bountiful  
**Wednesday, November 20**  
11:00 am - 1:00 pm

## In-Home Vaccinations

Available to Davis County residents who:

- Are homebound; or
- Are unable to drive; or
- Are immunocompromised/ medically vulnerable

**For more information, call  
our Immunizations Office  
at  
(801) 525-5020**



These events are funded by @ACLgov



# MEDICARE HEALTH INSURANCE



# Open Enrollment 2025

**October 15 - December 7**

Call your local Davis County Senior Activity Center to schedule an appointment with our FREE unbiased Davis County SHIP Counselors

November is National Diabetes Month

## Do you or a loved one have diabetes?

We have created several short 3-5 minute videos with tips for:

- Eating a Balanced Diet
- Counting Carbs
- Eating Healthy on a Budget
- Portion Sizes

Click [here](#) to view the videos or scan the QR code.



## Thankyou Sponsors!



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