



SENIOR SERVICES OCTOBER 2025 NEWSLETTER



Osteoporosis Prevention for Seniors

(Taken in part from Miami Jewish Health and International Osteoporosis Foundation online publications)

A healthy body breaks down old bone and replaces it with new bone. In some people, however, more bone is broken down than replaced due to a medical condition called “osteoporosis,” which causes bones to weaken and become more susceptible to breaking. More than 10 million Americans have osteoporosis — and an additional 44 million have low bone density, putting them at risk of developing it, according to the Bone Health & Osteoporosis Foundation. As we age, our likelihood of developing osteoporosis increases. But there’s good news: You can take steps to help you, or your loved one, build stronger and healthier bones.

Adopt a Bone-Healthy Diet

One of the greatest tools you can use for osteoporosis prevention is your diet. Fill your plate with healthy food rich in calcium and vitamin D.

Some examples include:

- **Dairy products:** Low-fat or non-fat milk, yogurt, and cheese are excellent sources of calcium.
- **Fish:** Salmon and tuna contain a good amount of vitamin D.
- **Leafy greens:** Kale, collard greens, and broccoli are rich in calcium.
- **Fruits:** Oranges and berries are good

sources of vitamin C, which aids in calcium absorption.

To support bone health, it’s also important to know which types of food or ingredients to limit. Excess sodium, for instance, can cause your body to lose calcium and bone mass. Check the nutrition label on the back of packaging. If the sodium content is 20% or more of the recommended Daily Value (less than 2,300 milligrams per day), it’s too high, per the U.S. Food & Drug Administration. Try to find an alternative option that’s lower in sodium.

Exercise Regularly

Participating in exercise activities that improve balance, posture, coordination, and muscle strength: as we age we lose both bone and muscle mass faster so exercise becomes even more important. In addition to regular weight-bearing physical activity, older adults should choose exercises which help improve balance and muscle strength.

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Health Screenings

Bone density tests also aid in osteoporosis prevention. One of the most commonly used methods for bone density testing is the dual-energy X-ray absorptiometry (DEXA) scan, an imaging test that measures your bone strength.

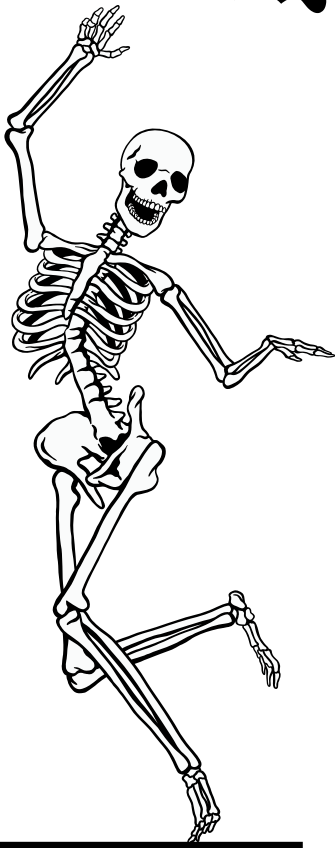
This type of bone density test:

- Measures bone loss as you age.
- Assesses risk of fractures.
- Aids in diagnosis of osteoporosis.

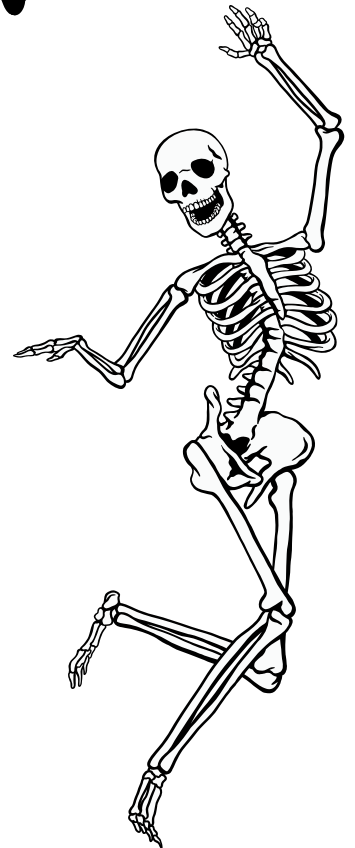
Based on the results, your physician can suggest appropriate preventive measures. If you've already been diagnosed with osteoporosis, a bone density test can also monitor the effectiveness of your current treatment plan.

By adopting a bone-healthy diet, exercising regularly, and proactively getting health screenings, you can be your own best bone health advocate.

Human Skeleton Bones



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



Calcaneus
Carpals
Clavicle
Cranium
Femur
Fibula
Humerus
Hyoid
Ilium
Incus

Ischium
Malleus
Mandible
Maxilla
Metacarpals
Metatarsals
Navicular
Patella
Phalanges
Pubis

Radius
Ribs
Scapula
Stapes
Sternum
Talus
Tarsals
Tibia
Ulna
Vertebrae



October 2025

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

Leaves and Lunch

OCT. 1ST
BUS LEAVES AT 10:30 AM
LUNCH PURCHASED ON YOUR OWN



LET'S GET READY TO RUMBLE!!!

WILL YOUR FAVORITE
TAFFY FLAVOR WIN?
OCT. 7TH - 11:15AM



I Love Lucy Day
Revisit fun episodes and have
a bowl of cold cereal with
us!!! Oct. 15th 10:00a.m.



Oh my Gourd, it's **Halloween Week**
Activities each day before lunch

with a **MONSTER BASH** on

Oct 31st at 10:15 am

costume contest, games, food

Must RSVP



*Senior **EXPO** 10/22
bus leaves at 10:00 a.m.

*Sign up for bus trips will open the
first Monday of each month @noon.*

Monday

8:00am-1:00pm
8:30am-9:30am
9:00am-5:00pm
9:30am-10:30am
10:30am-11:30am
12:15pm-2:15pm
12:30pm-2:30pm
Silversmithing
Tai Chi
Quilters
EnhanceFitness
Bingo
Movie Monday
Texas Hold'Em Poker

Tuesday

8:00am-1:00pm
10:30am-11:30am
12:00pm-1:00pm
1:00pm-5:00pm
1:00pm-3:00pm
1:00pm-2:30pm
Lapidary & China Painting
Tai Chi for Fall Prevention
Mexican Train Dominos
Pinochle
Line Dancing
Wire Wrapping (2nd Tuesday,
Bring your own supplies)

Wednesday

8:30am-9:30am
8:00am-1:00pm
9:00am-5:00pm
9:30am-10:30am
10:30am-1:15pm
12:30pm-5:00pm
12:30pm-2:30pm
2:00pm-3:30pm
Tai Chi
Lapidary
Quilters
EnhanceFitness
All Stitched Up
Hand & Foot Cards
Texas Hold'Em Poker
Multi-Cultural Dancing

Thursday

8:00am-1:00pm
9:30am-10:30am
10:30am-11:30am
12:15pm-1:15pm
1:00pm-5:00pm
Lapidary
EnhanceFitness
Bunco
Craft w/ Lizz (2nd & 4th Thurs)
Pinochle

Friday

8:00am-1:00pm
10:00am-11:30am
12:15pm-2:00pm
12:30pm-2:30pm
1:00pm-5:00pm
Silversmithing
Bingo
Shopping (2nd Friday
Only)
Texas Hold'Em Poker
Pinochle

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

*I See It Cards Mon-Fri 9:30am-2:30pm

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

Parkinson's Support- 1st Wednesday @6pm



October 2025

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

Thriller, Thriller Night!!!



Scones in the graveyard on Wednesday October the 15th At 11:00am.

Celebrating Michael Jackson's Thriller of a life on
Monday October 20th at 11:30am.

Come to a thrilling Halloween Celebration on Friday October 31st
at 11:00am. Menu: Pumpkin chili, cornbread and pumpkin pie

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Tai Chi Painting Group	Beginners Lapidary	Tai Chi Painting Group		
9:30	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi With Diana		Tai Chi With Diana	Qigong 1 st & 3 rd Fri
10:15	Wii Fit	Boredom Busters	Bingo	Boredom Busters	Wii Fit
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15					Movie
12:30		Square Dancing	Pinochle	Mahjongg	Bridge
1:00	Scrabble Club Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	



October



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 Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Watercolor
9:30	Line Dancing		Line Dancing		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		Grief Support 2nd & 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	

MOVIE DAY!

GH**OST**BUSTERS

Join us Fri. Oct 24th @ 12:45 pm for a Halloween movie and themed snacks in our comfy couches & chairs



MONSTER BASH

Friday Oct 31st

Chili Frito Pie, prepared on-site by our staff. Costume Contest: While costumes are not mandatory, those who wear them will be rewarded. Prizes will be awarded in various costume categories.



OCT. 31

Games:

@11:20am

Lunch:

@11:45am

Awards

@12:05pm

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Egg Salad Sandwich	<div>October 2025</div>				1 Cheeseburger Lettuce/Tomato Corn Spinach Fruit Milk	29 1 17 5 21 11	2 Chicken Alfredo Rotini Noodles Zucchini Mixed Veggies Roll Fruit Milk	8 20 3 5 22 14 11	3 Stir Fry Chicken Fluffy Rice Three Bean Salad Fresh Fruit Pudding Milk	17 30 24 22 22 11
*Roast Beef Sandwich	6 Turkey A la King Rotini Noodles Green Beans Carrots Fruit Milk	9 20 6 7 21 11	7 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	37 24 17 3 21 11	8 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fruit Cookie Milk	20 30 5 5 21 16 11	9 Breaded Fish Sandwich Broccoli Lettuce/Tomato Mixed Veggies Fresh Fruit Milk	47 5 1 5 21 11	10 Baked Turkey Mash Potato/gravy Butternut Squash Peas Fresh Fruit Dessert Bar Milk	2 29 8 13 22 27 11
*Tuna Salad Sandwich	13 Spaghetti/meatballs Green Salad Roasted Cauliflower Fruit Milk	48 2 4 20 11	14 Buffalo Chicken Salad Roll Fresh Fruit Pudding Milk	10 22 22 22 11	15 Breaded Fish Rice Pilaf Cooked Beans Broccoli & Red Peppers Fresh Fruit Milk	20 27 27 6 21 11	16 Beef & Gravy Mash Potatoes Peas Roll Fruit Milk	8 23 13 22 14 11	17 Baked Chicken Mash potato/gravy Carrots Wheat Bread Fresh Fruit Dessert Bar Milk	1 29 7 13 19 27 11
*Break-fast Wrap	20 Meat/Potato Casserole Three Bean Salad Mixed Veggies Fresh Fruit Milk	26 29 5 22 11	21 BBQ Pulled Pork Sandwich Candied Carrots Green Beans Fruit Milk	35 11 6 21 11	22 Salisbury Patty Mash Potatoes/gravy Zucchini Roll Fresh Fruit Milk	6 28 3 22 22 11	23 Chicken Cacciatore Rotini Noodles Corn Mixed Veggies Roll Fruit Milk	8 20 17 5 22 21 11	24 Beef & Broccoli Fluffy Rice Butternut Squash Dessert Bar Fresh Fruit Milk	6 30 8 30 21 11
*Turkey Wrap	27 Beef Soft Tacos Diced tomato Green Beans Carrots Fruit Milk	42 - 6 7 21 11	28 Chick Parm Penne/Marinara Sauce Broccoli Roast Cauliflower Roll Fresh Fruit Milk	15 28 5 4 22 22 11	29 Cheeseburger Lettuce/Tomato Butternut Squash Zucchini Fruit Milk	29 1 8 3 14 11	30 Curry Stew Fluffy Rice Green Salad Corn Fresh Fruit Cookie Milk	17 30 2 17 22 16 11	31 Sloppy Joes Mixed Veggies Baked Beans Canned Fruit Milk	33 10 35 14 11

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

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



LIVING WELL WITH CHRONIC CONDITIONS

An evidence-based workshop
designed for those dealing
with a chronic or limiting
health condition.

Wednesday, Oct 1 - Nov 5

1:00 PM - 3:30 PM

Kaysville Library

215 N Fairfield Rd, Kaysville, Ut

Thursday, Oct 2 - Nov 6

1:00 PM - 3:30 PM

Syracuse Community Center

1912 W 1900 S, Syracuse, Ut



It's time to review

your current

Medicare coverage

Davis County Senior Services offers **FREE** non-biased 1 on 1 counseling by appointment.

**Make an appointment by calling
(801) 525-5050 Opt. 5**



Caregiver Support in Davis County



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

VACCINES AVAILABLE

North Davis Senior Center

42 South State Street, Clearfield

Tuesday October 14, 2025

10:00 am - 1:00 pm

Tuesday November 18, 2025

10:00 am - 1:00 pm

Central Davis Senior Center

81 East Center Street, Kaysville

Wednesday, October 15, 2025

10:00 am - 1:00 pm

Wednesday, November 19, 2025

10:00 am - 1:00 pm

South Davis Senior Center

726 South 100 East, Bountiful

Wednesday, October 8, 2025

10:00 am - 1:00 pm

Wednesday, November 12, 2025

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**



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

Thank you! Sponsors



North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660



Davis County Senior Activity Centers