



SENIOR SERVICES OCTOBER 2024 NEWSLETTER



Know your Medicare Open Enrollment Options and Get Free Help

(Taken in part from the Administration for Community Living & Davis County Senior Services)

As Autumn progresses, it's important to keep your health in mind. Medicare's fall open enrollment period is the time for you to review your plan options and make any changes to your Medicare coverage.

Maybe you have a new prescription that is not covered by your current drug plan or you have a new health condition, to ensure you get the most from Medicare in 2025, you should research your health and drug plan options during Medicare open enrollment.

Open enrollment begins October 15, and closes Dec. 7. Changes made during this time will take effect on Jan. 1, 2025.

During open enrollment, you can adjust your Medicare health or drug coverage:

- Change from Original Medicare to a Medicare Advantage Plan or vice versa
- Switch between Medicare Advantage Plans
- Join a Medicare Prescription Drug Plan
- Switch your current drug plan
- Drop Medicare prescription drug coverage Your Medicare plan options depend on where you live. To find available health or drug plans, you can look in your 2025 Medicare & You handbook or visit <u>medicare.gov</u>. If you're unsure where to start, your local State Health Insurance Assistance Program (SHIP) can help.

The SHIP offers free one-on-one personalized assistance year-round to Medicare-eligible beneficiaries, their families and caregivers. Trained counselors in your area can help you understand Medicare benefits and the enrollment process. SHIP counselors can help you find available options that best meet your unique needs.

Davis County offers free non-biased Medicare counseling. Medicare counselors are trained to empower, educate, and assist individuals in navigating Medicare.

New enrollees or those currently enrolled needing information regarding enrollment into any Medicare program, may receive counseling. Open enrollment allows people to reevaluate their personal needs and change plans if they desire.

To reach a Medicare counselor in Davis County call 801.525.5050 opt 5

Know your Medicare	pg. 1
Vaccination Clinics	pg. 2
Center Activities	pg. 3-5
Lunch Menu	pg. 6
Resource Fair	pg. 7
Caregivers/ Sponsors	pg. 8

VACCINES AVAILABLE

North Davis Senior Center

42 South State Street, Clearfield
Wednesday, October 9
10:00 am - 1:00 pm
Wednesday, November 6
10:00 am - 1:00 pm

Central Davis Senior Center

81 East Center Street, Kaysville Wednesday, October 23 10:00 am - 1:00 pm Wednesday, November 13 10:00 am - 1:00 pm

South Davis Senior Center

726 South 100 East, Bountiful Wednesday, October 16 10:00 pm - 1:00 pm 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



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



of October 2024

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

Field Trin

FALL LEAF DRIVE & LUNCH [AT]



CITY BUFFET IN ROY FRIDAY OCT 4TH BUS LEAVES [AT] 10:15

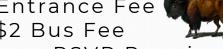
\$5 BUS FEE RSVP REQUIRED

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ANTELOPE ISLAND

falo Round UP Field Trip

Wednesday October 30th Bus will leave @10am \$1 Entrance Fee \$2 Bus Fee



Limited Space RSVP Required.

HALLOWEEN HOOTENANNY!

Costume Contest and Halloween Bingo starting @10:30am Chili & Corn Bread Lunch starting @11:45 Awards for best costumes! **RSVP Required**

Mondays

Quilters & Silversmithing 9:00 am 9:30 am **EnhanceFitness** 10:00 am Bingo 10:30 am Shopping @ Dollar Tree (3rd Monday Only) 12:30 pm **Texas Hold'Em Poker**

Tuesdays

9:00 am Lapidary 10:30 am Tai Chi II 10:15 am Music & Memories (2nd Tuesday) 12:30 pm **Yoga for Seniors** 1:00 pm Pinochle 1:00 pm **Line Dancing** Wire Wrapping (2nd Tuesday, 1:00 pm Bring your own supplies)

Wednesdays

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

Thursdays

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

Fridays

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

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

Support Groups:

Alzheimer's Support-1st Wednesday@3pm Grief Support- 2nd & 4th Wednesday @10:00am Parkinson's Support-1st Wednesday @6pm

October 2024

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

OW SMART ARE YOU? COME CELEBRATE THE SWEET LEGACY OF AN ICONIC CANDY. NATIONAL SMARTIES DAY ON OCTOBER 2ND AT 11:45.



WELCOME TO SALEM, MASSACHUSETTS!! COME JOIN US FOR THE WITCHIEST HALLOWEEN EVENTS ... IF YOU DARE. HOW MANY WITCHES HIDING IN THE CENTER WILL YOU BE ABLE TO FIND? WITCH WALK GAMES AND COSTUME CONTEST. TACO SOUP WILL BE SERVED WITH A BUBBLY WITCH BREW. OCTOBER 31ST AT 11:00.

BUFFALO ROUNDUP TOUR AT ANTELOPE ISLAND OCTOBER 29TH 12:00 2\$ BUS FEE. 1\$ ENTRANCE FEE



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			
2:00	Beginners Line Dancing Danish Alzheimer				



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 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	



Gardner Village Field Trip

Tuesday October 22nd

Experience the enchantment of live Gardner Village witches, cute shops and a bite to eat at Archibald's Restaurant or the Cackling Cantina on Mill Plaza. Sign up starts Oct. 9th @ noon. \$3.00 suggested contribution for the bus plus cost of meal. Bus leaves @10:00am



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Egg Salad Sandwich	vich		2 -	1 Chicken Caesar Salad Roll Fresh Fruit Dessert Bar Milk	22 6 13 13 14	2 Cheeseburger Lettuce/Tomato Corn Spinach Fruit Milk	29 17 11 11	3 Chicken Alfredo Rotini Noodles Zucchini Mixed Veggies Roll Fruit	8 20 3 14 14 11 11 11 11 11 11 11 11 11 11 11 1	4 Stir Fry Chicken Fluffy Rice Three Bean Salad Fresh Fruit Pudding Milk	17 30 22 22 11
*Chicken Chef Salad		7 Turkey A la King Rotini Noodles Green Beans Carrots Fruit	177 4 6 29	8 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	37 174 111 111	9 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fruit Cookie	20 20 14 14 16	10 Breaded Fish Sandwich Broccoli Lettuce/Tomato Mixed VEggies Fresh Fruit	21 21 11	11 Baked Turkey Mash Potatoes/gravy Butternut Squash Peas, Fresh Fruit Dessert Bar Milk	25 27 113 113
*Tuna Salad Sandwich		14 Spaghetti/meatb alls Green Salad Roasted Cauliflower Fruit	27 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	15 Buffalo Chicken Salad Roll Fresh Fruit Pudding Milk	1222	16 Breaded Fish Rice Pilaf Cooked Beans Broccoli & Red Peppers Fresh Fruit Milk	20 27 27 11 11	17 Beef & Gravy Mash Potatoes Peas Roll Fruit Milk	8 53 7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	18 Baked Chicken, Mash potato/gravy Carrots Wheat Bread Fresh Fruit Dessert Bar Milk	13 13 11 11
*Break fast Wrap		21 Meat/Potato Cass. Three Bean Salad Mixed Veggies Fresh Fruit Milk	26 29 22 11	22 BBQ Pulled Pork Sandwich Candied Carrots Green Beans Fruit Milk	35 6 11 11	23 Salisbury Patty Mash Potatoes/gravy Zucchini Roll Fresh Fruit	22 22 11 11	24 Chicken Cacciatore Rotini Noodles Corn Mixed Veggies Roll Fruit	8 20 27 11 11 11	25 Beef & Broccoli Fluffy Rice Butternut Squash Dessert Bar Fruit Milk	30 30 11 11
*Turkey Wrap		28 Beef Soft Tacos Diced tomato Green Beans Carrots Fruit	42 7 7 11	29 Chicken Parm Penne/Marinara Sauce Broccoli Roasted Cauliflower Roll, Fresh Fruit	25 25 17 17 17 17	30 Cheeseburger Lettuce/Tomato Butternut Squash Zucchini Fruit	20 m 4 T T T T T T T T T T T T T T T T T T	31 Curry Stew Fluffy Rice Green Salad Corn Fresh Fruit Cookie Milk	14 14 14 14 14 14 14 14 14 14 14 14 14 1		
IV**	Iterna	ate Meals are avail	Alde	**Alternate Meals are available in Center Dining Only		This menn is subject to change at any time based on product availability**	Char	Joe at any time has	מס	product availabili	**^

Carb

Friday

Carb

carb Wednesday carb Thursday

Tuesday

Carb

Monday

Alt Meal

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DAVIS COUNTY SENIOR SERVICES HEALTH RESOURCE FAIR

PROVIDING THE BUILDING
BLOCKS FOR A BETTER LIFE



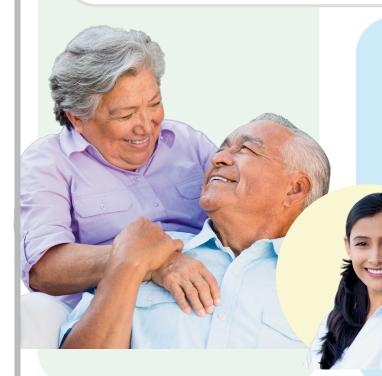
FRIDAY NOVEMBER 8, 11AM-2PM

726 S 100 E BOUNTIFUL



Questions? Call (801) 451-3660

Are You a Caregiver?



Davis County Senior Services offers inhome services to those who are 60 years old or older and who need help with everyday tasks. Depending on the program, there may also be an income and asset eligibility requirements. Call to inquire about our services and

We can programs.



Call: 801-525-5050

* option 5 and a case manager will be able to assist you

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



