



SENIOR SERVICES SEPTEMBER 2023 NEWSLETTER

Not All Carbs Are Created Equal

(Written by American Heart Association editorial staff and reviewed by science and medicine advisors)



Food contains three types of carbohydrates: sugar, starches and fiber. Carbohydrates are either called simple or complex, depending on the food's chemical structure and how quickly the sugar is digested and absorbed.

The type of carbohydrates that you eat makes a difference – Foods that contain high amounts of simple sugars, especially fructose raise triglyceride levels.

Triglycerides (or blood fats) are an important barometer of metabolic health; high levels may be associated with coronary heart disease, diabetes and fatty liver.

Simple carbohydrates are digested quickly and send immediate bursts of glucose (energy) into the blood stream. That's why you may feel a rush of energy when you eat a dessert, only to be followed by a crash of fatigue when that sudden burst of energy is depleted.

Simple sugars are found in refined sugars, like the white sugar you'd find in a sugar bowl.

Added sugars (including refined sugars) provide calories, but lack vitamins, minerals and fiber and can lead to weight gain.

But not all simple sugars are alike. There are also simple sugars in more nutritious foods, like fruit and milk. These are "**naturally occurring**" sugars and, unlike refined sugars, these sugars often come with vitamins, minerals, and fiber that **our bodies need**.

Complex carbohydrates are digested more slowly and supply a lower more steady release of glucose into the bloodstream.

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As with simple sugars, some complex carbohydrate foods are better choices than others.

Refined grains, such as white flour and white rice, have been processed, which removes many nutrients and fiber.

Many foods containing refined grains like white flour, sugar and white rice lack B vitamins and other important nutrients unless they're marked "enriched." By contrast, unrefined whole grains retain many of these vital nutrients and are rich in fiber, which helps your digestive system work well.

Fiber helps you feel full, so you are less likely to overeat these foods. That explains why you will feel full longer after eating a bowl of oatmeal compared to the same amount of calories of sugary candy.

Why do I need carbohydrates?

When you eat carbs, your body breaks them down into simple sugars, which are absorbed into the bloodstream. As the sugar level rises in your body, the pancreas releases a hormone called insulin. Insulin is needed to move sugar from the blood into the cells, where the sugar can be used as a source of energy.

Simple carbohydrates found in processed, refined or added sugars that **do not contain any nutritional value** include:

- **Candy**
- **Regular (non-diet) carbonated beverages, such as soda**
- **Syrups**
- **Table sugar**
- **Added sugar**

Foods that are high in added sugar also tend to be high in calories and low in nutrition. A high-sugar diet is often linked with obesity, type 2 diabetes and tooth decay.

Complex carbohydrates, often referred to as "starchy" foods, include:

- **Legumes**
- **Starchy vegetables**
- **Whole-grain and fiber**

Try and get carbohydrates, vitamins and other nutrients in as natural a form as possible.

For example, enjoy fruit instead of a soft drink and aim for whole grains instead of processed flours

So when it comes to carbohydrates follow these **recommendations**:

1. Limit foods that are high in processed, refined simple sugars provide calories but they have very little nutrition.

2. Get more complex carbohydrates and healthy nutrients by eating more fruits and vegetables.

3. Focus on whole-grain rice, breads and cereals, and don't forget the legumes — beans, lentils and dried peas.



North Davis Senior Activities Center

This and That



We successfully finished our Tai Chi 1 class in August, and are looking forward to starting our first ever Tai Chi 2 class this month. More details to come!

WUNCH BUNCH

Wednesday,
Sept 20th



Parkinson's Support Group
September 6th 6:00pm to 7:00pm
Dementia Caregiver Support
September 6th 3:00pm to 4:00 pm
Shopping
Every other Friday at 12:30 pm
September 13th & 27th

Daily & Monthly Activities

Mondays

9:00 am Quilters
10:00 am Bingo
12:30 pm Texas Hold'Em Poker
1:00 pm EnhanceFitness

Tuesdays

9:00 am Lapidary
9:30 am Bonsai Plant Workshop
10:30 am Fun and Games
12:30 pm Pinochle
1:00 pm Line Dancing



Wednesdays

9:00 am Lapidary
9:00 am Quilters
10:00 am Technology Lab by appt.
12:00 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
1:00 pm EnhanceFitness
2:00 pm Multi-Cultural Dancing

Thursdays

9:00 am Lapidary
9:30 am Bonsai Plant Workshop
10:30 am Fun and Games
12:15 pm Theater Thursday
12:30 pm Pinochle

Fridays

10:00 am Bingo
12:30 pm Pinochle
12:30 pm Texas Hold'Em Poker
1:00 pm EnhanceFitness

Available All Day/Everyday:
Pool table, computers, treadmill,
recumbent bike, library, videos,
and puzzles!

Central Davis Senior Activities Center

Daily Activities

Mondays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 11:30 am Lunch
- 12:30 pm American Mah Jongg
- 1:00 pm Line Dancing With Linda
- 2:00 pm Beginners Line Dancing

Tuesdays

- 9:00 am Art Class With Kathy
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:30 am Lunch
- 12:15 pm Yoga/Meditation
- 12:30 pm Community Music Therapy
- 1:00 pm Art Class With Kathy

Wednesdays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:15 am Bingo
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12 - 3 pm Ceramic Instructor Available
- 12:30 pm Pinochle
- 12:30 pm Square Dancing

Thursdays

- 9:00 am Marvelous Crafters Class
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:30 pm Mah Jongg

Fridays

- 8:00 am EnhanceFitness Class
- 9:30 am EnhanceFitness Class
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:00 pm Movie (Call For Info)
- 12:15 pm Shopping Day
- 12:30 pm Bridge

Activity Highlight

S Q U A R E D A N C E R S W A N T E D !

Our Kaysville Komets want YOU to join them and now is the time to do it!

For the month of September, you can participate in this fun way to exercise and increase your mental alertness with no obligation whatsoever!

Everyone is welcome and no partner is needed to participate.

Want more information?
Call Anna Marie at
801-773-2201



Available Everyday:

Pool Tables, Lapidary, Computers/WiFi, Treadmill, Recumbent Bike, Ping Pong, Puzzles & Library

81 E. Center Street, Kaysville (801) 444-2290

September

South Davis Senior Activities Center

726 S 100 E Bountiful 801-451-3660

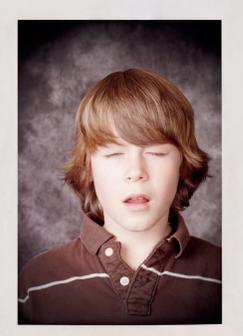
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness	Sit n Fit	EnhanceFitness	Gentle Yoga	EnhanceFitness
8:30		Beginning Tap			
9:00	Sit n Fit Stained Glass Pencil Drawing		Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Water Color
9:30	Line Dancing		Line Dancing	Crochet	Line Dancing
9:45					Tai Chi
11:00			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:30			Grocery Shopping		
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Open Pickleball Court		Alzheimer's Group 1st & 3rd Thurs	

Field Trip!
Scarecrow walk
September 8th
12:30 after lunch



Kick off fall with a fun, family-friendly stroll through the USU Botanical Center! Each year they partner with local businesses, organizations, and individuals to bring you a display of scarecrows hidden along the paths of USU property. Snacks and transportation will be provided, sign up ASAP for your seat on the bus before it fills up!

School Picture Day



Bring in an old school or childhood photo to copy ASAP. On September 8th join us at lunch to guess who's who!

September 8, 12:00pm

First Day of Fall Grilled Cheese



September, 22nd 11:45am

The poster features several watermelon slices in a watercolor style, positioned at the corners and along the sides. A blue border frames the central text.

Join Davis County Senior Activity
Centers, hosted by North Davis Senior
Activity Center for an

END OF SUMMER PICNIC

WEDNESDAY SEPTEMBER 13, 2023

***Loy Blake Park
550 N 3500 W
West Point, UT***

11:00-12:00- GAMES AND ACTIVITIES

12:00-1:00- LUNCH AND ENTERTAINMENT

This is an all centers activity! Please RSVP
@ your local Davis County Senior Activity
Center

Suggested Contribution
\$3.00

University of South Carolina's Office for the Study of Aging
in the Arnold School of Public Health and the SC Department of the Health and Human Services Present

Dementia Dialogues™

The Dementia Dialogues program is offered at NO COST by the office for the Study of Aging and the South Carolina Department of Health and Human Services

Thursday,
Oct. 19th, 26th, and Nov. 2nd
From 1:00 - 3:30

REGISTER BY EMAILING: sknight@co.davis.ut.us
or by calling Sheryl at (801) 525-5127



SEATS ARE LIMITED AND WILL FILL UP QUICKLY.



- Topic 1: The Basic Facts: An Introduction to Dementia
- Topic 2: Keeping the Dialogue Going: Communication Skills
- Topic 3: Preparing the Environment: Safety, ADLs and QOL
- Topic 4: It's Nothing Personal: Addressing the Challenging Behavior
- Topic 5: Now What Do I Do? Creative Problem Solving

Thank you Sponsors!

Davis County Senior Activity Centers

North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660



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

