



SENIOR SERVICES SEPTEMBER 2024 NEWSLETTER



'Powering Connections'

(Taken in part from ncoa.org & Davis County Senior Services)

Celebrated every year in September, National Senior Center Month is a great time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers have become integral to health care delivery in our communities by providing access to information, opportunities, and support to improve the lives of people in their communities as they age. That's why the 2024 theme for National Senior Center Month is Powering Connections.

Senior centers have transformed from their origins in the 1940s, especially after being incorporated into the Older Americans Act in 1973. Despite these changes, their core mission persists: to serve as the trusted community hub that links individuals to the necessary programs, services, and opportunities for successful aging.

Explore Your Local Senior Activity Center

Davis County Senior Activity Centers are tailored for adults aged 60 and above seeking social connections, engaging activities, or new hobbies.

Here's what you can find:

- Varied classes offered weekly like painting, lapidary, and ceramics;
- Health and fitness classes suitable for all levels, including Tai Chi, Bingocize, EnhancedFitness, and line dancing

- Amenities such as pool tables, internet-enabled computers, exercise gear, books, puzzles, and videos;
- A daily midday meal on weekdays, excluding state and federal holidays, in a social setting.

There are also group activities like bingo, card games, and themed parties that are perfect for socializing.

I don't drive, how can I get there?

Transportation can be provided for Davis County residents, to and from all three centers. Vehicles are accessible to accommodate walkers and manual or electric wheelchairs.

How to connect

Today, more than 11,000 senior centers serve more than 1 million older adults every day, Powering Connections in their communities and neighborhoods. Please call one of your Davis County Senior Activity Centers to sign up for transportation, meals, classes, trips and activities.

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Get out and about!



Davis County Senior Services offers curb-to-curb transportation for individuals wishing to attend our senior activity centers. Our senior activity centers offer day trips to local museums, shopping, and events. Advance reservations are suggested, and voluntary contributions are accepted.

Contact your local Davis County Senior Activity Center



Rides4Health

Rides4Health is a curb-to-curb non-emergency transportation service provided to seniors 60 and older living in Davis County, and not able to drive. Appointments for service must be within the county. No fee is charged for the ride but a suggested contribution of \$5.00 per trip is appreciated.



CONTACT US

To schedule a ride

At least 3 business days in advance

*Time Slots are filled on a first-come, first-served basis.

Call: 801-525-5061

Rides4Health can take you to:

- Doctors Offices
- Dentist Offices
- Physical & Occupational Therapy
- Hearing & Vision Appointments

To be eligible Clients Must:

- Be of Age 60+
- Be unable to drive
- Be able to get to the curb without driver assistance



September 2024

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

International Chocolate Day

Which candy bar is the best? Come find out on September 11th & 12th. Starting around 10:30 am.



THE LUNCH BUNCH

Wednesday, September 18th @11:30 am
Bus leaves Center @11:15 am
This month's lunch bunch will be at Culvers!

Pancakes & Pajamas



Party



September 26th

We're celebrating National Breakfast in Bed Day with Pancakes, Pajamas, and a Movie! Starting @11:00 am. RSVP Required.

FIELD TRIP

SCARECROW WALK [AT] USU

BOTANICAL CENTER

SEPTEMBER 30TH

BUS LEAVES [AT] 12:15 PM



Mondays

9:00 am Quilters & Silversmithing
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
10:15 am Music & Memories (2nd Tuesday)
1:00 pm Pinochle
1:00 pm Line Dancing
1:00 pm Wire Wrapping (2nd Tuesday, Bring your own supplies)

Wednesdays

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

Thursdays

9:00 am Lapidary
9:30 am EnhanceFitness
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

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

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm
Grief Support- 2nd & 4th Wednesday @10:30am
Parkinson's Support- 1st Wednesday @6pm

September 2024

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



What a MELON of a
SUMMER
Celebration!!

Come watch a slideshow
of our fun summer
memories while enjoying
fresh melons galore.
September 4th at 11:30

CELEBRATE THE CULTURE
OF INDIA ON
SEPTEMBER 24TH
AT 11:00



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				



September



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	

First Day of Fall Celebrations!

Friday, Sept. 20th

Carmel Apple Nachos!
& Minute to Win it Apple stacking



Starting @
**11:20
am**

Fall Foliage Trip & Rainbow Gardens

Registration opens on September 24th at noon for one of our beloved seasonal field trips. Join us for a scenic drive through Trappers Loop and Ogden Canyon followed by lunch at The Greenery on Tuesday, October 8th.

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Turkey Wrap	2  Labor Day		3 Chicken Parm Penne/Marinara Sauce Broccoli Roasted Cauli Roll Fresh Fruit Milk	15 28 5 4 22 22 11	4 Cheeseburger Lettuce/Tomato Butternut Squash Zucchini Fruit Milk	29 1 8 3 14 11	5 Curry Stew Fluffy Rice Green Salad Corn Fresh Fruit Cookie Milk	17 30 2 17 22 16 11	6 Sloppy Joes Baked Beans Mixed Veggies Fruit Milk	33 35 14 10 11
*South west Salad	9 Beef/Cheese Quesadilla Corn Broccoli/red peppers Fruit Milk	33 17 6 21 11	10 Tilapia Brown Rice Green Beans Carros Fruit Pudding Milk	0 33 6 7 14 22 11	11 Chicken Tenders Mash Potatoes/gravy Mixed Veggies Fruit Milk	15 28 5 21 11	12 Meatball Sandwich Green Bean Green Salad Fresh Fruit Milk	41 6 2 21 11	13 Baked Turkey Mash Potatoes/gravy Corn Zucchini Fresh Fruit Dessert Bar Milk	2 29 17 3 22 39 11
*Chicken Salad Sandwich	16 Smothered Meatballs Rotini/brown gravy Butternut Squash Fruit Peas, Milk	9 25 8 21 13 11	17 Chicken Sandwich Lettuce/Tomato Green Beans Baked Beans Fresh Fruit Milk	29 1 6 31 22 11	18 Lasagna Casserole Carrots Zucchini Roll Fruit Milk	36 7 3 22 20 11	19 Chicken Chef Salad Fresh Fruit Dessert Bar Roll Milk	10 21 27 22 11	20 Veggie Chili Dog Potato Salad Cabbage Fruit Milk	43 21 5 21 11
*Buffalo Chicken Salad	22 Spaghetti/meatballs Spinach Roasted Cauliflower Fruit Milk	6 20 5 13 22 14 11	24 Pork Loin Mash Potatoes/gravy Carrots Green Beans Fresh Fruit Cookie Milk	0 28 7 6 22 16 11	25 Beef Stew Boiled Potatoes Green Salad Roll Fresh Fruit Milk	10 23 2 22 21 11	26 Breaded Chicken Sandwich Lettuce/Tomato Sliced Beets Corn Fresh Fruit Milk	41 1 3 17 22 11	27 Beef and Broccoli Fuffy Rice Mixed Veggies Fruit Frosted Cake Milk	6 30 11 14 40 11
*Egg Salad Sandwich	30 Shepherds Pie Roasted Cauliflower Fruit Cookie Milk	29 4 18 16 11								

SEPTEMBER 2024

**Alternate Meals are available in Center Dining Only.

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



Central Davis Senior Activity Center

Beginner Square Dancing

Get ready to kick up your heels and join us for an afternoon of lively square dancing fun! Casual clothed appropriate.

No partner? No problem!

We welcome couples or singles.

Starting Wednesday September 4th

@ 12:30 pm-2:30 pm, beginners can dance for

FREE every Wednesday for the month of September—

Call Anna Marie for more info

801-773-2201

See you on the dance floor!



Kaysville Komets



It's time to review

your current

Medicare coverage

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

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

Are you a FAMILY CAREGIVER?

DATE: Tuesday, September 10th, 2024

*Registration is required—
Complimentary lunch included.

TIME: 10:00 am-2:30 pm

(30 minute lunch break from 12:00-
12:30 pm)

PLACE: 81 E Center St, Kaysville
(Central Davis Senior Activity Center)



Sign up today for your **FREE**
Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time for You

"I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

PRE-REGISTRATION IS REQUIRED.

Eve Larsen

801.525.5050 opt 5

To reserve your spot, please contact:

elarsen@co.davis.ut.us

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

