



SENIOR SERVICES NEWSLETTER AUGUST 2023

Participating in Activities You Enjoy As You Age

(This content is provided by the National Institute on Aging. Content reviewed: March 28, 2022)

As you grow older, you may find yourself spending more time at home alone. Being lonely or socially isolated is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health.

If you find yourself spending a lot of time alone, try participating in activities you find meaningful — those that create a sense of purpose in your daily life. These can include hobbies, volunteer activities, or time with family and friends.

Benefits of an active lifestyle-

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body. Research has shown that older adults with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer.
- **Have a longer lifespan.** Studies looking at people's outlooks and how long they live show that happiness, life satisfaction, and a sense of purpose are all linked to living longer.



- **Are happier and less depressed.** Older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.
- **Are better prepared to cope.** When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.
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- **May be able to improve their thinking abilities.** Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better. Other studies are providing new information about ways that creative activities, such as music or dance, can help older adults with memory problems or dementia.

Activities to consider-

There are plenty of places to look for opportunities to engage in activities you enjoy, depending on your interests and ability. Following are ideas that might work for you.

Connect with family and friends by:

- Play cards or other games with friends in person or online.
- Travel with a group of older adults, such as a retiree group.
- Video chat or call your friends and family members.
- Try different restaurants with your loved ones.
- Reconnect with old friends through your high school or college alumni association.
- Visit a community or senior center and take part in its events and activities

Learn something new

- Take a cooking, art, dance, Yoga Tai Chi, language, or computer class. Get in touch with your local community college or library.

Become more active in your community

- Serve meals or organize clothing donations for people in need
- Run errands for people with limited mobility or access to transportation

- Volunteer at a school, library, museum, hospital, Senior Center, or animal shelter



Go out and get moving

- Garden (indoors or out) or do yard work
- Take an exercise class or do exercises at home
- Join a sports club for older adults, like a bowling club or pickleball
- Take a swimming class
- Play with your grandchildren. Teach them a game or dance you remember from childhood
- Take a stroll or bike around the neighborhood or on nature trails

Find the right balance-

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person may be too much for another. You might start by adding one or two activities to your routine and see how you feel. Remember: Participating in activities you enjoy should be fun, not stressful.

North Davis Senior Activities Center

This and That



August 9th
More details
to come!



THE LUNCH BUNCH
August 16th



Parkinson's Support Group
August 2nd 6:00pm to 7:00pm

Dementia Caregiver Support
August 2nd 3:00pm to 4:00 pm

Shopping
Every other Friday at 12:30 pm
August 11th & 25th

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
10:00 am Tai Chi
10:30 am Fun and Games
12:10 pm Bingocize
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.
10:00 am Bingocize
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
10:00 am Tai Chi
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

9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:00 am Wii Games
11:30 am Lunch
12:15 pm Bingocize
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
1:00 pm Art Class With Kathy

Wednesdays

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
12:15 pm Bingocize
12:30 pm Mah Jongg

Fridays

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

Recognition

THANK YOU SPONSORS!!!

We like to party here at Central Davis! Fortunately for us, so do our community partners! Thank you to the following sponsors for making our Patriotic Summer BBQ even more memorable...

WE APPRECIATE YOU!



ABBINGTON
Senior Living

INDEPENDENT • ASSISTED • MEMORY CARE



ASPEN RIDGE
HOME HEALTH & HOSPICE



CRESTWOOD
REHABILITATION AND NURSING

Available Everyday:

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

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

AUGUST

South Davis Senior Activities Center

726 S 100 E Bountiful 801-451-3660

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness	Gentle Yoga	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 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	

EVENTS

August 18th

Natl' Balloon Animal Day

☆ Balloon Twisters on sight
Cotton Candy Fresh Popcorn
& Games

11am-12pm



August 24th

Natl' Waffle Day

☆ Hot and Fresh
Loads of toppings
9:30-10:30am



Alternate	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
Turkey Wrap	<div>August</div> <div>2023</div>		1 Chicken Chef Salad Roll Fresh Broccoli Fruit Cookie Milk	9 22 11 14 16 11	2 Beef & Broccoli Fluffy Rice Green Salad Carrots Fresh Fruit Milk	6 59 3 7 21 11	3 Breaded Fish Brown Rice, Roll Green Beans Fruit Milk	23 22 27 11 20 11	4 Beef Stroganoff Beets Corn Watermelon Milk	41 3 17 13 11
Chicken Salad Sandwich	7 Beef Soft Tacos Beans Corn Fruit Milk	43 33 17 14 11	8 Meatball Sandwich Pea & Onion Salad Carrots Fresh Fruit Milk	43 21 7 21 11	9 Egg Salad Sandwich Fresh Vegetables Cantaloupe Yogurt Milk	28 11 11 19 11	10 Stir Fry Chicken Fluffy Rice, Corn Fruit Cookie Milk	18 30 17 20 16 11	11 Chicken Alfredo Broccoli Mixed Veggies Fruit Milk	38 5 5 18 11
Southwest Salad	14 Cheeseburger Green Salad Oven Brown Potatoes Mixed Veggies Fruit, Milk	29 1 23 11 13 11	15 BBQ Pork Sandwich Zucchini Coleslaw Fresh Fruit Cookie Milk	54 3 6 22 16 11	16 Beef Enchilada Pie Spanish Rice Green Salad Fruit, Cookie Milk	24 3 20 16 11	17 Buffalo Chicken Salad Roll, Fresh Veg Fresh Fruit Dessert Bar Milk	22 6 22 27 11	18 Baked Turkey Mash Potatoes/gravy Mixed veg Corn, Fruit, Pudding Milk	3 29 5 17 18 22 11
Egg Salad Sandwich	21 Lasagna Casserole Roll Mixed Veg Broccoli Fruit	36 22 12 5 14 11	22 Chicken Sandwich Beets Oven Brown Potatoes Fresh Fruit Milk	29 3 19 19 11	<div> <div>23</div> <div>  </div> </div> <div> Staff In-service Centers Closed </div>		24 Chicken Caesar Salad Roll, Fresh Veg Watermelon Cookie Milk	12 22 6 13 16 11	25 Meatballs gravy Rotini Noodles Coleslaw, Peas, Fresh Fruit Milk	12 20 6 13 19 11
Breakfast Wrap	Milk 28 Enchilada Pie Spanish Rice Mexican Corn Fruit Milk	21 24 18 18 11	29 Chicken Chef Salad Roll Fresh Vege Fruit Milk	9 22 6 18 11	30 Macaroni & Cheese Baked Beans Green Salad Beets Watermelon, Milk	52 35 2 3 13 11	31 Pork Sand Mash Potato/gravy Cuke Tomato Salad, Green Beans, Fresh Fruit, Milk	13 28 7 6 21 11		

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



SAVE THE DATE

Sept. 13th DOG DAYS OF SUMMER ALL CENTERS COOK OUT

*Details to come

Transportation is a suggested contribution of \$1.50 each way or \$3.00 round trip

Curbside pick up from your home to our Senior Activity Centers available Monday-Friday
Shopping days scheduled by center call your local activity center for more information

El transporte tiene una contribución recomendada de \$1.50 por cada viaje o \$3.00 ida y vuelta

Recogida en la acera desde su hogar a nuestros Centros para personas mayores disponibles de lunes a viernes
Días de compras programados por centro llame a su centro de actividades local para más información



NORTH DAVIS



CENTRAL DAVIS



SOUTH DAVIS

**Clearfield
801-525-5080**

**Kaysville
801-444-2290**

**Bountiful
801-451-3660**



Call for a reservation today

Thank you Sponsors!

Davis County Senior Centers

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660



**Latitude
Mobile Alert**
with Advanced Fall Detection


CRESTWOOD
REHABILITATION AND NURSING

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

Humana


ASPEN RIDGE
HOME HEALTH & HOSPICE

SPONSORSHIP

 **COUNTRY PINES**