



SENIOR SERVICES DECEMBER 2025 NEWSLETTER



Senior Services Meal Eligibility and Safety

(Written By Davis County Senior Services Nutrition Staff)

Davis County Senior Services offers comprehensive nutrition programs aimed at enhancing the well-being of older adults. These programs include home-delivered meals and congregate dining at senior activity centers, nutrition counseling and education, as well as access to healthy foods (SNAP and Senior's Farmers Market). These programs must follow strict safety protocols and specific nutritional requirements. Many individuals may be unaware of the availability of these programs and the enrollment process.

Home-Delivered Meals Program

The Home-Delivered Meals program provides nutritious meals, meeting at least one-third of the daily recommended intake, to individuals in their homes. The eligibility criteria for this program include:

1. Individuals must be 60 years of age or older.
2. Participants must be homebound, particularly those who are unable to drive unless assisted by a caregiver.
3. An in-home nutritional assessment must be completed to determine the participant's nutritional needs.

Congregate Dining Program

The Congregate Dining program, hosted at Senior Activity Centers, aims to foster social engagement among older adults by allowing

them to enjoy meals in a communal setting.

Eligibility for this program includes:

1. Individuals must be 60 years of age or older; accompanying spouses are eligible regardless of age.
2. Individuals serving as volunteers within the nutrition program.

Contributions

Participants are encouraged to make voluntary contributions toward the cost of meals to sustain the program and to help reach as many older adults as possible. Once enrolled, home-delivered meals clients receive a monthly statement detailing the total number of meals delivered in the previous month. Congregate Dining clients are encouraged to make a confidential, anonymous contribution in one of the boxes located throughout the center. Contributions can be made by anyone to the nutrition program. All contributions are used to sustain and enhance the nutrition program. Importantly, Davis County (Continue page 2)

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has maintained the absence of a waiting list for home-delivered meals and does not anticipate one in the future, thanks to our client contributions and the efficiency of our program.

Food Safety and Quality Commitment

In addition to following the nutritional intake guidelines, we are committed to ensuring the safety of our meals and safeguarding the health of our clients. In our efforts, we have a stringent temperature check process, from meal preparation to transportation and delivery. All meals are delivered at the correct temperature. Any deviations are reviewed and corrected as soon as possible.

When food is removed from the senior activity centers, including items from local restaurants, it must be refrigerated immediately to ensure safety. Home-delivered meals should not be left in coolers on porches or hanging on doors. The home-delivered meals program not only provides nutritious meals but also serves as a safety check for clients, offering reassurance to loved ones who are unable to be present.

Guidelines for Meal Safety

In your effort to maintain the safety and quality of your meals, please adhere to the following guidelines:

Wash Hands

Before handling food, wash your hands for at

least 20 seconds with soap and warm water.

2-Hour Food Rule

Do not leave the meal at room temperature for more than 2 hours. If you do not intend to consume the meal immediately, please refrigerate it to maintain safety.

Leftovers

Store leftovers safely in the refrigerator for up to 3 days or freeze them for up to 3 months. Perishable items such as meats, salads, fruits, and bread should be consumed within 3 days of delivery. If your meal does not have a date, please add one before refrigeration.

Reheating

Always use a microwave to reheat meals, stirring the food halfway through the process for even heating. Reheat foods to a safe internal temperature of 165 degrees Fahrenheit, which typically requires 2-3 minutes on "high" in the microwave. Allow the food to sit for 2-3 minutes after heating to avoid burns.

By following these guidelines, you can ensure the proper temperature and safety of the food you eat. Davis County Nutrition Program takes quality and safety very seriously and wants to protect the health and well-being of those we serve.

Christmas Word Scramble

e h s l g i	_ _ _ _ _
r y e m r	_ _ _ _ _
c i s n o k t g	_ _ _ _ _
t r w e h a	_ _ _ _ _
i t w r e n	_ _ _ _ _
d e e n e r r i	_ _ _ _ _
l h t s i g	_ _ _ _ _
e t r e	_ _ _ _
a t a n s	_ _ _ _ _
e l s v e	_ _ _ _ _

Word List

elves	sleigh
lights	stocking
merry	tree
reindeer	winter
santa	wreath

December 2025

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

Twinkling lights and tasty bites

Christmas lights bus tour and dinner at Golden Corral

*Bus leaves the center at 3:00 p.m. on Dec. 10th
and returns after dark*

MUST RSVP

Christmas Dinner

Join us Dec. 19th at 11:00 a.m.

Entertainment and Delicious Food

You are invited to dress formally but isn't
necessary to attend.

Must RSVP



2025 is a wrap... let's celebrate !!

DEC. 30TH AT 10:15

End of year video memories, lunch, music
and laughs....

Must RSVP

***NDSC will be CLOSED**

Dec. 9, 25-26* Jan. 1, 2026

***Signs ups for trips and parties will
open the first Monday @ noon.***

Monday

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

Tuesday

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

Wednesday

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

Thursday

8:00am-1:00pm Lapidary
9:30am-10:30am EnhanceFitness
10:30am-11:30am Bunco
12:15pm-1:15pm Craft w/ Lizz 12/03
1:00pm-5:00pm Pinochle

Friday

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

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

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm
Parkinson's Support- 1st Wednesday @6pm



December 2025

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



HERE COMES SANTA CLAUS
PLEASE RSVP AT THE FRONT DESK FOR LUNCHEONS.

Candy Cane shaved ice at the North Pole Monday December 8th @ 11:00am

Gingerbread cookies for Santa Tuesday December 16th @ 11:00am

Breakfast with Santa December 17th At 11:00. Enjoy a tasty holiday brunch with a surprise visit from santa for photos and fun.

Christmas Dinner Tuesday December 23rd at 11:30am

Ring in the New Year at our traditional luncheon Wednesday December 31st @ 11:00am

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	Art class with Kathy	EnhanceFitness Class		EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi With Diana		Tai Chi With Diana	Qigong 2nd Fri
10:15	Wii Fit	Boredom Busters	Bingo	Boredom Busters	Wii Fit
11:00			Ceramics Instructor	Open Craft Room	Open Craft Room
12:00			Ceramics Instructor		Movie
12:15			Square Dancing		
12:30			Pinochle	Mahjongg	Bridge
1:00	Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	

DECEMBER

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		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00		Grief Support every 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	

Holiday Cookies & Movies

Join us in decorating and eating fresh baked ginger bread cookies @ 11:15 then stick around after lunch for a special Christmas movie, cocoa, popcorn and snacks with friends.



Friday Dec. 19th

Cooked by Center Staff

French
DIP



**Wed. Dec 31st
@ 11:45**

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Chicken Tenders	1 Shepherd's Pie Carrots Spinach Fruit Cookie Milk	29 7 6 18 16 11	2 Turkey Rice Cass Butternut Squash Broccoli Fruit Pudding Milk	46 8 5 12 22 11	3 Swedish Meatballs Rotini Noodles Green Beans Zucchini Fruit Milk	14 20 6 3 21 11	4 Chili Cornbread Corn Green Salad Fresh Fruit Milk	26 30 17 2 21 11	5 Chicken Alfredo Spaghetti Noodles Peas Mixed Veggies Dinner Roll Fresh Fruit Milk	6 32 13 5 20 19 11
	8 Curry Stew Fluffy Rice Roasted Cauliflower Mixed Veggies Fruit Milk	11 30 4 5 21 11	9 Closed for Staff Training		10 Lasagna Cass Garlic Roll Zucchini Carrots Fruit Milk	35 21 3 7 21 11	11 Breaded Fish Rice Pilaf Broccoli/Red Peppers Mixed Veggies Fruit Milk	20 27 6 5 12 11	12 Beef Stew Boiled Potatoes Cabbage Dinner Roll Fresh Fruit Milk	9 23 5 20 19 11
*Chicken Salad Sandwich	15 Goulash Mixed Veggies Butternut Squash Fruit Milk	52 5 8 21 11	16 Beef Ench Pie Spanish Rice Corn Zucchini Fresh Fruit Cookie Milk	28 23 17 3 22 16 11	17 Pork Loin Au Gratin Potatoes Green Beans Carrots Fruit Pudding Milk	0 21 6 7 18 22 11	18 Spaghetti w/Meatballs Roasted Cauliflower Green Salad Fresh Fruit Milk	45 4 2 15 11	19 Chicken & Sausage Jambalaya Corn Broccoli/Peppers Fruit Dessert Bar Milk	29 17 6 12 27 11
	22 Chicken Tenders Oven Browned Potatoes Mixed Veggies Fruit Milk	19 23 10 21 11	23 Baked Ham Au Gratin Potatoes Mixed Veggies Roll Cobbler Milk		24 Beef & Broccoli Fluffy Rice Carrots Fruit Dessert Bar Milk	6 30 7 19 30 11	25 Closed for Holiday		26 Closed for Holiday	
*Turkey Wrap	29 Beef & Potatoes Green Salad Corn Fresh Fruit Milk	34 2 17 22 11	30 Tilapia Brown Rice Broccoli Carrots Fruit Frosted Cake Milk	0 22 5 7 12 39 11	31 Roast Beef Mash Potatoes/gravy Peas Zucchini Fruit Milk	2 28 13 3 20 11				
	29 Beef & Potatoes Green Salad Corn Fresh Fruit Milk									
*Egg Salad Sandwich	29 Beef & Potatoes Green Salad Corn Fresh Fruit Milk									
										

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

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

¿Eres un cuidador?



Davis County Senior Services ofrece servicios a domicilio para personas mayores de 60 años que necesiten ayuda con las tareas cotidianas. Según el programa, también puede haber requisitos de elegibilidad en cuanto a ingresos y activos. Llame para consultar sobre nuestros servicios y programas.



Call: 801-525-5050

* Opción 5 y un administrador de casos podrá ayudarlo.



**Do you provide
unpaid care for
a family
member,
neighbor, or
friend ?**

Support is available.

Find Caregiver Support Programs available in Davis County. Call and speak to a Case Manager today.

801-525-5050 Option #5



ENHANCEFITNESS

- Improve physical function
- Decrease depression
- Protect against falls and fall injury
- Provide a social benefit
- Promote a physically active lifestyle



EnhanceFitness is a group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered. Classes available at all Davis County Senior Activity Centers. See activities pages in Senior Newsletter for days and times.

Thank You Sponsors!

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



North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660

Davis County Senior Activity Centers