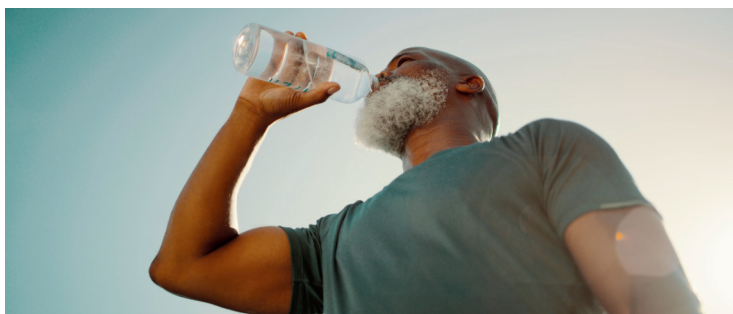




## SENIOR SERVICES JULY 2025 NEWSLETTER



### Hot Weather Safety for Older Adults

*(Taken in part from an AARP and National Institute on Aging online publications)*

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues. Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.

#### **Tips to Stay Cool**

**Stay inside on the hottest days.** Seek out air-conditioning and don't go outside between the hours of 10AM and 6PM to spare your body the stress of the extreme heat. If you don't have air-conditioning, you can find a Cooling Zone near you, or contact 211 for assistance and referrals to cooling centers.

**Drink plenty of fluids.** Get in the habit of sipping regularly. As people age, their ability to sense thirst wanes. The CDC's guide for protecting older adults in the heat notes that

people shouldn't wait until they feel thirsty to start drinking fluids. The National Academy of Medicine suggests men drink 15.5 cups of fluid per day and women drink about 11.5 cups daily.

**Take a dip.** That could mean going for a swim or a float in a pool or a lake, but it can also mean taking a cool shower or running through a backyard sprinkler (with the grandkids or not).

**Take extra precautions when outside.** Wear lightweight and loose fitting clothing. Older people have an increased risk of skin cancer, so wear sunscreen with broad spectrum protection, a broad-brimmed hat and sunglasses.

**Take action when you see symptoms of heat exhaustion and heat stroke.** Anyone overcome by heat should be moved to a cool and shaded location. If you start to feel sluggish, light-headed, nauseated or dizzy after being outside, listen to your body. Heat stroke is an emergency! Call 911.

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# Summer Safety

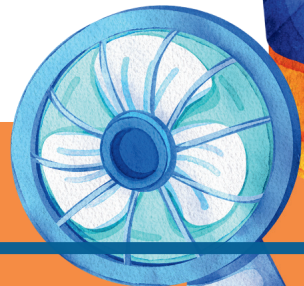
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 T E M T H I N B S M U E I R Z A U  
 N L L P S U N B U R N O A M K E G

poison ivy  
 sunburn  
 shade  
 heat

bug bites  
 hydrate  
 water  
 fun

sunblock  
 helmet  
 pool

protect  
 beach  
 safe







# July 2025



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



**July 2nd**  
**Join us for**  
**snowcones**  
**at lunch**

**Lunch Bunch**



**July 9<sup>th</sup> bus leaves @11:00**

**\*Sign-up required\***

**Field Trip**

**Days of '47 Float Preview**

**July 21<sup>st</sup> bus leaves @10:30**

**\*Sign up required\***



**\*Signs ups for bus trips will open the first Monday @noon.\***

## **Mondays**

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

## **Tuesdays**

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

## **Wednesdays**

8:30-9:30am Tai Chi  
8:00am-1:00pm Lapidary  
9:00am-5:00pm Quilters  
9:30-10:30am EnhanceFitness  
10:30-1:15pm All Stitched Up  
10:30-11:30am Kraft With Kristie (Last Wed)  
12:30-5:00pm Hand & Foot Cards  
12:30-2:30pm Texas Hold'Em Poker  
2:00-3:30pm Multi-Cultural Dancing

## **Thursdays**

8:00am-1:00pm Lapidary  
9:30-10:30am EnhanceFitness  
10:30-11:30am Bunco  
12:15-2:30pm Theater Thursday  
1:00-5:00pm Pinochle

## **Fridays**

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

\*Bonsai Plant Workshop Mon-Thurs 12:30-2:30pm  
\*I See It Cards Mon-Fri 9:30am-2:30pm

## **Support Groups:**

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

**HAPPY**  
*4<sup>th</sup> of July*



# July 2025

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

## 4<sup>th</sup> of July BBQ Thursday July 3<sup>rd</sup> 11:30 am



Hamburgers, potato salad,  
baked beans & fruit.

## Lunch Bunch *Sizzler*

July 8<sup>th</sup> @ 10:45 am  
Sign up at the front desk.

Thomas Jefferson brought  
vanilla ice cream to America  
from France in the 1780's.  
His prized recipe is housed in  
the Library of Congress.  
Celebrate this great cold,  
sweet treat on Wednesday  
July 23<sup>rd</sup> at 11:30am.



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Painting Group Tai Chi		Painting Group Tai Chi		
9:30	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
10:00	Beginners Lapidary	Movement & Meditation	Community Music 1 <sup>st</sup> Wed.	Movement & Meditation	
10:15			Bingo		
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15					Movie
12:30			Square Dancing Pinochle	Mahjong	Bridge
1:00	Scrabble Club Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	



# July

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		Advanced Line Dancing	Crochet & Craft	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 Mahjong		Bridge	
2:00		Grief Support 2nd & 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	

## Happy Birthday 'Merica

Your Face  
Here



**Thurs. July 3rd @ 11:45 AM**

South Davis is cookin' up tender, saucy, juicy pulled pork sandwiches, fresh made coleslaw and a hunk of watermelon. Join your friends and sign up now!

Patriotic

**MOVIES**



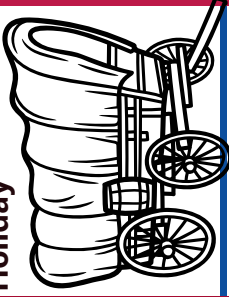
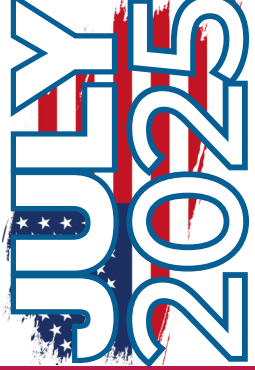
& Pretzels

**Fri. July 11<sup>th</sup> @ 12:30**

Join us in our comfy couches and chairs for laughter and a world saving adventure. Free hot soft pretzels will be served as you enjoy

**Independence Day** (the movie).



Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Break fast Wrap			1 Chicken Chef Salad Dinner Roll Fresh Veggies Fruit Milk	9 22 6 18 11	2 Mac & Cheese Baked Beans Green Salad Sliced Beets Fruit Milk	52 35 2 3 13 11	3 Cheese Burger Lettuce/Tomato Oven-Browned Potatoes Calif Veggies Fruit Milk	29 1 23 5 14 11	4 Closed for Holiday  Happy 4 <sup>th</sup> of July	
*Grilled Ham & Cheese	7 Tuna Salad Sandwich Fresh Veggies Fruit Cookie Milk	31 11 13 16 11	8 Chicken Breast Baked Potato Mixed Veggies Marinated Veg Salad Fresh Fruit Milk	1 22 5 9 22 11	9 Breaded Fish Filet Rice Pilaf Cuke/Tomato Salad Corn Fresh Fruit Milk	23 27 7 17 19 11	10 Chicken Chef Salad Dinner Roll Fresh Veggies Cantaloupe Milk	9 22 6 11 11	11 Pasta/meatballs Zucchini Carrots Fruit Pudding Milk	48 3 7 20 22 11
*Tuna Salad Sandwich	14 Chicken Caesar Salad Dinner Roll Fresh Veggies Fruit Milk	12 22 11 14 11	15 BBQ Pork Sandwich Potato Salad Green Salad Fresh Fruit Dessert Bar Milk	54 22 3 21 30 11	16 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Watermelon Milk	1 26 6 5 22 11	17 Hamburger Corn Pea & Onion Salad Fresh Fruit Milk	28 17 21 19 11	18 Chicken Teriyaki Fluffy Rice Cauliflower Carrots Fruit Milk	13 30 4 7 20 11
*Chicken Chef Salad	21 Tilapia Buttered Rice Corn Broccoli Fruit Milk	0 59 17 5 20 11	22 Chicken Breast Mash Potatoes/Gravy Peas Mixed Veggies Fruit Pudding Milk	1 29 13 5 19 22 11	23 Beef Hot Dog Macaroni & Cheese Green Beans Cabbage Fresh Fruit Milk	1 26 6 5 22 11	24 Closed for Holiday 		25 Turkey Sandwich Ranch Pasta Salad Fresh Veggies Fresh Fruit Milk	28 22 11 21 11
*Turkey Wrap	28 Sloppy Joes Oven-Browned Potatoes Fresh Veggies Fruit Milk	33 23 6 20 11	29 Chicken Chef Salad Dinner Roll Fruit Cookie Milk	9 22 14 16 11	30 Beef & Broccoli Fluffy Rice Green Salad Carrots Fresh Fruit Milk	6 59 2 7 21 11	31 Breaded Fish Filet Brown Rice Dinner Roll Green Beans California Veggies Fruit Milk	23 22 27 6 5 20 11		

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

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



# Tai Chi for Arthritis

A journey to vitality starts here!

Improve joint health,  
balance, and well-being.

Tai Chi for Arthritis has been shown to:

- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls



**AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS**

## Are You a Caregiver?



Davis County Senior Services offers in-home services to those who are 60 + years old 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 programs.

We can help



**Call: 801-525-5050**

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

# HEALTHYRIFIC STUDY

## FOOD. FUN. FRIENDS.



### Calling all Older Adults!!

The University of Utah Division of Family Medicine has partnered with the Utah State Division of Aging and Adult Services in a nutrition research study. The purpose of this study is to evaluate the impact of nutrition on health, wellness, and strength.

#### **Be part of an important research study:**

- Are you 60 years or older?
- Wanting to improve health and strength?
- At nutrition risk?

#### **Participation in this study involves:**

- Comprehensive nutrition assessment and therapy at no cost.
- Attending study cooking classes and dietitian appointments at a local senior center.
- Time commitment per month 2-13 hrs. (some activities from home)

**Contact: Joan Heusser, RDN, CD**  
[joan.heusser@hsc.utah.edu](mailto:joan.heusser@hsc.utah.edu)  
385-377-4268



## 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