



SENIOR SERVICES JULY 2026 NEWSLETTER



UV Safety Month: Sun Safety for Seniors

*(Taken in part from an online publication by the Visiting Nurse Association Health Group)**

July is UV Safety Month, a timely reminder of the dangers posed by ultraviolet (UV) radiation and the importance of protecting our skin, especially as we age. While sunlight is vital for our health, aiding in Vitamin D production and promoting well-being, too much exposure can lead to serious consequences. Seniors, in particular, face elevated risks due to age-related changes in skin and immune function. Understanding and embracing sun safety measures isn't just about avoiding sunburn; it's about preserving quality of life and long-term health.

The Unique Risks Seniors Face from UV Exposure

As we age, our skin becomes thinner, less elastic, and more vulnerable to damage. The body's natural ability to repair cellular damage also diminishes, which increases the risk of:

- **Eye damage:** Cumulative UV exposure can lead to cataracts and macular degeneration, impairing vision and reducing independence.
- **Sunburn and irritation:** Seniors may not feel the sun's heat as acutely, making it easier to unknowingly suffer burns.

- **Skin cancer:** Basal cell carcinoma, squamous cell carcinoma, and melanoma are all more common in older adults.

Top Sun Safety Tips for Seniors

1. Plan Outdoor Activities Wisely

Avoid going outdoors between 10 a.m. and 4 p.m., when UV rays are strongest. Early mornings and later afternoons are safer and more comfortable times for walks, gardening, or other outdoor hobbies.

2. Dress for Defense

Lightweight, long-sleeved shirts, wide-brimmed hats, and UV-blocking sunglasses offer excellent protection. Special UV-protective clothing is also available and often more breathable and comfortable for hot summer days.

3. Use Sunscreen Generously and Often

Choose a broad- (Continue pg 2)

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spectrum sunscreen with SPF 30 or higher. Apply it 15–30 minutes before going outside and reapply every two hours or immediately after swimming or sweating. Don't forget overlooked areas like ears, neck, feet, and the back of hands.

4. Check the UV Index Daily

The UV Index provides a daily forecast of the expected risk of UV radiation. Ratings range from low (1–2) to extreme (11+). Seniors and caregivers should check this index regularly and plan accordingly using trusted weather sources or apps.

5. Stay Hydrated and Cool

Seniors are more susceptible to heat-related

illnesses. Wear breathable clothing, seek shade, and drink water regularly, especially when temperatures and UV levels are high.

Final Thoughts: A Lifelong Commitment to Sun Safety

Sun protection isn't a seasonal task; it's a year-round responsibility. Seniors have spent a lifetime building memories under the sun, and with the right precautions, there's no reason to stop now. Whether it's a quiet afternoon walk, time in the garden, or playing with grandchildren at the park, these moments can remain safe and enjoyable with just a few mindful habits.

4th of July WORD SEARCH



S	C	E	L	E	B	R	A	T	E	S	Q
J	T	E	A	M	E	R	I	C	A	P	F
S	U	R	C	R	D	A	A	R	C	A	I
P	P	L	I	W	H	I	T	E	S	R	R
A	I	H	Y	P	D	F	T	L	P	K	E
T	C	O	R	H	E	E	S	E	V	L	W
R	N	L	C	Y	D	S	E	T	E	E	O
I	I	I	T	A	N	I	X	U	A	R	R
O	C	D	R	A	E	T	G	C	S	R	K
T	P	A	E	U	S	A	O	T	E	E	S
I	P	Y	L	A	L	Z	M	G	R	E	D
C	D	B	N	F	R	E	E	D	O	M	T

PATRIOTIC
FREEDOM
AMERICA
JULY

FLAG
FIREWORKS
CELEBRATE
BLUE

PICNIC
STRIPES
STARS
RED

HOLIDAY
PARADE
SPARKLER
WHITE

July 2026

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



LUNCH BUNCH
JULY 8TH-BUS LEAVES 10:30AM

MUST SIGN UP



TAZIA

KARAOKE

WITH DJ
CANDACE

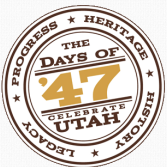


MARNI

AND

BIRTHDAY PARTY

JULY 13TH AT 10:15 / RSVP



FLOAT PREVIEW PARTY



JULY 22ND

BUS LEAVES AT 10:30AM

SACK LUNCH PROVIDED/RSVP



Hoolea's Almanac

(pronounced: HOO-Lee-A)



Around 150 million hot dogs are consumed
in the U.S. every Independence Day!

LUCKY NUMBERS: 4, 9, 17, 26, 44

NDSAC will be closed July 3rd and July 24th

Activity sign-ups begin at 12:00pm the first Monday of the month

Monday

8:00am-12:00pm
8:30am-9:30am
9:00am-5:00pm
9:30am-10:30am
10:30am-11:30am
12:15pm-2:15pm
12:30pm-2:30pm

Silversmithing
Tai Chi
Quilters
EnhanceFitness
Bingo
Movie Monday
Texas Hold'Em Poker

Tuesday

8:00am-12:00pm
9:00am-9:30am
10:30am-11:30am
12:00pm-1:00pm
1:00pm-5:00pm
1:00pm-3:00pm
1:00pm-2:30pm
1:00pm-2:30pm

Lapidary & China Painting
Chair Yoga (First Tuesday only)
Tai Chi for Fall Prevention
Mexican Train Dominos
Pinocle
Line Dancing
Bonsai Workshop
Wire Wrapping (2nd Tuesday, Bring your own supplies)

Wednesday

8:30am-9:30am
8:00am-12:00pm
9:00am-5:00pm
9:30am-10:30am
10:30am-12:30pm
12:30pm-5:00pm
12:30pm-2:30pm
2:00pm-3:30pm

Tai Chi
Lapidary
Quilters
EnhanceFitness
Card Games
Hand & Foot Cards
Texas Hold'Em Poker
Multi-Cultural Dancing

Thursday

8:00am-12:00pm
9:00am-9:30am
9:30am-10:30am
10:30am-11:30am
12:15pm-1:15pm
1:00pm-5:00pm

Lapidary
Chair Yoga (2nd & 30th only)
EnhanceFitness
Bunco
Fun & Games/No craft
Pinocle

Friday

8:00am-12:00pm
10:00am-11:30am
10:15am-11:30am
12:30pm-2:30pm
1:00pm-5:00pm

Silversmithing
Bingo
Shopping (3rd Friday)
Texas Hold'Em Poker
Pinocle

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

July 2026
Central Davis Senior Activity Center
81 East Center Street, Kaysville
801-444-2290

AMERICA 250 CELEBRATION
WE HAVE BEEN GRILLING AND CHILLIN SINCE 1776

LET'S CONTINUE THIS TRADITION AND BREAK OUT THE RED WHITE AND BLUE ON JULY 2ND
AT 11:00AM WITH TASTY BBQ DOGS & BURGERS ALONG WITH ENTERTAINMENT BY
BLUE SAGE BAND & SWEET ALL AMERICAN APPLE PIE A LA MODE OH YA!



Wagon Land Adventures outing and
Lunch at The Rusted Spoon
July 21st at 10:00 am



Rise & Shine it's Flapjack time at 9am on July 22nd
Come celebrate The Day's of 47 with a stack.



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	████████████████████	Wire Wrapping 1st & 3 rd Fri.
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class	Silversmithing	EnhanceFitness Class
10:00	Lapidary	Tai Chi	Open Lapidary	Tai Chi	████████████████████
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00	████████████████████	████████████████████	Ceramics & Crafts	Open Craft Room	★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
12:00	★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Pickin Circle	Ceramics Instructor	████████████████████	████████████████████
12:15	Bingocize	████████████████████	Square Dancing	Bingocize	Movie
12:30	████████████████████	████████████████████	Pinochle	Mahjonn	Bridge
1:00	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		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	Bingocize	Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting	Writing Club 1 st & 3 rd Wed	Bridge	
2:00					
3:00		Pickleball		Dementia support Group 1st Thurs	Book Club 2 nd Friday

July Parties & Events

RED, WHITE & BLUE BREAKFAST!



Thurs, July 2nd 9:45am

Field Trip! Wed. July 22nd @11:00am


Join us to meet the talented creators and technicians responsible for the floats at the 2026 Days of '47 Parade, and witness how everything is crafted even before the Parade begins! Sign up in person July 10th. The bus will depart at 11:00 AM, so please arrive thirty minutes early. Lunch will be at Sizzler and is self-pay.

Thur. July 23rd @ 11:15 am-12:15pm

Calling all pioneers, cowboys & cowgirls to celebrate the

Day's of '47! Live music starting at 11:00am, dutch oven lunch and deserts served at 11:45. RSVP, ASAP!



Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Break-fast Wrap										
*Grilled Ham & Cheese	6 Tuna Salad Sandwich Fresh Veggies Fruit Cookie Milk	31 11 13 16 11	7 Chicken Breast Baked Potato Mixed Veggies Marinated Veg Salad Fresh Fruit Milk	1 22 5 9 22 11	1 Mac & Cheese Baked Beans Green Salad Sliced Beets Fruit Milk	52 35 2 3 13 11	2 CheeseBurger Lettuce/Tomato Oven-Browned Potatoes Calif Veggies Fruit Milk	29 1 23 5 14 11	3 Closed for Holiday  Happy 4 th of July	
*Tuna Salad Sandwich	13 Chicken Caesar Salad Dinner Roll Fresh Veggies Fruit Milk	12 22 11 14 11	14 BBQ Pork Sandwich Oven Potatoes Green Salad Fresh Fruit Dessert Bar Milk	54 22 3 21 30 11	15 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Watermelon Milk	1 26 6 5 22 11	16 Hamburger Corn Pea & Onion Salad Fresh Fruit Milk	28 17 21 19 11	17 Chicken Teriyaki Fluffy Rice Cauliflower Carrots Fruit Milk	13 30 4 7 20 22 11
*Chicken Chef Salad	20 Tilapia Buttered Rice Corn Broccoli Fruit Milk	0 59 17 5 20 11	21 Chicken Breast Mash Potatoes/Gravy Peas Mixed Veggies Fruit Pudding Milk	1 29 13 5 19 22 11	22 Beef Hot Dog Macaroni Salad Green Beans Coleslaw Fresh Fruit Milk	1 26 6 5 22 11	23 Salisbury Patty Mash Potato/gravy Green Salad Zucchini Fruit Milk	5 28 2 3 20 11	24 Closed for Pioneer Day! 	
*Turkey Wrap	27 Sloppy Joes Oven-Browned Potatoes Fresh Veggies Fruit Milk	33 23 6 20 11	28 Chicken Chef Salad Dinner Roll Fruit Cookie Milk	9 22 14 16 11	29 Beef & Broccoli Fluffy Rice Green Salad Carrots Fresh Fruit Milk	6 59 2 7 21 11	30 Breaded Fish Brown Rice Dinner Roll Green Beans California Veggies Fruit Milk	23 22 27 6 5 20 11	31 Beef Stroganoff Spaghetti Noodles Sliced Beets Corn Watermelon Milk	9 32 4 17 13 11

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

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

Davis County Senior Services provides curb-to-curb transportation for those who desire to participate in our senior activity centers.



Let's

Get Out

And about!

*Call your local senior activity center

TAI CHI

FOR ARTHRITIS

Tai Chi for Arthritis has been shown to:

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



Join this class to learn and practice this ancient exercise consisting of slow, relaxed movements to prevent falls and improve movement and balance.

AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS

Need Assistance at Home?

Davis County Senior Services offers in-home services to those who are 60 years old or older and who need help with everyday tasks. Depending on the program, there may also income and asset 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

Rides4Health

is a curb-to-curb non-emergency transportation service provided to seniors 60 and older living in Davis County, with no other transportation. Appointments for service must be within the county.

No fee is charged for the ride but a suggested contribution of \$10.00 per round trip is appreciated.



Call: 801-525-5061

To schedule a ride call at least three business days in advance. Time slots are filled on a first-come, first served basis.

Visit your
Davis County Senior Activity Centers!



**North Davis Senior
Activity Center**

42 South State Street
Clearfield

801-525-5080

**Central Davis Senior
Activity Center**

81 East Center St
Kaysville

801-444-2290

**South Davis Senior
Activity Center**

726 South 100 East
Bountiful

801-451-3660

Thank you Sponsors!



NORTHERN UTAH
REHABILITATION HOSPITAL
We are passionate patient caregivers



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