



SENIOR SERVICES JUNE 2024 NEWSLETTER



The Historical Legacy of Juneteenth

(Taken in part from an article by The National Museum of African American History and Culture)

On "Freedom's Eve," or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes all across the country awaiting news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the south reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the Thirteenth Amendment did emancipation end slavery throughout the United States.

But not everyone in Confederate territory would immediately be free. Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until much later. Freedom finally came on June 19, 1865, when some 2,000 Union troops arrived in Galveston Bay, Texas.

The army announced the more than

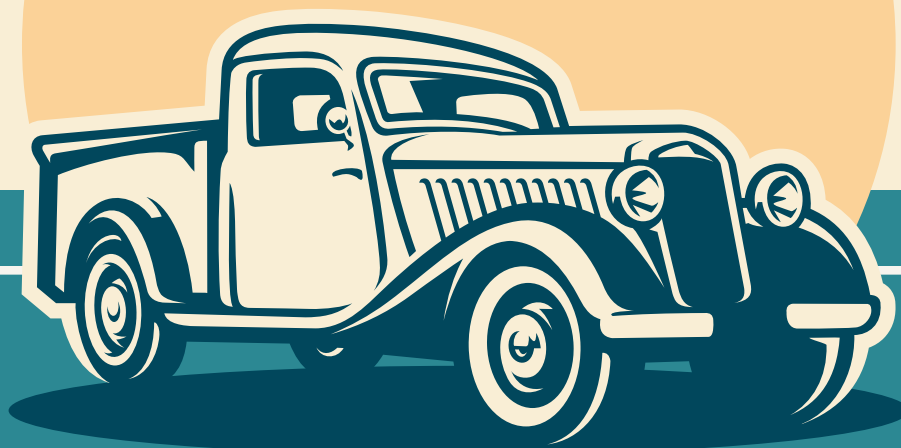
250,000 enslaved black people in the state, were free by executive decree. This day came to be known as "Juneteenth," by the newly freed people in Texas.

The post-emancipation period known as Reconstruction (1865-1877) marked an era of great hope, uncertainty, and struggle for the nation as a whole. Formerly enslaved people immediately sought to reunify families, establish schools, run for political office, push radical legislation and even sue slaveholders for compensation. Given the 200+ years of enslavement, such changes were nothing short of amazing. Not even a generation out of slavery, African Americans were inspired and empowered to transform their lives and their country.

Juneteenth marks our nation's second independence day, underscoring the importance of never giving up hope, even in uncertain times.

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CRUISE ON IN TO THE BACKYARD CAR SHOW



THURSDAY, JUNE 13TH 2024

STARTS AT 11.00 AM

CENTRAL DAVIS SENIOR ACTIVITY CENTER

81 E CENTER ST, KAYSVILLE

Come enjoy a hamburger fresh off the grill, vintage cars, and a live band!

RSVP @ your local Senior Activity Center

North Davis Senior Activities Center

Monthly Activities

FIELD TRIP

BOUNTIFUL CHALK FESTIVAL

JUNE 28TH

BUS LEAVES [AT] 12:15



FATHER'S DAY SOCIAL

JUNE 14TH

LIGHT BREAKFAST @ 9:30-10:30

LUNCHTIME ENTERTAINMENT @ 11:45



THE LUNCH BUNCH

Wednesday, June 19th @ 11:15 am
This month's lunch bunch will be at Iceberg!



Cornhole Tournament!

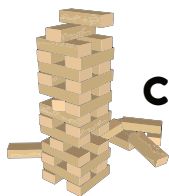
Join the fun! Sign up by June 5th if you want to participate!

Yard Game Day

June 20th @

10:30 am

Come enjoy games and a popsicle!



Daily Activities

Mondays

9:00 am Quilters & Silversmithing
9:30 am EnhanceFitness
10:30 am Bingocize
10:30am 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
10:30 am Fun and Games
1:00 pm Pinochle
1:00 pm Line Dancing



Wednesdays

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

Thursdays

9:00 am Lapidary
9:30 am EnhanceFitness
10:30 am Music & Memories(2nd Thursday Only)
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 @1pm

Parkinson's Support- 1st Wednesday @6pm

42 S. State St., Clearfield

(801) 525-5080

JUNE

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



Field trip to Hill Aerospace Museum.
June 4th at 10:00 am Lunch at Wingers afterwards
Sign up at the front desk required.



Enjoy a day learning about
 Australia on June 6th at 11:00
 am. A delicious Aussie icon
 will be served....

Tim Tam's



**FOOD
 TRUCK**



**Ice cream novelties will be
 served while the evolution of
 food trucks comes to life.**
National Food Truck Day
June 28th at Lunch.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Oil Painting/ Watercolors	Art Class With Kathy	Oil Painting/ Watercolors	Marvelous Crafters Class	
9:30	EnhanceFitness Class		EnhanceFitness Class		
10:00		Tai Chi With Diana		Tai Chi With Diana	
10:15			Bingo		
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				

June

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 Thurs	Tap Dancing	Alzheimer's Group 1st & 3rd Thurs	
3:00		Pickleball			

Fathers Day Friday, June 14th

Start your day with a hearty Father's Day breakfast! Biscuits and gravy will be prepared and served from 9:30 am to 10:30 am.




Fri. June 21st

Enjoy a lunch outing with your friends as we take care of transportation – \$3.00 suggested contribution plus the cost of lunch on your own

Bountiful Chalk Art Festival

Wed. June 26th

The bus departs from South Davis Senior Activity Center at 12:30 pm to Creekside Park, with frozen fruit bars provided. Limited seats available, sign up quickly.

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Turkey Wrap	3 Sloppy Joes Oven Browned Potatoes Fresh Veggies Fruit Milk	33 23 6 20 11	4 Chicken Chef Salad Dinner Roll Fruit Cookie Milk	9 22 14 16 11	5 Beef & Broccoli Fluffy Rice Green Salad Carrots Fresh Fruit Milk	6 59 2 7 21 11	6 Breaded Fish Fillet Brown Rice Dinner Roll Green Beans California Veggies Fruit Milk	23 22 27 6 5 20 11	7 Beef Stroganoff Spaghetti Noodles Sliced Beets Corn Watermelon Milk	9 32 4 17 13 11
*Chicken Salad Sandwich	10 Beef Soft Tacos Cooked Beans Corn Fruit Milk	42 40 17 14 11	11 Meatball Sandwich Pea/Onion Salad Carrots Fresh Fruit Milk	43 21 7 21 11	12 Egg Salad Sandwich Fresh Veggies Cantaloupe Yogurt Milk	27 11 11 19 11	13 Stir Fry Chicken Fluffy Rice Corn Fruit Cookie Milk	18 30 17 20 16 11	14 Chicken Alfredo Spaghetti Noodles Broccoli Florets Mixed Veggies Fruit Milk	6 32 5 5 18 11
*South west Salad	17 All Centers  Closed		18 BBQ Pork Sandwich Zucchini Coleslaw Fresh Fruit Cookie Milk	54 3 6 22 16 11	19 Beef Enchilada Pie Spanish Rice Green Salad Fresh Fruit Cookie Milk	29 24 2 20 16 11	20 Buffalo Chicken Salad Dinner Roll Fresh Veggies Fresh Fruit Pudding Milk	10 22 6 22 27 11	21 Baked Turkey Mash Potatoes/gravy Mixed Veggies Corn Fruit Milk	2 29 5 17 18 11
*Egg Salad Sandwich	24 Lasagna Casserole Dinner Roll Mixed Veggies Broccoli Fruit Milk	36 22 11 5 14 11	25 Chicken Sandwich Sliced Beets Oven Browned Potato Fresh Fruit Milk	28 3 19 19 11	26 Roast Beef/gravy Seasoned Mash Pot Carrots Mixed Veggies Fruit Milk	7 23 7 5 20 11	27 Chicken Caesar Salad Dinner Roll Fresh Veggies Watermelon Cookie Milk	12 22 6 13 16 11	28 Meatballs Brown Gravy Rotini Noodles Coleslaw Peas Fresh Fruit Milk	7 5 20 6 13 19 11



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

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



DAVIS COUNTY CAREGIVER SUPPORT

What services does Family Caregiver Support provide?

Family Caregiver Support services include:

- Providing information on available services and programs
- Assisting in connecting with community resources to help ease the role of caregiving
- Providing advice, guidance, education, and instructions about options and methods for dealing with caregiving responsibilities
- Paying for some respite care services - short periods of relief or rest for caregivers - which may include in-home respite, adult day care, personal care, and homemaking assistance
- Paying for some equipment and devices to make caregiving responsibilities easier. Some examples would be medical equipment and supplies, assistive devices, incontinence supplies, grab bars, ramps, and housing modifications

There is a limit on how often a caregiver can use the Family Caregiver Support program and how much funding can be used to assist each caregiver.

The individual being cared for must be 60 years of age or older and experiencing difficulties maintaining day-to-day tasks such as dressing, bathing, toileting, homemaking, etc. For questions, call our case managers



CONTACT US



Call: 801-525-5050 Option #5

Get out and about!



Davis County Senior Services offers curb-to-curb transportation for individuals 60 years or older 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

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

Thank you Sponsors



NORTHERN UTAH
REHABILITATION HOSPITAL
We are passionate patient caregivers



LINDQUIST
MORTUARIES • CREMATIONS • CEMETERIES

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