



SENIOR SERVICES JULY 2023 NEWSLETTER



Ultraviolet Safety Month

July is UV Safety Awareness Month. It serving as a reminder that exposure to ultraviolet rays is the most important preventable risk factor for skin cancer.

Exposure to too much UV light rays can develop a weakened immune system. Vaccines start to be less effective and bodies will start have a harder time fighting off infections. With a weakened system, problems such as reactivation of herpes can also be triggered by sun or other UV ray sources

Officials aim to educate the public on ways to protect themselves from harmful UV rays. Here are a few examples:

SUNSCREEN



The U.S. Food and Drug Administration (FDA) recommends that each person wears a sunscreen that has a sun protection factor (SPF) of at least 15 and should cover UV-A and UV-B rays.

COVER UP



If you are going to be out in the sun you should wear proper clothing such as pants, long sleeved shirts, a hat and sunglasses to protect you from harmful rays.

STAY IN THE SHADE



Midday is when the sun is at it's most intense, try staying in a shaded area from 10 am to 4pm to help protect your skin.

DON'T USE TANNING BEDS



Repeated exposure may cause premature aging of the skin and skin cancer.

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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 (NEW)
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 Chair Yoga (NEW)
1:00 pm Art Class With Kathy



Wednesdays

9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:15 am Bingo
10:30 am Tai Chi For Arthritis
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 (NEW)
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

Closure Dates



**ALL CENTERS WILL BE CLOSED ON THE
FOLLOWING DAYS:**



Monday, July 3rd

Tuesday, July 4th

Monday, July 24th



What's New?!

C H A I R Y O G A

We are so excited to have this
activity at our center!!

Join us every Tuesday at 12:15pm
and stretch out those muscles!

B I N G O C I Z E

This 10-week health promotion
program combines the game of
bingo with fall prevention exercise.

Play bingo, meet new people and
learn the techniques to reduce falls.

Mondays & Thursdays @ 12:15pm

Available Everyday:

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

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

North Davis Senior Activities Center

This and That

LOOK WHAT'S NEW!



Looking for a fun, new way to be more active? Come join the fun! Stay active and win prizes.
Tuesday & Thursday
12:30pm-1:15pm



JULY TRIPS

THE LUNCH BUNCH

Ramblin' Roads
July 19th

Days of '47
Float Preview
July 21st

Parkinson's Support Group
July 5th 6:00pm to 7:00pm

Dementia Caregiver Support
July 5th 3:00pm to 4:00 pm

Shopping
Every other Friday at 12:30 pm
July 7th & 21st

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
12:30 pm Pinochle
1:00 pm Line Dancing



Wednesdays

9:00 am Lapidary
9:00 am Quilters
10:00 am Technology Lab by appt.
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!

JULY

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	★	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	Hand & Foot	Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Open Pickleball Court		Alzheimer's Group 1st & 3rd Thurs	

Billiard Clinic

Free to Seniors
All levels



July 5 th, 12th, 19th, 26th
10 am- 1pm or 3-4 pm

Days of '47 lunch
special July 20th



Super Saucy Sloppy Joes
cooked by center staff
RSVP \$3.00 Contribution

Field Trip!

July 21st 10:30 am
RSVP





Days of '47
Float Preview

Meet the creators
and technicians
behind the 2023
Days of '47 Parade
floats and see
how it all comes
together — even
before the Parade
rolls!

Call or come in to
reserve your spot
on the bus!



Alternate	Monday	Tuesday	Wednesday	Thursday	Friday	Carbs
Breakfast Wrap	3 All Centers  Closed	4 All Centers  Closed	5 Macaroni & Cheese Baked Beans Green Salad, Beets Watermelon Milk 52 35 2 3 13 11	6 Hot Pork Sand MshPotato/gravy Cuke/tomato Salad, Beans Fresh Fruit Milk 13 28 7 6 21 11	7 Chili Dog Potato Salad Cabbage Fresh Fruit Milk 38 22 5 21 11	Carbs
Buffalo Chicken Salad	10 Tuna Salad Sandwich Fresh Vegetable Fruit Cookie Milk 31 11 14 16 11	11 Chicken Breast Baked Potato Mixed Veggies Marinated Veggie Salad, Fruit, Milk 1 22 5 9 22 11	12 Breaded Fish Rice Pilaf CukeTomatoSalad Corn Fresh Fruit Milk 23 27 7 17 19 11	13 Chicken Chef Salad Roll, Fresh Vegetable Cantaloupe Milk 9 22 6 11 11	14 Spaghetti Marinara Meatball Zucchini Carrots Fruit Pudding Milk 48 3 7 20 22 11	
Tuna Salad Sandwich	17 Chicken Caesar Roll Fresh Vegetable Fruit Milk 12 22 11 14 11	18 BBQ Pork Sandwich Potato Salad Green Salad Fruit, Dessert Bar Milk 22 3 21 30 11	19 Sweet/Sour Meatballs Fluffy Rice Cabbage Mixed Veg, Watermelon Milk 17 30 5 12 13 11	20 Hamburger Corn Pea/Onion Salad Fresh Fruit Milk 28 17 21 19 11	21 Chicken Teriyaki Rice Cauliflower Carrots Fruit, Milk 13 30 4 7 20 11	
Chicken Chef Salad	24 All Centers  Closed	25 Chicken Breast MshPotatoes/gravy Peas Mixed Veggies Fruit, Pudding Milk 1 28 13 5 19 22 11	26 Hot Dog Mac & Cheese Cabbage Cantaloupe Milk 1 26 4 5 11 11	27 Salisbury Steak MshPotato/gravy Green Salad Zucchini Fruit, Milk 6 28 3 3 20 11	28 Turkey Sandwich Pasta Salad Fresh Vegetable Fresh Fruit Milk 30 21 11 21 11	
Turkey Wrap	31 Sloppy Joes Oven Brown Potatoes Fresh Veg Fruit Milk 33 23 6 20 11					

July 2023

Learning how to read nutrition information

No two packaged food products are alike.

For example, different brands of nuts can have different fat or sodium content, depending on how they are processed and what, if any, oils are used. Plain yogurt and Greek yogurt have very different amounts of protein. A granola bar and whole oats have very different levels of sugars and fats.

Because of this, understanding food nutrition and how to read labels can help you make healthier choices.

How to read a nutrition label

1. The nutrients listed on the label are based on one serving size. Often serving sizes are smaller than you'd think. So, it's a good idea to measure.

2. Calories are a unit of measurement that tells us the amount of energy in one serving. Your body uses calories for energy and to be active. Everybody uses a different number of calories. To control your weight, the goal is to balance what you eat with the amount of energy you need.

3. All nutrients are shown as a percent of the daily value. The daily values are reference amounts for how much of the nutrients you should consume or not exceed each day.

Nutrition Facts		
Per slice (35 g)		
Amount	% Daily Value	
Calories 85		
Fat 1 g		2%
Saturated 0.5 g		3%
+ Trans 0 g		
Cholesterol 0 mg		0%
Sodium 150 mg		6%
Carbohydrate 15 g		5%
Fibre 3 g		13%
Sugars 2 g		
Protein 3 g		
Vitamin A 0%	Vitamin C 0%	
Calcium 6%	Iron 15%	

4. Limit foods with high amounts of the items in red. Look for fewer than 2g of saturated fat, less than 250mg of sodium and little to no added sugar.

5. Try to eat foods with more of the items in green. These include dietary fiber, vitamin D, calcium, iron and potassium.

6. Read and rate the ingredients. In general, products that have fewer ingredients – and ones you can pronounce -- are less processed and better for you. Here are some questions to ask yourself:

- Does this food contain more than five ingredients?
- Does it contain unhealthy fats like coconut oil?
- Does it include whole grains like oats, barley and wheat flour? If so, are they near the top of the ingredient list?
- Do you know what the ingredients are?



Know the daily values for a heart smart diet

Try to focus on heart-healthy numbers for the following:

- **Dietary fiber:** Eat 25-30 grams of dietary fiber each day.
- **Sugar:** Limit the amount of added sugar you eat or drink.
- **Salt (sodium):** Limit to 1,500-2,000 milligrams each day.
- **Fats:** Aim for no trans fats and less than 13 grams of saturated fat each day. Just remember, all fats are high in calories so don't eat too much.

When you eat not-so-great food, the FDA recommends dietary tradeoffs. So, if you eat a breakfast that's high in saturated fat, choose foods that are lower in saturated fats throughout the rest of the day. It's all about balance and finding a healthy diet you can stick with.

And if you have a bad food day, tell yourself it's okay and move on. You can do better tomorrow.

Fourth of July

WORD SCRAMBLE

1. WFORRIESK _____
2. PEIEDDEENCNN _____
3. DAREPA _____
4. EFOMEDR _____
5. FGLA _____
6. NPCCII _____
7. URMSEM _____
8. EIBTLR _____
9. ERIACMA _____
- 10 NITEUD STTSEA _____
11. JUYL _____
12. SASTTE _____
13. RTILEVOONU _____
14. PTTOIARCI _____
15. RASTS _____

1. Fireworks 2. Independence 3. Parade 4. Freedom 5. Flag 6. Picnic
7. Summer 8. Liberty 9. America 10. United States 11. July 12. States
13. Revolution 14. Patriotic 15. Stars

Thank you Sponsors!

Davis County Senior Centers

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660



Humana



SPONSORSHIP



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