



SENIOR SERVICES DECEMBER 2023 NEWSLETTER

How to Stay Active in Cold Weather

(Taken in part from the National Council on Aging "Adviser")



Before heading outside, be aware of winter weather risks. When exposed to the cold, your body must adapt to prevent heat loss. Some adaptations slow with age or have negative consequences for those who have chronic conditions, leaving some older adults vulnerable to cold weather injuries. Falling on icy surfaces is also a concern, but with the right preparation, you can stay safe outdoors during the winter months.

- **Bundle up:** If you plan to head outside, dress in layers and protect your body from the elements. It's better to wear too much than not enough. You can always shed layers if necessary. Opt for waterproof jackets and gloves in the rain and snow and bring an extra change of clothes if you get wet to avoid hypothermia.
- **Prioritize a warm-up:** Getting ready to do some heavier outdoor activities? You may need to warm up your body with stretches or mild exercises first. Your body is less mobile in colder conditions, which poses a greater risk to your muscles and joints.

You can avoid injury by easing into movement, and once your body generates some heat, you'll feel loose enough to take it up a notch.

- **Avoid icy conditions:** If you spot some slick surfaces outside, it's best to stay safe and opt for an indoor activity.

Water on the ground from rain can freeze overnight, and snow can melt and refreeze, creating ice on sidewalks and roads posing a significant fall risk. Listen closely to your local weather channel to determine if it's safe to venture outdoors. If you need to shovel your driveway after a snowfall, do so while the snow is fresh, or find someone who can help.

- **Opt for shoes with good traction:** Wearing a shoe with adequate traction will help you grip the ground, especially while navigating hills, wet surfaces, or loose earth (like pine, straw or mud). Choose shoes with rubber soles and deep grooves.

If you need more traction for snowy conditions, snow boots are the best option because they're warm and typically waterproof.

How to Stay Active in Cold Weather	pg. 1-2
Center Activities.....	pg. 3-5
Lunch Menu.....	pg. 6
Tai Chi/Caregiver.....	pg. 7
Thank You Sponsors.....	pg. 8

Without adequate protection from the cold, you risk tissue damage from frostbite.

- **Keep your phone nearby:** Take your phone wherever you go outdoors, even if you're just in the backyard, so you can call family, friends, or emergency assistance in case of emergency. Many phones also have a global positioning system (GPS), a digital map to help navigate your environment, get home safely, or tell others where you are.
- **Use the buddy system:** If you're headed to a less populated area, like a hike into a forest, don't go alone. Find a friend or family member to accompany you, or join a local hiking club. Contact your local community center or look on social media platforms, like Facebook, to find open groups. Some senior centers also host outdoor hikes.
- **Consider a medical alert system:** Regardless of age or physical ability, quick access to help provides peace of mind, and a phone doesn't always cut it. Medical alert systems are an excellent backup because they contact emergency services for you when you press the help button. Some can detect falls, too, and will send a call for help even if you're unable to speak or have lost consciousness. Some of the best medical alert systems are mobile, which means they use cellular towers to contact help wherever you go.

Indoor exercise

Don't let freezing weather stop you in your tracks. Indoor exercises can be just as effective as outdoor activities. Get moving with a variety of options.

- **Join a Tai Chi session:** Multiple studies have reported that Tai Chi effectively prevents falls in older adults by incorporating balance, coordination, strength, and endurance.
Many gyms and senior centers offer Tai Chi as a group class, and you can find videos online to guide you through the movements at home.

Be aware that not all online Tai Chi programs online are evidence based.

If you're a beginner to the activity, we encourage you to attend an in-person, evidence-based program first, so you know what to expect and can ask questions before signing up.

- **Take a yoga class:** Many recreation and senior centers offer group yoga classes to improve mobility, balance, strength, and mental health. Ask what equipment you need to bring, like a yoga mat or yoga blocks, to help support your practice. You can use a large towel instead of a yoga mat in a pinch, but it won't have the same traction a yoga mat does. If you're new to yoga, ask about beginner classes. You can also look for free lessons on YouTube, but not all lessons are beginner-friendly.
- **Ask for help:** If you're not sure how to do an exercise safely, especially at the gym, ask for help. Knowledgeable gym staff are available to teach you how the equipment works, so you're not injured using them the wrong way. Try not to feel embarrassed. Remember that they have been trained to help you. If you're looking for more guidance on exercises, ask about personal training sessions, or join group workouts to gain confidence around equipment.
- **Know your limits:** You can find many home workouts online, but they're not all designed by credible sources for beginners. If you're new to exercise, we highly recommend starting in-person in a solo or group setting with an instructor you can ask questions and receive guidance from. Once you know which intensities and movements feel safe, you'll also know when to push your limits and when to give yourself grace.
- **Where there's a will, there's a way.** Use your best judgment when starting a new activity, and always refer to a doctor if you're unsure what's safe for your condition.

North Davis Senior Activities Center

Monthly Activities

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

Dementia Caregiver Support
December 6th 3:00pm to 4:00 pm

Music and Memories
December 14th at 10:30 am

Performance by
Utah Military Academy
December 14th at 11:30 am

Bonsai Plant
Workshop - Weekly
Mon - Thurs 12:30 to 2:30 pm

Shopping at Wal-Mart
December 1st, 15th & 29th
at 12:30pm



Christmas Party
Wednesday, December 20th
Festivities start at 10:00am
Brunch served at 10:30am

French Toast Casserole
will be served for Brunch

If you wish to participate in the
games, please bring a wrapped
white elephant gift

Space is very limited so
sign up now!!!



Noon Years Eve Party
Friday, December 29th @ 11:45am
Come enjoy a grilled cheese
sandwich, soup, hot cocoa bar
and fun! Don't forget to RSVP!!!

Daily Activities

Mondays

9:00 am Quilters
9:30 am EnhanceFitness
10:30 am Bingocize
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
12:30 pm Pinochle
1:00 pm Line Dancing



Wednesdays

9:00 am Lapidary
9:00 am Quilters
9:30 am EnhanceFitness
10:00 am Technology Lab by appt.
10:30 am Bingocize
12:30 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
2:00 pm Multi-Cultural Dancing

Thursdays

9:00 am Lapidary
9:30 am EnhanceFitness
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



Available All Day/Everyday:
Pool table, computers, treadmill,
recumbent bike, library, videos,
and puzzles!

42 S. State St., Clearfield

(801) 525-5080

Central Davis Senior Activities Center

Daily Activities

Mondays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 11:30 am Lunch
- 12:15 pm Bingocize
- 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
- 1:00 pm Art Class With Kathy

Wednesdays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:15 am Bingo
- 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
- 12:30 pm Mah Jongg



Fridays

- 8:00 am EnhanceFitness Class
- 8:50 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



Featured Activity



JOIN US FOR NEW YEAR'S ROCKIN' EVE AT CENTRAL DAVIS!!!

When: Friday Dec. 29 at 11:00am

Entertainment: Rocking Dave Allen

Countdown: 10 seconds to noon



On The Menu:

Chicken Cordon Bleu
Texas Roadhouse Roll
Cheesecake Dessert
Rice Pilaf

**You must sign up by contacting
our front desk to receive a meal**

Meal is limited to 80 people

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



SOUTH DAVIS SENIOR ACTIVITY CENTER

726 S 100 E Bountiful 801-451-3660



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness	Sit n Fit	EnhanceFitness		EnhanceFitness
8:30		Begining Tap			
9:00	Sit n Fit Stained Glass Pencil Drawing		Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Water Color
9:30	Line Dancing		Line Dancing	Crochet	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		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Open Pickleball Court		Alzheimer's Group 1st & 3rd Thurs	

December Special Events

Tuesday December 12,2023

Gingerbread Cookie Day@ 11:14 am

Decorate and Eat Gingerbread people and build Gingerbread Houses

Wednesday December 20,2023

Go Caroling Day sing along and Special meal

Holiday sing along at 11:30 AM, Chicken Cordon Blu Special Lunch @ 11:45

Thursday December 21,2023

Student Christmas Performance

Lunch served @ 11:45 AM
Musical performance to start @ noon

Friday December 29,2023

Happy Noon Years Pizza Party

Ring in the New Year with a countdown to Noon. Enjoy our slideshow of memories and Pizza!

Looking Back on 2023!



December

Alt Meal	Monday	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb	
Egg * Salad Sandwich	<div>December</div>								18 30 30 14 22 11	
South * west Salad	4 Shepherds Pie Carrots Fruit Cookie Milk	30 14 18 16 11	5 Closed for Employee Training	46 8 5 14 22 11	6 Swedish Meatballs Rotini Noodles Green Beans Zucchini Fruit Milk	6 14 20 3 21 11	7 Chili Roll Corn Green Sald Fresh Fruit Milk	26 22 17 2 21 11	8 Chicken Alfredo Spinah Mixed Veggies Roll Fresh Fruit Milk	37 6 5 22 19 11
Turkey * Wrap	11 Curry Stew Fluffy Rice Roasted Cauliflower Mixed Veggies Fruit Milk	11 30 4 5 21 11	12 Baked Turkey Mash Potatoes/gravy Green Salad Peas, Fresh Fruit,Dessert Bar, Milk	2 29 2 13 22 27 11	13 Lasagna Cass. Garlic Roll Zucchini Carrots Fruit Milk	36 22 3 7 21 11	14 Breaded Fish Rice Pilaf Broccoli/Red Peppers Mixed Veggies Fruit,Milk	23 27 6 5 14 11	15 Beef Stew Boiled Potatoes Cabbage Roll Fresh Fruit Milk	10 23 5 22 19 11
Chicken * Salad Sandwich	18 Goulash Mixed Veggies Butternut Squash Fruit Milk	54 5 8 21 11	19 Beef Enchilada Pie Spanish Rice, Corn Zucchini Fresh Fruit Cookie, Milk	21 24 17 3 22 16 11	20 Pork Loin Au Gratin Potatoes Green Beans Carrots, Fruit Pudding Milk	0 21 6 7 18 22 11	21 Baked Ham Au Gratin Potatoes Vegetable Cobbler Roll Milk	45 4 2 15 11	22 Chicken & Sausage Jambalaya Corn, Broccoli/ red peppers, Dessert Bar Milk	30 17 6 14 27 11
Buffalo * Chicken Salad	25 Closed for Christmas Holiday	26 Closed for Christmas Holiday		27 Beef & Broccoli Fluffy Rice Carrots Fruit Dessert Bar Milk	6 30 7 19 30 11	28 Salisbury Steak Mash Potatoes /gravy Zucchini Corn Fruit Milk	6 23 3 17 21 11	29 Beef Stroganoff Peas Butternut Squash Roll Fresh Fruit Cookie,Milk	42 13 8 22 22 16 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

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

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!
Call your local Center for details.



The holidays can be stressful...especially if you are a caregiver.

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 be an income and asset eligibility requirement.

To inquire about our services and programs



Call: 801-525-5050

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

— Thank you! —



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



**Suzy's Senior
Companionship Services**



Humana



**NORTHERN UTAH
REHABILITATION HOSPITAL**
We are passionate patient caregivers



ALZHEIMER'S ASSOCIATION®



Davis County Senior Activity Centers

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660

