



SENIOR SERVICES JANUARY 2024 NEWSLETTER



Making New Year's resolutions that stick

(Article from [mayoclinichealthsystem.org](https://www.mayoclinichealthsystem.org). Posted by Gabriel Berendes, M.D. a Family Medicine physician in La Crosse, Wisconsin.)

It's the time of year again when people make New Year's resolutions, many of which are health related. Losing weight, eating healthier, exercising and quitting smoking are popular choices. Losing weight usually leads the group, but also is the most difficult to accomplish. By the time the new year rolls around, many people are well-versed with the classic promise: "I will start my diet on Monday." In fact, by the end of December, many people have made that promise to themselves 52 times.

Discover the secret to success

New Year's resolutions are easy to make, but not so easy to achieve. To make the resolution into an actual solution, you need to spend time preparing and planning. The first step toward success is developing a structured health plan.

Your health plan should include:

- Where you're headed
- Why you want to get there
- What challenges you may face along the way
- How you plan to work through the challenges

Create a health vision

The second step is to visualize your goals.

Think about a what a healthy future might look like to you.

Convert those thoughts into a short, clear statement: your health vision.

Examples of a health vision may be:

"I want to lose weight, so I have more energy to enjoy life."

"I want to be physically fit, so I am no longer out of breath playing with my grandkids."

"I want to have better balance between my work and personal life, so I have more quality time for myself and my family."

Set SMART goals

Goals help keep you focused after you record your health vision. Achieving identified goals produces a feeling of accomplishment and much-needed motivation to fuel your health journey.

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When setting your goals, remember the SMART acronym:



- **Specific — What am I going to do?**

You need to have a specific plan in place to start. Take the time to design and research.

- **Measurable — How will I track my progress?**

You may say, "I would like to lose some weight." But it would be better if you said, "I want to lose 50 pounds in four months."

- **Achievable — What steps will I take to make this happen?**

Set a realistic goal. With the right weight-loss program, 50 pounds may be realistic. Ask the program you're considering what the average weight loss among participants is after one year. Depending on the program and its weight loss approach, you may need to set a smaller, more attainable goal.

- **Relevant — Is this important enough to me to want to do it?**

Think positively. Behavior only changes from the positive. Remember there are programs to help you accomplish your goal.

- **Time-framed — When will I do this?**

Set a specific target date. There is nothing magical about Jan. 1 as a start date. It is better to pick a date when you have a plan in place. Your SMART goals should consist of long-term and short-term goals. Establish your long-term goal first. An example of a long-term goal is: "I will walk briskly for 30 minutes each day at least five days a week."

However, if you haven't been exercising on a regular basis, there often is a need for intermediary, short-term goals.

For example: "I will walk 15 minutes during my lunch hour at least three days each week for the next month."

After reaching your short-term goal, extend your efforts gradually, until you ultimately accomplish your long-term goal.

Accept challenges, and don't give up

Nearly everyone will face challenges during their health journey. Perhaps it's a busy family life, work, school, medical issues or peer pressure to continue bad habits.

It's important to identify potential challenges and envision strategies to address them as part of an effective health plan.

A network of family and friends can

encourage and partner with you. Consider keeping a health journal to record your activities and achievements, adding to your motivation and accountability.

Here are a few other tips for success:

- **Confront your temptations.**

You will need to change your environment to help with your weight goals. Get rid of food that won't help you realize your goal — this should be part of your planning.

- **Tell your friends.**

Changing your habits for good may affect your inner circle of friends. Let them know what you're trying to do and enlist their support in helping you achieve your goal.

- **Remember the reward.**

Make a list of the reasons you want to lose weight. When you lack reasons to change, it is easy to fall back into old habits.

- **Be prepared for a setback.**

Give yourself another chance. Most people slip up at some point. The people who are successful are the ones who get back on track. Look at how many days you still have left in the calendar year and see what you can accomplish before the year is up. Don't give up.

- **Commit yourself.**

You can't take lifestyle changes lightly. Make your health a priority. Embracing a healthy lifestyle is an ongoing, dynamic process. Use the new year as an opportunity to start the journey to living a healthier life.

North Davis Senior Activities Center

Monthly Activities



Fabulous 50's Party

Monday, January 8th @ 11:15 am
Come join the fun!



Parkinson's Support Group
January 3rd 6:00pm to 7:00 pm

Dementia Caregiver Support
January 3rd 3:00pm to 4:00 pm

Music and Memories
January 11th at 10:30 am

Lunch Bunch Trip to Iceberg
January 17th at 11:15 am

Hill Aerospace Museum Trip
January 26th - 12:15 pm

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

Shopping at Wal-Mart
January 12th
at 12:30pm



Thank you!
A special Thank You to all of
the local businesses that
supported our Christmas party.
We couldn't have done it
without you!

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
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

Upcoming

Tuesday, Jan 2nd

- Foot Clinic (Appt Needed)

Thursday, Jan 4th

- National Spaghetti Day
- Spaghetti Luncheon
 - Sign up needed

Tuesday, Jan 30th

- Artic Zone Party
 - Learn about the Artic
 - Snowball Fight
 - Snow cones
 - Hostess Snoball



December Tree Decorating



THANK YOU Kaysville Jr. High Choir for another OUTSTANDING holiday performance!!!



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

SOUTH DAVIS SENIOR ACTIVITY

726 S 100 E Bountiful

CENTER

801-451-3660

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness		EnhanceFitness
8:30		Beginning Tap			
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 Pencil Drawing
9:30	Line Dancing		Line Dancing	Crochet Group	Line Dancing
9:45					Tai Chi
11:00			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:30			Shopping		
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Pickleball		Alzheimer's Group 1st & 3rd Thurs	

January Special Events

Friday Jan 5th

Nat'l Bird Day

Bird Games start 11:15
Lunch Time Pub Quiz
"Know Your Birds"
12:00 pm.

Friday Jan 19th

Popcorn Day!

Poppin' @
11:15am



CENTER CLOSURE DATES

- ☒ Monday, January 15th MLK Jr. Day
- ☒ Tuesday, January 24th. Staff Training

Sneak Peek Next Month

Year of the Dragon 2024

Fri. Feb
9th

12:45


Lunar New Year Luncheon

Mardi Gras Tuesday Feb. 13th

Jambalaya and King Cake
cooked in center, served @
11:45 AM.

★ Mask ★
Decorating
11:15 AM



Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
Egg Salad*	1 Centers Closed for New Years		2 Tilapia Fillet Brown Rice Broccoli Carrots Fruit Milk	0 22 5 7 14 11	3 Roast Beef Mash Potatoes/gravy Green Beans/corn Zucchini Fruit Milk	2 23 11 3 20 11	4 Chicken Parm Spaghetti Peas Dinner Roll Fresh Fruit Cookie Milk	13 30 8 5 21 16 11	5 Chicken Teriyaki Fluffy Rice Winter Squash Mixed Veggies Fresh Fruit Cookie, Milk	15 32 25 22 22 16 11
Chicken Chef Salad*	8 Beef a Roni Spinach Winter Squash Fruit Milk	52 5 8 20 11	9 Meatloaf Mash Potatoes gravy Peas, Carrots Fresh Fruit Dessert Bar Milk	7 28 13 7 22 30 11	10 Baked Chicken Rice Pilaf Zucchini Green Beans Fruit Cookie Milk	2 27 3 6 18 16 11	11 Ham & scalloped potatoes Green Salad Corn Fresh Fruit Cookie, Milk	31 2 17 15 16 11	12 Chicken Cacciatore Rotini Noodles Peas Mixed Veggies Fruit Pudding, Milk	8 20 13 5 21 22 11
Tuna Salad Sandwich*	15 Centers Closed 		16 Smothered Meatballs Rotini Noodles Green Salad Mixed Veggies Fresh Fruit Milk	14 20 2 5 22 11	17 Stir Fry Chicken Fluffy Rice Zucchini Fruit Frosted Cake Milk	18 59 6 18 40 11	18 Breaded Chicken Patty Au Gratin Potatoes Peas Winter Squash Fruit, Milk	14 21 13 8 21 11	19 Chili Macaroni Corn Green Beans Fresh Fruit Cookie Milk	16 17 6 15 16 11
Breakfast Wrap*	22 Beef & Gravy Mashed Potatoes Zucchini Roasted Cauliflower Roll, Fresh Fruit Milk	2 5 18 17 6 21 11	23 Sweet Sour Chicken Fluffy Rice Cooked Cabbage Broccoli Fruit Milk	7 30 5 5 21 11	24 Closure of Centers for Employee In-service		25 Hot Dog Mac & Cheese Green Beans Green Salad Fresh Fruit Milk	1 39 6 2 22 11	26 Spanish Rice Casserole Peas Corn Fruit Milk	49 13 17 19 11
Southwest Salad*	29 Shepherds Pie Carrots Peas Fruit Cookie Milk	30 14 18 16 1	30 Turkey & Rice Cass. Butternut Squash Broccoli Fruit, Pudding Milk	46 8 5 14 22 11	31 Swedish Meatballs Rotini Noodles Green Beans Zucchini Fruit Milk	14 20 6 3 21 11	<div>January 2024</div>			

**Alternate Meals are available in Center Dining Only.

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

Rides4Health can take you to:

- ✓ Doctors Offices
- ✓ Dentist Offices
- ✓ Mental Health Providers
- ✓ Physical & Occupational Therapy
- ✓ Hearing & Vision Appointments

To be eligible, clients must:

- ✓ Be of age 60 +
- ✓ Be unable to drive
- ✓ Be able to get to the curb without driver assistance

Rides4Health

Rides4Health is a curb-to-curb non-emergency transportation service provided to seniors 60 and older living in Davis County, and not able to drive. Appointments for service must be within the county. No fee is charged for the ride but a suggested contribution of \$5.00 per trip is appreciated.



CONTACT US

To schedule a ride

At least 3 business days in advance

*Time Slots are filled on a first-come, first-served basis.



Call: 801-525-5061



Medical Transportation
Solutions for Older
Adults



Are you a FAMILY CAREGIVER?

Sign up today for your Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress
- Finding Time for You

DATE:

Tuesday, January 30th
*Registration is required

TIME:

10:00 AM-2:30 PM
*Lunch provided

PLACE:

81 E Center St,
Kaysville
South Davis Senior
Activity Center



PRE-REGISTRATION IS REQUIRED.
Megan Forbush 801.525.5050, Option 5

**Seating is limited*

To reserve your spot, please contact:
mforbush@co.davis.ut.us

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



**Suzy's Senior
Companionship Services**



Nurse Next Door®
home care services

Humana



ALZHEIMER'S ASSOCIATION®



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

