



Senior Services Newsletter

Senior Nutrition

Eat Safely & Wisely

HEALTHY EATING BEGINS WITH YOU!

Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor's. This is especially true if you have a chronic condition, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value. And don't forget water; it's our most important 'nutrient.'

Tips on how to find the best foods for you:

- **Know What a Healthy Plate Looks Like:**

It's called **MyPlate**. www.choosemyplate.gov

- **Look for Important Nutrients:**

Your plate should look like a rainbow--bright, colored foods are always the best choice! Remember to choose foods that are high in fiber and low in sodium or salt.

- **Read the Nutrition Facts Label:**

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections.

- **Use Recommended Servings:**

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+. www.heart.org/suggested-servings-from-each-food-group



- **Stay Hydrated:**

Water is an important nutrient too! Don't let yourself get dehydrated - drink small amounts of fluids consistently throughout the day

- **Making Mealtime Enjoyable:**

The senses of taste and smell change with age, and food might seem to have less flavor. Also, some drugs change the sense of taste or reduce appetite. Enhance the flavor of food with spices, if you can. Talk with a doctor about low appetite, or if the food tastes bad or has no flavor.

Eating with others increases the enjoyment of mealtime. Cooking together is a great way to maintain interest in food.

For more info, visit: <https://www.ncoa.org/article/healthy-eating-tips-for-seniors>

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Improve your hand-eye coordination by coloring this page. Enjoy!!



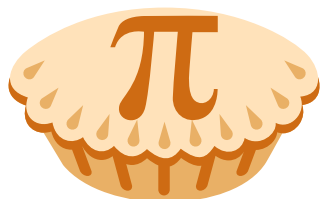
North Davis Senior Activities Center

This and That

March



Tai Chi
Tues & Thurs 10:30a - 11:30a
Starting March 7th



Pie Day Celebration
March 14th @ 11:45 am

APRIL



Wednesday, April 12th @ 11:45
Come enjoy food, fun, and
entertainment!
Please make reservations by
Tuesday, April 4th

Daily & Monthly Activities

Mondays

9:00 am Quilters
10:00 am Bingo
12:30 pm Texas Hold'Em Poker
12:30 pm Bingocize

Tuesdays

9:00 am Lapidary
10:30 am Fun and Games
12:00 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
12:30 pm Bingocize
2:00 pm Multi-Cultural Dancing

Thursdays

9:00 am Lapidary
10:30 am Fun and Games
12:15 pm Theater Thursday

Fridays

10:00 am Bingo
12:00 pm Pinochle
12:30 pm Texas Hold'Em Poker

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

Parkinson's Support Group

Mar 1st & Apr 5th 6:00 to 7:00 pm

Dementia Caregiver Support

Mar 1st & Apr 5th 3:00 to 4:00 pm

Shopping

Every other Tuesday at 12:30 pm
Mar 7th & 21st / Apr 4th & 18th

Central Davis Senior Activities Center

Daily Activities

Mondays

- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 11:30 am Lunch
- 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
- 3:30 pm Tap Dancing Class

Wednesdays

- 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 Makers Crafts
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:30 pm Mah Jongg

Fridays

- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 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

Celebration Highlights

HAPPY BIRTHDAY TO YOU!!



In January, we kicked off our first "Spotlight Birthday Luncheon" here at Central Davis. Celebrating those with January birthdays who celebrate us and make the center such a fun place to be each and every day!!

CHINESE NEW YEAR PARTY 2023 YEAR OF THE RABBIT!



Center Highlights

**Beeyonder Virtual Tour
Banff & Canadian Rockies (Live-Walking)
Tuesday, March 7 from noon to 1pm
(in the center or from home)**

**All Centers St. Patrick's Day Party!!
Friday, March 17 @ South Davis in Bountiful**
Sign up needed! Transportation will be provided between centers. Call your local center for more information

Available Everyday:

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

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

South Davis Senior Activities Center

Monday

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 Stained Glass
9:00 Pencil Drawing
9:30 Line Dancing
1:00pm Bridge
2:00 Tap Dancing

Tuesday

9:00 am Sit N Fit
12:45 pm Bingo
1:00 Pinochle
1:00 pm Oil Painting

Pie Day! Mar. 14th

Wednesday

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 Stained Glass
9:30 Line Dancing
10:30 Tai Chi for Arthritis
12:30 pm Grocery Shopping
1:00 Hand and Foot
2:00 Tap Dancing

Thursday

8:00 Gentle Yoga/Chair Options
9:00 am Sit N Fit
9:30 Crochet
11:00 Tai Chi for Arthritis
12:45 pm Bingo
1:00 Bridge
3:00 Alzheimer's Support Group (1st & 3rd Thursday)

Friday

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 Stained Glass
9:00 Water Color
9:30 Line Dancing
9:45 Tai Chi

GET



Crochet Group
Thursdays
9:30 AM

HOOKEED



726 S. 100 E., Bountiful (801) 451-3660

ALL CENTERS PARTY!

South Davis Senior Center 726 South 100 East Bountiful

Fresh food cooked in center by staff!
Traditional Irish Dancing!!



March, 17th 2023

St. Patrick's Day!

Grilled Reuben, pickle & chips .

\$3.00 Contribution.

Lunch starts @ 11:30am

South Davis Senior Center

726 S 100 E

Bountiful

801-451-3660





The Funny Side of Caregiving

Humor is a wonderful tool for people to use at time of stress.

When my grandmother was nearly 90 and quite forgetful, my mother couldn't tolerate her cognitive decline. She would scold her for any mistake she made. But my mother's sister had a lighter touch, joking with their mother when she'd forget her medication or say something completely off-point.

Now, many years later, my generation is following a similar pattern in our family. When my mother is forgetful, I become frustrated and am quick to chide her. My brother, on the other hand, takes a humorous approach. "oh, Mom," he would say to her in a funny tone when she says the wrong thing, "you're just kidding me." He lets her know she'd made a mistake, but in a kind way.

I wish I had my brother's easy manner with my mother. Around him, she relaxes and smiles, around me, she is often defensive and tense. I have trouble controlling some of my negative feelings that arise during caregiving. But when I sigh because I'm sad, or act snippy because I'm angry, my mother senses these emotions and winds up feeling bad about herself.

Humor is a wonderful tool for people to use at times of stress. A shared joke unites people in laughter. A silly exchange reassures us that "I'm OK; you're OK. We're in the soup together."

As a Caregiver, I realize that I don't need to be an uproariously funny, lampshade-wearing comedian - it's just not my nature. But I can be playful - and am trying to be more so - since I think the ability to be amusing or at least

amused can bring out the best in the loved ones we care for and make the job more fun for us, the caregivers.

Two ways to lighten up while caregiving;

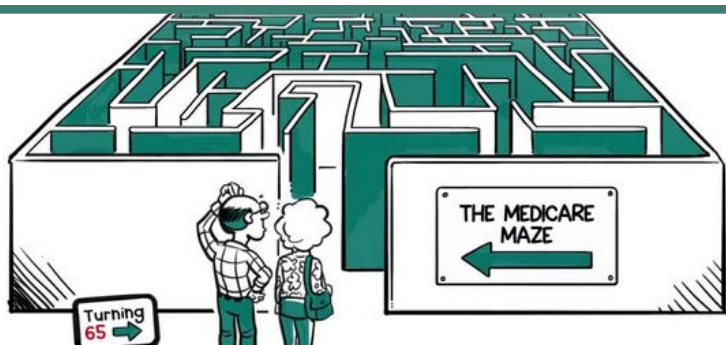
- Stay in the absurdity of the moment: Like when I push my mother in a wheelchair through the hospital corridors to get to her medical appointment, I tease her that we are in such a rush that I need to speed up and round the corner on one wheel. There are so many opportunities to be fun and a little irreverent.
- Laugh on cue: Laughter should be a two-way street. It's crucial for caregivers to respond positively when their loved one reaches out with humor. Like when my mother laughs about the gabby ladies who used to ride in the senior center van with her. I would smile along with her, even if I'm not feeling very upbeat myself.

There are many things that can - and usually do - go wrong with the complex logistics of caregiving. Rather than gnashing my teeth, these days I am laughing more with my mom about the bloopers of daily life. I think we both feel better.

Source — Barry J. Jacobs, a clinical psychologist and family therapist, is a member of the AARP Caregiving Advisory Panel.

The silliness helps relieve the stress

AgingCare.com



FREE MEDICARE 101 CLASSES

March 16, 2023, at 6:30 pm

@ Clearfield Library

April 20, 2023, at 6:30 pm

@ Farmington Library

May 18, 2023, at 6:30 pm

@ Layton Library

Questions: Call 801-525-5050 opt 5



SHIP

State Health Insurance
Assistance Program

Do you need help with
prescription costs?

Is your monthly income:

Single: less than \$1,610

Married: less than \$2,177

Are your assets:

Single: less than \$14,790

Married: less than \$29,520

You may be eligible for help paying
for prescription drug costs.

Call Davis County Senior Services
SHIP/SMP @
801-525-5050 opt 5

ARTHRITIS FOUNDATION EXERCISE PROGRAM

THIS PROGRAM KEEPS YOU MOVING SO THAT
ARTHRITIS DOES NOT SET IN OR KEEP YOU
STATIONARY!



A low-impact class
that can be done
sitting or standing.

Take away
information that will
last you a lifetime!



MARCH 7TH - APRIL 13TH

TUESDAYS & THURSDAYS @ 10:45 AM

This program goes for 6 weeks and space
is limited. Call to sign up..

SouthDavis Senior Activity Center

726 S 100 E, Bountiful UT 84010

801-451-3660



Thank you caregivers!

For all of your caregiving.
Your persistence spreads hope and
changes lives.