



SENIOR SERVICES DECEMBER 2024 NEWSLETTER



5 Ways to Deal with Loneliness During the Holidays

(Taken in part from Spectrum Community Services Inc online publication)

It's no small irony that the holiday season — meant to be the most joyful time of the year — is often instead a bog of depression and loneliness for so many people. Social isolation among seniors can have particularly harmful effects on mental and physical health. As the whirlwind of yearly family gatherings and social events begins, those who have lost loved ones or are living alone might find themselves mired in holiday loneliness.

Fortunately, there are many effective ways to combat senior loneliness during holidays and get in a festive social spirit. Here's how seniors can navigate the season in healthy, uplifting ways.

Connect With Others

Maintaining existing social bonds — but also forging new connections — is essential for overcoming loneliness at Christmas and other winter holidays.

Reach out to family and friends

Initiate phone calls or video chats with loved ones. Embrace Technology it can bridge the gap between seniors and their families while also supporting cognitive health.

Even short conversations can brighten a day. Consider planning some simple activities together early in the season, such as cooking, baking or shopping to bond in fun ways with less stress than the big dates proper.

Join community events. Local senior activity centers often host holiday activities.

Participating in these events can help you meet new people, discover other social opportunities, feel more connected, and even establish some new holiday traditions.

Volunteer. Helping others offers countless benefits for you as well. Besides creating a meaningful sense of purpose and connection, it can also help you learn new skills (which is good for brain health), meet new people who share your values, have fun, and give you a great sense of accomplishment. (Continue pg 2)

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Seek Professional Care. If you still can't shake those feelings of depression, it's essential to seek professional help. Many therapists specialize in geriatric mental health. Joining a group for seniors can provide camaraderie, understanding, and maybe even new friends. Many organizations offer support for grief and loneliness. While the holiday season can be challenging for seniors, it doesn't have to be a time of loneliness and despair.

By actively seeking out social connections, embracing technology, establishing routines, and doing activities that spark joy, you can find plenty of wonder and fulfillment during this season. Remember, reaching out for help is a sign of strength, and many resources are available to support mental health and well-being. This holiday season, don't miss out on making things merry and bright.

Bereavement Support Groups in Davis County

South Davis Senior Activity Center

726 S. 100 E. Bountiful
2nd and 4th Tuesday of each month
from 2:00 pm - 3:00 pm

North Davis Senior Activity Center

42 S. State St, Clearfield
2nd and 4th Wednesday of each month
from 1:00 pm - 2:00 pm

**For more information contact Jim Gunnuscio (801) 292-0296*

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*

December 2024

North Davis Senior Activity Center
42 S. State St., Clearfield (801) 525-5080

Christmas Lights Tour Dec. 11th

Leaving at 2:45pm. Dinner (self pay) at Golden Corral followed by Christmas Lights.

suggested transportation contribution

Music *jingle* AND *min*gle Food

Dec. 18th at 10:30am

suggested lunch contribution

RSVP by Dec. 13th

Dec. 30th at 10:00am

Soup, grilled ham and cheese

BINGO *Year in review video*

Suggested lunch contribution

RSVP by Dec. 20th

**Center will be closed Dec.
3rd, 24th, 25th and Jan. 1st**

Mondays

9am-5pm
9:30-10:30am EnhanceFitness
10:00-11:30am Bingo
10:30-11:30am Shopping @ Dollar Tree
(3rd Monday Only)
12:30-2:30pm Texas Hold'Em Poker

Tuesdays

9am-12pm Lapidary & China Painting
10:30-11:30am Tai Chi II
10:15-11:15am Music & Memories (2nd Tuesday)
12:30-1:30pm Wii Block Party
1:00-5:00pm Pinochle
1:00-3:00pm Line Dancing
1:00-2:30pm Wire Wrapping (2nd Tuesday,
Bring your own supplies)

Wednesdays

9am-12pm Lapidary
9am-5pm Quilters
9:30-10:30am EnhanceFitness
10:30-11:30am Kraft With Kristie (Last Wed)
12:30-5:00pm Hand & Foot Cards
12:30-2:30pm Texas Hold'Em Poker
1:00-3:30pm Silversmithing
2:00-3:30pm Multi-Cultural Dancing

Thursdays

9am-12pm Lapidary
9:30-10:30am EnhanceFitness
10am-12:30pm Fun and Games
12:15-2:30pm Theater Thursday
1:00-5:00pm Pinochle

Fridays

10:00-11:30am Bingo
12:15-2:00pm Shopping @ Walmart
(2nd Friday Only)
12:30-2:30pm Texas Hold'Em Poker
1:00-5:00pm Pinochle

*Bonsai Plant Workshop Mon-Thurs 12:30-2:30pm

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

Grief Support- 2nd & 4th Wednesday @1pm

Parkinson's Support- 1st Wednesday @6pm

December 2024

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

Come indulge in some NY-style pizza while learning fun facts about Manhattan.
December 12th at 11:00 am.

Don't miss our center's snowball fight in Central Park. December 16th at 11:45 am. Peppermint ice cream will be savoured while we learn fun facts about famous Central Park.

Christmas In Manhattan

Come join us for our annual Christmas dinner on Monday, December 23rd at 11:30. Ham, potatoes and cobbler will be served. Entertainment by a local violin and cello group.

Christmas lights Tour and Rainbow Gardens field trip. Thursday, December 12th at 3 pm. Sign up at the front desk. \$5 bus contribution and dinner on your own.

The Times Square Ball will drop at our traditional New Years Eve Luncheon on Tuesday December 31st at 11:30 am. Baked potato bar and cheesecake

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Oil Painting/ Watercolors	Beginners Lapidary	Oil Painting/ Watercolors	Marvelous Crafters Class	
9:30	EnhanceFitness Class		EnhanceFitness Class		
10:00	Beginners Lapidary	Tai Chi With Diana		Tai Chi With Diana	
10:15			Bingo		Community Music - 3rd Fri.
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15	Bingocize				Movie
12:30			Square Dancing Pinochle	Mah Jongg	Bridge
1:00	Line Dancing With Linda	Art Class with Kathy			Canasta
2:00	Beginners Line Dancing				



DECEMBER

**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		Bingo	* Dec. 27, Special Christmas Movie
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing	Grief Support 2nd & 4th Tues	Tap Dancing		
3:00		Pickleball		Dementia support Group 1st Thurs	

Special Parties and Activities

Natl' Hot Cocoa Day

Friday Dec. 13th @ 11:20am

Join us in celebrating Hot Cocoa Day with a variety of cocoa flavors! Enjoy a cozy atmosphere with holiday tunes, cheer, and chocolate.

From classic to peppermint or spicy Mexican hot chocolate, there's something for everyone. Bring a friend to savor your favorite blend along with sweet treats and great conversation.



Ugly Sweater Day!

Don your best (or worst) ugly Christmas sweater and gather round the table to decorate, and eat fresh baked ugly sweater Christmas cookies 🍪 🍪 🍪



Friday Dec. 20th @ 11:20 AM

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*South west Salad	2 Shepherds Pie Carrots Spinach Fruit Cookie Milk	29 7 6 18 16 11	3 Closed for Staff Training		4 Swedish Meatballs Rotini Noodles Green Beans Zucchini Fruit Milk	14 20 6 3 21 11	5 Chili Dinner Roll Corn Green Salad Fresh Fruit Milk	26 22 17 2 21 11	6 Chicken Alfredo Pasta Peas Mixed Veggies Dinner Roll Fresh Fruit Milk	6.5 32 13 5 22 19 11
*Grilled Ham & Cheese	9 Curry Stew Fluffy Rice Roasted Cauliflower Mixed Veggies Fruit Milk	11 30 4 5 21 11	10 Turkey Mash Potatoes/gravy Green Salad Peas Fresh Fruit Dessert Bar Milk	2 28 2 13 22 27 11	11 Lasagna Casserole Garlic Roll Zucchini Carrots Fruit Milk	36 23 3 7 21 11	12 Meatball Sandwich Green Bean Green Salad Fresh Fruit Milk	20 27 6 5 14 11	13 Beef Stew Boiled Potatoes Cabbage Roll Fresh Fruit Milk	10 23 5 22 19 11
*Chicken Salad Sandwich	16 Goulash Mixed Veggies Butternut Squash Fruit Milk	54 5 8 21 11	17 Beef Ench Pie Spanish Rice Corn Zucchini Fresh Fruit Cookie Milk	29 24 17 3 22 16 11	18 Pork Loin Au Gratin Potatoes Green Beans Carrots Fruit Pudding Milk	0 21 6 7 18 22 11	19 Spaghetti w/meatballs Roasted Cauliflower Green Salad Fresh Fruit Milk	13 32 4 2 15 11	20 Chicken & Sausage Jambalaya Corn Broccoli Fruit Dessert Bar Milk	30 17 6 14 27 11
*Buffalo Chicken Salad	23 Baked Ham Au Gratin Potatoes Mixed Veggies Vegetable Roll Cobbler Milk		24 Closed for Holiday 		25 Closed for Holiday 		26 Italian Pasta Bake Green Beans Green Salad Roll Fresh Fruit Milk	31 6 2 22 19 11	27 Beef Stroganoff Spaghetti Noodles Peas Butternut Squash Roll Fresh Fruit Cookie Milk	9 32 13 8 22 22 16 11



2024 December



****Alternate Meals are available in Center Dining Only.** This menu is subject to change at any time based on product availability**

Rides4Health



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



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.

Rides4Health can take you to:

- Doctors Offices
- Dentist Offices
- 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

ENHANCEFITNESS

- Improve physical function
- Decrease depression
- Protect against falls and fall injury
- Provide a social benefit
- Promote a physically active lifestyle



EnhanceFitness is a group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered. Classes available at all Davis County Senior Activity Centers. See activities pages in Senior Newsletter for days and times.

¿Eres un cuidador?



Davis County Senior Services ofrece servicios a domicilio para personas mayores de 60 años que necesiten ayuda con las tareas cotidianas. Según el programa, también puede haber requisitos de elegibilidad en cuanto a ingresos y activos. Llame para consultar sobre nuestros servicios y programas.



Podemos ayudar



Call: 801-525-5050

* Opción 5 y un administrador de casos podrá ayudarlo.

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