



SENIOR SERVICES APRIL 2025 NEWSLETTER



Laugh Off Your Stress: April recognizes National Stress Awareness Month

(Taken in part from Be Well Solutions online publication)

Feeling stressed? Tense? Depressed? According to The American Institute of Stress, 80 percent of US workers suffer from work-related stress. Women tend to express more difficulty with stress, perhaps because of the many hats they have to wear. Not to mention that 62 percent of people end their day with neck pain and another 34 percent report difficulty sleeping. Stress can rear its ugly head in all ages and stages of life, causing an array of effects on our bodies, minds, and overall life. April recognizes National Stress Awareness Month and its goal to raise awareness of how stress directly can affect our health and overall wellbeing. During April, we also recognize National Humor Month! It is a great time to recognize how important laughter is in your life. Laughing regularly can lead to improved immunity, increased connection with others, a more positive attitude, and a reduction in the symptoms of stress.

Stress

There is no one way to define stress, but most commonly it refers to a "physical, mental, or emotional strain or tension," according to The American Institute of Stress. When people discuss stress, they are referring to something that causes pain or negative emotions. When

discussing chronic stress, we may feel physical effects such as headaches, chest pains, and body aches. Or it may take a more emotional toll on you such as depression, anxiety, or anger. Chronic, untreated stress has been linked to serious health conditions such as obesity, heart disease, increased cholesterol, high blood pressure, and diabetes. One of the great ways we can combat stress in our day is to laugh.

Laughter as Medicine

Whether you are cracking up with a friend or watching a funny cat video, laughing is a great way to relieve stress, strengthen immunity, relieve pain, and promote happiness. Laughter may not cure all our ailments but research shows that having a good laugh can provide short-term and long-term effects. Laughter is a great way to counteract the negative effects that stress may take on our bodies. (Continue on page 2)

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Short-term Effects of Laughter

Increases oxygen to organs: When we laugh, the oxygen we take in stimulates our heart, lungs, and muscles.

Provides an internal workout: Laughing engages our abdominal muscles, providing a great workout!

Provides a sense of release: Laughter is a great way to provide a physical and emotional release, which can reduce your stress levels.

Relieves tension: Laughing can also increase circulation in your body and help with muscle relaxation leaving you to feel more relaxed and refreshed.

Long-term Effects of Laughter

Improves mood and personal satisfaction: When we laugh it can improve our mood by

increasing endorphins and reducing cortisol, dopamine, and epinephrine hormones to make life a little more enjoyable!

Improves immunity: Laughing is a great way to increase immune cells and infection-fighting antibodies, which may lead to improving your resistance to illness.

Burns calories: Laughing for 10 to 15 minutes a day could burn approximately 40 calories!

Improves mental health: Laughter is a great way to increase positivity and help you create a more positive outlook in your life and may even help you live longer.

So, go ahead, watch another video, tell another joke, or get your giggle on with some friends and enjoy all the benefits a laugh brings!

FREE SHRED DAY

PROTECT
DETECT
REPORT

Fri. May 16th
10:30 am - 1:00 pm

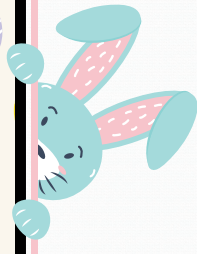
South Davis Senior
Activity Center

726 S 100 E
Bountiful, UT

Davis County Senior Services invites you to help fight fraud and reduce possible identity theft by properly disposing of:

- documents with personal information such as your social security number
- documents with personal information about your medical history
- documents with your credit card information or credit scores
- junk mail for credit card offers





April 2025

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

Lunch Bunch

April 09 2025, 11:00 a.m.



RSVP required



Star Cafe



Easter Brunch

JOIN US FOR A 'HOPPIN'

GOOD TIME

April 18th 2025, 11:45 a.m.

Suggested \$3.00 meal contribution

RSVP required

Field Trip



Mrs. Cavanaugh's
CHOCOLATES & ICE CREAM
FAMILY OWNED SINCE 1964

April 30th 2025, 12:15 p.m.

\$5.00 entrance fee

RSVP required

Mondays



8:30-9:30am
9am-5pm
9:30-10:30am
10:30-11:30am
12:00-1:15pm
12:30-2:30pm

Tai Chi
Quilters
EnhanceFitness
Bingo
Wii Block Party
Texas Hold'Em Poker

Tuesdays

9am-12pm
10:30-11:30am
12:00-1:00pm
1:00-5:00pm
1:00-3:00pm
1:00-2:30pm

Lapidary & China Painting
Tai Chi II
Mexican Train Dominos
Pinochle
Line Dancing
Wire Wrapping (2nd Tuesday, Bring your own supplies)

Wednesdays

8:30-9:30am
9am-12pm
9am-5pm
9:30-10:30am
10:30-1:15pm
10:30-11:30am
12:30-5:00pm
12:30-2:30pm
1:00-3:30pm
2:00-3:30pm

Tai Chi
Lapidary
Quilters
EnhanceFitness
All Stitched Up
Kraft With Kristie (Last Wed)
Hand & Foot Cards
Texas Hold'Em Poker
Silversmithing
Multi-Cultural Dancing

Thursdays

9am-12pm
9:30-10:30am
10:30-11:30am
10:30-11:30am
12:15-2:30pm
1:00-5:00pm

Lapidary
EnhanceFitness
Bunco
Music & Memories (2nd Thursday)
Theater Thursday
Pinochle

Fridays

10:00-11:30am
12:15-2:00pm
12:30-2:30pm
1:00-5:00pm

Bingo
Shopping
(2nd Friday Only)
Texas Hold'Em Poker
Pinochle

*Bonsai Plant Workshop Mon-Thurs 12:30-2:30pm
*I See It Cards Mon-Fri 9:30am-2:30pm

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm
Grief Support- 2nd & 4th Wednesday @1pm
Parkinson's Support- 1st Wednesday @6pm



April 2025

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



Is it a pizza or a cookie?
 Come create one and find out
 for yourself on....

**April
 Fool's
 Day**



**April 1st
 11:00 am**

**Field
 Trip**

It's time for some spring shopping
 at the NPS Store in SLC.
Monday April 21st at 10:00 am
 Lunch stop afterwards at Wendys.



**Go bananas
 over a
 banana
 milk shake.**
**April 16th
 11:00 am**
 National Banana Day



**COME PLANT A FLOWER OR
 HERB IN HONOR OF
 EARTH
 DAY**



APRIL 22ND 11:00 AM

**National Bucket List
 Day activities**
April 24th @ 11:30 am

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Oil Painting/ Watercolors group	Beginners Lapidary	Oil Painting/ Watercolors		EnhanceFitness Class
9:30	EnhanceFitness Class		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					Movie
12:30		Art Class with Kathy	Square Dancing Pinochle	Mah Jongg	Bridge
1:00	Line Dancing With Linda	Scrabble			Canasta
2:00	Beginners Line Dancing			Parkinsons Group	



April

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	
1:00	Bridge	Pinochle Oil Painting Mahjonn		Bridge	
2:00		Grief Support 2nd & 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	

PIZZA PARTY!

Join us Apr. 4th @ 11:45

Grab a slice, a breadstick, and a salad for lunch! Then, kick back, plop yourself on a couch or snag a comfy chair with your pals for a movie at 12:30!

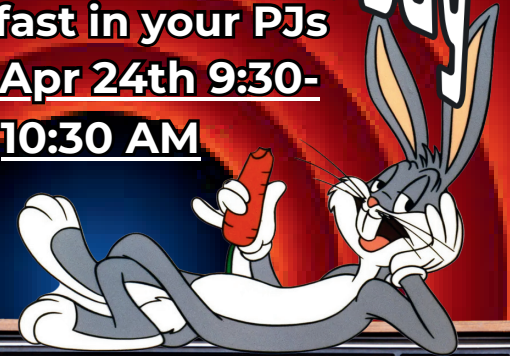


Not a Pig N a Blanket Day


Breakfast in your PJs
Thur Apr 24th 9:30-

10:30 AM

- Menu •
- Scrambled Eggs
- (Sausage) Pig 'N a Blanket
- Coffee
- Orange Juice



And Saturday
Morning
Cartoons

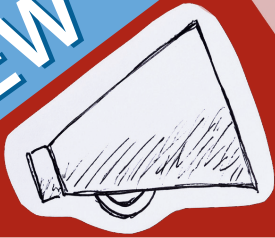
Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb
*Tuna Salad Sandwich		1 Mac & Cheese Baked Beans Green Salad Spinach Fresh Fruit Milk	2 Chicken Alfredo Peas Mixed Veggies Roll Fresh Fruit Milk	3 Chicken Chef Salad Roll Fruit Cookie Milk	4 Beef Soft Tacos Corn Carrots Fresh Fruit Milk	53 17 7 19 11
*Breakfast Wrap	7 Fish Sandwich Oven Browned Potatoes Mixed Veggies Fruit Milk	8 Buffalo Chicken Salad Roll Fresh Veggies Fresh Fruit Dessert Bar Milk	9 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fresh Fruit Cookie Milk	10 Pork Loin/gravy Rice Pilaf Coleslaw Sliced Beets Fresh Fruit Milk	11 Salisbury Patty Mash Pot/gravy Butternut Squash Green Salad Fresh Fruit Milk	6 28 8 3 22 11
*Egg Salad Sandwich	14 Chicken Ench Beans Broccoli/Red pepper Fruit Dessert Bar Milk	15 Hamburger Potato Salad Zucchini Fresh Fruit Milk	16 Chicken Caesar Salad Roll Fresh Veggies Fresh Fruit Milk	17 Beef Hot Dog Green Beans Green Salad Fresh Fruit Milk	18 Sloppy Joe Coleslaw Mixed Veggies Fresh Fruit Milk	33 6 5 22 11
*Grilled Turkey & Cheese	21 Spaghetti/ meatballs Spinach Roasted Cauliflower Fruit Milk	22 Chicken Chef Salad Roll Three Bean Salad Fresh Fruit Milk	23 Beef & Broccoli Fluffy Rice Peas Fresh Fruit Pudding Milk	24 BBQ Pulled Pork Oven Brown Potatoes Cuke & Tomato Salad Fresh Fruit Milk	25 Chicken Cacciatore Rotini Noodles Green Salad Mixed Veggies Roll Fresh Fruit Milk	6 20 3 5 22 22 11
*Turkey Wrap	28 Stir Fry Chicken Fluffy Rice Green Beans Fruit Dessert Bar Milk	29 Breaded Fish Brown Rice Cuke & Tomato Salad Corn Fresh Fruit Milk	30 Chicken Caesar Salad Roll Fresh Veggie Fruit Dessert Bar Milk			



****Alternate Meals are available in Center Dining Only.**

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

NEW



New Class Alert!



Mahjongg group



Meet other local people interested in Mahjong: learn, share your experience, and encourage each other! Join your local senior activity center Mahjong group. Tuesdays @ 1PM. Call or stop by for more information

South Davis Senior Activity Center

726 South 100 East Bountiful, 801-451-3660

All Stitched Up!

Join us every Wednesday at 10:30 AM for hand stitching, crocheting, and knitting, all while enjoying great company. Everyone is welcome!



North Davis Senior Activity Center

42 South State St Clearfield 801-525-5080

¿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 ayudarte.

Thankyou Sponsors!



North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660

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

A decorative header featuring a red background with white stars and confetti. At the top, there are four playing cards (Ace of Clubs, Ace of Hearts, Ace of Spades, Ace of Diamonds) and two red dice. The cards are arranged in a fan shape, and the dice are positioned below them. The entire scene is framed by a glowing, light-brown border with small white stars.

CASINO

All Center Party

TEXAS HOLDEM - BLACK JACK -
POKENO - SLOT MACHINE - LUNCH

WEDNESDAY, APRIL 23

NORTH DAVIS SENIOR ACTIVITY CENTER
@ 11 AM

A dark blue oval badge with a gold border and a white dashed line. The text "RESERVATION REQUIRED" is written in white, bold, uppercase letters. The badge is centered between two horizontal gold lines.

**RESERVATION
REQUIRED**

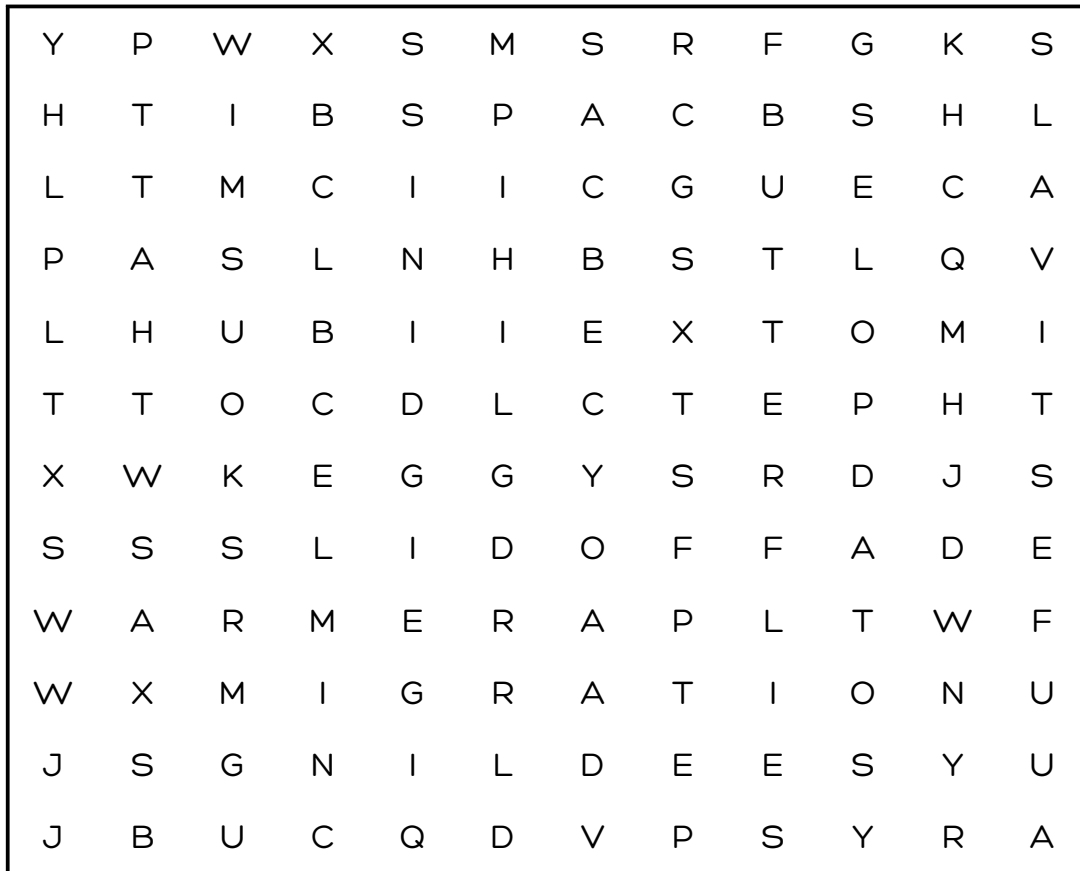
A decorative footer featuring stacks of colorful chips (red, green, blue, black) and a white star. The chips are arranged in several stacks of varying heights, with some chips scattered around. The background is red with white stars and confetti.

CALL OR STOP BY A DAVIS COUNTY SENIOR
ACTIVITY CENTER TO RESERVE YOUR SPOT!



Springtime

WORD SEARCH



butterflies

chicks

daffodils

festivals

lambs

migration

picnics

rainbows

seedlings

tadpoles

tulips

warmer

