



# SENIOR SERVICES FEBRUARY 2025 NEWSLETTER



## Celebrating Resilience: National Cancer Prevention Month

*(Taken in part from an American Red Cross online publication)*

February is National Cancer Prevention Month. It's a time to spread awareness and hope, celebrate the strides medical science is making and honor the resilience of individuals with cancer who are still fighting.

### Significance of National Cancer Prevention Month

National Cancer Prevention Month offers people a chance to connect, share experiences and raise awareness about the journey of those affected by cancer. It also highlights the significant milestones and achievements in cancer treatment and helps give each story a courageous face.

### Communities Unite for National Cancer Prevention Month

Communities celebrate National Cancer Prevention Month by wearing lavender, hosting health fairs and holding social get-togethers, like walks and runs. These events are meant to educate people about cancer prevention, early detection and timely follow-up medical visits.

### Ways You Can Get Involved in National Cancer Prevention Month

- **Donate Platelets:** Platelets are critical in treating millions fighting cancer. Without a platelet transfusion, cancer patients may not be able to receive the treatments they need.

- **Attend Community Events:** Participate or volunteer in local events to raise support or cancer awareness.
- **Tell Your Story:** As a survivor, your experience can inspire and encourage others facing similar challenges.
- **Be an Advocate:** Speak out for more research and keep giving support to those who have cancer.
- **Donate:** Consider giving financial gifts to institutions researching cancer and programs supporting patients and survivors.
- **Support a Survivor:** Call a cancer survivor and tell them you care and believe in them.

National Cancer Prevention Month is crucial for raising awareness about cancer's impact. It honors survivors' strength, celebrates their journeys, and acknowledges the ongoing battle against cancer.

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# GAMES OF THE HEART



## Word Scramble

- |            |              |           |               |
|------------|--------------|-----------|---------------|
| 1. TEHSAR  | 5. SDIRFNE   | 9. UGH    | 13. CAERNOM   |
| 2. KSIS    | 6. HDIAOLY   | 10. RACD  | 14. YNDAC     |
| 3. OVEL    | 7. UPICD     | 11. EHTAR | 15. CAHOECTOL |
| 4. OWFSLER | 8. VNLAETINE | 12. TGSFI | 16. THETEARWS |

1. HEARTS 2. KISS 3. LOVE 4. FLOWERS 5. FRIENDS 6. HOLIDAY 7. CUPID 8. VALENTINE 9. HUG  
 10. CARD 11. HEART 12. GIFTS 13. ROMANCE 14. CANDY 15. CHOCOLATE 16. SWEETHEART

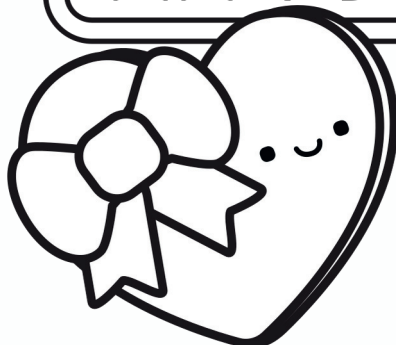
# VALENTINE'S DAY

## WORD SEARCH

H	G	E	I	H	N	D	N	Y	K
U	M	D	G	F	U	L	S	C	C
G	D	C	S	Z	T	M	A	U	D
J	E	L	W	F	P	H	J	P	O
D	X	L	E	F	Z	E	B	I	K
R	O	S	E	R	C	A	N	D	Y
P	L	A	T	I	C	R	C	G	L
C	A	R	D	E	U	T	X	I	O
J	U	N	T	N	P	D	T	Q	V
Y	H	Y	V	D	G	I	F	T	E



CANDY  
 CARD  
 CUPID  
 FRIEND  
 GIFT  
 HEART  
 HUG  
 LOVE  
 ROSE  
 SWEET



# February 2025

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

## SUPER BOWL FUN

February 7th at 10:00



Join us for games, bloopers and snacks. Don't forget to wear your team attire.

## "Nacho" Average



Valentine's Day



February 14th at 10:00

Be our Valentine, Let's Celebrate!!!

Nacho bar, photo booth, and fun activities

Be sure and sign-up before Feb. 7th

## Lunch Bunch



PizzaPieCafe  
real american pizza



Join us for friends, laughter and **LOTS** of pizza! February 19th Bus leaves @11:00

## Field Trip



Join us for an educational tour  
February 26th @10:00 Bus will leave @9:30

## Mondays

9am-5pm Quilters  
9:30-10:30am EnhanceFitness  
10:00-11:30am Bingo  
12:00-1:15pm Mexican Train Dominos  
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)  
12:00-1:15pm 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 All Stitched Up  
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  
10:30-11:30am Bunco  
12:15-2:30pm Theater Thursday  
1:00-5:00pm Pinochle

## Fridays

10:00-11:30am Bingo  
12:15-2:00pm Shopping (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





# February 2025



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

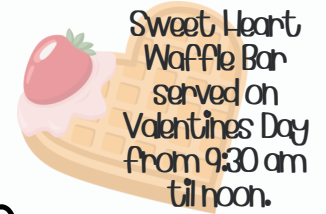
## Celebrating February 1960's style.

225 million dollars are spent on tortilla chips during Super Bowl weekend. Come enjoy nachos and predict who you think will win the game on February 7th at 11:00am. The first super bowl was in 1967



Mrs. Cavanaghs opened its doors in 1964. Start your February out right with a tour of this decadant chocolate factory. Thursday February 6th at 10:00 am. 5\$ for the tour with a 4\$ voucher to spend on chocolate. Lunch Bunch Stop after the tour.

**DON'T MISS OUR "ALL YOU NEED IS LOVE" VALENTINES DAY PARTY. FRIDAY FEB 14TH AT 11:30AM COME SING AND DANCE TO LOVE SONGS BY THE LEGENDARY 1960'S BEATLES GROUP.**

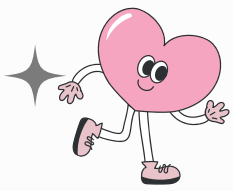


Sweet Heart Waffle Bar served on Valentines Day from 9:30 am till noon.

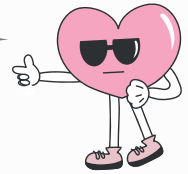
National Cherry Pie Day February 20th @11:30 Celebrate Presidents Day with a slice of cherry pie,



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					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				



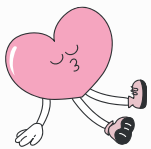
# February



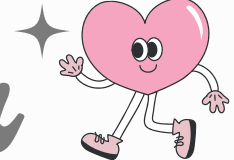
**SOUTH DAVIS SENIOR ACTIVITY CENTER**  
**726 S 100 E BOUNTIFUL 801-451-3660**

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		Bridge	
2:00	Tap Dancing	Grief Support 2nd & 4th Tues	Tap Dancing		
3:00		Pickleball		Dementia support Group 1st Thurs	

Join us to celebrate

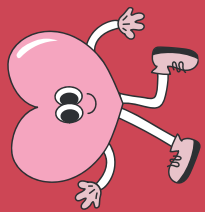


## Valentine's Day



Join us on Friday, February 21st, at 11:45 AM for a charming Valentine's Day lunch prepared by our center staff. Indulge in a delicious chicken alfredo paired with a fresh garden salad, garlic toast, and a slice of New York-style cheesecake. After our meal, stay to keep the festive atmosphere going with some laughter as we watch a romantic comedy, complete with popcorn and a couple of chocolate-covered strawberries. Enjoy a delightful afternoon with friends, lounging in our cozy chairs and couches as we gather around the big screen. The movie will begin at 12:45 PM.

Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb



# February 2025

*Grilled Ham & Cheese	<b>3</b> Curry Stew Fluffy Rice Roasted Cauliflower Mixed Veggies Fruit Milk	<b>4</b> Turkey Mash Potatoes/gravy Green Salad Peas Fresh Fruit Dessert Bar Milk	<b>5</b> Lasagna Casserole Garlic Roll Zucchini Carrots Fruit Milk	<b>6</b> Breaded Fish Rice Pilaf Broccoli & Red Peppers Mixed Veggies Fruit Milk	<b>7</b> Beef Stew Boiled Potatoes Cabbage Roll Fresh Fruit Milk	10 23 5 22 19 11	
*Chicken Salad Sandwich	<b>10</b> Goulash Mixed Veggies Butternut Squash Fruit Milk	<b>11</b> Beef Ench Pie Spanish Rice Corn Zucchini Fresh Fruit Cookie Milk	<b>12</b> Pork Loin Au Gratin Potatoes Green Beans Carrots Fruit Pudding Milk	<b>13</b> Spaghetti w/meatballs Roasted Cauliflower Green Salad Fresh Fruit Milk	<b>14</b> Chicken & Sausage Jambalaya Corn Broccoli & Red Peppers Fruit Dessert Bar Milk	30 17 4 2 15 11	30 17 6 14 27 11
*Buffalo Chicken Salad	<b>17</b> Closed for Holiday 	<b>18</b> Salisbury Patty Mash Potato/gravy Zucchini Corn Fruit Milk	<b>19</b> Beef & Broccoli Fluffy Rice Carrots Fruit Dessert Bar Milk	<b>20</b> Italian Pasta Bake Green Beans Green Salad Roll Fresh Fruit Milk	<b>21</b> Beef Stroganoff Spaghetti Noodles Peas Butternut Squash Roll Fresh Fruit Cookie Milk	9 32 13 8 22 22 16 11	
*Egg Salad Sandwich	<b>24</b> Beef & Potato Casserole Green Salad Corn Fresh Fruit Milk	<b>25</b> Tilapia Fillet Brown Rice Broccoli Carrots Fruit Frosted Cake Milk	<b>26</b> Roast Beef Mash Potato/gravy Peas Zucchini Fruit Milk	<b>27</b> Chicken Teri Fluffy Rice Butternut squash Mixed Veggies Fresh Fruit Cookie Milk	<b>28</b> Chicken Parm Spaghetti Noodles Roast Cauliflower Green Beans Roll Fresh Fruit Milk	25 32 4 6 22 19 11	25 32 4 6 22 19 11

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

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

University of South Carolina's Office for the Study of Aging  
in the Arnold School of Public Health and the SC Department of the Health and Human Services Present

# Dementia Dialogues™

The Dementia Dialogues program is offered at NO COST by the office for the Study of Aging and the South Carolina Department of Health and Human Services

The 3 week course will be held  
Wednesday February 5th, 12th  
and 19th from 1:00-3:30

REGISTER BY EMAILING: [sknight@co.davis.ut.us](mailto:sknight@co.davis.ut.us)  
or by calling Sheryl at (801) 525-5127

SEATS ARE LIMITED AND  
WILL FILL UP QUICKLY.

- Topic 1: The Basic Facts: An Introduction to Dementia
- Topic 2: Keeping the Dialogue Going: Communication Skills
- Topic 3: Preparing the Environment: Safety, ADLs and QOL
- Topic 4: It's Nothing Personal: Addressing the Challenging Behavior
- Topic 5: Now What Do I Do? Creative Problem Solving

**At the North Davis Senior Activity Center  
42 S State St, Clearfield**



UNIVERSITY OF  
**South Carolina**



Utah Department of  
**Health & Human Services**  
Aging & Adult Services



**Davis**  
COUNTY  
HEALTH DEPARTMENT

## Caregiver Support in Davis County

**It's important to  
care for yourself  
when you are  
generously giving to  
others.**



**Support services are available, call and  
talk to a case manager today at 801-  
525-5050 option #5**

# Take Action to Prevent Falls



Join an evidence based fall prevention exercise program at your local Davis County Senior Activity Center

**North Davis 801-525-5080**

**Central Davis 801-444-2290**

**South Davis 801-451-3660**



Tia Chi



EnhanceFitness

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

## Thank you! Sponsors



# Humana

**North Davis 801-525-5080**

**Central Davis 801-444-2290**

**South Davis 801-451-3660**



**Davis County Senior Activity Centers**