



# SENIOR SERVICES MARCH 2025 NEWSLETTER



## Spring Wellness: Put Some Step in Your Spring

*(Taken in part from Bethesda Health Group, a non-profit, non-denominational St. Louis-based senior living online publication)*

Now that Spring has “sprung”, it’s an ideal time for seniors to embrace a healthy and active lifestyle. Being outdoors in nature reduces stress and lowers blood pressure, offering benefits after a long winter indoors. So, what are some ways for seniors to implement healthy decisions into their daily routines this spring?

If you’ve been inactive over the years or have a chronic health condition, spring is a great time to check in with your physician. Checking your weight, blood pressure, vision, hearing, and overall health annually is paramount to a healthy lifestyle, as well as receiving preventative screenings and other tests specific to your age group and physical condition. Spring wellness for seniors can only be achieved by starting out with an understanding of your body’s capabilities.

After getting the OK from your physician, begin taking regular walks. Start slow if it’s been a while since you’ve been active. See if you can gradually increase your walking time and speed as you get more comfortable with regular movement. Strength training is also recommended two or three days a week and doesn’t take a lot of equipment. There are exercises that involve only your body weight, or

something as simple and affordable as elastic bands. Not only will your strength improve, but your bone density and joint health will as well.

### Eat Well

Spring has always symbolized a new beginning, so why not renew your commitment to a healthy diet this season?

- Increase your intake of fruits and vegetables.
- Phase out the comfort foods of winter.
- Reduce your consumption of red meats and processed foods.
- Choose lean poultry.
- Add fish with omega-3 fatty acids with a side of leafy green vegetables.
- Consume more of the healthy fats contained in olive oil and avocados.

With the proper fuel, you can make the most of spring and your senior wellness!

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## Get Into Outdoor Gardening

Gardening combines exercise and, depending on what you grow in your garden, fresh, healthy food.

What are the benefits of gardening for seniors?

- Outdoor sunlight boosts your level of Vitamin D, which improves bone health.
- Mentally and emotionally, working in a garden reduces stress and provides personal satisfaction.
- Digging, planting, and hauling is a great physical workout. It builds strength, promotes sleep, and helps in maintaining a healthy weight. Just make sure you don't overdo it!

## Drink Plenty of Fluids

Now that the weather is warmer and you are more active, your need for fluids will increase.

As we age, our sense of thirst diminishes, and our ability to metabolize fluids changes. Staying hydrated affects the function of both mind and body, and promotes digestive health, kidney function, and urinary health.

## Spring Wellness Depends on You!

The laws of motion tell us a body at rest tends to stay at rest, and a body in motion tends to stay in motion. Decide to engage in active senior living and make the changes you need to put yourself in motion both mentally and physically. Spring wellness for seniors is important, but even more important is creating healthy routines you can keep for years to come.



# Saint Patrick Word Search



|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | S | B | G | O | C | L | O | V | E | R | D |
| L | R | L | L | O | H | C | O | G | A | U | L |
| P | U | O | C | E | L | E | B | R | A | T | E |
| A | R | C | A | R | O | D | K | E | T | I | P |
| P | P | A | K | C | L | U | B | E | R | C | R |
| A | C | I | I | R | E | L | A | N | D | K | E |
| T | R | P | M | N | T | H | U | G | S | E | C |
| R | B | A | R | M | C | K | M | O | R | C | H |
| I | D | R | I | A | S | E | E | L | S | E | A |
| C | I | A | F | R | A | I | N | B | O | W | U |
| K | R | D | T | C | F | O | V | C | R | K | N |
| S | H | E | S | H | A | M | R | O | C | K | E |

GOLD  
LUCK  
GREEN  
MARCH  
CLOVER  
RAINBOW  
SHAMROCK  
CELEBRATE  
LEPRECHAUN  
IRELAND  
PARADE  
PATRICK





# March 2025

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



## KING CAKE

Lets Celebrate "Fat Tuesday" on  
3/04 with cake. Will you get the  
"King Baby"?

## Lunch Bunch



Sign up for a great  
lunch with friends on  
3/12. The bus will  
depart at 11:00am

## LET'S SHAKE THOSE SHAMROCKS

Celebrate St. Patrick's Day with us!

3/14 @ 11:30am

Center made Reuben Sandwiches

RSVP REQUIRED by 3/7

## Field Trip

A fun group trip to  
the "newly" updated  
museum on 3/26. Bus  
departs at 10:00am.

Must sign-up



### Mondays

9am-5pm  
9:30-10:30am  
10:30-11:30am  
12:00-1:15pm  
12:30-2:30pm  
Quilters  
EnhanceFitness  
Bingo  
Wii Block Party  
Texas Hold'Em Poker

### Tuesdays

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

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  
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 Thurs)  
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

### Support Groups:

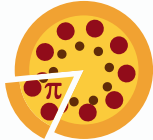
Alzheimer's Support- 1st Wednesday@3pm  
Grief Support- 2nd & 4th Wednesday @1pm  
Parkinson's Support- 1st Wednesday @6pm



# March 2025

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

A twist on National  
**PI<sup>π</sup>day**  
Celebrate with a deep dish pizza for lunch on 3.14



**Mardi Gras Treat**  
Fresh warm Beignets served at 11:00 am.  
March 4th

Daylight savings time cinnamon rolls served at 10:00 am on 3-10

Let's go create a kite contest!!  
Kites will be handed out on March 19th to be decorated.  
Judging will be on March 26th.



**Lunch Bunch**  
**RAMBLIN ROADS**  
FAMILY RESTAURANT  
March 13th 11:00 AM

# LUCKY

Are you lucky?  
Saint Patrick's Day lucky blackout bingo and rubeen sliders served on 3/17 @10:30 am

**COME CELEBRATE NATIONAL ROSIE THE RIVETER DAY!**  
March 21st  
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 |                         |                            |
| 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          |                      |                           | Parkinson's Group Class |                            |



# MARCH

SOUTH DAVIS SENIOR ACTIVITY CENTER  
726 S 100 E 8014513660

| Time  | Monday                                       | Tuesday                         | Wednesday                  | Thursday                            | Friday                                   |
|-------|--|---------------------------------|----------------------------|-------------------------------------|--|
| 8:00  | EnhanceFitness                               |                                 | EnhanceFitness             |                                     | EnhanceFitness                           |
| 9:00  | Sit n Fit<br>Stained Glass<br>Pencil Drawing | Sit n Fit                       | Sit n Fit<br>Stained Glass | Sit n Fit                           | Sit n Fit<br>Stained Glass<br>Watercolor |
| 9:30  | Line Dancing                                 |                                 | Advanced Line<br>Dancing   | Crochet Group                       | Line Dancing                             |
| 9:45  |  |                                 |                            |                                     | Tai Chi                                  |
| 10:00 |  | Gentle Yoga                     |                            |                                     |  |
| 10:30 |  |                                 | Tai Chi for<br>Arthritis   | Tai Chi for<br>Arthritis            |  |
| 12:45 | Shopping                                     | Bingo                           |                            | Bingo                               |  |
| 1:00  | Bridge                                       | Pinochle<br>Oil Painting        |                            | Bridge                              |  |
| 2:00  | Tap Dancing                                  | Grief Support<br>2nd & 4th Tues | Tap Dancing                |                                     |  |
| 3:00  |  | Pickleball                      |                            | Dementia support<br>Group 1st Thurs |  |

## Fat Tuesday

**Mar. 4th**  
Breakfast  
9:30-10:30  
Games &  
Prizes



*Mardi Gras*

Pancake Breakfast

\*South Davis Famous St. Patrick's Day\*

## Grilled Reubens

**FRIDAY**  
**MARCH**  
**14**

**Live Music**  
**11:30-12:30**  
**LUNCH**  
**@11:45**



| Alt Meal                | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Carb                                       |
|-------------------------|--|--|--|---|--|--|
| *Turkey Wrap            | 3 Stir Fry Chicken<br>Fluffy Rice<br>Green Beans<br>Fruit<br>Dessert Bar<br>Milk         | 4 Breaded Fish<br>Brown Rice<br>Cuke & Tomato<br>Salad<br>Corn<br>Fresh Fruit<br>Milk                | 5 Chicken Caesar<br>Salad<br>Roll<br>Fresh Veggie<br>Fruit<br>Dessert Bar<br>Milk            | 6 Hamburger<br>Oven Browned<br>Potatoes<br>Zucchini<br>Fresh Fruit<br>Milk                            | 7 Chicken Parm<br>Penne/marinara<br>Cauliflower<br>Mixed Veggies<br>Roll<br>Fresh Fruit<br>Pudding<br>Milk | 19<br>26<br>4<br>5<br>22<br>19<br>22<br>11 |
| *Chicken Salad Sandwich | 10 Beef & Cheese<br>Quesadilla<br>Corn<br>Broccoli & Red<br>Peppers<br>Fruit<br>Milk     | 11 Pork Loin<br>Mash<br>Potatoes/gravy<br>Coleslaw<br>Zucchini<br>Fresh Fruit<br>Frosted Bar<br>Milk | 12 Meatball Sub<br>Green Beans<br>Green Lettuce<br>Fresh Fruit<br>Milk                       | 13 Chicken Tenders<br>Oven Browned<br>Potatoes<br>Mixed Veggies<br>Fresh Fruit<br>Dessert Bar<br>Milk | 14 Chicken Chef<br>Salad<br>Roll<br>Fresh Fruit<br>Milk  | 9<br>22<br>19<br>11                        |
| *South west Salad       | 17 Breaded Chic<br>Mash Potato<br>/gravy<br>Fresh Veggie<br>Green Beans<br>Fruit<br>Milk | 18 BBQ Pork<br>Sandwich<br>Browned Potatoes<br>Coleslaw<br>Fresh Fruit<br>Cookie<br>Milk             | 19 Buffalo<br>Chicken Salad<br>Roll<br>Fresh Fruit<br>Dessert Bar<br>Milk                    | 20 Lasagna Cass<br>Roll<br>Carrots<br>Peas<br>Fruit<br>Milk   | 21 Beef & Broccoli<br>Fluffy Rice<br>Mixed Veggies<br>Green Salad<br>Roll<br>Fresh Fruit<br>Milk           | 6<br>30<br>5<br>2<br>22<br>22<br>11        |
| *Chicken Chef Salad     | 24 Enchilada Pie<br>Spanish Rice<br>Corn<br>Zucchini<br>Fruit<br>Milk                    | 25 Southwest<br>Salad<br>Roll<br>Fresh Veggies<br>Fresh Fruit<br>Dessert Bar<br>Milk                 | 26 Pork Loin<br>Mash Pot/gravy<br>Ranch pasta<br>Salad<br>Green Beans<br>Fresh Fruit<br>Milk | 27 Chili Dog<br>Potato Salad<br>Butternut Squash<br>Fresh Fruit<br>Milk                               | 28 Breaded Chicken<br>Sandwich<br>Sliced Beets<br>Oven Brown Potatoes<br>Fresh Fruit<br>Milk               | 41<br>3<br>23<br>19<br>11                  |
| *Tuna Salad Sandwich    | 31 Shepherds<br>Pie<br>Roasted<br>Cauliflower<br>Fruit<br>Dessert Bar<br>Milk            | 34<br>2<br>17<br>22<br>11  |  |   |  |  |



# MARCH 2025



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

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



# Tai Chi for Arthritis

A journey to vitality starts here!

Improve joint health,  
balance, and well-being.

Tai Chi for Arthritis has been shown to:

- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls



**AVAILABLE AT ALL DAVIS COUNTY SENIOR ACTIVITY CENTERS**

## Are you a FAMILY CAREGIVER?

**DATE:** Wednesday, March 5, 2025  
\*Registration is required—  
Complimentary lunch included.

**TIME:** 10:00 am-2:30 pm  
(30 minute lunch break from 12:00-  
12:30 pm)

**PLACE:** 81 E Center St, Kaysville  
(Central Davis Senior Activity Center)



Sign up today for your **FREE**  
Dealing with Dementia Workshop

### DO YOU NEED HELP IN THESE AREAS?

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

I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

**PRE-REGISTRATION IS REQUIRED.**

To reserve your spot, please contact:

Megan Forbush

801.525.5050 opt 5

mforbush@co.davis.ut.us

# Senior Center Vaccine Clinics

## North Davis Senior Center

42 South State Street, Clearfield  
**Wednesday, March 5, 2025**  
10:00 am - 1:00 pm

## Central Davis Senior Center

81 East Center Street, Kaysville  
**Wednesday, March 12, 2025**  
10:00 am - 1:00 pm

## South Davis Senior Center

726 South 100 East, Bountiful  
**Wednesday, March 19, 2025**  
10:00 am - 1:00 pm



### Vaccines Offered:

- Flu
- COVID-19
- Pneumonia
- Shingles
- RSV
- TDap



These events are funded by @ACLgov

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

# Thank you! Sponsors



North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660

