



# SENIOR SERVICES OCTOBER 2024 NEWSLETTER



## Know your Medicare Open Enrollment Options and Get Free Help

*(Taken in part from the Administration for Community Living & Davis County Senior Services)*

As Autumn progresses, it's important to keep your health in mind. Medicare's fall open enrollment period is the time for you to review your plan options and make any changes to your Medicare coverage.

Maybe you have a new prescription that is not covered by your current drug plan or you have a new health condition, to ensure you get the most from Medicare in 2025, you should research your health and drug plan options during Medicare open enrollment.

Open enrollment begins October 15, and closes Dec. 7. Changes made during this time will take effect on Jan. 1, 2025.

During open enrollment, you can adjust your Medicare health or drug coverage:

- Change from Original Medicare to a Medicare Advantage Plan or vice versa
- Switch between Medicare Advantage Plans
- Join a Medicare Prescription Drug Plan
- Switch your current drug plan
- Drop Medicare prescription drug coverage

Your Medicare plan options depend on where you live. To find available health or drug plans, you can look in your 2025 Medicare & You handbook or visit [medicare.gov](https://www.medicare.gov). If you're unsure where to start, your local State Health Insurance Assistance Program (SHIP) can help.

The SHIP offers free one-on-one personalized assistance year-round to Medicare-eligible beneficiaries, their families and caregivers. Trained counselors in your area can help you understand Medicare benefits and the enrollment process. SHIP counselors can help you find available options that best meet your unique needs.

Davis County offers free non-biased Medicare counseling. Medicare counselors are trained to empower, educate, and assist individuals in navigating Medicare.

New enrollees or those currently enrolled needing information regarding enrollment into any Medicare program, may receive counseling. Open enrollment allows people to reevaluate their personal needs and change plans if they desire.

To reach a Medicare counselor in Davis County call 801.525.5050 opt 5

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# VACCINES AVAILABLE

## North Davis Senior Center

42 South State Street, Clearfield  
**Wednesday, October 9**  
10:00 am - 1:00 pm  
**Wednesday, November 6**  
10:00 am - 1:00 pm

## Central Davis Senior Center

81 East Center Street, Kaysville  
**Wednesday, October 23**  
10:00 am - 1:00 pm  
**Wednesday, November 13**  
10:00 am - 1:00 pm

## South Davis Senior Center

726 South 100 East, Bountiful  
**Wednesday, October 16**  
10:00 pm - 1:00 pm  
**Wednesday, November 20**  
11:00 am - 1:00 pm

## In-Home Vaccinations

Available to Davis County residents who:

- Are homebound; or
- Are unable to drive; or
- Are immunocompromised/medically vulnerable

**For more information, call  
our Immunizations Office  
at  
(801) 525-5020**



These events are funded by @ACLgov



**It's time to review**

**your current**

**Medicare coverage**

Davis County Senior Services offers **FREE** non-biased 1 on 1 counseling by appointment.

**Make an appointment by calling  
(801) 525-5050 Opt. 5**



# October 2024

North Davis Senior Activity Center

42 S. State St., Clearfield (801) 525-5080

## Field Trip

FALL LEAF DRIVE & LUNCH [AT]

CITY BUFFET IN ROY

FRIDAY OCT 4TH

BUS LEAVES [AT] 10:15

\$5 BUS FEE RSVP REQUIRED



## ANTELOPE ISLAND

Buffalo Round UP Field Trip

Wednesday October 30th

Bus will leave @10am

\$1 Entrance Fee

\$2 Bus Fee



Limited Space RSVP Required.

## HALLOWEEN HOOTENANNY!

Costume Contest  
and Halloween Bingo  
starting @10:30am

Chili & Corn Bread Lunch starting @11:45

Awards for best costumes!

RSVP Required

### Mondays

9:00 am Quilters & Silversmithing  
9:30 am EnhanceFitness  
10:00 am Bingo  
10:30 am Shopping @ Dollar Tree  
(3rd Monday Only)  
12:30 pm Texas Hold'Em Poker

### Tuesdays

9:00 am Lapidary  
10:30 am Tai Chi II  
10:15 am Music & Memories (2nd Tuesday)  
12:30 pm Yoga for Seniors  
1:00 pm Pinochle  
1:00 pm Line Dancing  
1:00 pm Wire Wrapping (2nd Tuesday,  
Bring your own supplies)

### Wednesdays

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

### Thursdays

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

### Fridays

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

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

### Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

Grief Support- 2nd & 4th Wednesday @10:00am

Parkinson's Support- 1st Wednesday @6pm

# October 2024

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

**I WANT CANDY**

HOW SMART ARE YOU? COME CELEBRATE THE SWEET LEGACY OF AN ICONIC CANDY. NATIONAL SMARTIES DAY ON OCTOBER 2ND AT 11:45.

## SCARECROW WALK



October 1st 10 AM  
Botanical Gardens  
In Kaysville  
Free ....Must sign up

WELCOME TO SALEM, MASSACHUSETTS!!

COME JOIN US FOR THE WITCHIEST HALLOWEEN EVENTS... IF YOU DARE. HOW MANY WITCHES HIDING IN THE CENTER WILL YOU BE ABLE TO FIND? WITCH WALK GAMES AND COSTUME CONTEST. TACO SOUP WILL BE SERVED WITH A BUBBLY WITCH BREW. OCTOBER 31ST AT 11:00.

BUFFALO ROUNDUP TOUR AT ANTELOPE ISLAND OCTOBER 29TH 12:00  
2\$ BUS FEE.  
1\$ ENTRANCE FEE



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 - 2nd Fri
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15	Bingocize			Bingocize	Movie
12:30			Square Dancing Pinochle	Mah Jongg	Bridge
1:00	Line Dancing With Linda	Art Class with Kathy			
2:00	Beginners Line Dancing				

\*Spanish Alzheimer's Support Group Monday October 21st at 11:00 am

# October

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	Bingocize	Bingo	Bingocize
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	



## Gardner Village Field Trip

**Tuesday October 22nd**

Experience the enchantment of live Gardner Village witches, cute shops and a bite to eat at Archibald's Restaurant or the Cackling Cantina on Mill Plaza. Sign up starts Oct. 9th @ noon. \$3.00 suggested contribution for the bus plus cost of meal. Bus leaves @10:00am

## MONSTER BASH Thursday Oct 31st

Chili Frito Pie, cooked in center by staff. Costume Contest. Costumes are not required, they are rewarded. Trophies & Prizes will be given for several costume categories.



**OCT. 31**

**Games:**  
@11:20am

**Lunch:**  
@11:45am

**Awards**  
@12:05pm

Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb	
Egg Salad Sandwich		1 Chicken Caesar Salad Roll Fresh Fruit Dessert Bar Milk	2 Cheeseburger Lettuce/Tomato Corn Spinach Fruit Milk	3 Chicken Alfredo Rotini Noodles Zucchini Mixed Veggies Roll Fruit Milk	4 Stir Fry Chicken Fluffy Rice Three Bean Salad Fresh Fruit Pudding Milk	8 20 3 5 22 14 11	
*Chicken Chef Salad	7 Turkey A la King Rotini Noodles Green Beans Carrots Fruit Milk	8 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	9 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fruit Cookie Milk	10 Breaded Fish Sandwich Broccoli Lettuce/Tomato Mixed Veggies Fresh Fruit Milk	11 Baked Turkey Mash Potatoes/gravy Butternut Squash Peas, Fresh Fruit Dessert Bar Milk	2 29 8 13 22 27 11	47 5 1 5 21 11
*Tuna Salad Sandwich	14 Spaghetti/meatballs Green Salad Roasted Cauliflower Fruit Milk	15 Buffalo Chicken Salad Roll Fresh Fruit Pudding Milk	16 Breaded Fish Rice Pilaf Cooked Beans Broccoli & Red Peppers Fresh Fruit Milk	17 Beef & Gravy Mash Potatoes Peas Roll Fruit Milk	18 Baked Chicken, Mash potato/gravy Carrots Wheat Bread Fresh Fruit Dessert Bar Milk	1 29 7 13 19 27 11	8 23 13 22 14 11
*Break fast Wrap	21 Meat/Potato Cass. Three Bean Salad Mixed Veggies Fresh Fruit Milk	22 BBQ Pulled Pork Sandwich Candied Carrots Green Beans Fruit Milk	23 Salisbury Patty Mash Potatoes/gravy Zucchini Roll Fresh Fruit Milk	24 Chicken Cacciatore Rotini Noodles Corn Mixed Veggies Roll Fruit Milk	25 Beef & Broccoli Fluffy Rice Butternut Squash Dessert Bar Fresh Fruit Milk	6 30 8 30 21 11	8 20 17 5 22 21 11
*Turkey Wrap	28 Beef Soft Tacos Diced tomato Green Beans Carrots Fruit Milk	29 Chicken Parm Penne/Marinara Sauce Broccoli Roasted Cauliflower Roll, Fresh Fruit Milk	30 Cheeseburger Lettuce/Tomato Butternut Squash Zucchini Fruit Milk	31 Curry Stew Fluffy Rice Green Salad Corn Fresh Fruit Cookie Milk		17 30 2 17 22 16 11	

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

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

# DAVIS COUNTY SENIOR SERVICES HEALTH RESOURCE FAIR

PROVIDING THE BUILDING  
BLOCKS FOR A BETTER LIFE



**FRIDAY NOVEMBER 8, 11AM-2PM**

**726 S 100 E BOUNTIFUL**

Questions? Call (801) 451-3660

# Are You 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 requirements. Call to inquire about our services and programs.

We can help



**Call: 801-525-5050**

\* option 5 and a case manager will be able to assist you

**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



NORTHERN UTAH  
REHABILITATION HOSPITAL  
*We are passionate patient caregivers*

