

# The Northern News

## November



**North Davis Senior Activity Center**  
 42 South State Street,  
 Clearfield, UT 84015  
 801-525-5080  
[northdavis@daviscountyutah.gov](mailto:northdavis@daviscountyutah.gov)  
[www.daviscountyutah.gov/seniors](http://www.daviscountyutah.gov/seniors)

**Center Hours**  
 Monday – Friday  
 8:00 am to 5:00 pm  
**Center Transportation**  
 Monday – Friday

**LUNCH**  
**Suggested Contribution:**  
 ⇒ 60 & over \$3.00  
 ⇒ Under 60 set price of \$6.00  
 Served Monday – Friday  
 at 11:30 am

**Reservations needed at least three days in advance**

**Center Staff**  
 Debbie Draper  
 Bureau Manager

**Tiffany Forsgren**  
 Activities Coordinator

**Wendy Cypert**  
 Nutrition Coordinator  
**Lorie Rhew**  
 Food Service Worker

**Hilda Rayl**  
**Paul Rosas**  
 Center Bus Drivers

**Ann Workman**  
**Johnny Brown**  
**Neal Bernson**  
 Medical Transportation

### Cards for a Cause

#### Card Making Event

#### Wednesday, Nov 7th & 19th

#### at 10:30

**Come and help make some festive cards for our Meals on Wheels clients, and learn a few things while you are at it!**

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### Armchair Travel

#### November 6th & 20th

#### at 12:00 p.m.



Alternate Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad	5 Beef Stew Italian Green Beans Tossed Salad Wheat Roll Jello/fruit Milk	6 Chicken Tenders Mixed Veggies Oven Brown Potatoes Wheat Roll Apple Crisp Milk	7 Spaghetti/Meatballs Yellow Squash Tossed Salad Garlic Roll Cinnamon Applesauce Milk	8 Veal Mashed Potatoes/gravy Carrots Wheat Roll Pineapple Tidbits Milk	9 Beef Stroganoff Green Beans Tossed Salad Wheat Roll Fruit Milk
Pulled Pork Wrap	7 4 28 8 12	7 18 28 36 12	13 4 40 13 12	13 4 40 13 12	21 7 28 34 12
Cobb Salad	12 Closed in Observance of Veteran's Day *	13 BBQ Pork Sandwich Mixed Veggies Boston Baked Beans Potato Dill Salad Fruit Milk	14 French Toast Egg Casserole Mixed Fruit Hash Browns Cinnamon Roll Milk	15 Chicken chow Mein Rice Mixed Veggies Tossed Salad Cookie Milk	16 Salisbury Patty Mash Potatoes/gravy Mixed Veggies Wheat roll Mandarin oranges Milk
Chet Salad	19 Tuna Salad Sand. Potato Salad Tossed Salad Pears Milk	20 Italian Sausage Dog Grilled Onions/Pepper Cabbage Cuke/Onion Salad Fruit Milk	21 Holiday Meal Turkey Mashed Potato/gravy Cranberry Sauce Green beans Cornbread Dressing Wheat Roll Pumpkin Pie Milk	22 Closed for the Thanksgiving Holiday Happy Thanksgiving	23 Closed for the Thanksgiving Holiday
Roast Beef Sandwich	26 Chili Dog/bun Coleslaw Peas/carrots Fresh Orange Milk	27 Baked Chicken Mash Potato/gravy Mixed Veggies Wheat Roll Apple Crisp Milk	28 Shepherd's Pie Carrots Wheat Roll Fruit Milk	29 Chef Salad Pasta Salad Mandarin Oranges Wheat Roll Carrot Cake Milk	30 Chicken Marsala Herbed Noodles Green Beans Tossed Salad Wheat Roll Fruit Milk
	53 7 10 25 12	<1 22 7 28 36 12	35 12 28 20 12	6 23 12 28 34 12	6 20 7 4 28 19 12

North Davis 801-525-5080 **Menu subject to change at anytime!**  
**SUGGESTED CONTRIBUTION:** \$3.00 for those 60 & over - For those 59 & below: Set price of \$6.00. Please call for lunch reservations at least **3 days** in advance.  
 (Weekends & Holidays don't count)

