



SENIOR SERVICES MAY 2025 NEWSLETTER



NATIONAL MILITARY APPRECIATION MONTH

(Taken in part from Military.com & nationaldaycalendar.com)

National Military Appreciation Month in May is a month-long observance honoring the sacrifices of the United States Armed Forces.

Today, the United States Armed Forces is comprised of six branches including the Army, Navy, Airforce, Marines, Coast Guard, and Space Force. The U.S. military force is 2.2 million strong and includes National Guard and Reserve units.

There are more military-related observances during the month of May than any other month, so it is an appropriate time to celebrate the men and women in uniform. During May, we recognize Loyalty Day, VE Day (the end of World War II in Europe on May 8, 1945), Armed Forces Day, Military Spouses Day, and Memorial Day. The month honors active duty, guard and reserve members, and veteran service members. In 1999 Congress designated May as National Military Appreciation Month to ensure the nation was given the chance to publicly show their appreciation for troops past and present. It serves as a reminder of the

profound contributions made by service members. This May take time to publicly honor the U.S. military and all they do to serve and protect their country.

How to Observe

#MilitaryAppreciationMonth

- Thank military personnel and veterans for their service.
- Host a luncheon, picnic, or another event to recognize their service.
- Share your experiences in the military.
- Recognize family members of military personnel.
- Support veteran causes such as Honor Flights and Disabled American Veterans (DAV).

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Senior
HEALTH
and Community
Resource
FAIR

**Monday
June 30th**
42 S State St,
Clearfield
10:00am - 2:00 pm



Get Free Screenings & Information

- *Transportation*
- *In-Home Aging Services*
- *Pain Management*
- *Diabetes Prevention*
- *Food Resources*
- *Vaccinations*
- *and more.....*



PICNIC

IN THE PARK

**Summer Games &
Sloppy Joes**

**All
Centers
Party**

Wed. June 11th

Sign up at your local Davis County
Senior Activity Center



**Save
T.H.E
DATE**

May 2025

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

Join us on May 2nd during Bingo for
mint juleps and pie to celebrate the



Kentucky Derby

MOTHER'S DAY

May 9th 10:00 a.m.

**Bingo and
Sundae Bar with
lunch.**

Field Trip

Syracuse Temple Open House

May 14th, 2025 10:15 a.m.

Please RSVP

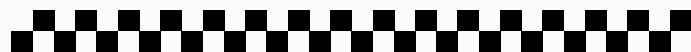


Lunch Bunch

May 21st

11:00 a.m.

Please RSVP



MEMORIAL DAY

North Davis Senior Activity Center Closed May 26th

Mondays

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

Tai Chi
Quilters
EnhanceFitness
Bingo
Craft w/ Lizz (2nd Mon)
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
10:30-11:30am
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
Music & Memories (2nd Wed)
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
12:00-2:30pm
1:00-5:00pm

Lapidary
EnhanceFitness
Bunco
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

May 2025

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



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		EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi With Diana		Tai Chi With Diana	Qigong 1 st Frid.
10:15	Community Music-4th mon.		Bingo		
11:00			Ceramics & Crafts	Ceramics & Crafts	Ceramics & Crafts
12:00			Ceramics Instructor		
12:15					Movie
12:30			Square Dancing Pinochle	Mahjong	Bridge
1:00	Scrabble Club Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud	



May

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 Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit 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 Mahjong(1:30)		Bridge	
2:00		Grief Support 2nd & 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	

CINCO de MAYO

On May 5, 1862 a small army in Puebla Mexico beat back and demolished the much larger French forces of Napoleon III. In commemoration of this event we will beat a piñata and demolish a plate of Nachos! Line up to take a swing at 11:30 followed by lunch & nachos @ 11:45



Monday May 5, 2025

Mothers Day Parfait

May 9th @ 10:45 AM

Join us in celebrating motherhood with a delightful, wholesome yogurt parfait topped with a variety of indulgent fruits and crunchy delights.



REMINDER: If you signed up for the Tulip Festival trip, please note that the bus will depart from the center at 9:30 AM on Wednesday, May 14th. Arrive at least half an hour early. Remember, breakfast and admission costs will be self-paid.

Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb
*Turkey Wrap	<div>May 2025</div>					
*Chicken Salad Sandwich	<div><div>5</div><div>Beef & Cheese Quesadilla</div><div>Corn Broccoli & Red Peppers</div><div>Fruit Milk</div><div>321761411</div></div>	<div><div>6</div><div>Pork Loin</div><div>Mash Potatoes/gravy</div><div>Coleslaw Zucchini</div><div>Fresh Fruit Frosted Bar</div><div>028113223911</div></div>	<div><div>7</div><div>Meatball Sub</div><div>Green Beans</div><div>Green Lettuce</div><div>Fresh Fruit</div><div>Milk</div><div>46621911</div></div>	<div><div>8</div><div>Chicken Tenders</div><div>Oven Browned Potatoes</div><div>Mixed Veggies</div><div>Fresh Fruit</div><div>Dessert Bar</div><div>Milk</div><div>1623112711</div></div>	<div><div>9</div><div>Chicken Chef</div><div>Salad Roll</div><div>Fresh Fruit</div><div>Milk</div><div>9221911</div></div>	
*Grilled Ham & Cheese	<div><div>12</div><div>Breaded Chic</div><div>Mash Potato /gravy</div><div>Fresh Veggie</div><div>Green Beans</div><div>Fruit Milk</div><div>1428662111</div></div>	<div><div>13</div><div>BBQ Pork</div><div>Sandwich</div><div>Browned Potatoes</div><div>Coleslaw</div><div>Fresh Fruit</div><div>Cookie</div><div>Milk</div><div>54239172211</div></div>	<div><div>14</div><div>Buffalo</div><div>Chicken Salad</div><div>Roll</div><div>Fresh Fruit</div><div>Dessert Bar</div><div>Milk</div><div>1022132711</div></div>	<div><div>15</div><div>Lasagna Cass</div><div>Roll</div><div>Carrots</div><div>Peas</div><div>Fruit</div><div>Milk</div><div>37227131411</div></div>	<div><div>16</div><div>Beef & Broccoli</div><div>Fluffy Rice</div><div>Mixed Veggies</div><div>Green Salad</div><div>Roll</div><div>Fresh Fruit</div><div>Milk</div><div>6305222211</div></div>	
*Chicken Tenders	<div><div>19</div><div>Enchilada Pie</div><div>Spanish Rice</div><div>Corn</div><div>Zucchini</div><div>Fruit</div><div>Milk</div><div>36241732111</div></div>	<div><div>20</div><div>Southwest</div><div>Salad</div><div>Roll</div><div>Fresh Veggies</div><div>Fresh Fruit</div><div>Dessert Bar</div><div>Milk</div><div>18226112711</div></div>	<div><div>21</div><div>Pork Loin</div><div>Mash Pot/gravy</div><div>Ranch pasta</div><div>Salad</div><div>Green Beans</div><div>Fresh Fruit</div><div>Milk</div><div>0282162211</div></div>	<div><div>22</div><div>Chili Dog</div><div>Potato Salad</div><div>Butternut Squash</div><div>Fresh Fruit</div><div>Milk</div><div>382182211</div></div>	<div><div>23</div><div>Breaded Chicken</div><div>Sandwich</div><div>Sliced Beets</div><div>Oven Brown Potatoes</div><div>Fresh Fruit</div><div>Milk</div><div>413231911</div></div>	
*Tuna Salad Sandwich	<div><div>26</div><div>Closed</div><div></div></div>	<div><div>27</div><div>Mac & Cheese</div><div>Baked Beans</div><div>Green Salad</div><div>Spinach</div><div>Fresh Fruit</div><div>Milk</div><div>5231362211</div></div>	<div><div>28</div><div>Chicken Alfredo</div><div>Peas</div><div>Mixed Veggies</div><div>Roll</div><div>Fresh Fruit</div><div>Milk</div><div>3813522111</div></div>	<div><div>29</div><div>Chicken Chef</div><div>Salad</div><div>Roll</div><div>Fruit</div><div>Cookie</div><div>Milk</div><div>922141611</div></div>	<div><div>30</div><div>Beef Soft Tacos</div><div>Corn</div><div>Carrots</div><div>Fresh Fruit</div><div>Milk</div><div>531771911</div></div>	

**Alternate Meals are available in Center Dining Only.

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

Caregiver Support in Davis County

Being a caregiver for a loved one can be demanding and stressful, but also rewarding. People who have been caregivers know that the days are long and the work is difficult. Many caregivers cannot get out to do the most basic of activities such as grocery shopping, going for a walk or seeing a movie.

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



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

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



Thank you Sponsors!

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



North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660