



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



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MEMORIAL DAY

North Davis Senior Activity Center Closed May 26th

Mondays

8:30-9:30am Tai Chi
9am-5pm Quilters
9:30-10:30am EnhanceFitness
10:30-11:30am Bingo
12:15-1:15pm Craft w/ Lizz (2nd Mon)
12:30-2:30pm Texas Hold'Em Poker

Tuesdays

9am-12pm Lapidary & China Painting
10:30-11:30am Tai Chi II
12:00-1:00pm Mexican Train Dominos
1:00-5:00pm Pinochle
1:00-3:00pm Line Dancing
1:00-2:30pm Wire Wrapping (2nd Tuesday,
Bring your own supplies)

Wednesdays

8:30-9:30am Tai Chi
9am-12pm Lapidary
9am-5pm Quilters
9:30-10:30am EnhanceFitness
10:30-11:30am Music & Memories (2nd Wed)
10:30-1:15pm 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
12:00-2:30pm 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

*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

CINCO DE MAYO
Come celebrate
on Monday May 5th 11:30
Beef quesadillas &
Nacho Bar
Music & Pinata Fun
Sign up at the front desk

Lunch Bunch
Plated Dreams
May 9th 10:00 am
Sign up at front desk

Taffy
tasting &
games
May 23rd
11:00 am

Spill the Tea
Tea Party
May 19th
10 am
Sign up
at front desk.

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	<h1 style="text-align: center;">May 2025</h1>						19					
*Chicken Salad Sandwich							5 Beef & Cheese Quesadilla Corn Broccoli & Red Peppers Fruit Milk	6 Pork Loin Mash Potatoes/gravy Coleslaw Zucchini Fresh Fruit Frosted Bar Milk	7 Meatball Sub Green Beans Green Lettuce Fresh Fruit Milk	8 Chicken Tenders Oven Browned Potatoes Mixed Veggies Fresh Fruit Dessert Bar Milk	9 Chicken Chef Salad Roll Fresh Fruit Milk	28
*Grilled Ham & Cheese							12 Breaded Chic Mash Potato /gravy Fresh Veggie Green Beans Fruit Milk	13 BBQ Pork Sandwich Browned Potatoes Coleslaw Fresh Fruit Cookie Milk	14 Buffalo Chicken Salad Roll Fresh Fruit Dessert Bar Milk	15 Lasagna Cass Roll Carrots Peas Fruit Milk	16 Beef & Broccoli Fluffy Rice Mixed Veggies Green Salad Roll Fresh Fruit Milk	37
*Chicken Tenders							19 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	20 Southwest Salad Roll Fresh Veggies Fresh Fruit Dessert Bar Milk	21 Pork Loin Mash Pot/gravy Ranch pasta Salad Green Beans Fresh Fruit Milk	22 Chili Dog Potato Salad Butternut Squash Fresh Fruit Milk	23 Breaded Chicken Sandwich Sliced Beets Oven Brown Potatoes Fresh Fruit Milk	38
*Tuna Salad Sandwich							26 Closed  *MEMORIAL DAY*	27 Mac & Cheese Baked Beans Green Salad Spinach Fresh Fruit Milk	28 Chicken Alfredo Peas Mixed Veggies Roll Fresh Fruit Milk	29 Chicken Chef Salad Roll Fruit Cookie Milk	30 Beef Soft Tacos Corn Carrots Fresh Fruit Milk	9
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****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