



SENIOR SERVICES MAY 2026 NEWSLETTER



National Senior Health and Fitness Day

(Taken in part from an online publication by Osceola Community health Services, and class information from daviscountyutah.gov)

Each year on the last Wednesday in May, about 100,000 senior adults across the United States observe National Senior Health and Fitness Day. It is a time to celebrate all the benefits of leading an active lifestyle. Some of these benefits include:

- reduce fall risk and increase the ability to live independently
- maintain strength, healthy joints, and muscles
- reduce or help control blood pressure
- reduce the risk of colon cancer and diabetes
- ease symptoms of anxiety
- offer community and companionship when done in groups
- reduce and prevent arthritis joint swelling and pain

Davis County Senior Activity Centers provide a diverse range of programs and resources designed to educate, foster community connections, and promote physical activity. Available Classes Include:

EnhanceFitness

A group exercise program aimed at fall prevention, helping older adults of all fitness

levels to become more active, energized, and empowered.

Tai Chi for Arthritis

A fall prevention course that enhances balance, increases movement, strengthens muscles, and improves mobility.

Bingocize

A unique combination of bingo, exercise, and health education, making it both fun and beneficial.

However, if you prefer a more independent approach, walking is still one of the best ways to stay fit. Find the right pair of shoes, carry your cane if needed for additional support, and most importantly, know your limitations. Whatever exercise routine you choose, Get up, get active, and pursue the right fitness goal for you!

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**FRIDAY
MAY 15**

Yellow Submarine

**11:00^{am}-
12:30^{pm}**

ALL CENTERS

party!

Hosted by South Davis Senior Activity Center, Bountiful

Get ready for a Beatles-themed extravaganza! Dust off your favorite bellbottoms, vibrant psychedelic shirts, or beloved Beatles band T-shirt and come join us for a day filled with food, fun, and games. Enjoy Beatles-themed photo booths, put your Beatles knowledge to the test, and compete in Yellow Submarine-themed games for a chance to win a grand prize. Submarine sandwiches with sweet and salty sides served @11:45am. RSVP @ your local center.



AN UNMISSABLE ALL CENTERS EVENT

South Davis Senior Activity Center, 726 S 100 E, Bountiful. 801-451-3660

May 2026

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



Let's Celebrate!!!
May 5th at 10:00 am
Tacos! Tacos! Tacos!
Fun! Fun! Fun!



Must RSVP



Let's plant a pot of flowers...
May 7th at 10:30 am
Just bring your own pot...



Must RSVP by May 5th



Bagels



Mother's Day



May 8th at 10:00am/RSVP



Karaoke



May 13th at 10:30 am

What happens at karaoke....stays at karaoke

ANTELOPE ISLAND BUS TOUR



May 20th-----Bus leaves at 11:00 am/RSVP

Senior Center Closed 05/25/26 for
Memorial Day

*Activity sign-ups begin at 12:00pm the first Monday
of the month*

Monday

8:00am-12:00pm Silversmithing
8:30am-9:30am Tai Chi
9:00am-5:00pm Quilters
9:30am-10:30am EnhanceFitness
10:30am-11:30am Bingo
12:15pm-2:15pm Movie Monday
12:30pm-2:30pm Texas Hold'Em Poker

Tuesday

8:00am-12:00pm Lapidary & China Painting
9:00am-9:30am Chair Yoga
10:30am-11:30am Tai Chi for Fall Prevention
12:00pm-1:00pm Mexican Train Dominos
1:00pm-5:00pm Pinochle
1:00pm-3:00pm Line Dancing
1:00pm-2:30pm Bonsai Workshop
1:00pm-2:30pm Wire Wrapping (2nd Tuesday,
Bring your own supplies)

Wednesday

8:30am-9:30am Tai Chi
8:00am-12:00pm Lapidary
9:00am-5:00pm Quilters
9:30am-10:30am EnhanceFitness
10:30am-12:30pm Basic Sewing Class
12:30pm-1:30pm Bingocize
12:30pm-5:00pm Hand & Foot Cards
12:30pm-2:30pm Texas Hold'Em Poker
2:00pm-3:30pm Multi-Cultural Dancing

Thursday

8:00am-12:00pm Lapidary
9:00am-9:30am Chair Yoga
9:30am-10:30am EnhanceFitness
10:30am-11:30am Bunco
12:15pm-1:15pm Craft w/ Lizz (2nd Thurs)
1:00pm-5:00pm Pinochle

Friday

8:00am-12:00pm Silversmithing
10:00am-11:30am Bingo
10:15am-11:30am Shopping (3rd Friday)
12:30pm-2:30pm Texas Hold'Em Poker
1:00pm-5:00pm Pinochle

Support Groups:

Alzheimer's Support- 1st Wednesday@3pm

May 2026

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



Mother's Day Tea Party May 9th @ 10:30am
Come play Jewels and Gems Bingo

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Tai Chi Painting Group	Beginners Lapidary	Tai Chi Painting Group		Wire Wrapping 1st & 3 rd Fri.
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class	Silversmithing	EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi		Tai Chi	Qigong 1 & 3 Friday
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	Open Craft Room
12:00		Pickin Circle	Ceramics Instructor		
12:15	Bingocize		Square Dancing	Bingocize	Movie
12:30			Pinochle	Mahjonn	Bridge
1:00	Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	



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		Line Dancing		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	Writing Club 1 st & 3 rd Wed	Bridge	
2:00					
3:00		Pickleball		Dementia support Group 1st Thurs	Book Club 2 nd Friday

May Parties & Events

Mother's Day Celebration Friday May 8th

Come celebrate all the wonderful Mothers with good company and sweet treats from 11-11:45 am



The Beatles Yellow Submarine All Centers Party!



Celebrate the Fab Four!

Friday May 15th 11:00 am-12:30 pm. Food, fun, games, photo booth and prizes. Reminisce and immerse yourself in the various lands traveled by Yellow Submarine. Dressing up is celebrated and encouraged!

"American Music Through the Years" Lunch Performance

Tuesday May 26, musical performance by local students



Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb
*Turkey Wrap	 <p>May 2026</p>					
*Chicken Salad Sandwich	<p>4 Pork Loin Mash 0</p> <p>Potatoes/gravy 28</p> <p>Coleslaw 11</p> <p>Zucchini Fruit 3</p> <p>Milk 14</p> <p>11</p>	<p>5 Beef & Cheese Quesadilla 33</p> <p>Corn 18</p> <p>Broccoli & Red Peppers 6</p> <p>Fresh Fruit 22</p> <p>Frosted Bar 39</p> <p>Milk 11</p>	<p>6 Meatball Sub 46</p> <p>Green Beans 6</p> <p>Green Lettuce 2</p> <p>Fresh Fruit 19</p> <p>Milk 11</p>	<p>7 Chicken Tenders Oven-Browned Potatoes 16</p> <p>Peas & Carrots 23</p> <p>Mixed Veggies Fruit 5</p> <p>Dessert Bar 11</p> <p>Milk 19</p> <p>27</p> <p>11</p>	<p>8 Chicken Chef Salad 9</p> <p>Roll 22</p> <p>Fresh Fruit 19</p> <p>Milk 11</p>	<p>19</p> <p>26</p> <p>4</p> <p>5</p> <p>22</p> <p>19</p> <p>22</p> <p>11</p>
*Grilled Ham & Cheese	<p>11 Breaded Chic Mash Potato /gravy 14</p> <p>Fresh Veggie 28</p> <p>Green Beans 6</p> <p>Fruit 6</p> <p>Milk 21</p> <p>11</p>	<p>12 BBQ Pork Sandwich 54</p> <p>Browned Potatoes 23</p> <p>Coleslaw 9</p> <p>Fresh Fruit 17</p> <p>Cookie 22</p> <p>Milk 11</p>	<p>13 Buffalo Chicken Salad 10</p> <p>Roll 22</p> <p>Fresh Fruit 13</p> <p>Dessert Bar 27</p> <p>Milk 11</p>	<p>14 Lasagna Cass Roll 37</p> <p>Carrots 22</p> <p>Peas 7</p> <p>Fruit 13</p> <p>Milk 14</p> <p>11</p>	<p>15 Beef & Broccoli Fluffy Rice 6</p> <p>Mixed Veggies 30</p> <p>Green Salad 5</p> <p>Roll 2</p> <p>Fresh Fruit 22</p> <p>Milk 22</p> <p>11</p>	
*Chicken Tenders	<p>18 Enchilada Pie 36</p> <p>Spanish Rice 24</p> <p>Corn 17</p> <p>Zucchini 3</p> <p>Fruit 21</p> <p>Milk 11</p>	<p>19 Southwest Salad 18</p> <p>Roll 22</p> <p>Fresh Veggies 6</p> <p>Fresh Fruit 11</p> <p>Dessert Bar 27</p> <p>Milk 11</p>	<p>20 Pork Loin Mash Pot/gravy 0</p> <p>Ranch pasta 28</p> <p>Salad 21</p> <p>Green Beans 6</p> <p>Fresh Fruit 22</p> <p>Milk 11</p>	<p>21 Chili Dog Potato Salad 38</p> <p>Butternut Squash 21</p> <p>Fresh Fruit 8</p> <p>Milk 22</p> <p>11</p>	<p>22 Breaded Chicken Sandwich 41</p> <p>Sliced Beets 3</p> <p>Oven Brown Potatoes 23</p> <p>Fresh Fruit 19</p> <p>Milk 11</p>	
*Tuna Salad Sandwich	<p>25 Closed for</p>  <p>Memorial Day</p>	<p>26 Mac & Cheese Baked Beans 52</p> <p>Green Salad 31</p> <p>Spinach 3</p> <p>Fresh Fruit 6</p> <p>Milk 22</p> <p>11</p>	<p>27 Chicken Alfredo Peas 38</p> <p>Mixed Veggies 13</p> <p>Roll 5</p> <p>Fresh Fruit 22</p> <p>Milk 11</p>	<p>28 Chicken Chef Salad 9</p> <p>Roll 22</p> <p>Fruit 14</p> <p>Cookie 16</p> <p>Milk 11</p>	<p>29 Beef Soft Tacos Corn 53</p> <p>Carrots 17</p> <p>Fresh Fruit 7</p> <p>Milk 19</p> <p>11</p>	

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

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

Need Assistance at Home?



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

Defying Gravity

Fall Prevention Class

Stay strong, steady and independent! Join our 90 minute class taught by a fall prevention experts. More than 1 in 4 Americans age 65 and older fall each year. This class is designed to meet that need with a power packed, fun and interactive agenda. This class focuses on the importance of talking about falls, identifying fall risks, and provides tools that help to prevent falls. The class covers the following topics:

- Home Hazards
- Balance & Strength Exercises
- Vision
- Medication
- Footwear
- Navigating Your Community Environment
- Local Resources
- Your Action Items

More than 1 in 4



Americans age 65+

FALL EACH YEAR

Monday May 11th, 10:00 am. Central Davis Senior Activity Center
81 E Center St Kaysville 801-444-2290

Thank you Sponsors!

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



Humana



AmeriCorps
Seniors



Suzy's Senior
Companionship Services



North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660