

Davis
Davis Senior Center
646 A Street, Davis CA 95616

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Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

Transportation: (530) 757-4408

Office: (530) 757-5696

Travelaires: (530) 753-4159

Volume XXXIII, Number 3

Office Fax: (530) 758-0463

April 2005

\$10.00/Year Subscription

www.cityofdavis.org/pcs/seniors/

INTERNATIONAL PARTY TICKETS ON SALE!

Tickets are on sale now while supplies last for the annual International Party to be held on **Wednesday, April 20 from 6:00-9:00 p.m.** Ticket prices are \$7 for SCD members and \$10 for non-members, and include an exquisite buffet of cultural dishes, as well as exciting entertainment and raffle prizes!

Don't forget to bring your quarters, because we will be featuring our special bidding raffle again this year as a Senior Center fundraiser. Each donated item will have a designated bid value (e.g. 25¢, 50¢, \$1.00). If you are interested in a particular item, then you place your bid (cash!) in the bidding can on your table. If your name is drawn & you have placed a bid, then you win the prize. If you did not place a bid, then the prize goes to the next name drawn. By placing a bid on each item, you increase your chances to win a prize while supporting the many programs here at the center at the same time. Even if you bid on every item, you won't have to spend more than \$10.00!

New this year, we will also be adding a special Silent Auction component to the program. Between the hours of 6:00 and 7:15 p.m., you will be able to view special prizes and make your bids. At the end of the bidding period, the bids will be closed, and if you bid the highest – You Win The Prize!



Christine Helweg, Community Services Supervisor
Lisa DeAmicis, Information & Assistance Coordinator

SENIOR CENTER STAFF
Ashley Rosales, Elderly Nutrition Site Manager
Kay Jeffery, Davis Travelaires Executive Director

Jan Butler, Senior Office Assistant
Ashley Rosales, Asst. Program Coordinator

SCD POTLUCK – APRIL 5

This month's entertainment program will feature Alexer Kodash. Robert Block will introduce Alexer, who is a refugee from the Ukraine. He will play the piano. Our customary social hour will begin at **11:30 a.m.**, with our program beginning at approximately 11:45 a.m on **Tuesday, April 5.**

Members are asked to bring the following: **A-H bring salad, I-P bring hot dish, and Q-Z bring a dessert.** Anyone wishing to bring additional hot dishes is encouraged, and most appreciated! Also, don't forget to bring your own plate & utensils. For those who are unable to bring a dish, you may pay \$5.00 per place setting, and still enjoy the delectable lunch & entertainment.

Next month's potluck will be held on **Tues., May 3, beginning at 11:30 a.m.**

Watch for more details about our program in next month's newsletter. Those with last names beginning with **A-H bring hot dish, I-P dessert, and Q-Z salad.** Anyone wishing to bring additional hot dishes is encouraged.

SUNSHINE LADY ☺

Sunshine Lady Louise DeMasi reports that for the last half of February and first half of March, cards were sent to the following:

Get well cards to Helen King, Worden Waring, Mary Dixon, Lillian McCoy, Annette Lewis, Jackie Schilling, and Billie Jean Behymer.

Thinking of You cards to Therese Smith, Judith Atwood, Bill Carter, Ruth & Bill Griggs, Mercedes & Bill McElwain.

Sympathy cards to the family of Rismo Ricci, family of Nell Lompfrey, family of Alexander Barry, family of Carol L. Catlin, family of Glenn N. Harper, and family of Howard G. Snyder. Sympathy card to Ed Quinteros in the death of his father.

Please contact Louise at 756-7278 if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer.

NEW MEMBERS FOR FEBRUARY – MARCH

Please join us in welcoming the following new SCD members: Bennie Buechel, Carolyn Cardwell, Marilyn Corcoran, Duncan Douglas, Kathleen Farley, Annie Goldbar, Theodore Gould, and Albert & Mary Ann Harrison.

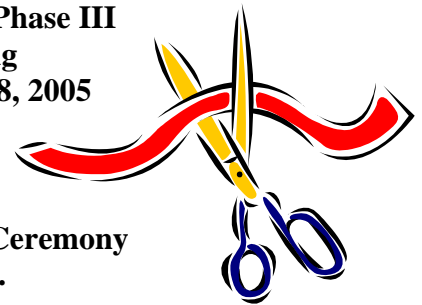
**PHASE III SENIOR CENTER EXPANSION**

Well, can you believe it! We are finally beginning to move into our new wing. As you may suspect, there are a lot of things to organize, and a lot of pre-planning to determine which rooms are best suited for our activities. We are going to go slow with this process, so that we ensure that we don't have to move things twice. We appreciate your patience as we determine which cabinets will be used by which programs, what items need to be stored in rooms, etc. There are a lot of items being stored that we need to move back in.

In the meantime, however, please mark your calendars for our official community unveiling:

**Davis Senior Center Phase III
Grand Opening
Wednesday, May 18, 2005**

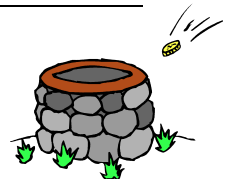
**Ribbon Cutting Ceremony
4:00 p.m.**



Grand Opening Festivities – 4:30 to 6:30 p.m.

THE GIFT OF GIVING

We gratefully acknowledge the following groups for their recent contributions to the Senior Center Wishing Well.



Dynabands	\$ 322
Duplicate Bridge – Monday	\$ 55
Hem & Haw (SCD)	\$ 74
Information & Assistance	\$ 3
Medical Equipment Donations	\$ 85
Miscellaneous	\$ 45
Nostalgics	\$ 19
Pinochle	\$ 7
Social Bridge (Monday night)	\$ 15
Tax donation	<u>\$ 70</u>
Total	\$695

Thank you for your continued support!

CLUBS & SPECIAL INTERESTS**AARP**

Our next meeting/potluck will be held on **Wednesday, April 13**. The customary social hour will begin at **11:30 a.m.** Our featured speaker will be Jean Lauder, who will be speaking about her experience in the Peace Corps.

Members should bring a guest and your own table service, food to share or a donation. Members whose last names are **A to G should bring hot dishes, H to P bring salads, and Q to Z bring desserts.** For more information, please call Maxine at 753-0266.

BOOK REVIEW

Join us on **Tuesday, April 19 at 9:30 a.m.** for our monthly book review hosted by Stan Forbes, owner of The Avid Reader in Sacramento. Stan will give you the inside scoop about the latest best sellers and best kept secrets!

SENIOR CENTER READS...

The next discussion group meeting will be held on **Tuesday, May 17 at 10:30 a.m.** Stay tuned for next month's book selection since it was unavailable at the time of printing. Information will be posted on the center's bulletin boards, or you can call the office after April 1 for more details.

HEM N' HAW

Calling all knitters, sewers, crocheters, quilters, etc! Every **Wednesday** afternoon from **1:00-3:00 p.m.**, why not join others who share your passion? Please contact Carol Harting at 756-4654 for more information regarding this group.

CURRENT EVENTS DISCUSSION GROUP

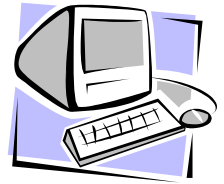
This discussion group will meet on **Friday, April 1 and 15 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, April 11**. For more information call Anne Hance at 753-7265, Lois Richter at 758-5058, Carol Harting at 756-4654, or check the web site at www.dcn.org/iug/

MAC USERS GROUP

This group now meets on the second Tuesday of each month, from **7:00-8:30 p.m.** The next meeting will be held on **Tuesday, April 12**. For more information, call Michael Beaucage at 758-7639.

**SENIOR CITIZENS COMMISSION**

The next meeting for the Commission will be held on **Thursday, April 14 at 2:30 p.m.** Guest speaker, Linda Alemania from the Davis Community Transit will be featured.

GENEALOGY CLUB AND LIBRARY

The Genealogy library is open on **Mondays, Wednesdays and Fridays from 1:00 to 4:00 p.m.** Monthly Club meetings are also held the last **Monday of the month at 1:00 p.m.** On **April 25**, the program will feature a trip to the Solano County Genealogy Library in Vacaville. This library specializes in Solano County pioneer families and also holds records of general interest to all genealogists. Members will meet at the senior center for a brief business meeting, and then carpool to Vacaville. Space is limited, but guests will be welcomed based upon space availability. Contact Mary Ann Harrison (756-2361) or Betsy True (753-5735) for questions or to get your name on the interest list.

DAVIS COMMUNITY TRANSIT**GOODBYE GREG**

This month we have a driver update. We are saying goodbye to our driver Greg Ma. Greg will be leaving us on April 1. We are sad to see him go as he has been with us for almost a year and he has been a delight to work with! He cheerfully was the early morning driver greeting passengers with a friendly smile and witty charm! Beginning April 4 Greg will begin training at the academy for the Sacramento Sheriff's Department. Good luck Greg!

GREETINGS FROM THE FRIENDSHIP CAFE



Come join us in the Friendship Café, **Monday through Friday at 11:30 a.m.** for good friends & great eats! This month, our special meals include:

Wednesday, 4/27 "Happy Birthday" - join us in celebrating our April birthday babies with fruit juice, oven roasted chicken, jazzy rice, steamed carrots, dinner roll, and of course, birthday cake!

Meal reservations should be made no later than 12:00 noon the day prior to attending. Meal reservations received less than 24 hrs in advance may not be available. For meal cancellations, please call at least 24 hrs in advance when possible. For further information, please call Ashley at 757-5696.

Lunch Fees

Suggested Donation for seniors over age 60: \$2.50
 Essential ENP Volunteers under age 60: \$3.00
 Guests under age 60: \$6.25*
**unless accompanied by senior spouse*

HEALTH

BLOOD PRESSURE CHECKS

Thanks to retired nurse Ruth Bowman, we are continuing to offer free blood pressure screenings at the center on a monthly basis, on the **second Thursday of the month, 10:30-11:30 a.m.** This month, the drop-in screening is on **Thursday, April 14.**

INFORMATION & ASSISTANCE

SOCIAL SECURITY AT THE SENIOR CENTER

Social Security will be offering their services at the Davis Senior Center on **Wednesday, April 27th at 9:00 a.m.** Please arrive promptly as persons' will be helped in the order they arrive.

SHOPPING SERVICE

If you need someone to do your grocery shopping, we have a free service for you! UCD

student volunteers will take your order, do your shopping and deliver to your home. For more information, call Lisa at 757-5696 or Mindy Marlatt (925) 876-6857.

LIBRARY TAX EXEMPTION

Low-income persons in Davis may qualify for the Davis Library Parcel Tax Exemption. If you own your Davis home, and your household income is under \$38,505, you are eligible to apply. Forms can be picked up at the senior center office or the Davis Library. The deadline to file for the exemption is **June 1, 2005.** If you need help in completing the forms, make an appointment with Lisa at the senior center, 757-5696.

ELDERLAW CLINIC

Elderlaw attorney Mark Hyjek offers free consultations on **Friday, April 8** beginning at 11:00 a.m. His expertise is in issues affecting older adults, including Social Security, grandparent rights, Medicaid, powers of attorney, estate planning and age discrimination. Call 757-5696 to sign up.

LAST CHANCE TO FILE YOUR TAX RETURNS

Free tax assistance will only be available a few more weeks through **April 15.** Tax appointments are available at the senior center or the Davis Library by calling 757-5696.

VIDEO MOVIES

Thanks to *Videos To Go* for making the showing of these films possible. Show time is 12:15 on Fridays.



April 1 – Star Wars – The one that started it all. May the force be with you.

April 8 – The Maltese Falcon – Humphrey Bogart as Sam Spade.

April 15 – Shane – Among the best westerns ever made.

April 22 – The Notebook – A sweeping love story starring James Garner and Gena Rowlands.

April 29 – King Kong – This 1933 classic stars Fay Wray and the big guy.

SERVICES

Call the Davis Senior Center at 757-5696 for more information about services listed below.

- **INFORMATION & HELP AVAILABLE** - The Information and Assistance Program at the center is here to help guide you through the maze of programs and services available to older adults. Call Lisa, Information & Assistance Coordinator, for an appointment. This program is funded in part by the Area 4 Agency on Aging. Lisa can also help you fill out forms for government programs, utility rebates, etc.
- **ASK A LAWYER** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call the center for an appointment.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a HICAP counselor. Appointments at the center are available on first and third Thursdays of the month.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter changed? These and other minor home repairs can be done through Handy Helpers program.
- **MEDICAL EQUIPMENT LOANS** - Before buying wheelchairs, walkers, crutches, canes, portable ramps, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet at the center. For a small donation, you can borrow the items you need.
- **PHOTO ID PROGRAM** - Sponsored by the senior center, the Alzheimer's Society and the Davis Police Department, this program is aimed at identifying "wanderers" who might be found confused and alone so they can be quickly returned to loved ones.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** Your first copy is free. Additional copies are \$.50 at the senior center front desk. You can also find the Guide on the internet at <http://www.cityofdavis.org/pcs/seniors/resourceguide2005.pdf>
- **ADVANCE HEALTH CARE DIRECTIVES** The "Advance Health Care Directive" kit is available at the senior center for a donation of \$2.50.
- **VETERAN'S SERVICES** - Consultations on services available to veterans on **Mondays from 8:30 to 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent's and survivor's benefits, health care, prescription drugs and life insurance are just some of the areas that he can assist you with. For more information, call 406-4850.
- **55 ALIVE MATURE DRIVER COURSE** - our next 55 Alive Driver training session will be held on **Wednesday, May 4 and Thursday, May 5 from 12:30pm - 4:30pm.** Registration must be done in advance at the Davis Senior Center main office. We will need either \$10 cash or a check payable to AARP at the time of registration. Hurry, this popular refresher course is filling up fast!

HELPING OTHERS

We collect the following items in the front lobby of the senior center:

- **NUGGET MARKET RECEIPTS** (it's a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CANNED FOOD AND TOILETRY ITEMS**

SPECIAL ACTIVITIES

JAPANESE TAIKO DRUMMING

This class will teach you the basics of traditional Taiko drumming, including instruction in form and rhythm. The class is offered at the Chestnut Roundhouse, beginning the **week of April 5, either on Tuesdays or Saturdays**. The cost of the class is \$60 for residents, plus a \$16 materials fee payable to the instructor for drumsticks and earplugs on the first day of class. Call the Senior Center office, 757-5696, or the Parks & Community Services Department at 757-5626 for more detailed information.

FLOCK TO MS WORD.DOC

This is a great discussion class for beginner computer users. Students will learn basic Microsoft Windows and Word processing skills, including how to type a letter, formatting, changing font styles & sizes, and much more! The class is offered at the Senior Center on **Thursday, April 14 from 6:00-7:30 p.m.** The cost of the session is \$2 per person. Advanced registration is required.

IT'S TEE TIME – DAVIS GOLF LESSONS

The Senior Center and Wildhorse Golf Course are providing golf lessons for older adults, which includes putting, chipping and full swing, or just having the opportunity to improve upon your existing skills. The first session will be held on **Monday and Wednesday mornings, beginning April 18 through May 4, from 9:00-10:00 a.m.** The class fee is \$60 for residents and advanced registration is required. So, grab a friend or neighbor and enjoy this great outdoor class!

DANGEROUSLY FUN: DOWNLOADING 101

Do you know how to download files from the Internet? This class will help you navigate through the benefits and pitfalls of downloading files as well as how to take precautions to protect your computer from viruses. The class is offered at the City Computer Training Lab, 600 A Street, on **Thursday, April 28 from 6:00-7:30 p.m.** The cost of the session is \$15 per person. Advanced registration is required, and space is limited to 12 students.

WE'RE TAKING YOU TO THE BALLGAME!

What is better than hot dogs, peanuts, and baseball? On **Wednesday, June 1 from approximately 10:00 am to 3:00 p.m.**, we will watch the Sacramento RiverCats play the Tacoma Rainiers in West Sacramento. We have limited seating available so please get your ticket reservations in no later than Friday, April 29. The cost of this trip is only \$25 per person, and includes transportation to and from the game. For more info, please contact Chris in the main office.

ADVENTURE CAMP FOR THE YOUNG AT HEART!

Would you like the opportunity to explore the many lakes and vistas surrounding Lake Tahoe, while also learning about the history and folklore of the majestic Sierras? This and many other adventures, such as horseback riding, kayaking, biking and rafting are just a few of the activities that can be included in your reservation to Camp Sacramento's Adventure Camp, designed for adults 50 years of age or better.

We are planning on taking a small group to this unique outdoor experience from **August 22-26**. Space is extremely limited, so please contact Chris in the main office for trip flyers and detailed reservation information. The cost is \$285 for singles, and \$240 for multiple persons per cabin. A \$20 per person, non-refundable deposit, is required to reserve your space by **Friday, May 13**. The balance of the trip fee is payable in full no later than Friday, July 1.

DAVE FULMER TO SPEAK AT SENIOR CENTER

Senior Learning Unlimited presents Dave Fulmer "The Music Man" of Davis to speak at the Senior Center **on Thursday, April 21st at 3:30 p.m.** He will share the knowledge and experience of his 50 years in music and theater. This is a free event and everyone is welcome!

DAVIS DYNAMOS SPRING WALK

The Davis Dynamos are having their annual spring Volkssport walk on **April 9, from 8:00 a.m. to 1:00 p.m.**, starting at the Davis Senior Center. Come join us for a walk in some of our lovely parks, see the spring flowers, and meet new friends. Volkssporters may walk for credit, while others for walk for free. Additional information may be obtained by calling Don or Avis Sloan, 747-6112.

SPECIALTY CLASSES

Registration for special interest classes is accepted at City Hall, the Senior Center office or on-line at www.cityofdavis.org/webreg. For more information, you may call 757-5696, or refer to the City's new Summer 2005 Recreation Schedule.

- Ballroom Dance - April 6 – May 4**
(W, 7:00-8:00 p.m.) \$25 res/\$31/\$36 non-res
- Beg. Salsa Dance - April 6 – May 4**
(W, 8:00-9:00 p.m.) \$25 res/\$31/\$36 non-res
- Dance & Jam April 8 & 22**
(F, 2:15-4:00 p.m.) No fee
- Dynabands Ongoing thru April**
(MWF, 2-3:00 p.m.) \$12/res & non-res
- Feldenkrais April 5 - 26**
(T, 10:15-11:15 a.m.) \$18 res/\$24/\$29 non-res
- Frail to Fit April 5 - 28**
(TTh, 1:30-2:30 p.m.) \$20 res/\$26/\$31 non-res
- Linedancing April 6 - 27**
(W, 3:30-5:00 p.m.) \$15 res/\$21/\$26 non-res
- Nostalgics Singing Ongoing – Join anytime!**
(F, 1-2:00 p.m.) No fee
- Sr. Adult Fitness - April 1 - 29**
(MWF, 7:30-8:30 a.m.) \$27 res/\$33/\$38 non-res
- Tai Chi/Chi Gung April 5 - 26**
(T, 9-10 a.m.) \$16 res/\$22/\$27 non-res
- Walk n' Talk Ongoing – Join anytime!**
(MF, 9-10:00 a.m.) No Fee
- Gentle Yoga April 11 – May 5**
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res

OIL & ACRYLIC PAINTERS

We're back! The Oil & Acrylic painting class resumes after a long hiatus **beginning April 4**. The class meets on **Monday mornings from 9:00 to 11:30 a.m.**, and new participants are welcome to join the class, along with instructor Nancy Hilden. For more info, call Don Harting at 756-4654.

FRIDAY WATERCOLOR CLASS

Come join the watercolor painting class! All you need is to bring your watercolor paper or pad, brush, a few tubes of color, a sketching paper, and a jar for water. Students are encouraged to arrive around 9:00 a.m. so you can get set up, and be ready for painting & instruction from **9:30-11:30 a.m. on Friday mornings**.

MEMOIRS WRITING

It's never too late to start a permanent record of the most memorable moments of your life. Davis Adult School is offering a free class in Writing Memoirs. Students must be at least 60 years old to qualify for this class, which will be held Thursdays, **9:30-11:30 a.m.** at the Davis Senior Center. The session runs **April 7 - June 9**. Registration is taken the first day of class - No advance registration is possible.

SUPPORT GROUPS

Alzheimer's Support - Wednesday, April 20 at 10:00 a.m.

Breathers Support - meets on the 4th Thursday of every month, April 28 at 1:30 p.m.

Caregiver Support – meets at 7:00 p.m. on Thursday, April 14. The topic is the “Knack of Caregiving.” Everyone is welcome.

Diabetes Support - meets on Wednesday, April 20 at 3:15 p.m. “Understanding Your Diabetes Medications,” presented by Sutter pharmacist Karen Mulder.

Parkinson's Support – meets on Tuesday, April 26 at 1:30 p.m.

Vision Support - meets on Wednesday, April 20 at 10:30 a.m. A representative from PG&E will explain how to adapt stove and oven dials for people with vision loss. He'll also talk about practical ways of decreasing energy consumption. Everyone is welcome.

Widowed Persons – Thursday, April 7 and 21 at 10:30 a.m.

DAVIS TRAVELAIRES

A Non-Profit Travel Organization

Kay Jeffery, Executive Director

646 A Street, Davis, CA 95616

(530) 753-4159

Office hours:

Mon., Wed., & Fri.: 10 a.m.-2 p.m.

April 1 – WPA Mural Tour – Wait list only.

April 12 – Nugget Sparks - \$10. cash and \$3 food. Depart Senior Center 7:45 and Rancho Yolo 8:00 a.m. Return Davis approximately 8:00 p.m. with drop-offs at both places. \$20.

April 24 – Day on the Bay – Wait list.

May 10 – Silver Legacy – Reno - \$10 cash & \$5. food. Depart Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. Return approximately 8:00 p.m. with drop-offs at both places.

May 14 – Filoli Gardens – Wait list.

May 27 – June 2 – Mississippi River – Wait list.

June 9 – Day at the Races – Enjoy a leisurely buffet luncheon in the glass enclosed Turf Club. Then bet on your favorite horse or simply relax and enjoy watching the races. \$59.

June 11 – Muir Woods – Wait list.

June 24 & 25 – Sundial Bridge – Also Mt. Lassen, Burney Falls, Shasta Sunset Dinner Train along the slopes of Mt. Shasta. Spend the night in a real caboose (each has its own bathroom, refrigerator and coffeemaker) at the foot of Magnificent Castle Crags. Also a few cabins available. \$300 pp. dbl., add \$62 ss.

July 14 – Boomtown - \$20.

July 20 – Champagne, Roses and Melodies – Lunch at the charming Village Inn overlooking the Russian River. Relax and listen to the songs and melodies performed by William Florian, once a lead singer with the famous New Christy Minstrels. Then travel to Korbel Champagne Cellars and Gardens for an enjoyable tour of both the sparkling

wine production facility and the gardens filled with 250 varieties of antique roses. \$88.

July 25-29 – Catalina Island, J. Paul Getty Museum and the Laguna Arts Festival. Wait list.

August 4 – “Take Me Out to the Ballgame” – The San Francisco Giants are playing the Colorado Rockies. We have reserved seats in a good section and guaranteed to be in the shade. Spend a summer afternoon in this architectural landmark watching an exciting ballgame. \$85.

August 18 – Bodega Bay – At the coastal town of Bodega, visit the historic schoolhouse featured in Alfred Hitchcock’s movie thriller “The Birds.” Get inside information on the filming as well as the history and local lore of the town. Lunch is included at the Bodega Bay Clubhouse overlooking the golf course with views of the coastline. Then, at UC Davis’ Bodega Marine Lab, view the whale and salmon research areas as well as the recently constructed facility which includes a tide pool and three aquaria. \$87.

October 3 – 8 - “Chicago, Chicago, that toddlin’ town” - You will be surprised and delighted with Chicago. Its downtown is beautiful, the architecture magnificent and its location on Lake Michigan is breathtaking. Pick up flyer in Travelaires office. \$1660 pp dbl., add \$475 ss.

November 6 & 7 – Debbie Reynolds Show – Overnight at the Nugget Sparks. \$147 pp dbl, add \$25 ss.

Save the dates:

August 31 – “Wicked” The hot new stage production at the Orpheum in San Francisco.

September 13 – Cornerstone Festival of Gardens Fashioned after the Garden Festival at Chaumont-sur-Loire in France, this artistic garden in Sonoma is receiving rave reviews.

October 18 – Third Annual Mystery Trip

* Indicates need to register in advance
by calling 757-5696.

April 2005

Transportation Services 757-4408
Senior Center Office 757-5696

Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm NostalgiCS 2:00pm Current Events
4 8:30am Veteran Services 8:30am Yoga 9:00am Oil/Acrylic Painting 9:00am Tax Assistance* 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 6:30pm Social Bridge	5 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am SCD Mtg/Potluck 1:00pm NARFE Bd Mtg 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	6 Caregiver Appts* 10:30am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 4:30pm Tax Assistance* 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	7 8:30am Yoga 9:00am Ceramics 9:30am Memoirs 10:30am Widowed Persons Grp 12:30pm Bingo 12:30pm Tax Assistance* 1:30pm HICAP*	8 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 11:00am Elderlaw Clinic* 12:15pm Video Movie 1:00pm NostalgiCS 2:15pm Jam Session & Dance Saturday, April 9 8:00am Davis Dynamos Walk
11 8:30am Veteran Services 8:30am Yoga 9:00am Oil/Acrylic Painting 9:00am Tax Assistance* 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 6:30pm Social Bridge 7:00pm Internet Users Group	12 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 7:00pm Mac Users Grp	13 Caregiver Appts* 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 4:30pm Tax Assistance* 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	14 8:30am Yoga 9:00am Ceramics 9:30am Memoirs 10:30am Blood Pressure Check 12:30pm Bingo 12:30pm Tax Assistance* 2:30pm Sr Commission Mtg 6:00pm MSWord Class* 7:00pm Caregiver Sup Group	15 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm NostalgiCS 2:00pm Current Events Saturday, April 16 12:00 noon SCD Bingo
18 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 6:30pm Social Bridge	19 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 1:00pm Bridge/Pinochle	20 Caregiver Appts* 10:00am Alzheimer's Sup Grp 10:30am Vision Sup Grp & Talk 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Sup Grp 3:30pm Line dancing 6-9:00pm International Party* 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	21 8:30am Yoga 9:00am Ceramics 9:00am HICAP* 9:30am Memoirs 10:30am Widowed Persons Sup. 12:30pm Bingo 3:30pm SLU (Dave Fulmer)	22 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm NostalgiCS 2:15pm Jam Session & Dance
25 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 1:00pm Genealogy Club Mtg. 6:30pm Social Bridge	26 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd. Meeting 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp	27 Caregiver Appts* 9:00am Social Security Rep. 12:30pm Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	28 8:30am Yoga 9:00am Ceramics 9:30am Memoirs 12:30pm Bingo 1:30pm Breathers Sup Grp 6:00pm Downloading 101*	29 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm NostalgiCS

April 2005

Menu Subject to Change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fruit Juice Shrimp Louie Salad, Lettuce, Tomato Egg & Carrot Strips Baguette Lemon Pudding
4 Southern Chicken Fried Steak w/Country Gravy Red Potatoes O'Brien Sweet Green Peas Biscuit Fresh Orange	5 SCD Potluck No ENP meal today MOW Delivery Only	6 Roast Pork Sweet Potatoes Brussel Sprouts Wheat Roll Cinnamon Apple Slices	7 Teriyaki Chicken with Pineapple Slices Buttered Long Grain Rice Oriental Vegetables Wheat Roll Butterscotch Pudding	8 Fruit Juice Tossed Salad Chili Cheese Dog w/Bun & Homestyle Chili Berry Crisp
11 Chicken Parmesan Rice Pilaf California Blend Vegetables Wheat Bread Tapioca Pudding	12 Fruit Juice Chef's Salad w/Ham, Cheese, Tomato, Egg & Bell Pepper Bread Stick Ambrosia	13 AARP Potluck No ENP meal today MOW Delivery Only	14 Three Bean Salad Cheese Ravioli in Sauce Broccoli Baguette Apricots	15 Fruit Juice Carrot Salad Open Faced Turkey Melt Potato Chips Green Beans with Sweet Peppers Sugar Free Gelatin
18 Fruit Juice Swedish Meat Balls Steamed Rice Scandinavian Blend Vegetables Buttermilk Bread Chocolate Pudding	19 Tuna Salad on Bed of Greens W/Cherry Tomatoes, Carrots Italian Pasta Salad w/Broccoli Multi Grain Roll Gelatin w/Pears	20 Spinach Salad Pepper Steak Baked Potato w/Sour Cream Baked Dessert	21 Fruit Juice Roast Turkey w/Gravy Bread Stuffing Zucchini Whole Wheat Roll Seasonal Fresh Fruit	22 Lemon Herb Chicken Spinach Fettuccine Steamed Cauliflower Cracked Wheat Bread Peaches
25 Beef Burgundy Parslied Noodles Alleato Blend Dinner Ross Mandarin Oranges	26 Smoked Sausage New Potatoes Steamed Seasoned Cabbage Rye Swirl Bread Mixed Fruit	27 Happy Birthday Day! Fruit Juice Oven Roasted Chicken Jazzy Rice Steamed Carrots Dinner Roll Birthday Cake	28 Broccoli Salad Turkey & Cheese Sandwich w/Lettuce and Tomato on Whole Wheat Bread Tapioca Pudding	29 Meatloaf w/Gravy Mashed Potatoes Stewed Tomatoes French Bread Blushed Pears

\$2.50 Senior Contribution Mandatory charge of \$3.00 for Essential Volunteers (Under 60) \$6.25 Guest Fee for People Under 60 unless accompanied by their Senior spouse.

MEALS ARE SERVED MONDAY THROUGH FRIDAY AT 11:30 A.M.
Please contact Elderly Nutrition Program at (530)662-7035 for complete dietary information