

Davis
Davis Senior Center
646 A Street, Davis CA 95616

Nonprofit Org.
U.S. Postage
PAID
Davis, CA
Permit No. 136
Time-Value
Dated Material

Senior Scene

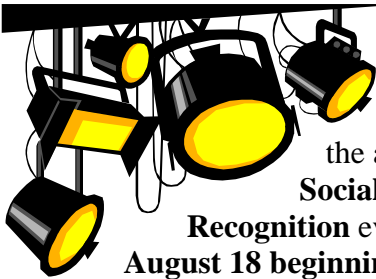
DAVIS SENIOR CITIZENS CENTER
646

Transportation: (530) 757-4408
Volume XXXIII, Number 8
\$10.00/Year Subscription

Office: (530) 757-5696
Office Fax: (530) 758-0463
Email: seniorservices@ci.davis.ca.us

Travelaires: (530) 753-4159
August 2005
www.cityofdavis.org/pcs/seniors/

Destination Broadway!



The Davis Senior Center is featuring all things Broadway for the annual **Ice Cream Social and Volunteer Recognition** event on **Thursday, August 18 beginning at 3:00 p.m.** This

event will transplant you to the fabulous Manhattan Theatre District with over 39 designated playhouses featuring some of the greatest playwrights, composers, and choreographers in history.

This event is designed as a celebration for all of you who help make this center run smoothly, and whose special touches make our center such a wonderful place to visit. You and your friends will be able to build your own sundae with lots of creative toppings, while listening to the classy show tunes of **Jennie Reuter**, a local Davis High School student! Some of you may even remember Jennie when she performed at this same event a few years

ago. Jennie will be performing a variety of tunes from your favorite Broadway shows, and possibly even some smooth jazz songs thrown in. We are sure you are not going to want to miss this fabulous event!

To reserve your orchestra seating, please call 757-5696 no later than **Friday, August 12**. Although the main emphasis is to honor those volunteers who make our center so special, this event is open to everyone, so feel free to bring your family, friends, and grandchildren alike!

**Don't Miss Out-
Sign Up Today!**



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

SENIOR CENTER STAFF

Kay Jeffery, Davis Travelaires Executive Director

Jan Butler, Senior Office Assistant
Liz Fisher, Asst. Program Coordinator

SENIOR CITIZENS OF DAVIS

Planning for a Better Tomorrow

HAWAIIAN LUAU – AUGUST 2

Don't forget our annual Hawaiian Luau to be held on **Tues., August 2, beginning at 11:30 a.m.** Music will be provided by our very own, "Music From the Back Room", as well as traditional Hawaiian dancing by Maybelle Wang. Those with last names beginning with **A-H bring salads, I-P cold cuts, and Q-Z desserts.**

Anyone wishing to bring additional cold 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 **Tuesday, September 6, beginning at 11:30 a.m.** Program details will be in next month's newsletter.

Those with last names beginning with **A-H bring cold cuts or cold dishes, I-P desserts, and Q-Z salads.**

SUNSHINE LADY ☺

Sunshine Lady Louise DeMasi reports that for the last half of June and first half of July cards were sent to the following:

Get well cards to Lois Smith, Ms. Gene Manzo and Norma Wiswell.

Thinking of You cards to Georgie Bourne, Gerry Henderson, Bill Griggs, Charlotte Pehlke and Bill & Mercedes McElwain.

Sympathy cards to the family of Winifred W. Adams, family of Carroll Henwood, family of Ruth Laidlow, family of Juliet Brown, family of Kimiko Nakada and family of Jacqueline M. Schilling.

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 JUNE-JULY

Please join us in welcoming the following new SCD members: Marcellene Feerer, Betty & Henry Hewitt, Kenneth & Rita Hoots, Kate Logue, Mary Mann, Ann Preston, Phil & Marilyn Swimley, Barbara Woolsey, Dolores Revere, Vivian Schwab and Betty Cowles.

BEHIND THE SCENES....

FULL-TIME OFFICE ASSISTANT POSITION REINSTATED!

In 1995, the Senior Center Office Assistant position was reduced to part-time due to budgetary cuts, and the morning hours were filled with senior volunteers. Now, we are proud to announce that this position has been fully reinstated as of July to assist with the increasing demand for services.

Many of you know Jan Butler, who worked at the city's Hunt Boyer facility in the mornings and then came to the Senior Center office in the afternoons. As of July 18, Jan joined the Senior Center staff full time in the main office. Jan's responsibilities include the ongoing maintenance of participant & membership records, class registration, newsletter production, special services appointments, answering telephones, and so much more! Please join us in congratulating Jan on her new assignment!

CONGRATULATIONS TO OUR NEW ASSISTANT PROGRAM COORDINATOR!

Well, you have probably all seen her behind our front counter on Thursday mornings as an office volunteer, but this past month Liz Fisher was selected as the new Assistant Program Coordinator, replacing Ashley Rosales, who left for a full time position with Home Instead Senior Care. Liz's responsibilities will include assisting the Director with ongoing programs and activities, as well as developing new programs that are sure to tease your palate!

Liz is a recent retiree from the County of Sierra in Downieville, where she was a Risk Manager and Emergency Services Coordinator. Liz brings to us an extensive background in emergency preparedness and safety training, and will most likely be assisting the Senior Center in expanding its current emergency preparedness plans. *Welcome aboard, Liz!*

**Congratulations
to both, Jan & Liz!**

CLUBS & SPECIAL INTERESTS

AARP

Our next meeting/potluck will be held on **Wednesday, August 10**. The customary social hour will begin at **11:30 a.m.** and our speaker this month will be Elaine Musser, Chairperson for the recently formed Yolo County Triad Task Force. Triad is a successful partnership of law enforcement and other service providers working with older adults to resolve issues affecting their quality of life.

Members should bring a guest and your own table service, food to share or a donation of \$5.00. Members whose last names are **A-G should bring desserts, H-P bring salads, and Q-Z bring salads and/or cold dishes**. Don't forget to bring your own table service. For more information, please call Maxine at 753-0266.

BOOK REVIEW

No Book Review in August. We'll meet again September 20 at 9:30 a.m. for our monthly book review hosted by Stan Forbes, owner of The Avid Reader in Sacramento.

GENEALOGY CLUB AND LIBRARY

The Genealogy library is open just on **Fridays from 1:00 to 4:00 p.m.** during the month of August. The next Genealogy Club meeting will be **September 26 at 1:00 p.m.** Meetings are open to the general public, and guests are welcome to attend.

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

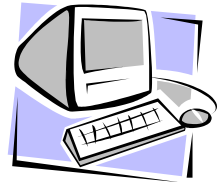
The discussion group will meet on **Friday, August 5 and 19 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, August 8**. We will be having a Q & A session about computer and internet terminology. Those attending have the opportunity to ask questions about things that they hear or read (or use!) but don't understand. 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 meets on the second Tuesday of each month, from **7:00-8:30 p.m.** The next meeting will be held on **Tuesday, August 9**. For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

There will be no meeting of the Senior Citizens Commission this month. Their next regular meeting will be held on **Thursday, September 8 at 11:30 a.m.** The commission will be having a workshop on their new goals and objectives for the coming year. All are welcome to attend.

DAVIS COMMUNITY TRANSIT

We have two driver updates this month. Michelle Wilson, who began with DCT in February, has accepted a job with US Bank as a Junior Loan Officer. She continues to take classes to receive her realtor's license. Andrea Pierce who has been with DCT since April 2002 has accepted a position with the Sacramento School District as a 4th and 5th grade teacher. We wish both Michelle and Andrea continued success in their professional endeavors. They will be missed by everyone!

Please be reminded that in order to ride the bus you must make an advanced reservation. We have had a problem with people wanting to board at the Senior Center when the bus pulls up. Without an advanced reservation there is no guarantee that we will be able to work you into the pre-arranged route. Your cooperation helps us to continue operating smoothly and efficiently!

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 are: **Wednesday, 8/31 "Happy Birthday"** - join us

in celebrating our August birthdays with fruit juice, spinach salad & chicken croissant 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, call 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*

FOND FAREWELL TO ASHLEY

For more than a year now, we have all enjoyed working alongside Ashley as the Davis Nutrition Site Manager. Unfortunately for us, Ashley has been able to secure a wonderful full time position with Home Instead Senior Care. We wish Ashley the best in her new career, and thank her for the wonderful personality and improvements that she brought to the lunch program. Her efforts, especially during our construction period, were truly appreciated by all!

As we go to print with this newsletter, Ashley's replacement has not yet been confirmed. Watch for more details in next month's newsletter, as we welcome & introduce her new replacement.



HEALTH

FREE EYE CARE

"Don't Lose Sight of Your Independence" is EyeCare America's campaign to promote eye-care awareness among seniors. From now until Sept. 4, the program offers eye exams and up to one year of free medical treatment for eligible seniors. To qualify, you must:

- Be 65 or older
- Be a U.S. citizen or legal resident
- Not have seen an ophthalmologist in 3 or more years
- Not belong to an HMO or the VA (Veterans Administration)

Qualified seniors should call 1-800-222-3937. You'll receive a referral to an EyeCare America volunteer ophthalmologist for a comprehensive eye exam. Any problems detected may be treated for one year at no cost.

LAUGH IT UP!

You are invited to a new laughing club which will start on **Wednesday, August 3rd at 9:00 a.m.** Volunteer group leader Mukesh Jain joined a similar group while visiting in India and experienced the benefits of laughter for one's outlook and immune system.



INFORMATION & ASSISTANCE

HOMEOWNER & RENTER ASSISTANCE

You are eligible for assistance if your household income for last year was \$39,699 or less; you are 62 or older, blind or disabled; and you are a United States citizen, designated alien, or qualified alien when you file the claim; and you owned and occupied your home or mobile home on December 31, 2004; or you paid at least \$50 rent each month.

Assistance is available at the senior center on **Monday mornings from 9:00 a.m. - 12:30 p.m.** and on **Thursdays from 1:00 p.m. - 4:30 p.m.** Call the Senior Center at 757-5696 for an appointment. Winters residents call 795-4241.

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 helps to guide you through the maze of programs and services available to older adults. Call Lisa, Information & Assistance Coordinator, for an appointment. Lisa also can help you fill out forms for government programs, utility rebates, etc. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available at the center for a donation of \$2.50.
- **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.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by retired nurse Ruth Bowman. Second Thursday of every month, 11:00 – 11:30 a.m.
- **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/resource/guide2005.pdf>
- **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 volunteer HICAP counselor. First and third Thursdays.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call the center for an appointment.
- **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, 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" 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.
- **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.

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**

PLEASE NOTE:

The Senior Center **East Parking Lot** area (located between King High School and the Senior Center) will be closed for repairs and resurfacing beginning **Wednesday, August 3 through Friday, August 12**. We apologize for the inconvenience this may cause, however, the repairs cannot be avoided any longer. We appreciate your assistance in parking along the curb near the center, and please do not block driveways of our adjacent neighbors!

SUPPORT GROUPS

Alzheimer's Support - Wednesday, August 17 at 10:00 a.m.

Breathers Support - meets on the 4th Thursday of every month, August 25 at 1:30 p.m.

Caregiver Support – on break until the fall.

Diabetes Support - on break until the fall.

Parkinson's Support – meets on Tuesday, August 23 at 1:30 p.m.

Peripheral Neuropathy Support – The Medicare Part D Drug Benefit is the topic for the meeting on Wednesday, August 10 at 2:00 p.m.

Vision Support – on break until the fall.

Widowed Persons – on break until the fall.

THE GIFT OF GIVING

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



Dynabands	\$319
Duplicate Bridge – Monday	\$ 54
Handy Helpers	\$ 40
Hem & Haw (SCD)	\$ 88
Information & Assistance	\$ 9
Internet Users Group	\$ 23
Mac Users Group	\$ 90
Medical Equipment Donations	\$156
Memoirs (Friday)	\$ 35
Miscellaneous	\$ 45
Pinochle Players	\$ 10
Social Bridge (Monday night)	\$ 15
Total	\$884

Thank you for your continued support!

SPECIALTY PROGRAMS

GOLF PUTTING CLASS & CONTEST

The American Golf Program for Senior Centers and the Davis Senior Center are teaming up to offer a free putting class on **Thursday, August 25 from 10:00 a.m. to 12:00 noon** here at the Senior Center. Registered participants will receive instruction on putting, and will conclude the class with a putting contest. **Space is limited, so advanced registration is required** through the Davis Senior Center. For more information, please contact Chris in the main office, 757-5696.



INTRODUCTION TO ONE STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick will be offering a new painting class, “An Introduction to the Basics of One Stroke Painting” on **Thursday mornings, from 9:00 to 11:30 a.m. on September 8, 15, and 22**. This class is a fun and simple way to learn decorative painting, and students will be introduced to flowers, leaves and curlicues. It is a perfect class for both the artistically challenged and the experienced painter who would like to expand their skills on brush control and stroke work. Each class is designed to build upon the skills learned in the previous class.

The fee for the introductory session is \$11 for residents, with a \$30 materials fee payable to the instructor on the first day of class, and advanced registration is required. All supplies become the property of the students and can be reused in future classes. The class fee & materials fees are considerably less for repeat students in the succeeding sessions scheduled in the fall. The later classes can be registered individually or as a series, and will include such projects as:

- October 6 – Halloween Placemat**
- October 13 – Chrysanthemums**
- November 3 – Cornucopia Placemat**
- November 10 – Sunflowers**
- December 8 – Poinsettia Ornament**
- December 15 – Holiday Cards**

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 Summer 2005 Recreation Schedule.

- Dynabands** **ongoing thru August 31**
(MWF, 2-3:00 p.m.) \$6/res & non-res
- Feldenkrais** **on vacation this month**
- Frail To Fit** **August 2 - 25**
(TTh, 1:30 -2:30 p.m.) \$20 res/\$26/\$31 non-res
- Linedancing** **on vacation this month**
- Nostalgics Singing** **Ongoing – Join anytime!**
(F, 1-2:00 p.m.) No fee
- Sr. Adult Fitness -** **August 1 -26**
(MWF, 7:30-8:30 a.m.)\$25 res/\$31/\$36 non-res
- Tai Chi/Chi Gung** **August 2 - 23**
(T, 9-10 a.m.) \$16 res/\$22/\$27non-res
- Tap Dancing** **Ongoing – join anytime!**
(M, 3:30-5:00 p.m.) No fee
- Walk n' Talk** **Ongoing – Join anytime!**
(MF, 9-10:00 a.m.) No Fee
- Gentle Yoga** **August 8 – September 12**
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res

MUSIC FROM THE BACKROOM

The dance and jam session is cancelled for the month of August. See you in September!

FRIDAY WATERCOLOR CLASS

The watercolor group continues to meet during the summer months on Friday mornings from 9:30 to 11:30 a.m. Beginners are welcome to come and have fun with paint. Be sure to bring watercolor paints (a few tubes of basic colors or a box set), watercolor paper or tablet, a couple of brushes and a container for water. Our teachers are on break during the summer months so it is time to just relax and have fun.

MISCELLANEOUS

HOT ROOMS

It's hot outside, and our air conditioners at the senior center are working hard to keep up. Please be aware that city policy mandates that our thermostats be kept at a rather warm 78 degrees to ensure energy savings. We suggest you dress in

layers and be prepared to go sleeveless this summer. Drink plenty of fluids and don't be surprised if staff members turn on fans rather than air conditioning to combat the heat.

SENIOR CENTER GOES HIGH TECH!

The Senior Center now has free wireless Internet capability which can accommodate anyone with a WiFi-enabled laptop or PDA. Laptop users can connect through the City of Davis - "Guest" access point. Using wireless network software on your laptop, find the "Guest" connection and connect automatically. Wireless IP and DNS addressing should be set to DHCP. Once connected you will have web and email access.

ANNUAL FLOOR MAINTENANCE

During the last week of August (8/29 – 9/2), the floor in the multipurpose rooms and large kitchen will be receiving their annual stripping and waxing service by our custodial staff. During this week, many of our regular activities will be cancelled due to the lack of room availability. Please check in the office for an updated schedule.

VIDEO MOVIES

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



August 5 – Stepping Into Liquid – Great surfing film that takes you around the world (even Ireland and Vietnam) and proves the sport is accessible to almost everyone.

August 12 - A Shark's Tale – Finding Nemo meets the Sopranos. A funny, animated film for kids and grown ups alike. Voices of Will Smith, Robert DeNiro and Renee Zellweger. Feel free to bring the grandkids and great-grandkids along.

August 19 – Motorcycle Diaries – The early years of Che Guevara, an Argentine film.

August 26 – Pirates of the Carribean: Curse of the Black Pearl – Johnny Depp won a best actor nomination for his portrayal as an outrageous swashbuckling pirate.

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.

August 11 – Nugget, Sparks – (Reno) \$10. cash, \$3. food. Depart Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. Return to Davis at approximately 8:00 p.m. with drop-offs at both places. \$20.

August 18 – Bodega Bay – \$87.

August 31 – Wicked – wait list.

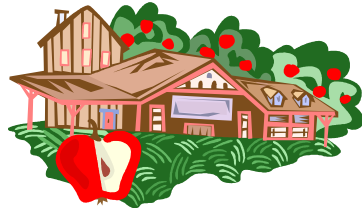
September 8 – Silver Legacy - (Reno) \$10. cash, \$5. food. Depart Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. Return 8:00 p.m. with drop-offs at both places. \$20.

September 13 – Cornerstone Festival of Gardens – \$87.

October 3 – 8 – Chicago - Wait list.

October 13 – Apple Hill

– Guided tour of Apple Hill ranches, hosted BBQ chicken lunch with apple pie, free time at High Hill Ranch. \$53.



Oct. 18 – Third Annual Mystery Trip – Wait list.

November 6 & 7 – Debbie Reynolds at the

Nugget – See the golden performer bring back many happy memories with great show tunes and favorite songs and dances. Overnight at the Nugget with \$5. cash, \$3 food and show ticket. Next day stop at Silver Legacy with \$5 cash. \$147 pp dbl, add \$25 ss.

November 12 – White Christmas – A new magical, musical Christmas show is becoming a new San Francisco tradition. Written by Irving Berlin, “White Christmas” has become a beloved holiday song that brings back wonderful memories and this new singing and dancing musical extravaganza is a great way to begin the holiday season. Lunch is included at Neptune Restaurant on Pier 39. \$125.

December 1 – Roseville Galleria – A beautiful place to begin your holiday shopping. The Galleria is enclosed and offers many restaurant choices for lunch. \$20.

December 17 - 18 – Christmas at Hearst Castle – The Castle is decked out in Christmas elegance to celebrate the holiday season. Ours will be the highly coveted evening tour so that we can enjoy the beautifully lighted pools, terraces and gardens illuminated by more than one hundred newly restored historic light fixtures. Our hotel is on the beach where we enjoy bonfires in the evening and early morning. Dinner and breakfast are included. A stop to view the enormous elephant sea lions who make a temporary home to give birth to their pups, dazzling views along Highway 1 and a shopping and lunch break on our own in Carmel complete the trip. \$290 pp dbl., add \$75 ss.

December 29 – January 5 – A Grand Canyon New Year – Wait list only

January 15 & 16 – Senior Center fundraiser - Overnight at Silver Legacy, Cirque d’Soleil type show and dinner buffet at Eldorado plus much more. \$115 dbl., add \$20 s.s.

January 21- 30 – Hawaii – Fly to Honolulu and board the American Registry ship the Pride of America for a wonderful tour of Hawaiian Islands. All staterooms have picture windows with balconies. Choice of \$2650 or \$2675 dbl.

Save the date

March 23, '06 – New DeYoung Museum with Bouquets to Art and International Arts & Crafts Exhibition.

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

Transportation Services 757-4408
Senior Center Office 757-5696

August 2005

Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 9:00am Home & Rent Tax Asst* 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:30pm Tap Dance 6:30pm Social Bridge	2 9:00am Ceramics 9:00am Tai Chi 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	3 Caregiver Appts.* 9:00am Laughing Club 10:00am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker East Parking Lot Closed →	4 8:30am Yoga 9:30am Memoirs 12:30pm Bingo 1:00pm HICAP* 1:00pm Home & Renters Tax Assist.* →	5 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events →
8 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 9:00am Home & Rent Tax Asst* 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 3:30pm Tap Dance 6:30pm Social Bridge 7:00pm Internet Users Group →	9 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle 7:00pm Mac Users Grp →	10 Caregiver Appts* 9:00am Laughing Club 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy East Parking Lot Closed →	11 8:30am Yoga 9:30am Memoirs 11:00am Blood Pressure Check 12:30pm Bingo 1:00pm Home & Renters Tax Assist.* →	12 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics →
15 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 9:00am Home & Rent Tax Asst* 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:30pm Tap Dance 6:30pm Social Bridge	16 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle	17 Caregiver Appts* 9:00am Laughing Club 10:00am Alzheimer's Sup Grp 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker	18 8:30am Yoga 8:30am HICAP* 9:30am Memoirs 12:30pm Bingo 1:00pm Home & Renters Tax Assist.* 3:00pm Ice Cream Social & Volunteer Recognition*	19 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events 20 Saturday, 12:00 Bingo
22 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 9:00am Home & Rent Tax Asst* 12:30pm Duplicate Bridge 3:30pm Tap Dance 1:00pm Scrabble/Cont. Bridge	23 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp	24 Caregiver Appts* 9:00am Laughing Club 1:00pm Hem & Haw 1:00pm Poker	25 8:30am Yoga 9:30am Memoirs 10:00am Putting Clinic* 12:30pm Bingo 1:00pm Home & Renters Tax Assist.* 1:30pm Breathers Sup Grp	26 9:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics
29 8:30am Yoga 8:30am Veteran Services 9:00am Home & Rent Tax Asst* 1:00pm Scrabble/Cont. Bridge 3:30pm Tap Dance	30 9:00am SCD Bd. Meeting 1:00pm Bridge/Pinochle	31 Caregiver Appts* 9:00am Laughing Club 1:00pm Hem & Haw 1:00pm Poker		

August 2005

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti w/Meat Sauce Broccoli Baguette Butterscotch Pudding	2 SCD Potluck - Luau No ENP meal today MOW Delivery Only	3 Breaded Fish Filet/Tarter Sauce Scalloped Potatoes Steamed Carrots Cracked Wheat Bread Citrus Cup	4 Stuffed Chicken Breast Sweet Potatoes Garden Blend Vegetables Sugar Free Gelatin	5 Fruit Juice Chilled Pea Salad Ham & Cheese Sandwich on Sourdough w/Lettuce & Tomato Baked Dessert
8 BBQ Pork Riblet Ranch Beans Cauliflower Biscuit Fruit Cup	9 Fruit Juice Potato Chips Hamburger on a Bun w/Lettuce, Tomato, Onion & Pickle Peaches	10 AARP Potluck or Apricot Nectar Chicken Cobb Salad w/Chopped Lettuce, Tomatoes, Egg, Bacon, & Cheese w/Avocado Dressing Baguette Tapioca Pudding	11 Roast Turkey w/Gravy Mashed Potatoes Steamed Sweet Peas Whole Wheat Break Baked Dessert	12 Beef Tips in Florentine Sauce w/Onion & Green Peppers Buttered Rice Capri Blend Vegetables Dinner Roll Melon Wedge
15 Breakfast for Lunch Orange Juice Pan Style Omelet Turkey Link Oven Fried Potatoes Muffin	16 Toasted Herb Chicken Herb Rice Mixed Vegetables Wheat Bread Pineapple Tidbits	17 Turkey Pastrami Sandwich w/Swiss Cheese, Lettuce, Tomato on Rye Swirl Bread Broccoli Salad Baked Dessert	18 Creole Shrimp w/peppers, onions & mushrooms Rice Green Beans French Bread Fruited Gelatin	19 Spinach Salad Roast Beef w/Gravy Whipped Potatoes Whole Wheat Roll Apricots
22 Juice Baked Chicken Spinach Fettuccini Alfredo Mixed Vegetables Cracked Wheat Bread Fruit Cocktail	23 Coleslaw Western Sandwich w/shredded beef on roll & BBQ sauce Oven Fried Potatoes Butterscotch Pudding	24 Baked Ham with Glaze Sweet Potatoes a la Orange Brussel Sprouts Cinnamon Raisin Bread Fresh Fruit Cup	25 Ravioli with Beef w/Marinara Sauce Zucchini and Carrots Baguette Mandarin Orange Segments	26 Juice Tuna Salad on Bed of Lettuce w/Tomato Wedge and Olives Seven Grain Roll Baked Dessert
29 Pepper Steak Scalloped Potatoes Steamed Carrots Whole Wheat Bread Chocolate Pudding	30 Macaroni Salad Polish Dog w/Bun (Contains Pork & Beef) Buttered Corn Fresh Fruit	31 Happy Birthday! Fruit Juice Spinach Salad Chicken Salad on a Croissant Birthday Cake		

\$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