

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

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www.cityofdavis.org/pcs/seniors/

HOLIDAY DINNER & DANCE

Last chance to purchase your tickets for this year's SCD Holiday Dinner & Dance on **Tuesday, December 13 from 6:00 to 9:00 p.m.** The evening will include a catered dinner by The Mustard Seed, dancing to the *Frank Oddo Quartet*, and of course lots of good times!

Tickets are on sale now in the main office for **\$15 for SCD members and \$20 for non-members.** You must present your SCD membership card at the time you purchase your tickets. Deadline to purchase your tickets is Monday, December 5 - no tickets will be sold at the door.

If you wish, you may also reserve a table for eight at the front desk, the only catch is you have to provide the table decorations! Show us your creative side, and join in on the holiday fun! Table diagrams are available to pick your designated table at the time you place your reservation.



IT'S A CRAFT AFFAIR!

Don't have the time or transportation to get to the mall? Tired of those run-of-the-mill, overpriced gift items? Well, here is your chance to try something new! Come shop at our annual Holiday Craft Affair on **Thursday, December 1 from 9:00 a.m. to 3:00 p.m.** This is a great opportunity to purchase unique, handcrafted holiday gifts for your loved ones without venturing far from home!

Over 25 local crafters will be featuring woodcrafts, jewelry, notecards, paintings, soaps, holiday home decor, floral arrangements, and much, much more. Admission is free, so come shop with us!

Senior Center programs & classes will be closed on **Friday, December 23 through Monday, January 2** for the Winter Holidays.

The Elderly Nutrition Program will be serving meals during this holiday closure, except for **Monday, December 26 and Monday, January 2.**

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK – DEC. 6

This month's program will feature the Davis High School Madrigals. Our customary social hour will begin at **11:30 a.m.** with the program soon following.

Guests are asked to bring the following food items for the potluck. Those whose last names begin with **A-H bring hot dish, I-R dessert, and S-Z salad.** Anyone wishing to bring additional dishes are encouraged to do so. 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, January 3, beginning at 11:30 a.m.** We will be honoring our past Presidents and announcing the *Senior of the Year Award!*

Those with last names beginning with **A-H bring dessert, I-R salad, and S-Z hot dish.** Anyone wishing to bring additional hot dishes is encouraged.

SUNSHINE LADY ☺

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

Get well cards to Ellen Anspach and Pat Kangas.

Thinking of You cards to Charlotte Pehlke, Doris Taylor, Judith Atwood, Bill Griggs, Bill & Mercedes McElwain and Gerry Henderson.

Sympathy cards to the family of Annette Lewis, family of Max Bach, family of Ramona Rothe, family of Wes Wooden, family of Janet Benson, family of Charlotte Pehlke. Card to Dawn Preisler in death of her daughter, Gail, card to Mr. & Mrs. Gary Boyce in the death of Gary's father.

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 OCTOBER-NOVEMBER

Please join us in welcoming the following new SCD members: Pat Dunn, Phoebe Ford, Charles Raguse, and Ken & Lou Grubaugh.

DAVIS COMMUNITY TRANSIT

Happy holidays! Our driver Chris Bocian is no longer with us as he has been promoted to a supervisor at Unitrans which will require a larger time commitment. We wish him well! As the holidays approach please be reminded that rides will be consolidated to make routes more efficient. We wish everyone a happy, healthy and safe holiday season.



**Merry
Christmas**

THE GIFT OF GIVING

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

Davis Dynamos	\$ 10
Dynabands	\$254
Duplicate Bridge – Monday	\$ 73
Handy Helpers	\$ 40
Hem & Haw (SCD)	\$334
Information & Assistance	\$ 6
Internet Users Group	\$ 23
Mac Users Group	\$ 23
Medical Equipment Donations	\$116
Miscellaneous	\$ 61
Nostalgics	\$ 38
Pinochle Players	\$ 10
Social Bridge (Monday night)	\$ 15
Tap Dancers	\$ 26
Total	\$1029

Thank you for your continued support!

CLUBS & SPECIAL INTERESTS

AARP

AARP's next meeting will be held **Wednesday, December 14** beginning at **11:30 a.m.** The senior center's own Nostalgics singing group will provide the entertainment with holiday tunes.

Members should bring a guest and their own table service, food to share or a \$5.00 donation. Members with last names beginning **A-G salad, H-P dessert, and Q-Z hot dish.** For more information call Maxine 753-0266.

BOOK REVIEW & SENIOR CENTER READS...

The Book Review group will be on **break during December.** We will resume on January 17, when there will be more reviews at 9:30 a.m. followed at 10:30 a.m. as the Senior Center Reads group will discuss *Under the Banner of Heaven* by Jon Krakauer. Books will be available for \$10 each during the month of December.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, December 2 & 16 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

DAVIS STAMP CLUB

The Davis Stamp Club meets on the 1st Tuesday of each month, **Tuesday, December 6 from 7:00 to 8:30 p.m.** For more information, call Anne Hance at 753-7265.

GENEALOGY CLUB & LIBRARY

The Davis Genealogical Club library is open on Monday, Wednesday and Friday from 1:00 to 4:00 p.m. Among the library holdings is a 17-volume collection of the Passenger and Immigration Lists that brings together information about passengers who arrived in North America or the West Indies during the 17th, 18th, and 19th centuries. The names are drawn from published passenger lists or naturalization records.

In December, the library will be closed after the 21st and the club will not hold a meeting. In January, we will resume our regular library hours and meetings held on the last Monday of each month at 1 p.m. January's program will be about Ellis Island.

HEM N' HAW

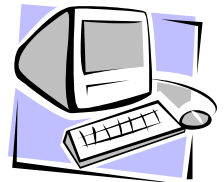
Calling all knitters, sewers, crocheters, quilters, etc! Every **Wednesday** afternoon from **1:00-3:00 p.m.**, why not join others who share your passion? Please contact Carol Harting at 756-4654 for more information regarding this group.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, December 12.** A celebration Q and A. Here is a chance to ask questions about the Internet, your computer and about the programs on your computer that give you access to the Internet to browse the World Wide Web and to send email. Before you come, check on the names of the programs you are using to browse the web and to send email. For more information call Anne Hance at 753-7265, Lois Richter at 758-5058 or 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 **6:30-8:30 p.m. (New time)** The next meeting will be held on **Tuesday, December 13.** For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

There will be no meeting of the commission this month. The next regularly scheduled meeting will be held on **Thursday, January 12 at 2:30 p.m.** Colleen Brock from the Elderly Nutrition Program will be a guest speaker. The public is encouraged to attend & join in on discussion items.

Happy Hanukah



GREETINGS FROM THE FRIENDSHIP CAFE

MOW FUNDRAISING EVENT A BIG SUCCESS!

A special thank you to everyone who volunteered and participated in the French Alsatian Lunch & Concert held at the end of October. The event generated \$3,893 for the Meals On Wheels program. On behalf of the Senior Center staff, we want to thank everyone for your continued support for this program, and are truly grateful & humbled by your generosity.

MEAL HIGHLIGHTS

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:



Friday, 12/23 “Christmas Dinner” – baked ham w/raisin sauce, maple glazed butternut squash, creamy broccoli cheddar bake, ambrosia, french roll, and berry pie.

Wednesday, 12/28 “Happy Birthday” - join us in celebrating our December birthdays with juice, bbq chicken quarter, cauliflower & carrot blend, biscuit and, of course, birthday cake.

Friday, 12/30 “Happy New Year” – roast pork w/ gravy, whipped sweet potatoes, mixed vegetables, gingerbread and cinnamon apples.

Please be advised that on Monday, December 26 and Monday, January 2, no meals will be served due to the holidays.

Meal reservations should be made no later than 12:00 noon the day prior to attending. Meal reservation during Dec. 27-30 should be made in advance if possible due to the closure of the Senior Center main office. 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*

INFORMATION & ASSISTANCE

HELP WITH PG&E BILLS

Winter heating bills can stretch the budget for many seniors. If you are income-eligible, you could qualify for some assistance. Contact Lisa at the senior center if you need help completing the forms.

CARE - PG&E’s program offers a 20% discount on electric/gas bills for low-income households (under \$24,200 annually for 1 or 2 persons). For an application, stop by the senior center or call PG&E at 1-866-743-2273.

HEAP (Home Energy Assistance Program) - Provides once-a-year assistance for income-eligible customers (under \$1,709 monthly for 1 person, \$2,236 monthly for two persons.) Pick up or call for an application at the senior center.

SHOPPING SERVICE

If you need someone to do your grocery shopping, we have a free shopping 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. No deliveries over the holidays.

HOLIDAY GIFT PROGRAM

A local agency called STEAC offers a holiday program for low-income individuals who might need food and holiday gifts. If you are interested in applying, bring ID, proof of residency and income verification to the Davis Lutheran Church, corner of 8th and B Streets, on Thursday, Dec 1, 10 a.m. – noon; Friday, Dec. 2, 4 – 6 p.m.; or Saturday, December 3, 10 a.m. – noon. If you are physically unable to apply during these times, contact Lisa at the senior center for a possible phone referral.

If you would like to adopt an individual or family for the STEAC program, call 757-8194.

HAPPY KWANZAA



HEALTH

FILL THOSE PRESCRIPTIONS

The new Medicare drug benefit begins to take effect in January 2006. Because of expected confusion related to the coverage, pharmacies are likely to have long lines and delays in filling prescriptions. If possible, get your prescription refills in December.



MEDI-CAL DRUG COVERAGE

Medicare beneficiaries who also receive Medi-Cal automatically qualify for the new prescription drug benefit through Medicare. If you are one of these “dual eligibles,” you are being automatically and randomly enrolled in a prescription drug plan to make sure that you do not lose a day of prescription coverage. You will be able to switch plans if you wish. If you need help in comparing or switching plans, make an appointment with a HICAP (Health Insurance Counseling and Advocacy Program) volunteer at the Davis Senior Center, 757-5696.

PART D HELP

Anyone confused about Medicare’s new prescription drug coverage can make an individual appointment with a volunteer from the Health Insurance Counseling and Advocacy Program. Call 757-5696 for an appointment.

AVOID THE FLU

The flu is contagious, spread through respiratory droplets from sneezing and coughing. Good health habits are the first line of defense in protecting you and others from the disease.

- Wash your hands.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cough or sneeze into a tissue or the bend of your elbow.

SUPPORT GROUPS

Alzheimer's Support – meets on the 3rd Wednesday of each month, **December 21 at 10:00 a.m.**

Breathers Support – on break in December

Diabetes Support – on break in December.

Grief Support Series – is in progress, led by experienced facilitator and grief therapist Susanne Hikida. The group will run through **December 15 on Thursdays, 9:30-11:00 a.m.**

Parkinson's Support – on break in December.

Peripheral Neuropathy Support – **Wednesday, December 14 at 2:00 p.m.** A celebration of getting through another year with PN.

Vision Support – on break in December.

VIDEO MOVIES

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

December 2 – **Star Wars: Revenge of the Sith** – This completes the series. Not for the faint of heart.

December 9 – **Bewitched** – A remake of the classic sitcom. Stars Nicole Kidman.

December 16 – **Harry Potter and the Prisoner of Azkaban** – The third in the series features clever time twists.



SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. 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 R.N. Ruth Bowman. Second Thursday of every month, 11:00 - 11:30 a.m.
- **FAMILY CAREGIVER SUPPORT PROGRAM** - Resource specialist Peggy Phelps is available for consultations at the senior center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **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>
- **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 available appointment times.
- **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. For a small donation, you can borrow the items you need.
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full amount of a class for those who can't afford it. To be eligible, your annual income must be below \$18,000 for an individual or \$24,000 for a couple. For more information or an application, please contact Lisa in the office.
- **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.
- **VETERANS' 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 available. 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**
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Talk to Christine Helweg if you would like to make a contribution to the Davis Senior Center.

BECOME A SUPPORTER OF SENIOR CITIZENS OF DAVIS



It's Renewal Time!

This month, existing members & subscribers will find a 2006 membership renewal form attached at the end of this newsletter. This renewal form is your annual SCD membership dues and newsletter subscription fee, payable to SCD, for the 2006 calendar year.

Renew by January 31 to avoid any interruption of service in 2006! Membership & subscription forms are also located at each lobby entrance to the Senior Center, or by going online at www.cityofdavis.org/pcs/seniors

**Promoting Independent &
Healthy Lifestyles in 2006!**

SPECIALTY PROGRAMS

STORYTELLING WITH VICKI

Join resident storyteller, Vicki Crescitelli, and pianist, Noel Anderson, as they continue their monthly storytelling sessions on **Wednesday, December 14 at 1:30 p.m.** in the Fireside Lounge. Don't miss out on this fabulous holiday activity! Call to reserve your space at 757-5696.

MEALS MADE EASY!

Ashley Rosales, Home Instead Senior Care, continues her popular cooking workshops using Rachael Ray's 30 Minute Meals on **Tuesday December 20 at 1:30 p.m.** This month, Ashley brings the menu that will keep you "warm and cozy on a cold winter night! Creamy tomato-basil soup and rosemary and ham scones. Sign up right away as the workshop fills up very quickly. Call 757-5696 to reserve a spot.

"BALAGAN" SHOW & SILVER LEGACY FUNDRAISING TOUR

Last chance to reserve your seat for the annual fundraising tour brought to you by Davis Travelaires, the Senior Center and the California Park & Recreation Aging Services. This year's tour is scheduled for **Sunday, January 15 and Monday, January 16** at the fabulous Silver Legacy Hotel & Casino, and escorted by our very own Director – Christine Helweg!



The tour will depart from the center on Sunday morning, and will be returning on Monday evening, with lots of giveaways up & back. The trip includes a deluxe motorcoach, luggage handling, casino stops at the Nugget and Hilton with lots of cash & food bonuses, as well as overnight accommodations and dinner/show ticket to the evening performance of "Balagan", a cirque style show at the Silver Legacy.

The cost of the trip is **\$115 per person, double occupancy (\$20 single supplement)**. Register now before reservations close this month. For more information, stop by the Travelaires office on Mon, Wed or Fri between 10 a.m. and 2 p.m.

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 Winter/Spring 2006 Recreation Schedule.

- Dynabands** Ongoing thru December 21
(MWF, 2-3:00 p.m.) \$5/res & non-res
- Feldenkrais** December 6 - 20
(T, 10:15-11:15 a.m.) \$14/res & \$19/\$25 non-res
(T, 10:30-11:30 a.m.) \$14/res & \$19/\$25 non-res
- Frail To Fit** December 1 - 22
(TTh, 1:30 -2:30 p.m.) \$18 res & \$23/\$29 non-res
- Linedancing** on holiday break for Dec.
(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 -** December 2 - 23
(MWF, 7:30-8:30 a.m.) \$21 res/\$26/\$32 non-res
- Tai Chi/Chi Gung** December 6 – 20
(T, 9-10 a.m.) \$12 res/\$17/\$23 non-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
- Yoga - Intermediate** Ongoing thru Dec. 8
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res
- Yoga – Chair Intro** Ongoing thru Dec. 8
(MTh, 10:30-11:30 am) \$48 res/\$54/\$59 non-res

BRIDGE LESSONS

Instructor Jo Wragg begins her new Winter series of bridge lessons, running **February 2 through March 23**. The morning class, **9:30-11:30 a.m.**, will emphasize Bridge #3 -Heart Series, and the afternoon class, 1:00-3:00 p.m. will emphasize Bridge #7 -2 Star Conventions. The cost of each session is \$32 for residents, and advanced registration is required.

BOWLING FOR FUN

Eight seniors met in November and had much fun bowling at the UC Davis Game Center by Freeborn Hall. The group decided they would like to continue bowling and Borgie Heran has agreed to coordinate bowling events. Call Borgie at 753-4193 if you would like to participate for more information.

ONE STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is continuing her painting classes on **Thursday mornings, 9:00 to 11:30 a.m. on December 8 & 15**, with emphasis on poinsettia ornaments and holiday cards. This class is a fun and simple way to learn decorative painting. The fee for each session is \$5 for residents, plus a materials fee payable to the instructor on the first day of class, and advance registration is required. Inquire at the Senior Center office for class brochures, material costs and subsequent sessions.

OIL & ACRYLICS

There are still several openings for adults, of any skill level, in the Monday morning Oil & Acrylics Class. There is no cost except for personal painting supplies. A new instructor is now teaching the class through November, from 9:00 to 11:00 a.m. This is an exceptional opportunity to paint in our new Senior Center addition opened in May of this year.



WATERCOLOR CLASS BRUNCH

The senior watercolor class celebrates the season with a Christmas Brunch on **Friday, December 2**. Bring finger foods to share. We gather at 9:30 a.m. to show a favorite painting. Brunch will take place at 10:30 a.m. This party shows our appreciation to our teacher volunteers who instruct throughout the year.

NO OTHER CLASSES take place in **DECEMBER**. Instruction resumes in January when Carol Bernard will lead us into the enjoyment of watercolor painting. All are invited join in the fun of the Friday morning sessions.

SQUARE DANCING

The Square Dancing class continues through January 30, and is still looking for new enrollees. This is a great class to meet new friends, have fun, and get some great exercise too! Classes are held on **Monday evenings from 7:00 to 9:00 p.m.** here at the Senior Center. Classes are taught by Bryce and Sandy Birkman. Inquire in the main office for more registration information.

MARK YOUR JANUARY 2006 CALENDAR

Two fun groups to start in the New Year! On **Friday, January 27 at 2:00 p.m.**, the Senior Center will be hosting a kick-off event featuring the **Gloria Heidi of Hollywood Hats** presenting a wonderful, entertaining hour of fun and laughter. The event will be used to promote a new Red Hat Society for women forming here at the Senior Center that will meet on the fourth Friday of each month beginning in February, as well as, a new Men's Group, which will have its first meeting also in February featuring Ashley Rosales with a cooking class for men only. Rush Darigan will be heading up this new group which will focus on activities that men enjoy.

MISCELLANEOUS

USE YOUR HEADLIGHTS IF IT'S RAINING

Did you know that in 2005, a new law went into effect that says if it's raining hard enough for you to turn on windshield wipers you have to have your headlights on. You may get a ticket if you don't turn on the lights, so think safety & drive responsibly now and throughout 2006!

WHERE IS MY SENIOR SCENE?

Despite our best efforts, the *Senior Scene* newsletters often arrive in mailboxes after the first of the month. There are a few ways to review the *Scene* even if your own copy is delayed. First, you can find it on the web at www.cityofdavis.org/pcs/seniors. Second, look for reference copies of the *Senior Scene* at both entrances of the senior center at the sign-in tables.

The *Senior Scene* is third-class mail, meaning that the post office can delay delivery if mail volumes get too high. Mailing it first class would require a significant increase in subscription fees.

NUGGET RECEIPTS WANTED

Drop off your receipts at the senior center lobby, and Nugget Markets will donate 1% of the total of all the receipts we collect during the year. Last year, we received over \$4,400 to support senior programs.

HOLIDAY & GREETING CARDS

The senior center offers a selection on new holiday cards, along with cards for many other occasions. Available in the front lobby, they're only 25 cent each (often less for larger quantities), and proceeds benefit senior center programs.

HOLIDAY COMMUNITY MEAL

The Davis Food Co-op invites everyone in the area to a free Holiday Meal on **Saturday, December 24**, at the Veterans' Memorial Center, 203 East 14th Street (14th & B Streets) from **4:30-6:30 p.m.** The food is wonderful, as is the live music. This is a great community event and the more folks who attend, the more fun it will be. Carpooling is encouraged. For additional information, please contact Julie Cross at 758-2667 or by email at jcross@davisfood.coop

HOLIDAY GIFTING

As we head into this holiday season, it is understandable that many of you want to give gifts of thanks in appreciation of services here at the Davis Senior Center. As City of Davis employees, we are not able to personally accept such gifts, but would like to encourage those who wish to honor us, by contributing to our many Senior Center programs or to the SCD Endowment fund. Contributions toward the programs enable us to continue providing programs and services at a minimum cost to our participants, support our many program volunteers, as well as having the opportunity to develop new ideas and services.

The Senior Center staff would also like to thank everyone who has contributed in some way or another over this past year. Your ongoing support is a very crucial part of our success. Whether it was fresh cut flowers for the lobby, homemade goodies, a handmade craft, a monetary gift, or a smile to someone just entering the center for the first time, these are all things that capture the heart and interests of those who visit us!

On behalf of the Davis Senior Center staff, we want to wish all of you a wonderful holiday season, and to a New Year full of happiness!

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.

December 17 - 18 – Christmas at Hearst Castle –
 Wait list.

**December 29 – January 5 – A Grand Canyon
 New Year** – Check availability.

January 15 & 16 – Senior Center fundraiser –
 Come join the fun of an overnight stay at the Silver
 Legacy. A Cirque d’Soleil type show and dinner
 buffet are included. Proceeds benefit the Senior
 Center and the California Parks & Recreation
 Society Aging Services. \$115 dbl., add \$20 s.s.

January 21- 30 – Islands of Hawaii – Ask about
 availability.

February 9 – A Tasty Tour – Just a short drive
 from Davis, a guide at Anheuser Busch will explain
 their all-natural brewing process during a tour of the
 brewery. Then, of course, we may sample their
 finished product. Then it’s on to Fosters Big Horn,
 a very unusual Delta restaurant. After lunch, a tour
 of the Jelly Belly Candy Company will finish our
 tasty tour. \$55.

February 14 – Treasure Island – Wait list.

February 21-22 – Snow Train – Wait list.

March 5 – Life Is But A Dream – In San
 Francisco’s Chinatown, enjoy a hosted lunch at
 Ming’s Restaurant and free time for browsing the
 unusual shops. Then at Buddha’s Universal
 Church, take your seat for an exciting venture into
 another culture. For twenty-seven years the
 Chinese community has celebrated the New Year
 with a very special play. This year’s dazzling, bi-
 lingual production is “Life Is But A Dream.” \$70.

**March 23, 2006 – DeYoung Museum and
 Bouquets to Art** – Wait list.

March 29 & 30 – Teatro Zinzanni – Enjoy a
 gourmet five-course dinner while seated in the
 luxury of an antique Belgian Spiegel tent. Be
 wowed by unique artists from six continents
 performing a mix of European Cabaret, world class
 comedy and circus acts with live music. Overnight
 at the Radisson Hotel located at Fisherman’s Wharf.
 Next day, visit the recently opened Maritime Park’s
 first Visitor’s Center. \$280 dbl., add \$45 s.s.

April 25 – Rooftop Gardens of San Francisco –
 Wait list only.

May 27 – 29 – Mammoth Lakes – You’ve been to
 Madrid, Mallorca, Milan and Montmartre, but have
 you ever been to Mule Days? You’ll not believe the
 antics and intelligence of mules at this spectacular
 show. People who have seen it rave about it. We’ll
 also visit Bodie, the largest un-restored ghost town
 in the West, dine on French cuisine at the
 Restaurant at Convict Lake, enjoy a wine and
 cheese reception at Mountain Light Gallery, lunch
 at the historic Bridgeport Inn and more. \$470 dbl.,
 add \$115 ss.

June 20 – Monet and Normandy – Claude Monet
 spent much of his life in the Normandy region of
 Northern France. Enjoy an audio tour of a special
 collection at the Legion of Honor, featuring 60
 paintings from that area. Then go to Berkeley for
 browsing the interesting shops and having lunch on
 your own. \$60.

**July 15 – Nordstrom Shopping and Menopause
 the Musical** – Once again its time for our “biggest
 sale of the year” trip to Nordstrom. Pastries and
 coffee and an \$8 certificate toward lunch will be
 given. Then at the theater at Pier 39, we’ll laugh
 our way through the comedy hit of the year.
 Menopause the Musical has been traveling the
 country delighting audiences with its humorous
 look at the celebration of the real life of women.
 \$87

**July 28-Aug. 9 – Northern Exposure – Circle
 British Columbia** – Pick up flyers in Travelaires
 Office to learn about this spectacular motor coach
 trip.

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

December 2005

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30am Yoga 9:00am Craft Boutique 9:30am Grief Sup Grp 10:30am Chair Yoga 12:30pm Bingo 1:30pm HICAP*	2 9:00am Watercolor Brunch 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events
5 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm MahJongg 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing 7:00pm Grandparents Raising Grandchildren Holiday Party	6 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	7 9:00am Laughing Club 10:30am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker	8 8:30am Yoga 9:00am One-Stroke Painting 9:30am Memoirs 9:30am Grief Sup Grp 10:30am Chair Yoga 11:00am Blood Pressure Check 12:30pm Bingo	9 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance
12 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm MahJongg 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing	13 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 6:30pm Mac Users Grp 6:00pm Holiday Dinner & Dance*	14 9:00am Laughing Club 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 1:30pm Stories with Vicki 2:00pm Peripheral Neuropathy Sup Grp	15 9:00am One-Stroke Painting 9:30am Memoirs 9:30am Grief Sup Grp 12:30pm Bingo 1:30pm HICAP*	16 10:00am Memoirs 11:00am Elderlaw Clinic* 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events Saturday, Dec. 17 12:00 noon SCD Bingo
19 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm MahJongg 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	20 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Board Mtg 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Meals Made Easy*	21 9:00am Laughing Club 10:00am Alzheimer's Sup 11:00pm Food Distribution 1:00pm Hem & Haw 1:00pm Poker	22 9:30am Memoirs 12:00pm NARFE Holiday Party 12:30pm Bingo	23 Christmas Eve Holiday Senior Center Programs Closed Elderly Nutrition Program serving meals.
26	27	28	29	30
<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> Senior Center Closed for Winter Holidays till January 3. ENP meals being served Tuesday – Friday only. Advance reservations recommended </div>				

December 2005

Menu subject to change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fruit Juice Tossed Green Salad Cheesy Lasagna Zucchini w/mushrooms Baguette Blushed Pears	2 Roast Beef w/au jus Parselied New Potatoes Winter Blend Vegetables Seven Grain Roll Vanilla Pudding
5 <u>Good Source of Fiber</u> Whipped Potatoes in a half shell w/turkey & cheese Brussel Sprouts Whole Wheat Bread Plums	6 SCD Potluck No ENP meal today MOW Delivery Only	7 <u>Gourmet Delight</u> Fruit Juice Stuffed Chicken Breast Yams Peas Cracked Wheat Bread Baked Dessert	8 Beef Taco w/lettuce, cheese, tomatoes, & salsa Mexicali Beans Corn w/Red Bell Peppers Pineapple Tidbits	9 Fish Fillet w/tarter sauce Potatoes Au Gratin Broccoli Whole Wheat Bread Lemon Pudding
12 Meatballs in Basil Marinara Sauce Rotini Pasta Italian Blend Vegetables Baguette Mixed Fruit	13 <u>Breakfast for Lunch</u> Pan Style Omelet Turkey Sausage Hash Brown Potatoes Mini Bagel Mandarin Orange Segments	14 AARP Potluck Fruit Juice Minestrone Soup Tuna Fish Sandwich on Rye w/lettuce, & pickles Crackers Baked Dessert	15 BBQ Pork Riblet w/Caramelized Onions Potato Puffs Green Beans w/red bell pepper Cracked Wheat Bread Peaches	16 Spinach Salad Marsala Chicken Orange Rice Seven Grain Roll Tropical Fruit
19 Southern Fried Steak w/Country Gravy Mashed Potatoes Chefs Blend Cracked Wheat Bread Apricots	20 <u>Home-Style Cooking</u> Juice Turkey Noodle Casserole Steamed Baby Carrots Honey Wheat Roll Fruit Cocktail	21 <u>Rich Source of Magnesium</u> Lemon Pepper Fish w/Tartar Sauce Baked Potato Spinach Whole Wheat Bread Tropical Fruit	22 Confetti Coleslaw Oven Fried Chicken Lima Beans Texas Bread Tapioca Pudding	23 Christmas Dinner Baked Ham w/Raisin Sauce Maple Glazed Butternut Squash Creamy Broccoli Cheddar Bake Ambrosia French Roll Berry Pie
26 Merry Christmas Holiday ENP Closed today and January 2	27 <u>Good Source of Potassium</u> Chili Con Carne Swiss Chard Cornbread Fresh Orange	28 Happy Birthday! Juice BBQ Chicken Quarter Cauliflower & Carrot Blend Biscuit Birthday Cake	29 <u>Soup N Salad</u> Caesar Salad w/hard boiled egg & cheese Clam Chowder Crackers Fruited Gelatin	30 Happy New Year Roast Pork w/Gravy Whipped Sweet Potatoes Mixed Vegetables Gingerbread Cinnamon Apples

\$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



BECOME A SUPPORTER OF SENIOR CITIZENS OF DAVIS

Promoting Independent & Healthy Lifestyles in 2006!

Senior Citizens of Davis, Inc. (SCD) is a non-profit organization dedicated to the support of quality programs and services for older adults. As part of SCD, your generous time and financial gifts contribute to the wide array of programs and activities offered at the Davis Senior Center, as well as to its future needs. Your ongoing support is vital to our organization's not-for-profit mission, and we value your privacy by not distributing or selling personal information to any outside organizations.

SCD also publishes a monthly newsletter, *The Senior Scene*, which gives detailed information about services & daily activities taking place at the Davis Senior Center. In addition, the newsletter provides a monthly menu for our Friendship Café, which offers nutritious lunches Monday through Friday, and a calendar of excursions offered through Davis Travelaires, a non-profit travel organization located within the Davis Senior Center.

Household Information

Name(s) _____

Address _____ City _____ Zip Code _____

Mailing Address (if different from above) _____ City _____ Zip Code _____

Telephone: daytime() _____ evening() _____

E-mail address _____

Emergency Contact Information *(optional, but strongly encouraged)*

Name(s) _____ Relation to Supporter(s) _____

Address _____ City _____ Zip Code _____

Telephone: daytime() _____ evening() _____

Please check Membership Category:

- Single Membership only** \$ 8.00
- Single Membership & Newsletter Subscription** \$15.00
- Couple Membership & Newsletter Subscription** \$20.00
- Newsletter Subscription Only** \$10.00

Additional Donations Welcomed:

- General Programs/Services** \$ _____
- SCD Endowment Fund** \$ _____
- Dianne Hinsz Memorial Scholarship Fund** \$ _____
- Senior Memorial Fund** \$ _____

Additional donations paid to the Senior Citizens of Davis may be tax deductible – Fed ID #94-2422432. Please consult your financial advisor for detailed information.

Please make checks payable to SCD - please do not send cash. Remit to the Davis Senior Center, 646 A Street, Davis, CA 95616, and don't forget to send a stamped, self-addressed envelope so we may return your new membership card.

<i>I am interested in possibly volunteering in the following areas:</i>		<input type="checkbox"/> SCD Monthly Potlucks or Special Events
<input type="checkbox"/> Board/Committee Member	<input type="checkbox"/> Welcome Committee	<input type="checkbox"/> Health Insurance Counseling Program
<input type="checkbox"/> Center Greeter	<input type="checkbox"/> Nutrition/Meals on Wheels	<input type="checkbox"/> As Needed or Other (specify) _____

For Office Use Only

Received by: _____ Date: _____ Cash/Check No.: _____ Amount Rec'd: _____ Card issued: _____ Copy Made: _____