

Davis
Davis Senior Center
646 A Street, Davis CA 95616

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Senior Scene



Transportation: (530) 757-4408
Volume XXXIII, Number 7
\$10.00/Year Subscription

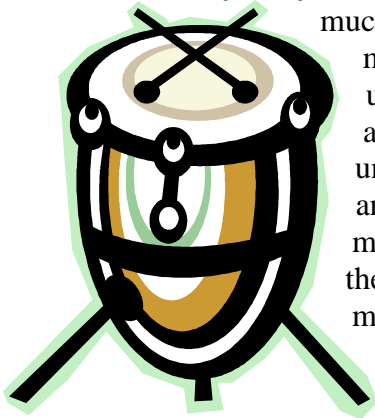
Office: (530) 757-5696
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Travelaires: (530) 753-4159
July 2005
www.cityofdavis.org/pcs/seniors/

DISCOVER RHYTHM MAGIC!

Join the magic of Michael Bayard's inspiring interactive and hands on assembly demonstrating percussion instruments from Africa, Mexico, South America, Asia, Europe and the USA on **Wednesday, July 6 at 12:30 p.m.** This show is

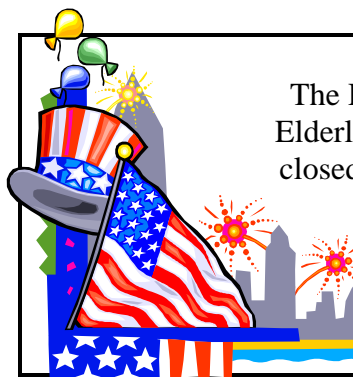
much more than a lecture on music. It is an understanding and appreciation of the uniqueness, the diversity, and the complexity of multi-cultural peoples and their art from a global musical perspective, while emphasizing teamwork, harmony, and communication.



Participants from the City's youth day camps and local preschools will be joining Senior Center participants for the day of the show, and all will have the opportunity to actually play instruments and become part of an ensemble.

Mr. Bayard's credentials are impressive, to say the least. He was formerly the Principal Percussionist with the Sacramento Symphony for 17 years, and attended the prestigious Julliard School of Music on a full scholarship at the age of 15. Michael has also performed with such artists as Paul Simon, Kenny Rogers, Tony Bennett, Henry Mancini, Mel Tormé, Ray Charles, and Frank Sinatra.

So don't miss out on this dynamic, motivational program – mark your calendars for **July 6 at 12:30 p.m.!**



The Davis Senior Center and the Elderly Nutrition Program will be closed on **Monday, July 4** due to the Fourth of July Holiday.

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

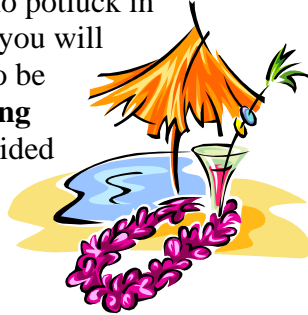
Jan Butler, Senior Office Assistant
Ashley Rosales, Asst. Program Coordinator

SENIOR CITIZENS OF DAVIS

Planning for a Better Tomorrow

HAWAIIAN LUAU – AUGUST 2

Don't forget that there is no potluck in July, so the next time we will see you will be at 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.

SUNSHINE LADY ☺

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

Get well cards to Margaret Milligan, Jim Drummond, and Merna Peterson.

Thinking of You cards to Mary Dixon, Ellen Lee, Ramona Rothe, Bill Griggs, Georgie Bourne, Pat Kangas and Bill & Mercedes McElwain.

Sympathy cards to the family of Marshall Greenberg, family of Lucille Youmans, family of Jean G. Richmond, family of Edith Ross and family of Richard A. Patrick.

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 APRIL - JUNE

Please join us in welcoming the following new SCD members: Marlene Bloomberg, Janeanne Cole, Mary O. Ferguson, Shirley Gorder, Gerald Gibbons, Mr. and Mrs. Robert Roberson, Ken & Linda Taggard, Linda Blake, Rose Gilbert, June Horst, Woody & Angie Porter, Adrienne Shapiro, Ken & Esther Stanley, Ikuko Tsujimoto, Roche & Anna Zefo and Margaret Hoyt.

DAVIS COMMUNITY TRANSIT

We would like to welcome back driver Patrick Abtey to the DCT staff! Patrick left in January '04 to pursue a career at the Santa Barbara Zoo working with giraffes. He has since relocated to Davis to work at Six Flags Marine World working with elephants. He will be with us through the summer. Beginning Monday June 27, we will resume our summer program with Unitrans for the fourth summer. Two hours of each weekday Unitrans drivers will drive back-up for DCT. We have continued this summer program to better acquaint Unitrans drivers with DCT. The Unitrans bus is white with black lettering that says Unitrans on the side and is the same size as the DCT bus that you are used to riding.

THE GIFT OF GIVING

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



Davis Dance Club	\$150
Dynabands	\$ 56
Duplicate Bridge – Monday	\$ 54
Grocery Shopping Helpers	\$180
Hem & Haw (SCD)	\$234
Information & Assistance	\$ 34
Medical Equipment Donations	\$200
Memoirs	\$223
Miscellaneous	\$ 60
Nostalgics	\$ 11
Pinochle Players	\$ 9
Social Bridge (Monday night)	\$ 17
Step Out Walk	\$ 99
Watercolor	\$ 50
Wristbands	\$ 73
Total	\$1450

Thank you for your continued support!

CLUBS & SPECIAL INTERESTS

AARP

Our next meeting/potluck will be held on **Wednesday, July 13 in the Valente Room**, instead of the usual Lunchroom. The customary social hour will begin at **11:30 a.m.** and our speaker this month will be Warren Roberts from the Davis Arboretum. He often brings samples of plants that grow there and it is very interesting.

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 salads, H to P bring a salads, and Q to Z bring a dessert.** Don't forget to bring your own table service. For more information, please call Maxine at 753-0266.

BOOK REVIEW

Join us on **Tuesday, July 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

Join us on **July 19 at 10:30am** to discuss the "astonishing, and powerful book" The Kite Runner, by Khaled Hosseini. This #1 New York Times Bestseller is "a moving portrait of modern Afghanistan." You can pick up your very own copy of this award-winning novel at the Davis Senior Center front office for only \$10.

GENEALOGY CLUB AND LIBRARY

The Genealogy library is open on **Mondays, Wednesdays and Fridays from 1:00 to 4:00 p.m.** and will be open throughout the summer. 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, July 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, July 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 meets on the second Tuesday of each month, from **7:00-8:30 p.m.** The next meeting will be held on **Tuesday, July 12.** For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next meeting for the Commission will be held on **Thursday, July 14 at 2:30 p.m.** All are welcome to attend.

VIDEO MOVIES

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



July 1 – The Matrix – Reality is not what it seems in this high-action film starring Keanu Reeves.

July 8 – Inherit the Wind – The courtroom battle over evolution starring Frederic March and Spencer Tracy.

July 15 – In Good Company – An insightful comedy about the relationship between a 50-year-old businessman and his new 26-year-old boss.

July 22 – Phantom of the Opera – The movie version of the theater phenomenon.

July 29 – Beyond the Sea – Kevin Spacey stars as singer Bobby Darin.

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 center at 757-5696 for an appointment. Assistance is also available at the Winters Community Center on Tuesday mornings from 9:30 a.m. – 12:30 p.m. Call 795-4241 for an appointment.

Claimants who want free help should bring the instruction booklets and forms they received in the mail (if received), as well as other records and documents, such as proof of age or disability, income records, (including 2004 income tax returns if filed) and 2004-2005 property tax bill if a homeowner. Prior year claim forms are also helpful, if available.

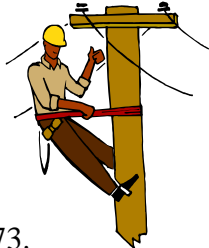
EASING UTILITY PINCH

Summer heat causes utility bills to soar. Several programs are aimed at lowering the cost for low-income individuals:

CARE - PG&Es program offers a 20% discount off of 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 an application at the senior center or call HEAP at 1-800-233-4480.

REACH - (through Salvation Army) offers emergency assistance in paying energy bills for people who have received cutoff notices. Funds are limited. Call 661-0346.



SHOPPING SERVICE ON BREAK

The free shopping service operated by student volunteers through the UCD Honors Challenge Program is taking a break over the summer. It will resume when the students return for the fall quarter. As an alternative, you might consider using Davis Community Transit. DCT operates a shopping shuttle which can take you to a grocery store and assist in carrying a few bags into your home. In addition, the Davis Senior Center maintains a list of unscreened individuals who charge a fee for doing your shopping. For information, call Lisa at 757-5696.

CAREGIVER INFORMATION

If you are caring for an older person, you might find useful information in a new AARP notebook, "Caring for Those You Care About." Topics include your home, housing options, transportation, legal/insurance, and end-of-life issues. This publication is available through the senior center's lending library. If you would like to talk with someone regarding caregiving issues, contact Peggy Phelps, Caregiver Resource Specialist at (530) 681-2054.



DMV SERVICES

A representative from the Department of Motor Vehicles will be on site at the senior center on **Thursday, July 28 at 9:00 a.m.** They will be available for seniors who need to renew a driver's license, photo ID, or disabled placards. **Please note:** you will still need to go to the DMV office to finish the process, but you will be sent to a special window in order to prevent long wait times! DMV is unable to assist with auto registration. Please arrive early as it is a first come, first served basis.

SOCIAL SECURITY AT THE SENIOR CENTER

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

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**



AUTOMATED EXTERNAL DEFIBRILLATORS

The Senior Center now has two Automated External Defibrillators located at each end of our facility to assist in the emergency medical care of our participants. **This specialized equipment is only to be used by trained personnel**, and cannot be opened without proper authorization. Our AED cases are alarmed, and they will send out a piercing alarm sound when opened. If you hear this sound, **please contact office staff immediately.**

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.

- Dance & Jam** **July 8 & 22**
(F, 2:15-4:00 p.m.) No fee
- Dynabands** **July 1 – August 31**
(MWF, 2-3:00 p.m.) \$12/res & non-res
- Feldenkrais** **July 12 - 26**
(T, 10:15-11:15 a.m.) \$14 res/\$20/\$25 non-res
- Frail To Fit** **July 5 – 28**
(TTh, 1:30 -2:30 p.m.) \$20 res/\$26/\$31 non-res
- Linedancing** **July 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 -** **July 1 - 29**
(MWF, 7:30-8:30 a.m.)\$25 res/\$31/\$36 non-res
- Tai Chi/Chi Gung** **July 5 - 26**
(T, 9-10 a.m.) \$16 res/\$22/\$27 non-res
- Taiko Drumming** **July 19 – August 18**
(TTh, Beg-1-2pm or \$48 res/\$54/\$59 non-res
TTh, Int – 5:30-6:30 p.m.
- Walk n' Talk** **Ongoing – Join anytime!**
(MF, 9-10:00 a.m.) No Fee
- Gentle Yoga** **July 11 – August 4**
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res

FRIDAY WATERCOLOR CLASS

The Watercolor class is on break for the summer, however, students are still welcome to come and paint informally with each other. We generally meet at around 9:00 a.m. to get set up and then begin painting at 9:30a.m.



Many seniors display their work at the YOLO COUNTY FAIR in August. The theme for this year's fair is "Vegetables of Yolo County." So paint those tomatoes before you throw them into the salad!

LEARN TAP DANCING

Join the ranks of Ann Miller and Savion Glover. Learn to tap dance! Volunteer instructor Jeanine Jette is resuming tap dance classes at the senior center on **Tuesdays at 11:15 a.m.** Bring your tap shoes if you have them. If not, come and check it out. Jeanine will explain it all.



BENEFITS OF TAI CHI

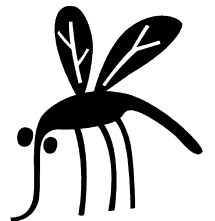
A recent study showed healthy seniors were 47.5% less likely to fall after practicing Tai Chi for three months than relatively robust older adults taking a wellness class covering fall prevention and other topics. An Emory University researcher says Tai Chi may improve balance because the movements emphasize trunk rotation, shifting weight from one foot to two, and coordination of lower and upper body movements.

Why not sign up for Tai Chi classes offered at the senior center on **Tuesdays at 9:00 a.m.**? It's good for the mind, good for the body and good for balance! Feel free to observe a class before signing up.

SPECIALTY PROGRAMS

WEST NILE IS HERE

The West Nile virus has hit California, and 2005 is expected to be a high-risk year due to late rains and the high mosquito count. On **Thursday, July 14 at 10:30 a.m.**, a representative from the Yolo County Health Department will present information about how the virus is spread and how to protect yourself.



PREVENT IDENTITY THEFT

Identity theft has become a major problem in the U.S. Once thieves get your personal identifying information, such as Social Security or credit card numbers, they can sometimes access your bank account or make credit charges in your name. On **Wednesday, July 27 at 10:30 a.m.**, Davis Police Department crime prevention specialist Debra Dovoshov will explain what you can do to safeguard your identity and your finances. Join us for this free and timely presentation.

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. The American Golf Program for Senior Centers is a nonprofit organization developed to teach seniors the game of golf from “green to tee.” It promotes golf as an activity to stay active and healthy in your older years.

Registered participants will receive instruction on putting, and will conclude the class with a putting contest. Prizes will be awarded for 1st, 2nd and 3rd place winners. **Space is limited, so advanced registration is required** through the Davis Senior Center. For more information, please contact Chris in the main office or calling Nancy at American Golf, (510) 528-1576.

SUPPORT GROUPS

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

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

Caregiver Support – On break for the summer. You are invited to come to the Woodland Alzheimer's (and other caregivers) Support Group on the **second Tuesday, 6:30-8:00 p.m.**, at the Yolo Adult Day Health Center, 20 N. Cottonwood, Woodland, facilitated by social worker Larry Cassevah.

Diabetes Support Group - on break until the fall.

Parkinson's Support – on break until fall.

Peripheral Neuropathy Group – **July 13 at 2:00 p.m.** No guest speaker. This will be a “share and care” meeting.

Vision Support – on break until the fall.

Widowed Persons – on break until the fall.

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:

Friday, 7/1 “Happy 4th of July”

– help celebrate our nation’s Independence Day with fruit juice, macaroni salad, cheeseburger on a bun with lettuce, tomato & pickle, and watermelon wedge.

Wednesday, 7/27 “Happy Birthday” - join us in celebrating our July birthday babies with fruit juice, oven-fried chicken, pasta salad, peas & carrots, biscuit, 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 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*

MISCELLANEOUS**DRIVER SAFETY COURSE**

We are taking registration for the next AARP Driver Safety program (formerly 55 Alive) to be held on **Wednesday, September 21 and Thursday, September 22 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. Register early because this class tends to fill up fast!

REMINDER: FOOD DISTRIBUTION CHANGE

Food Distribution is now on the third Wednesday of each month starting at 11:00 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.

INVITATION

You are cordially invited to a presentation of our January 21-30, 2006 tour of the Hawaiian Islands.

July 12, 2:00 p.m.

Davis Senior Center

RSVP: 530-753-4159

Refreshments

July 14 – Boomtown - \$10. cash and buffet. Depart Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. Return to Davis with drop-offs at both places approximately 8:00 p.m. \$20.

July 20 – Champagne, Roses and Melodies – Lunch at Village Inn on the Russian River, a private concert of familiar melodies and a visit to Korbel Champagne Cellars. \$88.

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

August 4 – Giants Game – Wait list.

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.

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, 2006 – A Grand Canyon New Year – \$1250 pp dbl., add \$395 ss.

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. (Please attend the above mentioned presentation.) \$2675 & \$2650 dbl.

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

July 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 10:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
4 4 th of July Center Closed	5 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais No SCD Potluck this month 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	6 10:00am AARP Bd Mtg. 12:30pm Rhythm Magic! 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	7 8:30am Yoga 9:30am Memoirs 12:30pm Bingo 12:30pm Tax Assistance* 1:30pm HICAP*	8 9:00am Scrabble 9:30am Watercolor Painting 10:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance
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.* 3:30pm Tap Dance 6:30pm Social Bridge 7:00pm Internet Users Group	12 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 2:00pm Travelaires Mtg – Hawaii 7:00pm Mac Users Grp	13 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy Support Grp 3:30pm Line dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	14 8:30am Yoga 9:30am Memoirs 10:30am Blood Pressure Check 10:30am West Nile Virus Talk 12:30pm Bingo 12:30pm Tax Assistance* 2:30pm Sr Commission Mtg	15 9:00am Scrabble 9:30am Watercolor Painting 10:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events Saturday, July 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 3:30pm Tap Dance 6:30pm Social Bridge	19 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:30am Senior Center Reads 10:15am Feldenkrais 1:00pm Bridge/Pinochle	20 10:00am Alzheimer's Sup 11:00pm Food Distribution 12:30pm 55 Alive* 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	21 8:30am Yoga 9:00am HICAP* 9:30am Memoirs 12:30pm Bingo 12:30pm 55 Alive*	22 9:00am Scrabble 9:30am Watercolor Painting 10:30am 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 3:30pm Tap Dance 6:30pm Social Bridge	26 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd. Meeting 10:15am Feldenkrais 1:00pm Bridge/Pinochle	27 9:00am Social Security 10:30am Identity Theft Talk 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 DMV Rep 9:30am Memoirs 12:30pm Bingo 1:30pm Breathers Sup Grp	29 9:00am Scrabble 9:30am Watercolor Painting 10:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics

July 2005

Menu Subject to Change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Happy 4 th of July! Fruit Juice Macaroni Salad Cheeseburger on a bun with Lettuce, Tomato & Pickle Watermelon Wedge
4 The Elderly Nutrition Program is closed due to Fourth of July Holiday	5 SCD Potluck No ENP meal today MOW Delivery Only	6 Turkey Pastrami Sandwich w/Swiss Cheese, Lettuce, Tomato on Rye Swirl Bread Broccoli Salad Cookie	7 Creole Shrimp w/peppers, onions & mushrooms served over Rice Green Beans French Bread Melon Wedge	8 Spinach Salad Roast Beef w/gravy Whipped Potatoes Whole Wheat Roll Apricots
11 Baked Chicken Spinach Fettuccini Alfredo Mixed Vegetables Cracked Wheat Bread Tropical Fruit Rice Pilaf	12 Coleslaw Western Sandwich w/shredded beef on roll & BBQ sauce Oven Fried Potatoes Butterscotch Pudding	13 AARP Potluck Baked Ham with glaze Sweet Potatoes a la Orange Brussel Sprouts Cinnamon Raisin Bread Fresh Fruit Cup	14 Ravioli with Beef w/Marinara Sauce Zucchini and Carrots Baguette Mandarin Orange Segments	15 Juice Tuna Salad on Bed of Lettuce w/Tomato Wedge and Olives Seven Grain Roll Baked Dessert
18 Pepper Steak Scalloped Potatoes Steamed Carrots Whole Wheat Bread Chocolate Pudding	19 Macaroni Salad Polish Dog w/Bun (Contains Pork & Beef) Buttered Corn Fresh Fruit	20 Fruit Juice Seafood Salad w/lettuce, tomato blanching carrots Oyster Crackers Lemon Tart	21 Meatloaf with Gravy Rice Pilaf Spinach French Bread Tropical Fruit	22 Stuffed Potato topped w/chicken, bacon, & cheddar cheese Broccoli Wheat Roll Banana
25 Swedish Meatballs w/brown Dill Gravy Buttered Noodles Swiss Chard Cracked Wheat Bread Pears	26 Summer Turkey Citrus Salad Turkey Breast, Orange Segments, Red Onion, Cucumber w/Honey Lime Dressing Cornbread Muffin Fruited Sugar Free Gelatin	27 Happy Birthday! Fruit Juice Oven Fried Chicken Pasta Salad Peas & Carrots Biscuit Happy Birthday Cake	28 Lemon Pepper Fish w/Tarter Sauce Buttered New Potatoes Stewed Tomatoes Whole Wheat Bread Tapioca Pudding	29 Fruit Juice Fiesta Casserole Green Beans Cracked Wheat Bread Apricots

\$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