

**Davis**  
Davis Senior Center  
646 A Street, Davis CA 95616

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# Senior Scene



Transportation: (530) 757-4408  
Volume XXXIII, Number 6  
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Office: (530) 757-5696  
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Travelaires: (530) 753-4159  
June 2005  
www.cityofdavis.org/pcs/seniors/

## FRIDAY ARTABOUT & DEDICATION

On Friday, June 10 from 6:00-9:00 p.m.,



the Davis Senior Center Art classes will be joining June's "Second Friday ArtAbout," a monthly event at many art galleries in town. During this time, art lovers are

able to make the rounds of gallery receptions, and all events are free. The Senior Center show is open to Watercolors (matted & ready to present), Oil & Acrylic (ready to present), and Ceramics (ready to present). Artists are also asked to bring two dozen cookies for the evening public showing.

As a special feature for the evening, we will also be dedicating our new Public Art Piece, "Rejuvenation" by artist, Kana Tanaka, at approximately 6:30 p.m. Everyone is welcome to join us in this wonderful celebration!

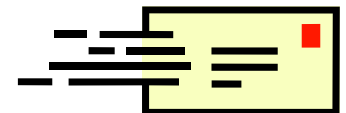
For more information on the Art Show, please contact Don Harting, 756-4654, or Jane

Matteson, 756-1413. For information on the Public Art Dedication program, please contact Chris in the Senior Center main office at 757-5696.

## NEW SENIOR CENTER WEB PAGES

Well, the Senior Center is finally gettin' with the times. If you have access to a computer with Internet service, you will need to check out the latest and greatest information about our fabulous center with one simple click!

Just go to [www.cityofdavis.org/pcs/seniors](http://www.cityofdavis.org/pcs/seniors) and that will give you information on a variety of programs and services available here at the center. We also have a new email address so that you can send messages to any of the staff if you have questions, concerns or compliments about any of our programs. Please direct all messages to [seniorservices@ci.davis.ca.us](mailto:seniorservices@ci.davis.ca.us)



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

#### SCD POTLUCK – JUNE 7

It's going to be a 50's Sock Hop! We are going to be playin' all those oldies from Elvis to the Beach

Boys, as well as a special program by Donna and Jerry Herman, who will be performing three Scandinavian dances. Our customary social hour will begin at **11:30 a.m.**, with our program beginning at approximately 12:00 noon on **Tuesday, June 7.**

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

*Also, don't forget that there is no potluck in July!*

#### HAWAIIAN LUAU – AUGUST 2

The next SCD potluck will be our annual Hawaiian Luau to be held on **Tues., August 2, beginning at 11:30 a.m.** Watch for more details about our program in next month's newsletter. Those with last names beginning with **A-H bring salads, I-P cold cuts, and Q-Z desserts.**



#### SUNSHINE LADY ☺

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

**Get well cards** to Henry Rae, Beverly Payne, Margery Jones, Edward Martin, Ramona Rothe, Margaret Milligan and Alpha Hebert.

**Thinking of You cards** to Elizabeth Campbell, Charles Russell, Bill Griggs, Bill & Mercedes McElwain, Gerry Henderson and Janet Benson.

**Sympathy cards** to the family of Paul Pulasky, family of Cyril Carlson and family of Frank Boosembark. 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 - MAY

Please join us in welcoming the following new SCD members: Pam Gibbs, Carolyn & Jim Hensen, Rita Moncrief, David Allen, Doris Blakemore, John Dixon, Elliot Freedman, John & Florence Holmes, Patricia Lindsay, Donna Lott, Jack Strong, Edmée Foley, Mary Irwin, Linda & Gerald O'Hara, Eugene & Helen Tashima, Barbara & Bart Vaughn and Robert & Janet Vyvlecka.

#### THE GIFT OF GIVING

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



Dynabands	\$370
Duplicate Bridge – Monday	\$ 67
Grocery Shopping Help	\$ 15
Handy Helper Donation	\$ 25
Hem & Haw (SCD)	\$ 58
Information & Assistance	\$ 55
International Party Tickets	\$773
International Party Auction & Raffle	\$480
Medical Equipment Donations	\$ 97
Miscellaneous	\$102
Rummage Sale	\$ 94
Social Bridge (Monday night)	\$ 30
Watercolor	\$ 50
<b>Total</b>	<b>\$2201</b>

*Thank you for your continued support!*

## HAPPY FATHER'S DAY



## CLUBS & SPECIAL INTERESTS

### AARP

Our next meeting/potluck will be held on **Wednesday, June 8**. The customary social hour will begin at **11:30 a.m.** Robert Smith will be showing his father's paintings.

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 desserts, and Q to Z bring hot dishes**. Don't forget to bring your own table service. For more information, please call Maxine at 753-0266.



### BOOK REVIEW

Join us on **Tuesday, June 21 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!

### 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 **June 27 meeting at 1:00 p.m.** will be the last until September.

For our program, let's have some fun with stories of our most famous/infamous relatives. We'd also like to give the members a chance to tell about any breakthroughs in their research. Search your records and come prepared to "tell all." 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, June 3 and 17 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

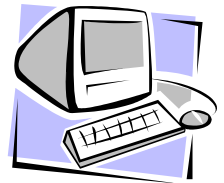


### INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, June 13**. 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/](http://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, June 14**. For more information, call Michael Beaucage at 758-7639.



### SENIOR CITIZENS COMMISSION

The next meeting for the Commission will be held on **Thursday, June 9 at 2:30 p.m.** Guest speakers, Linda Cook from the Yolo County Older Adult Program and Debra Thomson from Adult Protective Services will be featured this month. All are welcome to attend.

## DAVIS COMMUNITY TRANSIT

The warm weather is upon us! Please be reminded if you are waiting for the bus to pick you up that you should be in a cool or shaded spot. If you are affected by the heat, please inform the office and we will do our best to accommodate you. Congratulations to our driver and dispatcher Andrea! She is graduating with a teaching credential and will begin teaching elementary school in 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 meal

is:

**Wednesday, 6/29 "Happy Birthday"** - join us in celebrating our June birthday babies with roast pork, sweet potatoes, brussel sprouts, baguette, 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*

## INFORMATION & ASSISTANCE

### SCHOOL TAX REDUCTION

If you are senior (65+) homeowner in the Davis Joint Unified School District, it's time to apply for the annual reduction in your school taxes. If you have applied in the past, you should receive a reminder card in the mail. However, if this is your first time, or if you did not receive a card in the mail, you may pick up a form from the Davis Senior Center or the school district administrative office at 526 B Street. Forms must be received at the school district offices by June 15. If you have questions or need help with the form, call Lisa at 757-5696.

### PARKS AND OPEN SPACE TAX REFUND

This is a city of Davis program for low-income homeowners. For a 1-person household, the maximum annual income level is \$21,150; for a 2-person household the



maximum is \$24,200. Forms are available at the senior center and must be filed June 30.

### HOMEOWNER PROPERTY TAX POSTPONEMENT

If you are a homeowner, age 62 or older, and had income of \$24,000 or less in 2004, you may be eligible to postpone all or part of your property taxes. Forms are available through the senior center or call the State Controller's Office at 1-800-952-5661. Claims must be filed between May 15 and December 10, 2005.

### FREE DIRECTORY ASSISTANCE

If you have a visual or physical impairment which limits your use of a phone book, you may qualify for free directory assistance calls through SBC. Call 1-800-310-2355 (TTY at 1-800-651-5111) to request the certification form required for eligibility.



### GET YOUR NEW RESOURCE GUIDE

The newly published 2005 Yolo County Guide to Resources for Older Adults is now available at the senior center. It's full of agencies and programs that serve older adults in our community, and it includes web addresses as well as phone numbers. Pick up your free copy at the front desk. Additional copies are \$.50.

### 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 in October 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 Senior Center maintains a list of unscreened individuals who charge a fee for doing your shopping. For more information, call Lisa at 757-5696.

## 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, 10:30 - 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/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 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**

## SPECIALTY CLASSES

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

- Dance & Jam**      **June 10 & 24**  
(F, 2:15-4:00 p.m.)      No fee
- Dynabands**      **June 1 – June 29**  
(MWF, 2-3:00 p.m.)      \$6/res & non-res
- Feldenkrais**      **June 7 - 28**  
(T, 10:15-11:15 a.m.)      \$18 res/\$24/\$29 non-res
- Linedancing**      **June 1 & 15**  
(W, 3:30-5:00 p.m.)      \$11 res/\$17/\$22 non-res
- Nostalgics Singing**      **Ongoing – Join anytime!**  
(F, 1-2:00 p.m.)      No fee
- Sr. Adult Fitness -**      **June 1 -29**  
(MWF, 7:30-8:30 a.m.)\$27res/\$33/\$38 non-res
- Tai Chi/Chi Gung**      **June 7 -28**  
(T, 9-10 a.m.)      \$16 res/\$22/\$27non-res
- Walk n' Talk**      **Ongoing – Join anytime!**  
(MF, 9-10:00 a.m.)      No Fee
- Gentle Yoga**      **June 9 – July 7**  
(MTh, 8:30-10 a.m.)      \$48 res/\$54/\$59 non-res

### OIL & ACRYLIC PAINTERS

Want to see a preview of our own artists' best works? On **June 10** the watercolor and oil and acrylic painters will exhibit their work when the new art addition, the Valente Room, is showcased for the Davis Art community, as part of the monthly Second Friday ArtAbout of participating local galleries.

A preview viewing is scheduled for SCD members at 4:00 p.m., followed by an open house, with refreshments, from 6:00 to 9:00 p.m. for the Davis public.

This is an opportunity to publicly show your support and meet the painters behind the painting!



### FRIDAY WATERCOLOR CLASS

Watercolor enthusiasts have been painting the local flowers of spring in the beautifully lighted new room in the Senior Center. Mildred Franklin, Barbara Zane, and Gloria Bonekat have guided us

through the season with floral bouquets and a wide range of subject matter. Chris Shackel will teach until the end of June. We will then break for the summer.

We meet at 9:00 a.m. to set up and instruction begins at 9:30. We finish at 11:30 or before. The goal is to enjoy the process of paint meeting paper, to relax and to have some fun with each other.

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

## SUPPORT GROUPS

**Alzheimer's Support - Wednesday, June 15 at 10:00 a.m.**

**Breathers Support** - meets on the **4<sup>th</sup> Thursday of every month, June 23 at 1:30 p.m.** Dr. Nicholas Kenyon, M.D. Professor of Pulmonary and Critical Care Medicine, and Claudia Vukovich, RRT, Certified Asthma Educator, will speak. The topic is "Recent Advances in Management of COPD and Asthma." The talk will include important medical information, demonstrations, and participation for those interested. This talk is open to everyone.

**Caregiver Support** – meets **on Thursday, June 9 at 7:00 p.m.** The topic is "The Cost of Long Term Care." Everyone is welcome.

**Diabetes Support Group** - is taking a break this summer. Meetings will resume in the fall.

**Parkinson's Support** – meets on **Tuesday, June 28 at 1:30 p.m.**

**Peripheral Neuropathy Group** – meets **June 8 at 2:00 p.m.** Dorothy McCauley, RN, will speak on "Osteoporosis and Neuropathy Concerns."

**Vision Support** - meets on **Wednesday, June 15 at 10:30 a.m.** Jim Jorgenson will demonstrate closed circuit televisions & other electronic low vision aids.

**Widowed Persons** – **Thursday, June 2 and 16 at 10:30 a.m.**

## MISCELLANEOUS

### A SPECIAL THANK YOU!

Thank you for supporting our Grand Opening Festivities and the “We’re on the Move” Fitness Walk and Breakfast held last month. As you know the events were a huge success which was made possible by donations made in our community. We would like to thank Atria Covell Gardens, Fleet Feet, Home Instead, H2O to Go and Strelitzia Flower Company for supporting these events. You can help us say thanks by offering your patronage to these community-minded businesses. Their donations and continual support are always appreciated.

We also want to thank the many individual volunteers who contributed their time & talents to these events as well. Your efforts are truly appreciated, and the events would not be as successful if it weren’t for your efforts.

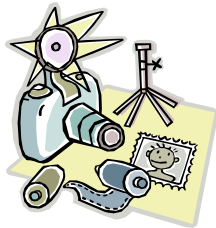


### 55 ALIVE MATURE DRIVER COURSE

Our next 55 Alive Driver refresher session will be **Wednesday, July 20 and Thursday, July 21, 12:30pm - 4:30pm**. Advance registration is required at the Davis Senior Center main office. We will need either \$10 cash or a check payable to AARP at the time of registration. *Hurry, this popular refresher course fills up fast!*

### COLLECTORS: SHOW IT OFF!

If you have a collection, hobby, or clever idea for the Senior Center display cases, we want you to show it off! Big or small, expensive or cheap, old or new...we want to see your favorite collections. Don't be shy, if you have something to show off for a display please call Ashley at 757-5696.



## VIDEO MOVIES

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

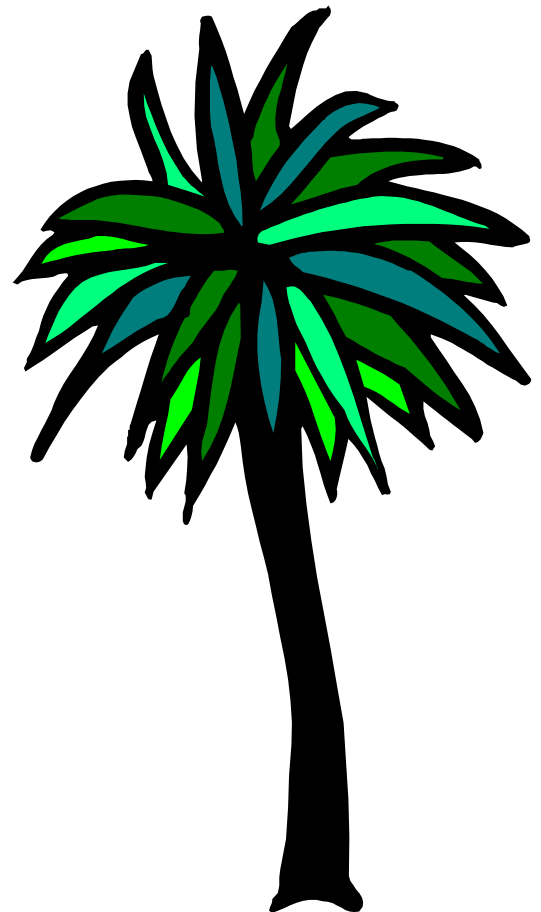


**June 3 – 9 to 5** – This 1980 romp stars Jane Fonda, Lily Tomlin and Dolly Parton.

**June 10 – Finding Neverland** – The story of J.M. Barrie’s friendship with the family that inspired the story of Peter Pan.

**June 17 – Spanglish** – A devoted dad/chef, a neurotic wife and a Spanish-speaking nanny add up to some challenging moments.

**June 24 – Hotel Rwanda** – Don Cheadle portrays a man who made a difference in protecting others as Rwanda descended into madness.



**DAVIS TRAVELAIRES**

A Non-Profit Travel Organization

Kay Jeffery, Executive Director

646 A Street, Davis, CA 95616

(530) 753-4159

Office hours:

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

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

**June 11 – Muir Woods** – Wait list.

**June 24 & 25 – Sundial Bridge** – Wait list.

**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** – The winner of 14 major awards, including three Tony awards, this spellbinding musical has taken Broadway by storm. Now it comes to the Orpheum in San Francisco where we'll have center orchestra seats. Lunch is included at Dante's Restaurant. \$145.

**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**

– Inspired by the Garden Festival at Chaumont-sur-Loire in France, Cornerstone features 15 garden galleries by top international landscape architects representing art, design and horticulture. Enjoy a delicious box lunch and then we'll go to the Gloria Ferrer Champagne Caves for a docent tour and champagne sampling. \$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 Show** – Overnight at the Nugget Sparks. \$147 pp dbl, add \$25 ss.

**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.

**Save the Dates:**

**January 15 & 16** – Annual overnight Senior Center fundraiser

**January 21- 30** - Hawaii

# JUNE 2005

## Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 7:30am Sr. Fitness Caregiver Appts* 10:00am AARP Bd Meeting 1:00pm Poker 1:00pm Hem & Haw	<b>2</b> 8:30 Yoga 9:30am Memoirs 10:30am Widowed Persons 12:30pm Bingo 1:00pm HICAP* 1:30pm Frail to Fit (make up class)	<b>3</b> 7:30am Sr. Fitness 9:00am Scrabble 9:30am Watercolor Party 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
<b>6</b> 7:30am Sr. Fitness 8:30am Yoga 8:30am Veteran Services 12:30pm Dupl. Bridge 1:00pm Cont. Bridge 6:30pm Social Bridge	<b>7</b> 9:00am Tai Chi 10:15am Feldenkrais <b>11:30am SCD Mtg &amp; Potluck</b> 1:00pm Bridge/Pinochle 4:00pm Memoirs 7:00pm Davis Dynamos 7:00pm Stamp Club	<b>8</b> 7:30am Sr. Fitness Caregiver Appts* <b>11:30am AARP Mtg &amp; Potluck</b> 1:00pm Poker 2:00pm Hem & Haw 2:00pm Peripheral Neuropathy Support Grp (600 A St.)	<b>9</b> 8:30am Yoga 9:30am Memoirs 12:30pm Bingo 2:30pm Sr Commission 3:00pm Diabetes Sup Grp 7:00pm Caregivers Grp	<b>10</b> 7:30am Sr. Fitness 9:00am Scrabble 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance <b>6:00pm Friday ArtAbout &amp; Dedication</b>
<b>13</b> 7:30am Sr. Fitness 8:30am Yoga 8:30am Veteran Service 12:30pm Dupl. Bridge 1:00pm Cont. Bridge 2:00pm Legal Asst.* 6:30pm Social Bridge 7:00pm Internet Users	<b>14</b> 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 4:00pm Memoirs 7:00pm MacUsers Group	<b>15</b> 7:30am Sr. Fitness Caregiver Appts* 10:00am Alzheimer's Sup 10:30am Vision Sup Grp 11:00am Food Distribution 1:00pm Poker 1:00pm Hem & Haw	<b>16</b> 8:30am Yoga 9:00am HICAP* 9:30am Memoirs 10:30am Widowed Persons 12:30pm Bingo	<b>17</b> 7:30am Sr. Fitness 9:00am Scrabble 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events  <b>Sat, 06/18 → 12:00-3:00 p.m.            SCD Bingo</b>
<b>20</b> 7:30am Sr. Fitness 8:30am Yoga 8:30am Veteran Services 12:30pm Dupl. Bridge 1:00pm Cont. Bridge 6:30pm Social Bridge	<b>21</b> 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 1:00pm Bridge/Pinochle 4:00pm Memoirs	<b>22</b> Caregiver Appts* 1:00pm Poker 1:00pm Hem & Haw	<b>23</b> 8:30am Yoga 9:30am Memoirs 12:30pm Bingo 1:30pm Breathers Sup Grp.	<b>24</b> 7:30am Sr. Fitness 9:00am Scrabble 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance
<b>27</b> 7:30am Sr. Fitness 8:30am Yoga 8:30am Veteran Services 12:30pm Dupl. Bridge 1:00pm Cont. Bridge 1:00pm Genealogy Club Mtg 6:30pm Social Bridge	<b>28</b> 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp 4:00pm Memoirs	<b>29</b> Caregiver Appts* 1:00pm Poker 1:00pm Hem & Haw	<b>30</b> 8:30am Yoga 9:30am Memoirs 12:30pm Bingo	<b>*Indicates need to sign up in advance, call 757-5696            Transportation 757-4408            Senior Center 757-5696</b>

# JUNE 2005

## Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Spinach Salad Pepper Steak Baked Potato w/Sour Cream French Bread Baked Dessert	<b>2</b> Fruit Juice Roast Turkey with Gravy Bread Stuffing Zucchini Whole Wheat Roll Chocolate Pudding	<b>3</b> Lemon Herb Chicken Spinach Fettuccini Steamed Cauliflower Cracked Wheat Bread Peaches
<b>6</b> Smoked Sausage New Potatoes Seasoned Steamed Cabbage Rye Swirl Bread Mixed Fruit	<b>7</b> Beef Burgundy Parslied Noodles California Blend Vegetables Dinner Roll Applesauce	<b>8</b> Oven Roasted Chicken Jazzy Rice Peas & Carrots Dinner Roll Baked Dessert	<b>9</b> Broccoli Salad Turkey & Cheese Sandwich With lettuce and Tomato on Whole Wheat Bread Citrus Fruit Cup	<b>10</b> Meatloaf with Gravy Mashed Potatoes Stewed Tomatoes French Bread Blushed Pears
<b>13</b> Lemon Pepper Fish AuGratin Potatoes Steamed Carrots Wheat Roll Tapioca Pudding	<b>14</b> Green Salad With Cherry Pepper Spaghetti and Meat Sauce Alleato Blend Vegetables Garlic Bread Pineapple Tidbits	<b>15</b> Cole slaw BBQ Pork Riblet Baked Beans Biscuit Apricots	<b>16</b> Sloppy Joes w/Bun Oven Fried Potatoes Green Beans Mandarin Orange Segments	<b>17</b> Chicken Soft Taco w/shredded lettuce, diced tomatoes and chilies Spanish Rice Buttery Corn Cinnamon Apples
<b>20</b> Apricot Chicken Rice Steamed Broccoli Wheat Roll Peaches	<b>21</b> Fruit Juice Hamburger with Lettuce, Tomato, Onion, Mayo, Pickle, Relish and Ketchup Brownie	<b>22</b> Oven-Fried Chicken Mashed Potatoes with Gravy Vegetable Medly Wheat Bread Sunset Salad	<b>23</b> Pork Fritter with Dijon Sauce Buttered Noodles Swiss Chard Rye Swirl Bread Tropical Fruit	<b>24</b> Fruit Juice Shrimp Louie Salad with Lettuce, Tomato, Egg & Carrot Strips French Bread Lemon Pudding
<b>27</b> Southern Chicken Fried Steak w/Country Gravy Red Potatoes O'Brien Steamed Green Peas Biscuit Mandarin Orange Slices	<b>28</b> Red Cabbage Salad Breaded Fish Cheezy Pasta Warm Dinner Roll Seasonal Fresh Fruit	<b>29</b> Roast Pork Sweet Potatoes Brussel Sprouts Baguette Birthday Cake	<b>30</b> Teriyaki Chicken with Pineapple Slices Buttered Long Grain Rice Oriental Vegetables Wheat Roll Butterscotch Pudding	<b>Transportation 757-4408</b> <b>Senior Center 757-5696</b>

\$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