

Davis
Davis Senior Center
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Senior Scene

DAVIS SENIOR CITIZENS CENTER
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Travelaires: (530) 753-4159
November 2005
www.cityofdavis.org/pcs/seniors/

MAD HATTER TEA PARTY & FASHION SHOW

Our annual

Madhatter's Tea Party & Fashion Show will be on **Thursday, November 17 at 3:00 p.m.**, and it will be as much fun as you can possibly have at a tea party and fashion show! Coffee, delicious tea and many

scrumptious treats will be served.

Gottschalks in Davis will be hosting this year's fashion show, and you will see an array of their outfits worn by our very own models! Prizes will be given to the person wearing the craziest hat, funniest hat, best couple, and best of tie. The cost is \$3 if you wear a crazy hat or tie, and \$5 if you choose not to. Tickets are on sale now! This event is always fun, friendly, and fabulous, so don't miss out!

We are still looking for a few more volunteers bakers too! Please sign up in the office.

ARE YOU READY FOR A DISASTER?

Diana Gustafson, Communication Director with the Yolo County American Red Cross will be here on **Tuesday, November 15 at 2:00 p.m.** with a helpful presentation on how to be ready during a disaster. In Davis, we are relatively safe but things that happen in the surrounding area can have a grave impact on us. We need to be ready for things as simple as a prolonged power outage, water and food shortages. This hour-long presentation will give excellent ideas on how to prepare for almost any eventuality.

The Senior Center and the Elderly Nutrition program will be closed on **Friday, November 11** due to the Veteran's Day Holiday, and on **Thursday & Friday, November 24 and 25** for the Thanksgiving Holidays.

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

SENIOR CENTER STAFF
Leslie Nelson, Nutrition Site Manager
Kay Jeffery, Davis Travelaires Executive Director

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

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK – NOV. 1

This month's program will feature dancing by Donna and Jerry Herman. 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 salads, I-R hot dish, and S-Z dessert.** 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, December 6, beginning at 11:30 a.m.** Program details will be in next month's newsletter.

Those with last names beginning with **A-H bring hot dish, I-R dessert, and S-Z salads.**

Anyone wishing to bring additional hot dishes is encouraged.

SUNSHINE LADY ☺

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

Get well cards to Charlotte Pehlke, Beth Wilson and Helen King.

Thinking of You cards to Claudine Basinger, Wanda Daley, Charlotte Pehlke, Mary Bordigon, Gerry Henderson, Wes & Kay Wooden, Bill Griggs, Eleanor Gardias, Henry Rae, Charlie Russell, Bill & Mercedes McElwain and Janet Benson.

Sympathy cards to the family of Harlan Pratt, family of Marilyn Proctor, family of Richard Frost, family of Marcella Stafford and card to Donald & Bettye Iocca in the death of their son, Donald Lee.

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 SEPTEMBER-OCTOBER

Please join us in welcoming the following new SCD members: Marty & Bernie Bryant, Selena Soederberg, Patricia Kaminker, Pat Foster, John Lofland, Barbara Lombos, Marilyn Pelletier, Kert Dees and Muriel Suleiman.

Attention!

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

Renewals will be accepted beginning in December 2005!

GENEROUS GIVING

This past month, SCD was the recipient of another generous donation from the George & Lena Valente Foundation in the amount of \$75,000. As you may remember, the generosity stemming from this local family foundation was instrumental in the successful completion of the new Phase III expansion project at the Senior Center.

On behalf of the Board of Directors and all the SCD members, we want to thank Mr. George Valente and his daughter for their continued support and interest in assisting the older adults of this community. Their continued involvement with the Senior Center is truly appreciated & heart warming to us all!

MORE PLANNED GIVING NEWS...

The Davis Senior Center was also recently named as one of the beneficiaries of the Ben & Victoria Williams Trust. The Senior Center received funds to be utilized for enhanced respite services and physical fitness programs/equipment. Over the next few months, senior center staff will be working with the Senior Citizens Commission and local non-profit organizations, to develop recommendations for the Davis City Council on how the funds shall be dispersed.

The Senior Center staff would like to recognize the generosity demonstrated by these two individuals by including our programs in their final planned giving wishes. Their legacy shall benefit many seniors for years to come. Thank you!

CLUBS & SPECIAL INTERESTS

AARP

AARP's next meeting will be held **Wednesday, November 9** beginning at **11:30 a.m.** Our speaker will be Celeste Behnke talking on the "Music Works" music therapy services.

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 dessert, H-P hot dish, and Q-Z salad.** For more information call Maxine 753-0266.

BOOK REVIEW & SENIOR CENTER READS...

Join Stan Forbes from the Avid Reader and other book lovers on **November 15 at 9:30 a.m.** for the monthly book review.

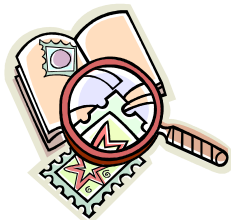
Immediately following, at **10:30 a.m.**, Stan will review *The Plot Against America* by Philip Roth. This gripping novel imagines an alternate version of American History. Copies are available for \$10 at the front office.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, November 4 & 18 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, November 1 from 7:00 to 8:30 p.m.** For more information, call Anne Hance at 753-7265.



GENEALOGY CLUB & LIBRARY

The Genealogy library is open **Mondays, Wednesdays and Fridays from 1:00 – 4:00 p.m.** A club representative is here to assist with research. The library has many books and publications along with two computers with Internet access. Club meetings are the last Monday of each month at 1:00 p.m. The library and meetings are open to the public, and guests are welcome.

The **November 28** meeting will be our holiday party with refreshments and remembrances on the agenda. No meeting in December, but the

library will maintain its regular schedule for days when the Senior Center is open.

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, November 14.** Bring your questions about using email, and make sure you know the name of the program you are using for email. Topics will include such things as sending images as attachments, when it is OK to use styles in an email message, how to deal with spam, viruses, worms and more. If you have questions 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 **7:00-8:30 p.m.** The next meeting will be held on **Tuesday, November 8.** For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next meeting of the commission will be held on **Thursday, November 10 at 2:30 p.m.** The public is encouraged to attend & join in on discussion items.

VIDEO MOVIES

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

November 4 – Moonstruck – Cher falls for the brother of her Italian fiancé. La Bella Luna!

November 11 – Closed for Veteran's Day Holiday.

November 18 – The Story of the Weeping Camel – A Mongolian family takes great efforts to coax a camel to accept her newborn.

November 25 - Closed for Thanksgiving Holidays.

GREETINGS FROM THE FRIENDSHIP CAFE

WELCOME LESLIE!

Please join the Elderly Nutrition program and the Senior Center staff in welcoming **Leslie Nelson**, as the new Elderly Nutrition Site Manager. Leslie began her new responsibilities here at the center in mid-October, and is busy learning all about the program – but don't expect her to memorize everyone's names, just yet!

Leslie recently relocated to Dixon from Alaska where she held positions, both in food service and an elderly care center. Being a mom, she considers herself a great multi-tasker, and is looking forward to the challenges of running the meal program. So if you have the chance over the next month, stop by the kitchen & introduce yourself to Leslie. Welcome aboard!

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: **Thursday, 11/23 “Thanksgiving Dinner”** – roast turkey with cranberry sauce, mashed potatoes, old fashioned stuffing, green bean casserole, French roll, and pumpkin pie with whipped topping. Also, Jordan Tapia, a talented pianist from Holmes Junior High, will provide brief entertainment beginning at 11:00 a.m.

Wednesday, 11/30 “Happy Birthday” - join us in celebrating our November birthdays with teriyaki chicken, oriental blend vegetables, steamed rice, whole wheat roll and, of course, birthday cake.

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

DAVIS COMMUNITY TRANSIT

Happy November! Now that fall, the holidays, and the weather that goes along with them are here, there are a few things to keep in mind when riding the bus. Take extra care while getting on and off the bus - the wet weather can make things slippery. Remember, the driver is always there to lend you a hand or hold your bags! When waiting for the bus, you should also wait somewhere warm and dry, preferably where you can see the bus or hear the bus horn when it arrives. These two tips are sure to make your DCT experience all the better during the holiday season! If you have noticed some new faces driving the bus, they are our new and fully trained drivers, Heather, Oliver, and Mike. Say hello next time you're on the bus!

INFORMATION & ASSISTANCE

MEDICARE PART D HELP

If you are confused about Medicare's new prescription drug coverage and need someone to help you sort it all out, the senior center has volunteer counselors available for individual appointments. These volunteers are trained through the Health Insurance Counseling and Advocacy Program (HICAP). Call 757-5696 for appointment.

FREE YARD HELP

Do you need help with raking leaves or sweeping up in your yard? Boy Scouts from local troop #66 can help out 10 senior households in Davis on **Saturday, November 19**, just in time for Thanksgiving. Call the senior center, 757-5696.

SHOPPING SERVICE

If you need someone to do your grocery shopping, we have a free service for you! UCD student volunteers will take your order, do your shopping and deliver to your home. For more information, call Lisa at 757-5696 or Mindy Marlatt (925) 876-6857.

ELDERLAW CLINIC

Elderlaw attorney, Mark Hyjek will be here on **Friday, November 18** beginning at **11:00 a.m.** Call 757-5696 to sign up for an appointment..

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.

SUPPORT GROUPS

Alzheimer's Support – meets on the **3rd Wednesday of each month, November 16 at 10:00 a.m.**

Breathers Support - No meeting this month because of Thanksgiving Day.

Diabetes Support – on **Wednesday, November 16 at 3:15 p.m.**, the topic is “Preventing Diabetes Complications.” Presentation by Stacy Robinson, physician with Sutter West Medical Group.

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 – meets on **Tuesday November 22 at 1:30 p.m.**

Peripheral Neuropathy Support – Wednesday, November 9 at 2:00 p.m. will feature Ms. Leslie J. Vaughan, R.Ph. with Accredo Therapeutics, speaking on "Chronic Inflammatory Demyelinating Polyneuropathy and Accredo's Intravenous Immunoglobulin Treatments for CIDP and Other Chronic Immune Deficiency Conditions."

Vision Support – Wednesday, November 16 at 10:30 a.m. Dr. Wacker from the Society for the Blind in Sacramento will talk about the Society's low vision clinic, the exam they offer and how it differs from exams you might receive in other offices.

MISCELLEANOUS

NUGGET RECEIPTS WANTED

Please don't throw them away! With the holidays approaching, many of us are doing major grocery shopping. 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.

SPECIALTY PROGRAMS

MEALS MADE EASY!

Ashley Rosales, Marketing Director for Home Instead Senior Care, will once again present her very popular cooking workshop from Rachel Ray's 30-Minute Meals on **Thursday, November 22 at 1:30 p.m.** This month will focus on holiday entertainment featuring “Appetizers with Flair.” Recipes will include roasted red pepper hummus, fresh vegetables and warm brie with Fuji apples.

Sign up right away as the workshop fills up very quickly. Call 757-5696 for reservations.

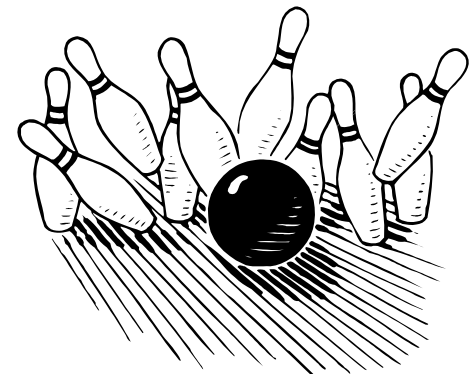
BOWLING FOR FUN

After you've voted on **Tuesday, November 8**, let's go bowling! Sign up now to go bowling from **1:00 to 3:00**

p.m. at the UC Davis Bowling Center, cost \$5.00.

Meet at the Senior Center at 12:30 p.m. and we will carpool over. This event will be lots of fun, shoes will be provided, so

wear some cool socks. Sign up at the front desk or call 757-5696 for more information.



CAREGIVERS & HOLIDAYS

"Holidays Can be Fun for Caregivers, Too" is the topic for a special program on **Thursday, November 17 at 10:00 a.m.** Family caregiver resource specialist Peggy Phelps will talk about how caregivers can change their expectations and adapt holiday traditions to make them enjoyable, despite the pressures of caregiving.

IT'S A CRAFT AFFAIR!

On **Thursday, December 1**, the Senior Center is hosting its annual craft boutique from **9:00 a.m. to 3:00 p.m.** This is a great opportunity to purchase holiday gifts! Jewelry, notecards, soaps, holiday crafts, and so much more will be featured. Admission is free so come check us out!

HOLIDAY DINNER & DANCE

Mark your calendars for the SCD Annual Holiday Dinner & Dance on **Tuesday, December 13 from 6:00 to 9:00 p.m.** The evening will include a catered dinner, dancing to the Frank Oddo Quartet, and of course lots of cherished friends!

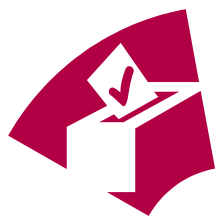
Tickets go on sale Monday, November 7 for \$15 for SCD members and \$20 for non-members. No tickets will be sold at the door. If you wish, you may also reserve a table for eight at the front desk, the only catch is you have to provide the table decorations! Show us your creative side, and join in on the holiday fun!

MINI MEDICAL SCHOOL

UCD has announced a new mini-medical school, *Aging and Medical Science*, to running March 4 – April 15, 2006 at the UCD campus. Call (916) 734-6441 for more information.

STORYTELLING WITH VICKI

Join resident storyteller, Vicki Crescitelli, as she continues her monthly storytelling sessions on **Wednesday, November 30 at 1:30 p.m.** in the Fireside Lounge. Vicki is a frequent storyteller at the Sacramento Storytelling Guild and has been featured at many events in the greater Sacramento region. Call to reserve your space at 757-5696.



**Don't forget
to cast your vote on
Tuesday, November 8!**

**Make your vote count
for this community!**

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 Fall 2005 Recreation Schedule. Don't forget to check out our new Winter/Spring 2006 guide – just out this month!

- Bridge Lessons – Diamond Nov. 3 – Jan. 12**
(Th, 9:30-11:30 am) \$32 res/\$38/\$43 non-res
- Bridge Lessons – 1 Star Nov. 3 – Jan. 12**
(Th, 1:00- 3:00 pm) \$32 res/\$38/\$43 non-res
- Dynabands November 2 – December 21**
(MWF, 2-3:00 p.m.) \$12/res & non-res
- Feldenkrais November 1 - 29**
(T, 10:15-11:15 a.m.) \$23/res & \$29/\$34 non-res
- Frail To Fit November 1 - 29**
(TTh, 1:30 -2:30 p.m.) \$20 res & \$26/\$31 non-res
- Linedancing November 2 - 30**
(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
- Square Dancing – Cont. Nov. 21 – Jan. 30**
(M, 7:00-9:00 p.m.) \$50 res/\$56/\$61 non-res
- Sr. Adult Fitness - November 2 - 30**
(MWF, 7:30-8:30 a.m.)\$23 res/\$29/\$34 non-res
- Tai Chi/Chi Gung November 1 – 29**
(T, 9-10 a.m.) \$20 res/\$26/\$31non-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 Nov. 10 – Dec. 8**
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res
- Yoga – Chair Intro Nov. 10 – Dec. 8**
(MTh, 10:30-11:30 am) \$48 res/\$54/\$59 non-res

BRIDGE LESSONS

Instructor Jo Wragg is continuing her fall bridge lessons, beginning **November 3 through January 12**. The morning class, **9:30-11:30 a.m.**, will emphasize Bridge #2 -Diamond Series, and the afternoon class, **1:00-3:00 p.m.**, will emphasize Bridge #6 - One Star Conventions. The cost of each session is \$32 for residents, and advanced registration is required. There will be no classes on 11/24, 12/22 and 12/29 due to the upcoming holidays.

MAH JONG INSTRUCTION

On **Mondays, 12:00-4:00 p.m.** Elaine Enteen will be giving instruction for Mah Jong. This small group has begun meeting at the Senior Center and hopes to build participation. Stop by and check it out sometime.

ONE STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is continuing her fall painting classes on **Thursday mornings, 9:00 to 11:30 a.m. on November 3 & 10**, with emphasis on cornucopia placemats and sunflowers. 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.

SQUARE DANCING

Our next Square Dancing class kicks off this month, so don't miss out on all the fun! 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.

The session is \$50 for residents and continues through January 30. No partners are needed to participate in the class, although partners are encouraged due to the nature of specific calls. The class is taught by Bryce and Sandy Birkman. Register in the main office.

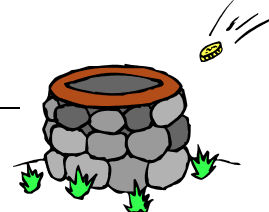
OIL & ACRYLICS

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 TEACHERS**

We are so lucky to have had instructors like Betty Berteaux, Mildred Franklin, Carol Bernard, Barbara Lane, Chris Shackel and Gloria Bonekat, and now this year, Matt Connors will be participating. Within this distinguished group of teachers from the Davis Art Center, there are artists who sell their paintings for a bundle, Yolo County Fair winners with their blue ribbons in the advance division and, best of all, pleasant, helpful people.

Each teacher selects a month and helps us relax and enjoy the pleasure of putting paint on paper. Betty Berteaux will be our instructor for November. Class begins at 9:30 on Friday mornings, but most of us come around 9:00 a.m. to set up.

**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 | \$ 64 |
| Duplicate Bridge – Monday | \$ 51 |
| Handy Helpers | \$ 25 |
| Hem & Haw (SCD) | \$145 |
| Information & Assistance | \$ 52 |
| Internet Users Group | \$ 23 |
| Magnifier (Laben family gift) | \$500 |
| Medical Equipment Donations | \$207 |
| Miscellaneous | \$ 41 |
| Nostalgies | \$ 18 |
| Social Bridge (Monday night) | \$ 15 |
| Total | \$1291 |

Thank you for your continued support!

VOLUNTEERS NEEDED**GREETERS NEEDED**

Are you an outgoing person looking for a way to connect with other people? The Senior Center is looking for substitutes for the greeter's desk during morning shifts (9a.m. to noon). The job requires that you greet people as they come into the center, direct them to activities, explain our programs and make coffee. If you're up to the job, contact Lisa at 757-5696 for more information.

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.

November 6 & 7 – Debbie Reynolds at the Nugget – Wait list only.

November 12 – White Christmas – Wait list only.

November 17 – Thunder Valley Casino – A short ride to Lincoln, \$10 bonus play and \$5 food coupon. Depart Senior Center at 9:00 a.m. and return approximately 3:00 p.m. \$15 (no refunds)

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

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

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

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 – Enjoy the Aloha spirit as you cruise the dramatic coastlines of Kauai, the big island of Hawaii, Maui and Oahu on a unique 7-day inter-island cruise aboard the magnificent new American Registry ship, the Pride of America. All staterooms have floor-to-ceiling glass doors opening to a private balcony. A two-night stay in Honolulu is included. Many optional excursions available on all islands. \$2675 dbl.

February 14 – Treasure Island – With a guide, learn the history of the island noted for the Pan Am Terminal, Naval history and the 1939 World’s Fair. Learn about the US Job Corps and enjoy lunch provided by the island’s own Culinary Academy.

Then visit a Diego Rivera mural entitled “Pan American Unity.” \$67.

February 21-22 – Snow Train – Ride the Amtrak train to Reno through the snow-crested mountains. Enjoy a hosted cocktail party at the Silver Legacy, a bonus of \$5 cash, \$3 food credit and a buffet breakfast. Includes a 4-hour stop at the Nugget in Sparks with \$8 cash. Return to Davis by motorcoach. \$130 dbl., add \$25 s.s.

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 a 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, bilingual 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.

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

Announcing “Senior of the Year” Award Nominations

Do you know someone who has done something very special here at the Senior Center this year?



Well, the Senior of the Year award is designed to recognize the spirit of volunteerism and service to the older adults of this community, and to recognize those individuals who have gone beyond the typical volunteer service and/or have demonstrated a long term commitment to the Senior Center, SCD and our ideals.

If you would like to nominate one of your peers for the **2005 Senior of the Year Award**, then we need you to write down a few words about why you feel they are deserving of this prestigious award. All nominations should be no more than one page, preferably typed and double spaced if possible for easier reading by our committee members. Nomination forms should be placed in a sealed envelope addressed to the SCD Nominating Committee, and returned to the SCD mailbox located in the main office of the Senior Center no later than **November 30, 2005**.

Award winner(s) will be announced and presented with their award at the January 2006 SCD Potluck – Recognizing Past Presidents of the organization, as well as, past Senior of the Year Recipients. We hope everyone can join us in the new year!

For more information about the “Senior of the Year” nomination process, please contact the Senior Center main office at 757-5696.

November 2005

Davis Senior Center Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | 1 9:00am Tai Chi 10:15am Feldenkrais 11:30am SCD Potluck/Meeting 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club | 2 9:00am Laughing Club 12:30pm 55 Alive* 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line Dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance* | 3 9:00am One Stroke Painting* 9:30am Memoirs 9:30am Grief Sup Grp 9:30am & 1:00pm Bridge Classes 12:30pm Bingo 12:30pm 55 Alive* 1:30pm HICAP* | 4 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalrics 2:00pm Current Events |
| 7 8:30am Vet Services 9:00am Oil & Acrylics Paint. 12:00pm Mah Jong 12:30pm Duplicate Bridge 1:00pm Cont Bridge 3:30pm Tap Dance 6:30pm Social Bridge 7:00pm Square Dance | 8 Election Day - VOTE 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Bowling at UCD* 7:00pm MacUsers Group | 9 9:00am Laughing Club 11:30am AARP Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neur Sup 3:30pm Line Dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance* | 10 9:00am One Stroke Painting* 9:30am Memoirs 9:30am Grief Sup Grp 9:30am & 1:00pm Bridge Classes 11:00am Blood Pressure Check 12:30pm Bingo 2:30pm Sr. Commission | 11 Veterans' Day Center Closed |
| 14 8:30am Vet Services 9:00am Oil & Acrylics Paint. 12:00pm Mah Jong 12:30pm Duplicate Bridge 2:00pm Legal Asst.* 1:00pm Cont Bridge 3:30pm Tap Dance 6:30pm Social Bridge 7:00pm Internet Users Grp 7:00pm Square Dance | 15 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:30am Sr. Center Reads 10:15am Feldenkrais 1:00pm Bridge/Pinochle 2:00pm Disaster Readiness Talk | 16 9:00am Laughing Club 10:00am Alzheimer's Sup Grp 10:30am Vision Sup Grp 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Sup Grp 3:30pm Line Dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance* | 17 9:00am HICAP* 9:00am DMV Rep 9:30am Memoirs 9:30am Grief Sup Grp 9:30am & 1:00pm Bridge Classes 10:00am "Caregivers & the Stress of the Holidays" Talk 12:30pm Bingo 3:00pm Madhatter's Tea & Fashion Show* | 18 9:30am Watercolor Painting 10:00am Memoirs 11:00am Elderlaw Appts* 12:15pm Video Movie 1:00pm Nostalrics 2:00pm Current Events Sat, Nov. 19, 12:00-3:00p.m. SCD Bingo |
| 21 8:30am Vet Services 9:00am Oil & Acrylics Paint. 12:00pm Mah Jong 12:30pm Duplicate Bridge 1:00pm Cont Bridge 3:30pm Tap Dance 6:30pm Social Bridge 7:00pm Square Dance | 22 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp 1:30pm Meals Made Easy* | 23 9:00am Laughing Club 11:00 am Pianist Jordan Tapia & Thanksgiving Luncheon* 1:00pm Hem & Haw 1:00pm Poker | 24 Thanksgiving Day Center Closed | 25 Thanksgiving Holiday Center Closed |
| 28 8:30am Vet Services 9:00am Oil & Acrylics Paint. 12:00pm Mah Jong 12:30pm Duplicate Bridge 1:00pm Cont Bridge 1:00pm Genealogy Club Mtg. 3:30pm Tap Dance 6:30pm Social Bridge 7:00pm Square Dance | 29 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd Mtg 10:15am Feldenkrais 1:00pm Bridge/Pinochle | 30 9:00am Laughing Club 1:00pm Hem & Haw 1:00pm Poker 1:30pm Storytelling with Vicki | *Indicates need to sign up in advance. Call the Senior Center office at 757-5696 or Transportation 757-4408 | |

November 2005

Elderly Nutrition Program of Yolo County People Resources, Inc.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | 1 SCD Potluck/Meeting No ENP meal today MOW Delivery Only | 2 Black Bean & Vegetable Soup Pastrami Sandwich w/cheese, lettuce, & red onion on Sourdough Crackers Baked Dessert | 3 <u>Homestyle Cooking</u> Meatloaf w/Gravy New Potatoes Winter Blend Vegetables Cracked Wheat Bread Blushed Pears | 4 Fruit Juice Mushroom Chicken Brown Rice Blend Capri Vegetables Seven Grain Roll Peaches |
| 7 Southern Fried Steak w/Country Gravy Mashed Potatoes California Blend Vegetables Buttermilk Bread Mixed Fruit | 8 Apricot Nectar Turkey Noodle Casserole Delight Steamed Baby Carrots Honey Wheat Roll Baked Dessert | 9 <u>AARP Potluck or</u> Lemon Pepper Fish w/Malt Vinegar Au Gratin Potatoes Broccoli Wheat Bread Fruited Gelatin | 10 <u>Honor Our Veterans</u> Confetti Coleslaw Oven Fried Chicken Lima Beans Biscuit Tapioca Pudding | 11 Veterans' Day Holiday Senior Center Closed |
| 14 <u>Fiesta Feast</u> Beef Tamale Mexicali Rice Spanish Tomatoes Tortilla Applesauce | 15 Fruit Juice BBQ Chicken Quarter Cauliflower & Carrot Blend Cornbread Chocolate Pudding | 16 Glazed Ham Yams Scandinavian Blend Artisan Bread Baked Dessert | 17 Crab Cakes w/Tarter Sauce Sour Cream & Cheddar Spuds Steamed Spinach Honey Wheat Roll Pineapple Tidbits | 18 Tossed Salad w/green peppers Spaghetti & Meat Balls Baguette Banana |
| 21 Fruit Juice Beef Stew Sweet Peas Biscuit Fruit | 22 Polish Dog w/Bun (contains both pork & beef) Ranch Beans Chefs Blend Vegetables Orange | 23 <u>Thanksgiving Dinner</u> Roast Turkey w/Cranberry Sauce Mashed Potatoes Old Fashioned Stuffing Green Bean Casserole French Roll Pumpkin Pie w/Whipped Topping | 24 Happy Thanksgiving Senior Center Closed | 25 Thanksgiving Holiday Senior Center Closed |
| 28 Fruit Juice Macaroni & Cheese w/Ham Swiss Chard Whole Wheat Break Fresh Apple Apple Juice | 29 Hamburger w/lettuce, tomato, pickle & onion Oven Fried Potatoes Mixed Vegetables Tropical Fruit | 30 <u>Happy Birthday</u> Teriyaki Chicken Oriental Blend Vegetables Steamed Rice Whole Wheat Roll Birthday Cake | | |

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

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