

Senior Scene



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FUNDRAISING BENEFIT - MEALS ON WHEELS

As many of you are aware, this year is proving to be a difficult one for the Elderly Nutrition program. Due to increasing supply costs & reduced funding, the program is anticipating a potential \$35,000 deficit. The Davis Senior Center wants to ensure that the older adults of this community continue to receive this valuable service, so we are asking for your help!

On **Sunday, October 30, beginning at 11:30 a.m.**, the Senior Center will be hosting a mostly French event. A copious gourmet Alsatian lunch will be served, prepared by Chefs Huguette Albretch, Marlene Bloomberg and Alfred Heusner. The luncheon will be followed immediately by an intimate concert of French music, performed by well-known violin teacher and violinist Agnès Perroud, her daughter Elodie, an accomplished singer, and Jane Keller on piano.



The cost for the luncheon and concert is **\$25.00 for SCD members and \$30.00 for non-members**. Space is limited, so we are encouraging you to buy your tickets early!

We realize that there are many worthy organizations that are seeking financial assistance during this time, however, we hope that you will also not forget those who are closest to home and struggle with everyday living needs. Tickets are on sale in the Senior Center office and must be purchased in advance. 100% of the proceeds will be allocated to the Davis Meals on Wheels program.

Volunteers are also being sought to assist with the event. If you have some spare time and would like to help, please call

Marlene at 753-5957 or Chris at 757-5696.

SENIOR CITIZENS OF DAVIS

Planning for a Better Tomorrow

SCD POTLUCK – OCT 4

This month's program will feature the Happy Tappers. 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 desserts, I-P salads, and Q-Z hot dishes.** Anyone wishing to bring additional cold 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, November 1, beginning at 11:30 a.m.** Program details will be in next month's newsletter.

Those with last names beginning with **A-H bring salads, I-P hot dishes, and Q-Z desserts.** Anyone wishing to bring additional hot dishes are encouraged.

SUNSHINE LADY ☺

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

Get well cards to Margaret Shelly, Joan Barrett, Jackie Vassar, Gloria Faupel, Charlotte Pehlke and Bridget Huntington.

Thinking of You cards to Judith Atwood, Martha Contreras, Bill & Ruth Griggs, Bill & Mercedes McElwain and Ramona Rothe.

Sympathy cards to the family of Freida Derobertes, card to Harry & Marjorie Baertschi in the death of their son. Card to Emma Hale in the death of her brother. Card to Dick Schwab in the death of his brother.

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 JULY-AUGUST

Please join us in welcoming the following new SCD members: Walter & Ingeborg Baley, Ralph & Patricia Ernst, Pat Mello, Evelyn Zarate, Philip & Mary Ann Hsiang, Cristina Vargas, Erma

Neal, Flora Gordon, Beatrix Fischer, Corliss Hallee, Pablo Chalon, Daniela Bar-Yosef, Merline Williams and Peggy Kerr.

SCD NEEDS YOU

SCD (Senior Citizens of Davis, Inc.) is a volunteer organization within the Senior Center, whose purpose is to promote the common good and general welfare of senior citizens of the community through interaction and social activities. At the end of this year, the terms of the President, 1st Vice President and 2nd Vice President will be concluding, and the organization is in need of people who are willing to take over these leadership positions. In addition, there are numerous smaller committee positions that also need to be filled for activities which do not require as much time commitment throughout the year.

Over the past few years, the number of members who are willing to step up and assist in the planning & coordination of SCD activities have dwindled. The organization cannot continue to be effective & meet members' needs if members are not willing to participate in the leadership of the organization. If positions on the Board of Directors cannot be filled for the upcoming year, then many of the SCD sponsored activities may be in jeopardy. Such activities include the St. Patrick's Irish Coffee Party, Holiday Dinner Dance, and even the monthly Potluck Socials.

Anyone interested in finding out more about these positions should drop by the senior center office for job descriptions or contact Roger White (753-2798), Carol or Don Harting (756-4654).

DAVIS COMMUNITY TRANSIT

Happy Fall! We have been busy preparing for the new season and have hired 3 new drivers! We would like to welcome Heather Palmer, Oliver Wong and Mike Baldwin. Heather, Oliver and Mike are all Unitrans drivers so they are coming to us with lots of experience. As the cold weather approaches please be reminded to wait for the bus in a location that is comfortable for you. We do not expect you to be waiting outside in the cold and rain. Also, please remember to inform the dispatcher when scheduling rides if someone will be traveling with you as an attendant or guest.

CLUBS & SPECIAL INTERESTS

AARP

AARP's next meeting will be held **Wednesday, October 12** beginning at 11:30 a.m. Our speaker will be Elliot Matchett, speaking on "Example of Wildlife Research."

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

BOOK REVIEW & SENIOR CENTER READS...

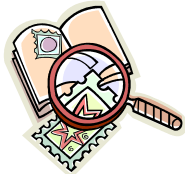
Join other fellow readers on **Tuesday, October 18 at 9:30 a.m.** for our monthly book review hosted by Stan Forbes, owner of The Avid Reader in Sacramento.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, October 7 & 21 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, October 4 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 on **Mondays, Wednesdays and Fridays from 1:00 – 4:00 p.m.**, and a club representative is available to assist you in researching materials. Club meetings are held the last Monday of every month at 1:00 p.m. The library and meetings are open to the general public, and guests are always welcome.

Our program for **October 31** is an annual favorite, *Family Treasures*. Bring something useful, beautiful, unusual, odd or just plain interesting. We enjoy seeing your treasures and hearing your memories.

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, October 10**. "What is on the Internet that can help me, as a Davis resident, know more about my community and its political, business, educational and social issues?" - a topical subject just before November elections. 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, October 11**. For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next meeting of the commission will be held on **Thursday, October 13 at 2:00 p.m.** The meeting will be immediately followed with a joint meeting with the Davis City Council. The public is encouraged to attend & join in on discussion items.

GREETINGS FROM THE FRIENDSHIP CAFE

2005 MILES FOR MEALS WALKATHON

For 30 years, Meals on Wheels has been providing nutritious meals to the elderly and disabled community here in Yolo County. This year is proving to be even more difficult due to an increasing budget deficit for the program. WE NEED YOUR HELP!

Please join us at our annual fundraising walkathon on **Saturday, November 5 from 8:00 to 10:00 a.m.** at the County Fair Mall in Woodland. If you would like to pledge your support or participate in this wonderful event, please contact the Elderly Nutrition Program at 662-7035.

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:



Tuesday, 10/4 “Finger Lick’n Good” – with coleslaw, BBQ chicken quarter, cauliflower & carrot blend, cornbread, and tapioca pudding.

Tuesday, 10/11 “Hearty Home Cooking” – with fruit juice, beef stew, baked squash, biscuit and peaches.

Friday, 10/14 “Super Soup n’ Salad” – with vegetable soup, tuna fish sandwich, crackers and baked dessert.

Monday, 10/17 “Chef’s Chuck Wagon” – with chili con carne, swiss chard, cornbread and fruit cocktail.

Friday, 10/21 “Oktoberfest” – with German sausage, boiled potatoes, sauerkraut, rye bread and german dessert.

Wednesday, 10/26 “Happy Birthday” - join us in celebrating our October birthdays with fruit juice, stuffed chicken breast, sweet potatoes, peas, cracked wheat bread and, of course, birthday cake.

Thursday, 10/27 “Zesta Fiesta” – with beef taco with lettuce, cheese, tomatoes & salsa, mexacali beans, corn with red bell peppers, and pineapple tidbits.

Monday, 10/31 “Happy Halloween” – with apple juice, monster mac & cheese with ham, green bean goblin fingers, bewitching biscuits, and wacky wormy wonders.

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*

HEALTH**SENIOR HEALTH FAIR**

You are invited to our annual Senior Health Fair on **Thursday, October 27, 9:00 to 12:00 noon** co-sponsored by Sutter Davis Hospital. In addition to the many educational & display booths, the Yolo County Public Health Dept will also be offering flu shots for a minimal fee. Services currently featured will include:

- foot screenings
- hearing screenings
- blood pressure checks
- hearing aide checks/cleanings
- body fat checks
- medication brown bag consultations
- optometry checks & eyeglass repair
- transportation information
- caregiver resources
- veterans services

Lots of other screenings and information available!

MEDICATION BROWN BAG

During the **October 27** health fair, you can also take advantage of a free 15-20 minute consultation with pharmacists and pharmacy students. It’s an opportunity to ask questions and address concerns regarding medications. Bring all your medications or a medication list: all prescription and over-the-counter medications, including any herbal remedies and dietary supplements you may be taking. Call in advance to schedule your private consultation, 757-5696.

INFORMATION & ASSISTANCE**ID THEFT**

Learn about what steps you can take to prevent identity theft by looking in your phone book. Really! On page 32 of the current SBC phone book, there’s great information on this topic.

SOCIAL SECURITY AT THE SENIOR CENTER

Social Security will be offering their services at the Davis Senior Center on **Wednesday, October 26 at 9:00 a.m.** Please arrive promptly as persons will be help in the order they arrive.

MEDICARE PART D

The federal government unveils the prescription drug benefit plans for the new Medicare Part D this month. On **Wednesday, October 26 at 10:00 a.m.**, Martin White, supervisor of the West Sacramento Social Security office, will explain the new Medicare Part D prescription drug benefit.

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. Call 757-5696 for an appointment.

CHANGE SMOKE ALARM BATTERIES

This is the time of year, when we turn the clocks back, to change the batteries in your smoke detectors. The Rotary Club of Davis provides this service every year to local seniors; Rotary provides the batteries, the ladders and the ladder-climbers! On **Saturday, October 29**, Rotary volunteers will inspect your home smoke detector and install a fresh battery. Please call the senior center at 757-5696 to sign up.

**SENIOR SCENE NEWSLETTER DEADLINE**

Just a reminder to all program volunteers, that the deadline for submitting articles for the Senior Scene newsletter is the **10th of each month**. If articles are received after this deadline, staff cannot ensure that they will be included in the next month's issue. Articles may be dropped off in the main office, or can be emailed to jbutler@cityofdavis.org

SUPPORT GROUPS

Alzheimer's Support – meets on the **3rd Wednesday of each month, October 19 at 10:00 a.m.**

Breathers Support - meets on the **4th Thursday of every month, October 27 at 1:30 p.m.** Ashley Rosales will be giving a presentation on "Healthy Eating for the Holidays."

Diabetes Support – on **Wednesday, October 19 at 3:15 p.m.**, the topic is "Meal Planning Strategies." We'll be discussing methods of planning meals to better meet your nutritional needs while counting carbohydrates. These tips will help you lower blood sugars, lose weight and/or reduce cholesterol. We can help you meet your health goals. Presentation by Wendy Gregor, MA, RD, CDE.

Grief Support Series Begins - If you are coping with the loss of a loved one, please join us for a newly forming Grief Support Group at the center. There will be plenty of useful information, time for sharing, and tips for coping. Participation in the group will be limited to 10 people and will run for a 10-week period, **October 6 – December 15 on Thursdays, 9:30-11:00 a.m.** The group will be led by experienced facilitator and grief therapist Susanne Hikida. Advance registration for the group is required. Call 757-5696 to register.

Parkinson's Support – meets on the **4th Tuesday of each month, October 25 at 1:30 p.m.**

Peripheral Neuropathy Support – **Wednesday, October 12 at 2:00 p.m.** The speaker will be John Leonard, Ph.D., psychologist and creator of NeuroBehavior Programs to reduce pain, stress, negative emotions and increase positive emotions to give us joy and peace. Dr. Leonard teaches us how to "turn off the pain" with simple mind/body techniques.

Vision Support – Representatives from the League of Women Voters will present a non-partisan look at the issues on the November ballot on **Wednesday, October 19 at 10:30 a.m.** This overview should be helpful for those who have trouble reading the ballot arguments.

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.
- **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.
- **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.
- **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 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.

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.

- Dynabands** **ongoing thru Oct. 31**
(MWF, 2-3:00 p.m.) \$6/res & non-res
- Feldenkrais** **Oct. 4-25**
(T, 10:15-11:15 a.m.) \$18/res & \$24/19 non-res
- Frail To Fit** **Oct. 4-27**
(TTh, 1:30 -2:30 p.m.) \$20 res & \$26/\$31 non-res
- Golf Lessons** **Oct. 3-19**
(MW, 8:00-9:00 a.m.) \$60 res/\$66/\$71 non-res
- Linedancing** **Oct. 5-26**
(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** **Sept. 12 – Nov. 14**
(M, 7:00-9:00 p.m.) \$35 res/\$41/\$46 non-res
- Sr. Adult Fitness -** **Oct. 3-31**
(MWF, 7:30-8:30 a.m.) \$27 res/\$33/\$38 non-res
- Tai Chi/Chi Gung** **Oct. 3-31**
(T, 9-10 a.m.) \$16 res/\$22/\$27 non-res
- Tap Dancing** **Ongoing – join anytime!**
(M, 3:30-5:00 p.m.) No fee
- Walk n' Talk** **Ongoing – Join anytime!**
(MF, 9-10:00 a.m.) No Fee
- Yoga** **Oct. 13 - Nov. 7**
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res

INTRODUCTION TO ONE STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is continuing her series of fall painting classes on **Thursday mornings, from 9:00 to 11:30 a.m. on October 6 & 13**. This class is a fun and simple way to learn decorative painting, and is a perfect class for both the artistically challenged and the experienced painter who would like to expand their skills on brush control and stroke work.

The fee for the introductory session is \$11 for residents, with a \$30 materials fee payable to the instructor on the first day of class, and advance registration is required. Inquire at the Senior Center office for class brochures and subsequent sessions.

GOLF LESSONS

Wildhorse Golf Course is offering its last fall session of senior golf lessons, in conjunction with the Senior Center this month. Classes include instruction on putting, chipping, and full swing, and all equipment is provided. Classes are held on **Monday and Wednesday mornings, 8:00 a.m. to 9:00 a.m. from October 3 – 19**. The cost is \$60 per person, and advance registration at the senior center is required.

SQUARE DANCING

Our new Square Dancing class kicked off last month, but we are still looking for new dancers to join in on the fun! Classes are held on **Monday evenings from 7:00 – 9:00 p.m.**, and it is a great way to get some exercise and get that blood circulating!

The current session is \$35 and continues through November 14. 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.

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 expected to teach the class starting October 3, 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

The senior watercolor class meets every Friday morning at approximately 9 a.m. to fill the water bucket, get the paper out, squeeze a few tubes of paint on the palette, and visit. At 9:30 instruction begins and the class ends around 11:30 or before.

Mildred Franklin will be guiding the class in October. Newcomers are encouraged to join us at any time. No skill or talent needed ... just an adventuresome spirit.

Congratulations to the many winners at the Yolo County Fair. Our Senior Center Watercolor painters and our teachers demonstrated their talents and enthusiasm by earning ribbons in many categories. Some winning paintings were exhibited in the hall at the Center.

SPECIALTY PROGRAMS

EARTHQUAKES, MURDER AND WAR

Listen to local author, Jay Feldman, discuss his non-fiction book "When the Mississippi Ran Backwards" on **Thursday, October 20 at 10:00 a.m.** Feldman focuses on real people and the effects of the New Madrid earthquakes in 1811 and 1812. He spent three years researching and writing this book that shows the human dimension of a landmark period in American History. This presentation is sure to be interesting especially now when the horrific events of Hurricane Katrina in the same region are fresh in our consciousness.

MEALS MADE EASY!

Come join Ashley Rosales, Marketing Director for Home Instead Senior Care, as she continues her monthly cooking demonstrations from Food Network® host Rachael Ray's 30-Minute Meals. Last month this proved to be a very hot ticket!



This month's demonstration & tasting will be held on **Tuesday, October 25 at 1:30 p.m.** Recipes will include carbonara rigatoni and romaine salad with a bleu cheese vinaigrette dressing. Come learn & share fresh and fun cooking!

Spaces are limited to the first 15 students, so call today to reserve your space in this fabulous class! Call 757-5696 for reservations.

STORYTELLING WITH VICKI

Join resident storyteller, Vicki Crescitelli, as she continues her monthly storytelling sessions on **Wednesday, October 26 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.

POETRY READING

On **Friday, October 28 at 1:00 p.m.**, poet Phyllis K. Collier will read from her book *Cain's Daughters*. The book is based on oral histories of

women who migrated from Oklahoma to California during the Depression of the 30s. Collier began the book as part of the Master's Program in Creative Writing at the University of Washington. Her poetry has been published in several journals and has received several awards, including a National Endowment for the Arts fellowship grant. Please call to reserve your space at 757-5696.

HEALTHY LIFESTYLES 2005

The UCD Center for Healthy Aging will be presenting a workshop on "Empowering Women of All Cultures", A Celebration of Women's Health & Aging, on **Saturday, October 15 from 8:00 a.m. to 4:00 p.m.** at the UC Davis M.I.N.D. Institute, 2825 50th Street, Sacramento. The workshop includes a walk, health checks, educational sessions, and multicultural entertainment. Call 916-734-6441 for more information.

UCD NOON CONCERTS:

Interested guests should gather at the Senior Center at 11:15 a.m. to take the Unitrans to the campus Main Theatre, and return at approximately 1:30 p.m. The UCD Music Department Concerts begin at 12:05, and are free to the public.

Thursday, October 6 - a program of Chinese music.

Friday, October 7 - a lecture & demo of Cretan Greek and Mediterranean music.

Thursday, October 13 - the Gold Coast Trio.

VIDEO MOVIES

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

October 7 – Ray – Due to technical problems last month, we are showing this biographical film about Ray Charles again today.

October 14 – Dirty Dancing – Havana Nights – Turn up the heat and follow the rhythm.

October 21 – The Aviator – Leonardo DiCaprio portrays Howard Hughes.

October 28 – Monster-in-Law – Jane Fonda in her comedic return to the big screen.

MISCELLEANOUS

INTERNATIONAL CONVERSATION PARTNER PROGRAM

Help foreign visitors gain a different view of America and Americans by volunteering an hour a week to partner an international English learner. During this weekly hour of English practice your partner will improve their linguistic skills as well as learn more about Americans. To get a partner or, to find out more call Susan Linz at 756-6122 or email: www.susanlinz@hotmail.com

GENERAL ATTENDANCE SHEETS

Just a reminder to all of our senior center visitors – located at each lobby entrance, there are sign-in attendance binders. We ask that if you come to the senior center to attend any class, meeting, social event, etc. that you please sign our guest book. This helps staff calculate general daily attendance, which in turn assists with identifying program trends, budget needs, etc.

VOLUNTEERS NEEDED

BAKERS NEEDED

The Madhatter's Tea and Fashion Show is just around the corner! In order to make the November 17 event a success, we need help from all you fabulous



bakers here at the senior center. If you, or someone you know, are interested in baking scones, tea cakes, or cookies for this wild and crazy event, please contact Liz at 757-5696 or stop by the front desk. Any baking donation, large or small, will be appreciated. We'll see you at the party!

CALLING ALL MODELS

Have you ever dreamed of living the life of a fashion model? Dream no more! We need you to model for our annual Madhatter's Tea & Fashion Show. This year, **Gottschalks** in Davis is providing us with fabulous attire for our fashion show. If you are interested in participating, please call Liz at 757-5696 in the mornings. The first 5 volunteers to respond will be this year's models, and yes, we

need male models too! So don't miss out on this fun opportunity!

COLLECTOR'S CABINET

Do you have a collection that you would like to show in the main hallway cabinet here at the senior center? Every month, we feature something new in our display. Displays can be creative, informational, or just plain fun! We're looking for Halloween items for October, Thanksgiving for November, Holidays for December and Chinese collections for January. If you have an idea for a display, or would like to show off something of your own, please call Liz at 757-5696.



ADVOCATE FOR FRAIL ELDERLY

Residents in Yolo County long-term care facilities seek your assistance. Volunteers can be their link to the community, helping to resolve problems and promoting respect and dignity on their behalf. Volunteers monitor facilities and assist with investigations of complaints and reports of elder abuse. Ombudsman Services of Northern California provides free certification classes, beginning October 31, 2005. For more information, call (530)668-5775.

THE GIFT OF GIVING

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



Davis Dynamos	\$ 60
Dynabands	\$304
Duplicate Bridge – Monday	\$ 53
Handy Helpers	\$ 45
Hem & Haw (SCD)	\$181
Information & Assistance	\$ 22
Internet Users Group	\$ 23
Medical Equipment Donations	\$ 52
Miscellaneous	\$ 38
Nostalgics	\$ 23
Peer Counselors	\$ 5
Pinochle Players	\$ 10
Sewing Machine	\$ 40
Social Bridge (Monday night)	<u>\$ 16</u>
Total	\$872

Thank you for your continued support!

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 – 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 s.s.

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

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 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 – Visit enchanting gardens in the sky on this unusual tour led by a knowledgeable guide. Lunch at Pompeii’s Grotto. \$75.



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

October 2005

Transportation Services 757-4408
Senior Center Office 757-5696

Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 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 7:00pm Square Dancing	4 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	5 9:00am Laughing Club 10:00am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line Dance	6 8:30am Yoga 9:00am One Stroke Painting* 9:30am Bridge Class 9:30am Memoirs 9:30am Grief Sup Series* 12:30pm Bingo 1:00pm HICAP*	7 9:30am Watercolor Painting 10:00am Scrabble 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
10 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 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 7:00pm Square Dancing	11 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 7:00pm Mac Users Grp	12 9:00am Laughing Club 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy 3:30pm Line Dance	13 8:30am Yoga 9:00am One Stroke Painting* 9:30am Bridge Class 9:30am Memoirs 9:30am Grief Sup Series* 11:00am Blood Pressure Check 12:30pm Bingo 2:00pm Sr. Commission Mtg.	14 9:30am Watercolor Painting 10:00am Scrabble 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance 15 Saturday, 12:00 Bingo
17 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 7:00pm Square Dancing	18 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 1:00pm Bridge/Pinochle	19 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 Dance	20 8:30am Yoga 8:30am HICAP* 9:30am Memoirs 9:30am Bridge Class 9:30am Grief Sup Series* 10:00am Jay Feldman Presentation 12:30pm Bingo	21 9:30am Watercolor Painting 10:00am Scrabble 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
24 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:30pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	25 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*	26 9:00am Social Security Rep 9:00am Laughing Club 10:00am Medicare Part D Talk 1:00pm Hem & Haw 1:00pm Poker 1:30pm Storytelling with Vicki* 3:30pm Line Dance	27 8:30am Yoga 9:00am Senior Health Fair Brown Bag Pharmacy 9:30am Memoirs 9:30am Bridge Class 9:30am Grief Sup Series* 12:30pm Bingo 1:30pm Breathers Sup Grp	28 9:30am Watercolor Painting 10:00am Scrabble 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00pm Poetry Reading* 2:15pm Jam Session & Dance
31 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 1:00pm Genealogy Club 3:30pm Tap Dance 6:30pm Social Bridge	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Fundraising Benefit – Meals on Wheels Sunday, October 30 11:30 a.m. Advance Ticket Purchase only</p> </div>			

October 2005

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swiss Steak W/Pearl Onions Whipped Potatoes Stewed Tomatoes Wheat Bread Rosy Applesauce	4 SCD Potluck/Meeting No ENP meal today MOW Delivery Only	5 Pork Roast Yams Green Beans Potato Bread Mandarin Orange Segments	6 Fruit Juice Seafood Salad (contains shrimp) w/lettuce, tomato, egg, & carrot strips Whole Wheat Roll Creamy Pistachio Whip	7 Spinach Salad w/green peppers Spaghetti & Meat Balls Baguette Pears
10 Pork Riblet Ranch Beans California Blend Vegetables Whole Wheat Bread Mixed Fruit	11 <u>Hearty Home Cooking</u> Fruit Juice Beef Stew Baked Squash Biscuit Peaches	12 <u>AARP Potluck or</u> Roast Turkey w/Gravy Mashed Potatoes Peas & Carrots French Roll Chocolate Pudding	13 Marsala Chicken Orange Rice Winter Blend Vegetables Seven Grain Roll Tropical Fruit	14 <u>Super Soup N Salad</u> Vegetable Soup Tuna Fish Sandwich on Wheat Bread w/lettuce & tomato Cracker Baked Dessert
17 <u>Chef's Chuck Wagon Special</u> Chili Con Carne Swiss Chard Cornbread Fruit Cocktail	18 Chicken Teriyaki Oriental Blend Vegetables Steamed Rice Whole Wheat Roll Apricots	19 Hamburger w/lettuce, tomato, pickle & onion Oven Fried Potatoes Mixed Vegetables Banana	20 Fruit Juice Tossed Green Salad Cheesey Lasagna Zucchini w/mushrooms Baguette Vanilla Pudding	21 <u>Oktoberfest</u> German Sausage Bo8iled Potatoes Sauerkraut Rye Bread German Dessert
24 Whipped Potatoes in a half shell w/Turkey, Bacon & Cheese Broccoli Whole Wheat Bread	25 Caesar Salad w/hard boiled egg & cheese Clam Chowder Crackers Fruited Gelatin	26 <u>Happy Birthday</u> Fruit Juice Stuffed Chicken Breast Sweet Potatoes Peas Cracked Wheat Bread Birthday Cake	27 <u>Zesty Fiesta</u> Beef Taco w/lettuce, cheese, tomatoes & salsa Mexicali Beans Corn w/red bell peppers Pineapple Tidbits	28 Fish Fillet w/tarter sauce Potatoes Au Gratin Brussel Sprouts Wheat Bread Lemon Pudding
31 <u>Happy Halloween</u> Apple Juice Mac & Cheese w/Ham Green Beans Biscuits Dessert				

\$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