

Davis
Davis Senior Center
646 A Street, Davis CA 95616

Nonprofit Org.
U.S. Postage
PAID
Davis, CA
Permit No. 136
Time-Value
Dated Material

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

Transportation: (530) 757-4408

Office: (530) 757-5696

Travelaires: (530) 753-4159

Volume XXXIII, Number 9

Office Fax: (530) 758-0463

September 2005

\$10.00/Year Subscription

Email: seniorservices@ci.davis.ca.us

www.cityofdavis.org/pcs/seniors/

MEALS MADE EASY!

Come see how easy cooking can really be, as Ashley Rosales, Marketing Director for Home Instead Senior Care, whips up some delicious treats from Food Network® host Rachael Ray's 30 Minute Meals! You should all remember Ashley as one of our former staff persons here at the Senior Center, but now she is teaming up with the Senior Center in her new position to offer monthly cooking demonstrations on the third Tuesday of each month.

This month's demonstration & tasting will be held on **Tuesday, September 20 at 1:30 p.m.** Recipes will include Quesadilla Pizzas and Strawberry Sorbet Shakes. 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! Reservations can be made by calling 757-5696.



NEW RESIDENT STORYTELLER!

Vicki Crescitelli, storyteller for over 7 years, will entertain audiences with personal and historical stories, folktales and fables on the last Wednesday of each month beginning in September.

Although many of the stories are heart warming, all involve humor and many of the stories include music. Some of her favorite stories are about her mother, who was a charming southern belle with a few eccentricities. Vicki is a frequent storyteller at Sacramento Storytelling Guild performances, and has been featured at libraries, award dinners, community group events, and commercial rafting trips. She is known for her animated, spirited style. Vicki's first storytelling session will be held on **Wednesday, September 28 at 1:30 p.m.** Please call 757-5696 to reserve your space.

The Davis Senior Center and the Elderly Nutrition program will be closed on **Monday, September 5** due to the Labor Day

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

SENIOR CENTER STAFF

Kay Jeffery, Davis Travelaires Executive Director

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

SENIOR CITIZENS OF DAVIS

Planning for a Better Tomorrow

SCD POTLUCK – SEPT 6

This month's program will feature the outstanding Alexei Kodash performing on the violin and accompanied by Robert Block on piano. 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 cold cuts, I-P desserts, and Q-Z salads.** 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, October 4, beginning at 11:30 a.m.** Program details will be in next month's newsletter. Those with last names beginning with **A-H bring desserts, I-P salads, and Q-Z hot dish.** Anyone wishing to bring additional hot dishes are encouraged.

SUNSHINE LADY ☺

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

Get well cards to Ruth Griggs, Freida Derobertis and Virnelle Triebsch, Ramona Rothe and Joan Barrett.

Thinking of You cards to Mary Dixon, Charlotte Pehlke, Bill Griggs, Bill & Mercedes McElwain, Eleanor Gardias, William Carter, Kay & Wes Wooden, Jo Luft, Martha Contreras and Judith Atwood.

Sympathy cards to the family of Georgie Bourne, family of Ellen Lee, family of Bob & Dorothy Laben and family of Elizabeth Campbell.

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: Eugene & Eleanor Elzufon, Bill & Frances Klein, Maryann Montague, Mike Scimens, Lisa Scimens, June & Bud Hanson, Yoshio Nakada, Connie Ray Larson, Betty Kasimatis, Corinne Cooke, Raymond Bensen, Tansey Thomas, Willa Bowman, Reva Carini, Judy Reynolds, Doris Earnshaw, June McNally, Robert & Carol Brownson, Roberta Kenney, Dianne Stevens and James & Julie Utz.

DAVIS COMMUNITY TRANSIT

Happy September! This month we welcome our new driver Tracy Chinn. Tracy is a UCD student and a Unitrans driver. We are welcoming back our driver Chris Bocian who left for 2 months this summer. This fall we will be replacing bus 557 for a new vehicle. We'll keep you posted! Thank you to those of you who have been remembering to call ahead to schedule your rides from the Senior Center. We appreciate your cooperation.

THE GIFT OF GIVING

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



| | |
|------------------------------|--------------|
| Ceramics | \$ 30 |
| Computer Tutoring Donation | \$ 20 |
| Dynabands | \$ 59 |
| Duplicate Bridge – Monday | \$ 74 |
| Hem & Haw (SCD) | \$120 |
| Information & Assistance | \$ 16 |
| Internet Users Group | \$ 23 |
| Medical Equipment Donations | \$117 |
| Miscellaneous | \$ 39 |
| Nostalgics | \$ 39 |
| Pinochle Players | \$ 10 |
| Social Bridge (Monday night) | \$ 15 |
| Tap Dancers | <u>\$ 39</u> |
| Total | \$601 |

Thank you for your continued support!

CLUBS & SPECIAL INTERESTS

AARP

AARP's next meeting will be held on **Wednesday, September 14**. The customary social hour will begin at 11:30 a.m. and our President Robert Smith will present his father's paintings.

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 should bring salads, H-P dessert, and Q-Z salads or cold cuts. For information call Maxine at 753-0266.

BOOK REVIEW & SENIOR CENTER READS...

Join other fellow readers on **Tuesday, September 20 at 9:30 a.m.** for our monthly book review hosted by Stan Forbes, owner of The Avid Reader in Sacramento.

Then immediately following the Book Review Group, join Stan Forbes again at **10:30 a.m.** to discuss the compelling memoir, Dreams from My Father: A Story of Race and Inheritance, by Barack Obama, U.S. Senator from Illinois. This #1 New York Times Bestseller is a compelling memoir of the son of a black African father and a white American mother, as he searches for a workable meaning to his life as a black American. Books are available in the main office for \$12.

CURRENT EVENTS DISCUSSION GROUP

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

DAVIS DANCE CLUB

The Davis Dance Club will be hosting their fall dance on **Saturday, September 17 from 7:30 to 11:00 p.m.** here at the Senior Center. For more information, please call Wanda or Wally Winton at 756-9222.

DAVIS STAMP CLUB

The Davis Stamp Club will be having their monthly meeting, 1st Tuesday of each month, on **Tuesday, September 6 from 7:00 to 8:30 p.m.** For more information, call Anne Hance at 753-7265.

GENEALOGY CLUB AND LIBRARY

The Genealogy library will be open on Friday, Sept 2, but will be closed for the Labor Day Holiday on Monday, Sept. 5. After that we will resume our regular schedule, opening on **Mondays, Wednesdays, and Fridays from 1:00 to 4:00 p.m.**

We will also resume our monthly meetings on the fourth Monday of every month. On **September 26 at 1:00 p.m.**, Glen Erickson will tell us about his 12th trip to Scotland. Glen has slides of beautiful scenery and ancient stones. Those of us who have Scottish lines will be interested in seeing what some of our *distant* ancestors were doing!

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.

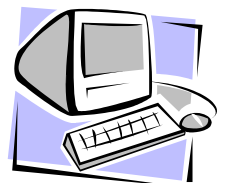


INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, September 12**. We'll be talking about the various ways you can share your photos with family and friends by putting them up on the World Wide Web – including ways that do not require special knowledge. 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, September 13**. For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next meeting of the Senior Commission will be held on **Thursday, September 8 at 11:30 a.m.** at Atria Covell Gardens, 1111 Alvarado Avenue. The commission will be having an interactive workshop on new goals and objectives for the coming year. Please call 757-5696 if you are interested in attending – all are welcome.

GREETINGS FROM THE FRIENDSHIP CAFE



Come join us in the Friendship Café, **Monday through Friday at 11:30 a.m.** for good friends & great eats! This month, our special meals are: **Wednesday, 9/28 "Happy Birthday"** - join us

in celebrating our September birthdays with Pastrami Sandwich with Swiss cheese, lettuce, tomato on rye bread, broccoli salad 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*

HEALTH

LAUGH IT UP!

The Laughing Club got its start last month, and is continuing to develop. Newcomers are always welcome on **Wednesdays at 9:00 a.m.**



INFORMATION & ASSISTANCE

BODY DISPOSITION

You can't take it with you. Under recent changes in state law, you are able to appoint someone in your advance health care directive to direct the disposition of your body after death. Your family members and kin may not override this decision. As before, a person can make out written instructions on his/her wishes before death, too, and these have the force of law. Advanced health care directive forms are available in the main office for \$2.50 donation.

SAVE THE DATE

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.

Thursday, October 27, 9:00 to 12:00 noon
Annual Sutter Senior Health Fair with flu vaccinations sponsored by Yolo County Public Health Department.

SUPPORT GROUPS

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

Breathers Support - meets on the **4th Thursday of every month, September 22 at 1:30 p.m.**

Diabetes Support – will resume meeting in October.

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, and there is a \$5 materials fee. Call 757-5696 to register.

Parkinson's Support – meets on the **4th Tuesday of each month, September 27 at 1:30 p.m.**

Peripheral Neuropathy Support – **Wednesday, September 14 at 2:00 p.m.** The speaker will be Ron Cotterell, MD, Sutter Center for Integrative Health in Davis. Topic: Complementary and Alternative Therapies for Neuropathy.

Vision Support – “Voting for the Visually Impaired” is the topic for our first fall meeting on **Wednesday, September 21 at 10:30 a.m.** Freddie Oakley, Yolo County Clerk/Recorder, will explain how to vote when you cannot see the ballot. She expects to bring some specialized voting equipment, if it is available for her talk.

SERVICES

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

- **INFORMATION & HELP AVAILABLE** - The Information and Assistance Program at the center helps to guide you through the maze of programs and services available to older adults. Call Lisa, Information & Assistance Coordinator, for an appointment. Lisa also can help you fill out forms for government programs, utility rebates, etc. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available at the center for a donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by retired nurse Ruth Bowman. Second Thursday of every month, 11:00 - 11:30 a.m.
- **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 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**
- **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 PROGRAMS

INTRODUCTION TO MODERN AMERICAN SQUARE DANCING

Square Dancing has its roots in English country & French court dances, but today, square dancing is throughout the world. In this new class, students will learn calls (dance steps) proscribed by CALLERLAB, the International Association of Square Dance Callers, for the Mainstream Dance Program. The Mainstream program is the first level of square dancing learned throughout the world. No partners are needed to participate in the class, although strongly encouraged due to the nature of gender specific calls that encourage couple participation. The class is taught by Bryce and Sandy Birkman, and will be held on **Monday evenings from 7:00-9:00 p.m. from Sept. 12 – Nov. 14.** The class fee is \$50 for a 10-week session.



GOLF LESSONS AT WILDHORSE

Sign up now for golf lessons and learn how to improve your putting, chipping and full swing, or just have the opportunity to have fun! Class meets on **Monday and Wednesday mornings from 8:00 to 9:00 a.m.** beginning **September 12 – 28.** Fee is \$60 for residents and advanced registration at the Senior Center is required.

“BALAGAN” SHOW & SILVER LEGACY FUNDRAISING TOUR

Davis Travelaires, the Senior Center and the California Park & Recreation Aging Services, is proud to announce their annual fundraiser Reno tour. This year's tour is scheduled for **Sunday, January 15 and Monday, January 16** at the fabulous Silver Legacy Hotel & Casino, and escorted by our very own Director – Christine Helweg!

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



to the evening performance of “Balagan”, a cirque style show at the Silver Legacy.

The cost of the trip is **\$115 per person, double occupancy (\$20 single supplement).** Early reservations are advised because this annual trip tends to fill up quickly! For more information, stop by the Travelaires office on Mon, Wed or Fri between 10:00 a.m. and 2:00 p.m.

PEN PAL PROGRAM

Summer is just about over and children are heading back to school. We need local seniors who want to make a difference this school year! Senior **Pen Pals** are needed to pair up with children from a North Davis second grade class. Children will learn how to use language in a meaningful way, as well as gain new positive community experiences. **Letters will be short, simple and fun!** For more information or to sign up for the Pen Pal Program please call the Senior Center at 757-5696, or sign up at the front desk.

SENIOR LEARNING UNLIMITED & THE DAVIS SENIOR CENTER PRESENT . . .

On **Thursday, September 22 at 3:00 p.m.** Lynn Roller, Program Director of Art History at UCD, will bring an interesting presentation of ancient societies' construction of religious beliefs. Focusing on the Phrygian culture which flourished from 800 to 300 B.C.E. in Anatolia, now central Turkey, Dr. Roller will discuss her groundbreaking study of a powerful female deity worshipped for centuries from the Mediterranean to the Middle East and Africa. Come and enjoy this fascinating talk sponsored by Senior Learning Unlimited and the Davis Senior Center.

SIERRA SIDEKICKS – THE PAT & HAL SHOW

Join Pat & Hal on **Wednesday, September 28 at 11:00 a.m.** for a country western concert. This outrageous husband & wife duo will play your old familiar classic, country songs, cowboy western harmonies, velvet yodels, and make you suffer through some corny country comedy. You can even make request for your favorites, such as Hank Williams, Kitty Wells, Roy Rogers, or you can dance the morning away! Call 757-5696 to put your name on our attendance list.



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** Sept. 2 – Oct. 31
(MWF, 2-3:00 p.m.) \$12/res & non-res
- Feldenkrais** Sept. 6-27
(TTh, 10:15-11:15 a.m.) \$18/res & \$24/19 non-res
- Frail To Fit** Sept. 6-29
(TTh, 1:30 -2:30 p.m.) \$20 res & \$26/\$31 non-res
- Golf Lessons** Sept 12-28
(MW, 8:00-9:00 a.m.) \$60 res/\$66/\$71 non-res
- Linedancing** Sept. 7-28
(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.) \$50 res/\$56/\$61 non-res
- Sr. Adult Fitness -** Sept. 7-30
(MWF, 7:30-8:30 a.m.)\$23 res/\$29/\$34 non-res
- Tai Chi/Chi Gung** Sept. 6-27
(T, 9-10 a.m.) \$16 res/\$22/\$27non-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** Sept. 15 - Oct. 10
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res

INTRODUCTION TO ONE STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is offering a new painting class, "*An Introduction to the Basics of One Stroke Painting*" on **Thursday mornings, from 9:00 to 11:30 a.m. on September 8, 15, and 22.** This class is a fun and simple way to learn decorative painting, and students will be introduced to flowers, leaves and curlicues. It 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 advanced registration is required. Inquire at the Senior Center office for class brochures and subsequent sessions.

OIL & ACRYLICS

The Oil & Acrylics Class is continuing to meet, however, we have lost our instructor! Before we try to contact a new instructor, we need to know what participants and new painters would like in terms of future leadership. On **Monday, Sept. 12 at 9:00 a.m.** we will discuss our future needs, and then work on personal projects. Please contact Don Harting at 756-4654 for additional information.

WATERCOLOR

September 9 will mark our first fall meeting for the Watercolor group. Betty Berteaux will be teaching this month's class. Painters should plan to arrive at 9:00 a.m. for set-up & announcements. Instruction begins at 9:30 a.m. This is a friendly relaxed environment, where all are welcomed & invited to experiment with watercolor. Suggested materials include a couple of watercolor brushes, a watercolor set or 3 or more tubes of watercolor paint (blue, yellow, & red), a pad of watercolor paper, a container for water and a playful attitude.

VIDEO MOVIES

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

September 2 – Dear Frankie – A single mom writes letters to her 9-year-old son, pretending to be the dad he doesn't know. She then hires a man to play the role, with unanticipated consequences.

September 9 - Ray – Jamie Fox in an award-winning portrayal of singer-songwriter Ray Charles.

September 16 – Sky Captain and the World of Tomorrow – Set in New York City circa 1939, Jude Law & Gwyneth Paltrow star in this old matinee-style film where they have to save the world.

September 23 – National Treasure – In this action film, Nicolas Cage plays a treasure hunter looking for something on the back of the Declaration of Independence.

September 30 - Goodbye Lenin – In this German film, a man's mom awakes from a coma, and he tries to protect her from the shocking knowledge that the Berlin wall has fallen.

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.

September 8 – Silver Legacy - (Reno) \$10. cash, \$5. food. Depart Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. Return 8:00 p.m. with drop-offs at both places. \$20.

September 13 – Cornerstone Festival of Gardens
– \$87. Wait list.

October 3 – 8 – Chicago - Wait list.

October 13 – Apple Hill –

Get the feel of fall with a guided tour of Apple Hill ranches. Enjoy a hosted chicken lunch with apple pie and ice cream. Free time at High Hill Ranch to stock up on apples and baked goods to bring home. \$53.



Oct. 18 – Third Annual Mystery Trip – Wait list.

November 6 & 7 – Debbie Reynolds at the

Nugget – See the golden performer bring back many happy memories with great show tunes and favorite songs and dances. Overnight at the Nugget with \$5. cash, \$3 food and show ticket. Next day stop at Silver Legacy with \$5 cash. \$147 pp dbl, add \$25 ss.

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.

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 –

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 – A Grand Canyon New Year – Wait list only**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 & Recreation Center. \$115 dbl., add \$20 ss.

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.

March 23, 2006 – San Francisco’s New DeYoung Museum –

Explore the museum’s unique architecture, especially its landmark tower that rises above the trees. Enjoy the annual Bouquets to Art exhibit, floral masterpieces that compliment particular pieces of art in color and design. Included, also, is an audio tour of the special exhibit featuring the International Arts and Crafts movement. Organized by London’s Albert and Victoria Museum, this exhibit includes master works in all the Arts and Crafts media. The American portion includes works by Frank Lloyd Wright, Gustav Stickley, and Greene and Greene. Lunch on your own in the museum’s new café. \$60.

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

September 2005

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | | | 1 8:30am Yoga 12:30pm Bingo 1:30pm HICAP* | 2 10:00am Scrabble 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events |
| 5 Labor Day Holiday Senior Center Closed | 6 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 | 7 9:00am Laughing Club 10:30am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance* | 8 8:30am Yoga 9:00am One-Stroke Painting 9:30am Memoirs 11:00am Blood Pressure Check 11:30am Sr Commission Mtg at (Atria Covell Gardens) 12:30pm Bingo | 9 10:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance |
| 12 8:00am Golf Starts Today 8:30am Veteran Services 8:30am Yoga 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 3:30pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing | 13 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 7:00pm Mac Users Grp | 14 9:00am Laughing Club 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy Sup Grp 3:30pm Line dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance* | 15 8:30am Yoga 9:00am One-Stroke Painting 9:30am Memoirs 12:30pm Bingo 1:30pm HICAP* | 16 10:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 11:00am Elderlaw Clinic* 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events Saturday, Sept. 17 12:00 noon SCD Bingo 7:30pm Davis Dance Club |
| 19 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 | 20 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 10:30am Senior Center Reads 1:00pm Bridge/Pinochle 1:30pm Meals Made Easy* | 21 9:00am Laughing Club 10:00am Alzheimer's Sup 10:30am Vision Sup Grp & Talk 11:00pm Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7 & 8pm Ballroom & Salsa* | 22 8:30am Yoga 9:00am DMV 9:00am One-Stroke Painting 9:30am Memoirs 12:30pm Bingo 1:30pm Breathers Sup Grp 3:00pm SLU Talk: Lynn Roller | 23 10:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance |
| 26 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 Mtg. 3:30pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing | 27 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd. Meeting 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp | 28 9:00am Laughing Club 11:00am Sierra Sidekicks: The Pat and Hal Show 1:00pm Hem & Haw 1:00pm Poker 1:30pm Storytelling* 3:30pm Line dancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance* | 29 8:30am Yoga 9:30am Memoirs 12:30pm Bingo | 30 10:00am Scrabble 9:30am Watercolor Painting 10:00am Memoirs 12:15pm Video Movie 1:00pm Nostalgics |

September 2005

Menu Subject to Change

Elderly Nutrition Program of Yolo County People Resources, Inc.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | | | 1 Meatloaf w/Gravy Rice Pilaf Spinach French Bread Tropical Fruit | 2 Stuffed Potato topped with chicken, bacon, & cheddar cheese Broccoli Wheat Roll Banana |
| 5 Holiday Senior Center Closed Labor Day | 6 SCD Potluck No ENP meal today MOW Delivery Only | 7 Summer Turkey Citrus Salad Turkey Breast, Orange Segments, Red Onion, & Cucumber w/Honey Lime Dressing Cornbread Muffin Fruited Sugar Free Gelatin | 8 Fiesta Casserole With Beef & Beans Green Beans Tortilla Apricots | 9 Happy Grandparents Day Fruit Juice Oven-Fried Chicken Buttered New Potatoes Peas & Carrots Biscuit Ice Cream |
| 12 Spaghetti w/Meat Sauce Italian Blend Vegetables Baguette Butterscotch Pudding | 13 Pork Fritter w/Sweet & Sour Sauce Buttered Rice Carrot Coins Dinner Roll Seasonal Fresh Fruit | 14 AARP Potluck Breaded Fish Filet/Tarter Sauce Scalloped Potatoes Stewed Tomatoes Cracked Wheat Bread Citrus Cup | 15 Stuffed Chicken Breast Sweet Potatoes Garden Blend Vegetables Sugar Free Gelatin | 16 Fruit Juice Summer Time Vegetable Salad Ham & Cheese Sandwich on Sourdough w/Lettuce & Tomato Baked Dessert |
| 19 BBQ Pork Riblet Ranch Beans Mixed Vegetables Biscuit Fruit Cup | 20 Fruit Juice Oven Fried Potatoes Hamburger on a Bun w/Lettuce, Tomato, Onion, & Pickle Peaches | 21 Apricot Nectar Chicken Cobb Salad w/Chopped Lettuce, Tomatoes, Egg, Bacon, & Cheese w/Avocado Dressing Baguette Tapioca Pudding | 22 Roast Turkey w/Gravy Mashed Potatoes Steamed Sweet Peas Whole Wheat Bread Baked Fruit Tart | 23 Beef Tips in Tomato Sauce w/onion & Green Peppers Penne Pasta Capri Blend Vegetables French Bread Melon Wedge |
| 26 Breakfast for Lunch Orange Juice Pan Style Omelet Turkey Link Hash Browned Potatoes Muffin | 27 Roasted Herb Chicken Couscous Chef's Blend Wheat Bread Pineapple Tidbits | 28 Happy Birthday Day! Pastrami Sandwich w/Swiss Cheese, Lettuce, Tomato on Rye Swirl Bread Broccoli Salad Birthday Cake | 29 Creole Shrimp w/Peppers, onions & mushrooms Rice Pilaf Savory Baby Carrots French Bread Fruited Gelatin | 30 Spinach Salad Roast Beef Au Jus Baked Potato Whole Wheat Roll Apricots |

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

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