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Senior Center
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Senior Scene

DAVIS SENIOR CITIZENS CENTER
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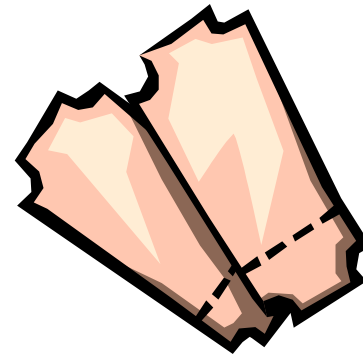
Travelaires: (530) 753-4159
April 2006
www.cityofdavis.org/pcs/seniors/

INTERNATIONAL PARTY TICKETS & AUCTION!

Tickets are on sale now while supplies last for the annual International Party to be held on **Wednesday, April 19 from 6:00 - 9:00 p.m.** Tickets prices are **\$7 for SCD members and \$10 for non-members**, and include an exquisite buffet of cultural dishes, as well as exciting entertainment and raffle prizes!

Don't forget to bring your quarters, because we will be featuring our special bidding raffle again this year as a Senior Center fundraiser. Each donated item will have a designated bid value (e.g. 25¢, 50¢, \$1.00). If you are interested in a particular item, then you place your bid (cash!) in the bidding can on your table. If your name is drawn and you have placed a bid, then you win the prize. If you did not place a bid, then the prize goes to the next name drawn. By placing a bid on each item, you increase your chances to win a prize while also supporting the many programs offered here at the Senior Center at the same time. What is even better is – even if you bid on every item, you won't have to spend more than \$10.00 in quarters!

In addition to the raffle, we will also be having a Silent Auction component to the program. Between the hour of 6:00 and 7:00 p.m., you will be able to view special prizes and make your bids. At the end of the bidding period, the bids will be closed, and if you are the highest bid – *you win the prize!*



We hope that you will come show your support for the many wonderful programs and services offered through the Davis Senior Center by participating in this fun-filled event!

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

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

This month's potluck will be held on **Tuesday, April 4 beginning at 11:30 a.m.** Our featured speaker will be Traffic Officer Rod Rifredi from the Davis Police Department. Officer Rifredi will demonstrate to us how the new red light enforcement works at many of the downtown intersections, including printouts of actual photographs taken of cars as they go through the intersection area.

The food schedule is as follows: last names beginning with **A-H should bring desserts, I-R salads, and S-Z hot dish.** As always, guests who are unable to bring a dish may contribute \$5 per person. Each person should bring a plate and utensils.

Next month's potluck will be held on **Tuesday, May 2, beginning at 11:30 a.m.**

Those with last names beginning with **A-H bring salads, I-R bring hot dishes, and S-Z bring desserts.** Anyone wishing to bring additional hot dishes is encouraged and most appreciated.

SUNSHINE LADY

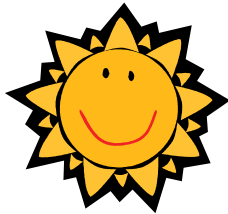
Sunshine Lady Louise DeMasi reports that for the last half of February and first half of March, cards were sent to the following:

Get well cards to Alicia Duncan, Lynn Marie Crandall, and Elise Leptich.

Thinking of You cards to Bill Griggs, Lillian Lantz, Bill & Mercedes McElwain, Jerry Henderson and Bill Carter.

Sympathy cards to the family of Ruth Anderson, family of John J. Clark, family of Jack Benner, family of Nancy A. Leatherman, family of Ellen Finley, family of Andrew Nelson, family of Peggy Barton, card to Sid Lucero in the death of his sister-in-law, Erminia, card to Mary Martinez in the death of her sister-in-law, Amelia.

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 JANUARY-FEBRUARY

Please join us in welcoming the following new SCD members: Sara Albitre, Jo Anderson, Steve Carlson, Jo Ann Clark, Arthur Defenderfer, Titiana Guliaeff, Bill Hart, Greta G. Heinemeier, Alene Howe, Sheilan Johnson, Gunvor Kroencke, Douglas & Delores McCole, Georget Joyce Max, Rita Montes Martin, Pat Miller, Horst & June Nawrath, Margaret Oakley, Mildred Payne, Garga & Maryanne Sandrock, Joanne & Sigmund Elgert, Paul & Barbara Taloff, Eleanor Wong. Also Raymond & Pearl Carpenter, Carolyn Connelly, Carolyn Jamison, Robert & Barbara Rizzo, Robert & Dorothy Roberson, Olin & Ruby Akiyoshi, John Brown, Robert Darragh, Elizabeth Elton, Carole Plack & James Faulkner, Scot & Leslie Gordon, Gregory Isenhardt, Wendall Jacob, Emily Luhn, Max & Roberta Rothe, Steve & Eldora Synhorst, Evelyn Zarate, Irene Folger, Shirley Gorder, Alicia Soin, Joyce Takahashi, Mary Tupper, Norman & Margaret Akesson, Marcellene Feerer, Lorella Firestone, Carolyn Geng, Marilyn Needham, Ellen Salisbury, and Raymond & Mary Stein.

NEW MEMBER COFFEE & TEA

The SCD Board of Directors is planning a *New Member Coffee & Tea Welcome* reception on **Wednesday, May 10 beginning at 10:00 a.m.** New members should watch for their invitation in the mail during April which has more details on the scheduled program. New members are asked to RSVP no later than Friday, May 5. For more information, members may contact SCD Secretary, Barbara Hager at 750-1126.

DAVIS COMMUNITY TRANSIT

Spring greetings from DCT! We would like to welcome our new drivers Hannah Brennan and Kim Blanchard. Hannah and Kim are former Unitrans employees and recently came to us from Roseville Paratransit. Hopefully everyone who rode the bus in March saw our flyer posted on the buses about our new cancellation policy effective April 1st. If you need to cancel your scheduled ride please do so 30 minutes prior to the bus arriving to pick you up. If the bus arrives and you have not cancelled your ride you will be charged the no-show fee of \$1.00. Please feel free to contact our office at 757-4408 if you have any questions.

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, April 12** beginning at **11:30 a.m.** This month's program will feature a fashion show and the models will be some of our very own members of AARP.

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

BOOK REVIEW

Join us on **Tuesday, April 18 at 9:30 a.m.** for our monthly book review hosted by Stan Forbes, owner of The Avid Reader bookstore in Sacramento. Stan will provide you the latest scoop about new hot sellers and the best kept secrets!

SENIOR CENTER READS...

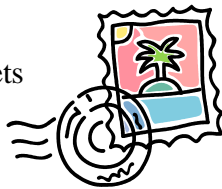
This month's selection is *Our Endangered Values* by President Jimmy Carter, and copies are now available in the front office for only \$16.00 per copy. The book will be available, while supplies last, leading up to the in-depth discussion which is scheduled for May. Books may be purchased through the main office at the Senior Center, or at the Book Review meeting scheduled on Tuesday, April 18.

CURRENT EVENTS DISCUSSION GROUP

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



GENEALOGY CLUB & LIBRARY

The Davis Genealogical Club library is open on **Mondays, Wednesdays and Fridays from 1:00 to 4:00 p.m.** A volunteer is available to familiarize visitors with the collection and answer questions. Many "How To" books and classic resource guides are available to help you get started tracing your family history, however, books are only available for use during library hours.

This month's Club program on **Monday, April 24 at 1:00 p.m.** will feature family historian Lynn Brown from Sacramento who will talk about "The Latest and Greatest Online." This update will include new databases and information about the recent changes at the Godfrey Library and where to look for the valuable online information previously available there.

Guests are welcome at all club meetings, and if anyone wishes to participate or have voting privileges at the meeting, a membership fee of \$10.00 per year is charged to support the library and other club functions. For more information, call Linda Luther at 756-6396.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, April 10.** The topic will be "Music is in the Air." iTunes for PC and Mac – the software and the store. iPod. iPod Shuffle and other MP3 players. Great information for those who are still wondering what this is all about – and great information for anyone who is a hair's breadth less than an expert already! For more information, 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 **6:30-8:30 p.m.** The next meeting will be held on **Tuesday, April 11.** For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, April 13 at 2:30 p.m.** The featured speaker will be Ike Iketani from the California Highway Patrol. The public is encouraged to attend & join in on discussion items.

GREETINGS FROM THE FRIENDSHIP CAFE

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, 4/13 "Happy Easter"— join us for baked ham w/glaze, sweet potatoes, seasonal fresh vegetables, corn bread muffin, and a special dessert.

Wednesday, 4/12 "Volunteer Recognition Day" – join us for this celebratory day where we recognize all the volunteers who assist the Elderly Nutrition program here in Davis. Lunch will include chicken cobb salad (bed of greens topped with chicken, tomatoes, egg, cheese, and bacon with avocado dressing), french roll and raspberry whip. A special program will also be presented.

Wednesday, 4/26 "Happy Birthday" - join us in celebrating our April birthdays with fruit juice, oven roasted chicken, au gratin potatoes, mixed vegetables, biscuit, and, of course, birthday cake!

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

A special **thank you** goes out to the **Yolo Knitters Guild** who made a generous donation to the Elderly Nutrition Program this month.



INFORMATION & ASSISTANCE

SENIOR HOUSING CO-OP

Roosevelt Circle, a 60-unit apartment-style senior community, is under construction at Cantrill and 5th Street near the Police Station. Seniors 55 and over, with a maximum annual income of \$25,380 for singles, \$29,040 for couples, are eligible. All units are 1-bedroom with 605 square feet. 35% of the units are reserved for seniors with disabilities. Rentals will be on a lottery system. For more information or to apply, go to the website, <http://community.coop/davis>. You may also contact Lisa at the senior center for more information, 757-5696.

FREE FILE OF LIFE

"File of Life" provides vital medical and emergency contact information in a magnetized, red plastic packet. It hangs easily from your refrigerator to provide quick access in an emergency. Smaller wallet versions are also available. Funded by Area 4 Agency on Aging, File of Life packets are available free at the senior center.

LIBRARY TAX EXEMPTION

Low-income homeowners in Davis may qualify for the Davis Library Parcel Tax Exemption. The tax is \$42 annually. If you own your Davis home, and your household income for 2005 was under \$39,699, you are eligible. Forms can be picked up at the Davis Senior Center or the Davis Library. The deadline to file for the exemption is June 1, 2006. If you need help in completing the forms, make an appointment with Lisa at the senior center, 757-5696.

SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be at the Senior Center on **Wednesday, April 26 at 9:00 a.m.** to assist you with any questions or problems related to Social Security. Please come early because this is usually a popular service. Clients are seen on a first come, first served basis.

HEALTH & WELLNESS

YOGA FOR THE GARDENER

After a day of pulling weeds, pruning and planting, you can really feel the muscles and joints. There are yoga poses that help alleviate gardening discomfort. Join gentle-yoga instructor Lisa Erskine for a special 2-hour workshop on **Monday, April 10 at 2:00 p.m.** She will focus on beneficial yoga poses for gardeners. She will troubleshoot particular problem areas for you. And with time and awareness, those gardener aches might melt away! This one-time workshop requires advance registration and a \$10 fee. Contact the center for more information.



Other tips for keeping your gardening activity enjoyable and safe include:

- staying hydrated, even in cooler months
- wear sunscreen or hats with wide brims
- remember to use your knees when lifting
- mix it up. Doing the same motion for too long can put unnecessary strain on your body
- don't forget to stretch slowly when finished

PUTTING SPRING INTO YOUR STEP

Yes, the weather has improved, and there's no better time to set out walking through the flowering parks and neighborhoods. Organized walking groups leave from the senior center on **Monday, Wednesday and Friday mornings at 9:00 a.m.** You are welcome to join at any time. If you have not received your free pedometer to track your steps or mileage, please stop by the front desk at the center. Using a pedometer is a great way to stay motivated and track your progress.



The Senior Center has also recently been awarded a grant from the Area 4 Agency on Aging to purchase additional pedometers for our walking programs. This grant will ensure that the programs can continue long into the future!

DAVIS DYNAMOS SPRING WALK

Come join the walk on **April 15**. Leave from the Senior Center from 7:00 a.m. to 1:00 p.m. Finish by 4:00 p.m. The walks are 5 KM (3.1 mile) and 10 KM (6.2 mile). There is also a 25 KM (15 mile) bike ride.

The Davis Dynamos would like to make a special invitation to all the new Pehlke Pacers to join us and meet new people from around the area. If you are walking two miles by this time, you will find that you can easily do three miles when with a group of similar walkers. If you have not walked a Volkssport walk before, you may walk as much of the route as you would like. You are provided with maps and there are markers on the trails to help show the way. You will pass at least one restroom and water, depending on the distance which you walk.

There is also a bike event of 25 KM. You will need to provide your own bike but will receive a map to follow.

If you are interested in getting involved in Volkssporting which has walks in the Northern California every weekend, come to this walk/bike and learn more about us.

CALIFORNIA SENIOR GAMES – SACRAMENTO SPORTS CLASSIC

The Senior Games is an annual multiple sport event of athletic competition for adults ages 50+. Drawing hundreds of athletes from throughout Northern California and beyond, the Games offer competition for both novice and advanced athletes in the following sports: archery, badminton, ballroom dance, basketball, bowling, cycling, golf, horseshoes, race walk, racquetball, road race, rowing, soccer, swimming, table tennis, tennis, trapshooting, track & field, with multiple categories. If you have been competitive in the past and would like to give it a try, or just want to strive for your personal best, consider signing up for the Senior Games this spring. For more information, event registration, or to volunteer, please call (916) 808-6046 or go online to www.seniorgames.org



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 for a suggested 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. 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 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 suggested donation at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/ and then click on the right column on Senior Resource Guide.
- **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, 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.

SPECIAL EVENTS & ACTIVITIES**GOLF LESSONS**

Wildhorse Golf Course is offering their spring golf series for older adults beginning **April 10-26 on Mondays and Wednesday mornings from 8:00-9:00 a.m.** The fee is \$60 per person and includes all necessary equipment. Advanced registration is required. For more info, call the Senior Center office at 757-5696.

RED HAT SOCIETY – DSC ROCKERS

The DSC Rockers will hold a Bunco Party on **Friday, April 21 at 2:00 p.m.** at the Davis Senior Center. Bunco is an exciting dice game which is easy to learn and fun to play as it keeps you changing partners and tables to meet new friends. Bring a white elephant gift to use as a prize, exchanging odd prizes is just part of the fun. Call or stop by the front desk to sign up so we know how many tables to have.

MEN TO GATHER

The newly formed Men's Social Group will be meeting on **Wednesday, April 26 at 8:00 a.m. at Café Italia** for a breakfast social. Please call 757-5696 to be added to the group's membership list, or interested individuals may contact group facilitator, Rush Darigan at 756-0850. New members are most welcome!

**MEALS MADE EASY**

Ashley Rosales, Community Service Representative for Home Instead Senior Care, will present her popular cooking workshop using Rachael Ray's 30-Minute Meals on **Tuesday, April 25 at 1:30 pm.** April's meal will satisfy even the heartiest of appetites, with Joan Barrett joining us as Ashley's Assistant Chef. Learn how to prepare Skirt Steaks laced with Blue Cheese Butter along with Salad with Strawberries and Balsamic Vinegar. Sign ups will not be accepted until May 1 in order to ensure everyone gets an equal opportunity to attend one of these popular classes. Call 757-5696 to reserve a spot. If you would like to volunteer to be an Assistant Chef in a future class, please contact the front office. Bon appetite.

SPECIALTY CLASSES**ONGOING CLASSES**

Registration for ongoing 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 Winter/Spring 2006 Recreation Schedule.

Ballroom Dance (W, 7-8:00 p.m.)	Apr. 5 – May 10 \$25 res/\$31/\$37 non-res
Beg. Salsa Dance (W, 8-9:00 p.m.)	Apr. 5 – May 10 \$25 res/\$31/\$37 non-res
Ceramics (T, 9-11:00 a.m.)	Ongoing – Join anytime! \$5 per month
Dance & Jam Session (F, 2:15-4:00 p.m.)	April 14 & 28 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing thru April 28 \$6/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	April 4 - 25 \$18/res/\$24/\$30 non-res
(T, 11:30-12:30 p.m.)	\$18/res/\$24/\$30 non-res
Frail To Fit (TTh, 1:30 -2:30 p.m.)	April 4 - 27 \$20 res/\$26/\$32 non-res
Linedancing (W, 3:30-5:00 p.m.)	April 5 - 26 \$15 res/\$21/\$27 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	April 13 & 20 \$8 res/\$14/\$20 non-res*
	*plus material fee payable to instructor
Sr. Adult Fitness (MWF, 7:30-8:30 a.m.)	April 3 - 28 \$25 res/\$31/\$37 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	April 4 - 25 \$16 res/\$21/\$28 non-res
Tap Dancing (M, 3:00-5:00 p.m.)	Ongoing – join anytime! No fee
Walk n' Talk (MWF, 9-10:00 a.m.)	Ongoing – Join anytime! No Fee
Yoga - Intermediate (MTh, 8:30-10 a.m.)	April 6 – May 1 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	April 6 – May 1 \$32 res/\$38/\$44 non-res

BRIDGE LESSONS

Instructor Jo Wragg begins her new Spring series of bridge lessons, running **April 6 through May 25**. The morning class, **9:30-11:30 a.m.**, will emphasize Bridge #4 -Spade Series, and the afternoon class, 1:00-3:00 p.m. will emphasize Bridge #8 -3 Star Conventions. The cost of each session is \$32 for residents, and advanced registration is required.

**OIL & ACRYLICS**

The Oil & Acrylics class continues to meet **Monday mornings at 9:00 a.m.** During the month of April, they will display paintings done in class and at home over the last few months. New painters are always welcome.

ONE-STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is continuing her painting classes on **Thursday mornings, 9:00 to 11:30 a.m. on April 13 & 20**, with emphasis on Camellias and Marigolds. 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, and advance registration is required. Class fees are discounted for multiple registration dates. Inquire at the office for class brochures, material costs and subsequent sessions.

WATERCOLOR CLASS

If you are thinking of watercolor painting as a hobby come and join the senior group on Friday mornings at the center. Every month a different instructor volunteers to guide the class. Mildred Franklin will be helping the group enjoy the painting process in April.

Students arrive about 9:00 a.m. with instruction beginning 9:30 a.m. Bring watercolor paper, paint brushes and a container for water. Then relax, splash the colors around and enjoy the friendly group.

SUPPORT GROUPS

Alzheimer's Support – Wednesday, April 19 at 10:00 a.m.

Breathers Support – meets on the 4th Thursday of every month, **April 27 at 1:30 p.m.**

Diabetes Support – no meeting in April.

Kidney Dialysis Group - If you would be interested in joining a new dialysis support group at the senior center, please call 757-5696. If there is enough interest, we will start a group.

Parkinson's Support – Thursday, April 27 at 1:30 p.m.

Peripheral Neuropathy Support – Wednesday, April 12 at 2:00 pm

Vision Support – Wednesday, April 19 at 10:30 a.m., Mary Jane Kayes, librarian in charge of outreach for the State Library for the Blind and Physically Disabled, will speak about the library's services.

MISCELLANEOUS

A SPECIAL THANK YOU TO THE YOLO COMMUNITY FOUNDATION

The Yolo County Information & Assistance program, which consists of the three Focal Point Senior Centers in Davis, West Sacramento, and Woodland, would like to express our gratitude to Mort Schwartz and the Yolo Community Foundation for their recent donation of \$900 to assist in the printing of our most recent edition, the 2006 Yolo County Older Adult Resource Guides. This guide is a valuable tool not only for older adults throughout the county, but also to local service providers. Stop by the front desk to pick up a copy for you or someone you care about. The 20-page brochure lists the names and phone numbers of local agencies and services for older adults.

VOLUNTEER INCOME TAX ASSISTANCE DRAWS TO A CLOSE

The AARP Volunteer Income Tax Assistance program is drawing to a close on Saturday, April 15. This free service is designed to assist low-to moderate-income taxpayers with special emphasis given to those 60 years and over. Appointment times can be made by calling 757-5696, while they last.

SENIOR CAMP

Do you miss summer camps of your youth? Well, miss it no more! The City of Sacramento's 50+ Wellness Program offers Senior Week, **August 28 through September 1**, at Camp Sacramento, located 18 miles west of South Lake Tahoe in the beautiful El Dorado National Forest.

The Davis Senior Center will be coordinating a small group to attend this wonderful camp, which offers personal growth workshops, arts and language workshops, traditional camp activities, short hikes around camp, plus plenty of opportunities for reading, relaxing & napping!

Space is extremely limited, so please contact Chris in the main office for trip flyers and detailed reservation information. Rates range from \$215-\$310 per person, and includes 5 days, 4 nights lodging, 3 daily meals, transportation to and from camp by chartered bus. A \$20 per person, non-refundable deposit, is required to reserve your space by **Friday, April 21**, payable to the City of Sacramento. The balance of the trip fee is payable in full no later than Friday, June 30.

ADVENTURE CAMP

Are you the more adventurous type, and like to explore the many lakes and vistas surrounding Lake Tahoe? Well, this might just be the camp for you! The City of Sacramento's 50+ Wellness Program offers Adventure Week, **August 21 through August 25**, at Camp Sacramento, located 18 miles west of South Lake Tahoe in the beautiful El Dorado National Forest.

The Davis Senior Center will be coordinating a small group to attend this wonderful camp, which offers day hikes in the Tahoe Basin area, kayaking, mountain biking, horseback riding, and more! This camp is designed for those more active, able-bodied individuals who like to push themselves to new heights.

Space is extremely limited, so please contact Chris in the main office for trip flyers and detailed reservation information. Rates range from \$230-\$325 per person, and includes 5 days, 4 nights lodging, 3 daily meals, transportation to and from camp by carpooling arranged through the Senior Center. A \$20 per person, non-refundable deposit, is required to reserve your space by **Friday, April 21**, payable to the City of Sacramento. The balance of the trip fee is payable in full no later than Friday, June 30.

VIDEO MOVIES

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

April 7 – Walk the Line– Academy-award nominated story of Johnny Cash & June Carter Cash.

April 14 – Rebecca – This 1940 Hitchcock film won an Oscar for best picture. Stars Joan Fontaine and Lawrence Olivier.

April 21 – The Wild Parrots of Telegraph Hill – Critics loved this documentary about birds that were released in San Francisco and a local man who cares for them.

April 28 – Pride and Prejudice – Actress Kiera Knightley won a best actress nomination for her role in this Jane Austen story.

THE GIFT OF GIVING

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



Davis Dynamos	\$ 10
Dynabands	\$246
Duplicate Bridge – Monday	\$ 48
Handy Helpers Donations	\$ 10
Hem & Haw (SCD)	\$219
Information & Assistance	\$ 4
Internet Users Group	\$ 23
Mac Users Group	\$ 60
Medical Equipment Donations	\$232
Memoirs Class (Thursday)	\$125
Memoirs Class (Friday)	\$116
Miscellaneous	\$1003
Monday Night Social Bridge	\$ 15
Pinochle Players	\$ 10
Tax Preparation Donation	<u>\$ 15</u>
Total	\$2,136

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.

April 13 – Boomtown - \$10 cash, \$5 food. Pick up Davis Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. with drop offs at both places. \$25

April 25 – Rooftop Gardens of San Francisco – Wait list.

May 2 – Giants Baseball Game – See the San Francisco Giants go up against the San Diego Padres. Great seats! \$95

May 11 – Silver Legacy - \$10 cash, \$5 food. \$25

May 27 – 29 – Mammoth Holiday – Wait list.

June 8 – Nugget Sparks - \$10 cash, \$3 food. \$25

June 15 – Tahoe’s Historic Treasure – Tour Thunderbird Lodge, an “Old Tahoe” mansion. Lunch included at Jake’s-on-the-Lake. \$98

June 20 – Monet and Normandy – at the Palace of Legion of Honor, San Francisco. Also Fourth St. in Berkeley for lunch on your own. \$60

July 3 – 7 – Travelaires office closed

July 15 – Nordstrom Shopping and “Menopause the Musical” – Wait list.

July 28-Aug. 9 – Northern Exposure – Circle British Columbia – A spectacular motor coach trip includes inside passage cruise to Prince Rupert with meals included, travel via the vintage Malahat Train, historic fishing villages, breathtaking scenery of Whistler, Sky and Sea Highway and much more. \$2470 dbl. add \$675 ss.

August 10 – BoomTown - \$10 cash, \$5 food. \$25

August 23-26 – Ashland – Stay at the historic Ashland Springs Hotel, just one block from

theatres. Includes productions at Elizabethan Stage, Bowmer Theatre and Cabaret Theatre. Lunch and free time at Jacksonville. \$755 pp dbl., add \$277 ss.

Sept. 18-23 – Reagan Library, Channel Islands, Santa Barbara - Three-night stay at the Crown Plaza on the beach at Ventura. Cruise around the Channel Islands, known as the “American Galapagos,” visit the Reagan Library and the new Air Force One Pavilion. Spend a day with a local guide on a deluxe tour of Santa Barbara. On the way home, stop for lunch at Eberle Winery. \$660 pp dbl., add \$185 ss.

Sept. 26 – Apple Hill – Always a favorite day trip. Visit Apple Hill ranches, hosted BBQ chicken lunch with apple pie. Free time at High Hill Ranch.

October 18 & 19 – Autumn Amtrak – From Davis, ride through the autumn colors of the Sierra. Disembark in Truckee and stroll the historic gold rush town before boarding our motor coach to Reno. Overnight stay is at the Siena Hotel Spa and Casino. Located on the bank of the Truckee River, this upscale hotel will delight you. Next day visit the Western Pacific Railroad Museum in Portola, lunch at Nakoma Resort, a Frank Lloyd Wright masterpiece and then ride through the fall colors of Feather River Canyon. \$215 pp dbl., add \$36 ss.

October 26 – Chrysanthemums in Bloom – Tour Kings Mums, lunch at Wholey Ravioli, tour Spaans Cookie factory. \$52

October 31- November 7 – Branson and Beyond – This is not your usual Branson trip. We’ll fly to Little Rock, Ark, tour the city and visit the Clinton Presidential Library. We’ll visit Hot Springs, Ark. Nationally known for its thermal spas. The entire town is a National Park and features elaborate Spanish Renaissance Revival architecture which pays tribute to deSoto’s early exploration of the area. Next, explore Eureka Springs, Ark., known as “Little Switzerland” and then to Branson, MO, where we’ll see a diverse selection of entertainment. If you’ve never been to Branson, you’ll be surprised and delighted. \$2330 pp dbl., add \$395 ss.

December 23-26 – Christmas at the Hotel del Coronado – The experience of a lifetime. See Travelaires office for details.

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

April 2006

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

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 3:00pm Tap Dance 6:30pm Social Bridge 6:30pm Turkish Cooking 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 10:00am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line Dance	6 8:30am Yoga 9:30am Bridge Class 9:30am Memoirs 12:30pm Bingo 1:00pm HICAP* 1:00pm Bridge Class	7 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:00am Scrabble 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.* 2:00pm Yoga for Gardeners* 3:00pm Tap Dance 6:30pm Social Bridge 6:30pm Turkish Cooking 7:00pm Internet Users Group 7:00pm Square Dancing	11 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 6:30pm Mac Users Grp	12 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 11:00am Blood Pressure Check 12:30pm Bingo 1:00pm Bridge Class 2:00pm Sr. Commission Mtg.	14 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:00am Scrabble 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance Sat. April 15 7:00am Dynamos Spring Walk
17 8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dance 6:30pm Social Bridge 6:30pm Turkish Cooking 7:00pm Square Dancing	18 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 1:00pm Bridge/Pinochle	19 10:00am Alzheimer's Sup Grp 10:30am Vision Sup Grp 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line Dance 6:00pm International Party*	20 8:30am Yoga 9:00am HICAP* 9:00am One Stroke Painting* 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:00pm Bridge Class	21 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:00am Scrabble 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events 2:00pm Red Hats – Bunko* 22 Saturday, 12:00 Bingo
24 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 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Turkish Cooking 7:00pm Square Dancing	25 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd Mtg 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Meals Made Easy*	26 8:00am Men's Social Group at Café Italia 9:00am Social Security Rep 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line Dance	27 8:30am Yoga 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:00pm Bridge Class 1:30pm Breathers Sup Grp 1:30pm Parkinson's Sup Grp	28 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:00am Scrabble 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance

April 2006

Elderly Nutrition Program of Yolo County People Resources, Inc.

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
3 Southern Chicken Fried Steak w/Country Gravy Mashed Potatoes Sweet Peas & Carrots Texas Bread Fruit Cocktail	4 SCD Potluck No ENP meal today MOW delivery only	5 Cheddar, Beef & Biscuit Stratta Oven Roasted Red Potatoes Swiss Chard Rye Crisp Crackers Plums	6 Teriyaki Chicken w/Pineapple Slices Steamed Rice Oriental Vegetables Fortune Cookie Chocolate Pudding	7 Red Cabbage Salad Breaded Fish w/Tartar Sauce Cheezy Pasta Seven Grain Roll Seasonal Fresh Fruit
10 Chicken Parmesan Sour Cream & Chive Potatoes California Blend Vegetables Wheat Bread Citrus Salad	11 B-12 Rich Meal BBQ Beef on a Bun Texas Beans Buttery Corn w/Bells Applesauce	12 AARP Potluck Chicken Cobb Salad Bed of Greens topped w/Chicken, Tomatoes, Egg, Cheese, Bacon w/Avocado Dressing French Roll Raspberry Whip	13 Happy Easter Baked Ham w/Glaze Sweet Potatoes Seasonal Fresh Vegetables Corn Bread Muffin Special Dessert	14 Three Bean Salad Cheese Ravioli in Marinara Sauce Broccoli Baguette Apricots
17 Swedish Meatballs Mashed Potatoes Scandinavian Blend Vegetables Raisin Bread Tapioca Pudding	18 Tuna Salad on Bed of Greens w/Cherry Tomatoes, Carrots Italian Pasta Salad w/Broccoli Multigrain Roll Fruited Gelatin	19 Turkey Breast Filled w/Bread Stuffing Cranberry Sauce Brussel Sprouts Honey Wheat Roll Seasonal Fresh Fruit	20 Spinach Salad Pepper Steak Baked Potato w/ Sour Cream French Bread Baked Dessert	21 Maui Lemon Chicken Rice Pilaf Ginger Carrots Hawaiian Roll Tropical Fruit
24 Beef Burgundy Parslied Noodles Alleato Blend Vegetables Whole Wheat Bread Mandarin Orange Segments	25 Good Source of Fiber Tossed Green Salad California Cheese Enchilada Mexicali Beans Pineapple Tidbits	26 Happy Birthday Day!! Fruit Juice Oven Roasted Chicken AuGratin Potatoes Mixed Vegetables Biscuit Birthday Cake	27 Broccoli Salad Ham & Cheese Sandwich On Sourdough w/lettuce & tomato Lemon Pudding	28 Layered Meatloaf w/Bistro Sauce Buttery New Potatoes Stewed Tomatoes Wheat Roll Pears

\$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