

**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 XXXIV, Number 8

Office Fax: (530) 758-0463

August 2006

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/

## ICE CREAM SOCIAL & VOLUNTEER RECOGNITION

Beat the heat at our annual Ice Cream Social and Volunteer Party on **Thursday, August 17 at 3:00 p.m.** at the Senior Center.

This event is designed as a celebration for all of you who help make this center run smoothly, and whose special touches make our center such a wonderful place to visit. You and friends will be able to build your own sundae (sugar-free ice cream will also be available) with lots of toppings, while listening to the wonderful tunes of *The Melody Makers*. This fun group of musicians will be performing a variety of music for dancing and singing and remembering. You are not going to want to miss this ice cream social extravaganza!



To reserve your spot, please call 757-5696 no later than **Friday, August 11.**

Although the main emphasis is to honor those volunteers who make our center so special, this event is open to everyone, so feel free to bring your family, friends, and grandchildren alike!

Thank  
You

## WORLD RELIGIONS

"The Language of Peace in World

Religions" will be the topic for a senior center presentation by Maria Jaoudi, professor of religious studies at CSU Sacramento, on **Friday, August 18 at 10:30 a.m.** This is a wonderful overview used by Dr. Jaoudi in her Introduction to the



World Religions class at Sac State. Please reserve your seat by calling 757-5696.

Christine Helweg, Community Services Supervisor  
Lisa DeAmicis, Information & Assistance Coordinator  
Jan Butler, Senior Office Assistant

### SENIOR CENTER STAFF

Leslie Nelson, Nutrition Site Manager

Brianna Diaz, Asst. Program Coordinator  
Katacha Diaz, Asst. Program Coordinator  
Kay Jeffery, Travelaires Executive Director

## SENIOR CITIZENS OF DAVIS

### Promoting Independent, Healthy Lifestyles

#### SCD POTLUCK . . .

**August 1** will be our Hawaiian Luau. We begin at 11:30 with punch and chips and dip. Entertainment will be provided by Tommie's Happy Tappers who come to us from Sacramento.

In honor of August's heat we will have all cold food. People whose last name begins with **A-H should bring desserts, I-R salads, and S-Z cold cuts or salad.** As always guests unable to bring a dish may contribute \$5.00 per person. Each person should bring a plate and utensils.

#### SUNSHINE LADY

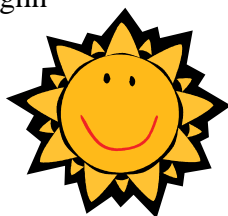
Sunshine Lady Louise DeMasi reports that for the last half of June and first half of July, cards were sent to the following:

*Get well* cards to Marilyn Vaughn and Ada Silber.

*Thinking of You* cards to Betty & Earl Lentz, Bill Griggs, Bill & Mercedes McElwain, Jeanette Gonzales, Don Gerriets, Eleanor Gardias, Teresa Bumgardner, Helen McEnroe and Harriet Dolbeck.

*Sympathy* cards to the family of Frederick Sobeck, family of Robert Brazelton, family of Ernest Gifford, family of Herbert Schmalenberger, family of Helen Mugnier and family of Max Rothe.

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 JUNE - JULY

Please join us in welcoming the following new SCD members Mildred Hays, Barbara Drushell, Kathryn Pedroni, Mariesa Nyman, Carrie Rock, Bernard & Sylvia Dresher, Margaret Schwab, Sandy Brito, Johanna Davies and Nancy Fritts.

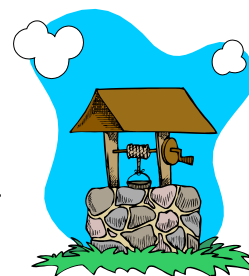
## DAVIS COMMUNITY TRANSIT

August is here already and the summer is almost over! We have had one month at our new fare increase and we would like to thank all of our customers for adjusting so well to the change. Please remember if a guest is traveling with you the

fare for the guest is \$2.00 1-way. We would like to welcome Mike Baldwin back to DCT. We received a phone message from Jorge on the 4th of July saying "hi" and to let us all know that he is well and can't wait to come home. For those of you who don't know Jorge, he is a former DCT driver who left in April to train for Iraq and we look forward to his safe return.

#### THE GIFT OF GIVING

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



Davis Dynamos	\$ 10
Duplicate Bridge – Monday	\$ 59
Hem & Haw (SCD)	\$161
Information & Assistance	\$ 35
Internet Users Group	\$ 24
Mac Users Group	\$ 32
Medical Equipment Donations	\$215
Miscellaneous	\$ 52
Nostalgics	\$ 35
Social Bridge – Monday evening	\$ 15
Thursday Memoirs	\$160
Tap Dancers	\$ 31
Tuesday Pinochle	<u>\$ 12</u>
Total	\$841

*Thank you for your continued support of our programs and services!*

## BEHIND THE SCENES: Staffing Update

#### CONGRATULATIONS TO OUR NEW ASSISTANT PROGRAM COORDINATOR

Well, you have probably seen her behind our front counter on Wednesday mornings as an office volunteer, but this past month Katacha Diaz was selected as the new Assistant Program Coordinator. Katacha brings to the center more than 30 years of administrative and research experience. She graduated from the University of Washington and worked in academia and as a freelance writer. Katacha grew up in Miraflores, a suburb of Lima, Peru, South America. She has also been a volunteer

for the Big Sister Program in Sacramento, Peace Corps in Venezuela, and an orphanage in Thailand.

Katacha's responsibilities will include assisting the Director with ongoing programs and activities. In her spare time, Katacha likes to travel, read, garden, volunteer at Mondavi Center, and take her Yorkie, Mr. Keeper, on walks!

### CLUBS & SPECIAL INTERESTS

#### AARP POTLUCK

AARP's next meeting will be held **Wednesday, August 9** beginning at 11:30 a.m. Rita Martin will talk on the June 6th election: why it took so long to count the ballots by hand, why some ballots didn't count, voters' responsibility and how to be sure your vote counts.

Members should bring a guest and their own table service, food to share or a \$5.00 donation. Members with last names beginning A-G dessert H-Z salad. any questions call Maxine 753-0266.

#### BOOK REVIEW

Join us on **Tuesday, August 15 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...

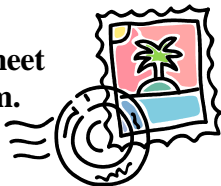
On **Tuesday, August 15 at 10:30 a.m.**, Stan Forbes will lead an in-depth discussion on this past month's book selection, *The Whole World Over* by Julia Glass, winner of the National Book Award for *Three Junes*. The book selection for September will be determined at this discussion meeting.

#### CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, August 4 & 18 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

#### DAVIS STAMP CLUB

The Davis Stamp Club will meet **Tuesday, August 1, 7:00 to 8:00 p.m.** For more information, call Anne Hance at 753-7265.



#### SENIOR CITIZENS COMMISSION

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

#### GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club Library is open Wednesdays and Fridays from 1:00 to 4:00 p.m. A volunteer is available to help with questions at these times. We will not be holding a club meeting in August. Look for our club announcement in September and/or visit our new club website at: <http://davisgenealogy.org> 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, August 14.** The topic will be "What do you do with your digital pictures?" The main topic will be how to share our digital photos with family and friends. Along the way we'll remind ourselves about how to prepare images for sharing – especially if we want to share them by email. We will also take a look at some Internet photo sites such as Flickr where our photos can reside to be enjoyed by those to whom we provide the password.

For more information, call Anne Hance at 753-7265, Lois Richter at 758-5058 or Carol Harting at 756-4654.

#### 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, August 8.** For more information, call Michael Beaucage at 758-7639.



#### MEN TO GATHER

The Men's Group will meet on **Wednesday, August 23 at 10:00 a.m.** in the lounge at the senior center. Newcomers are always welcome.

#### RED HAT SOCIETY – DSC ROCKERS

The DSC Rockers Red Hat Society will meet on **Friday, August 18 at 2:00 p.m.** Wear your red hat and purple accessories and join in the fun for an organizational meeting with the Director. We'll have some lemonade, laughter, fun and games. Special prizes awarded to those attending!

## 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!



**Friday, 8/4 “National Chocolate Chip Day”** - Come and enjoy cashew chicken, brown rice blend, cauliflower, honey wheat roll and, of course a chocolate chip cookie.

**Friday, 8/10 “Celebrate Kool-Aid Day”** - with beef tips in tomato sauce with onion and green peppers, rotini pasta, capri blend vegetables, multigrain roll, and a melon wedge.

**Wednesday, 8/30 “Happy Birthday”** – help us celebrate our August birthdays with fruit juice, seafood salad, chilled marinated beets, oyster crackers, 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*

### 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)
- **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.

## INFORMATION & ASSISTANCE

### EMERGENCY HOME CARE

Yolo County has launched a new program to provide emergency on-call home care services to the elderly (age 65+) and disabled residing in the county. The program received grant funding and is free. The service is for those with an immediate personal care need that puts them at risk for health, safety or welfare. For example, your usual care provider didn’t show up, or you haven’t hired someone yet, and the lack of personal care puts you at risk. Personal care could be meal prep, feeding, bowel and bladder care, picking up prescriptions, assistance with respirator, ambulation, etc. To ask for service, call (530) 681-0473. Questions about the program can be directed to the Yolo County Public Authority at 661-2676.

### HOMEOWNERS AND RENTERS ASSISTANCE

You are eligible for this once-a-year rebate if your household income for 2005 was \$40,811 or less; and you are 62 or older, blind or disabled; and you are a US citizen, designated alien or qualified alien when you file the claim; and you owned and occupied your home or mobile home on December 31, 2005; or you paid at least \$50 rent each month. This State of California rebate program runs July 1 - August 29. Trained volunteers can help you fill out the forms. Call 757-5696 to arrange an appointment.

### GADGETS GOT YOU CONFUSED?

Setting up your VCR, fixing your personal computer, operating your new cell phone – it can all be such a challenge. With our newest Handy Helper volunteer the senior center now offers free in-home assistance with these challenging tasks. Bill also brings experience with general electrical and plumbing repairs. We are lucky to have five wonderful volunteers willing to help with a variety of home repair issues. Their labor is free. You pay only for materials. Call 757-5696 if you have some projects for our Handy Helpers.

## SUPPORT GROUPS

*The Davis Senior Center does not endorse the opinions, services or products discussed in support groups. The meetings are for informational and sharing purposes only. Participants are encouraged to consider a variety of sources when making decisions about their health.*

**Alzheimer's Support – Wednesday, August 16 at 10:00 a.m.**

**Breathers Support – Thursday, August 24 at 1:30 p.m.** “Strength Training with DynaBands” will be the topic for speaker Russ Imbat, who is a registered clinical exercise physiologist with the Cardiac Rehabilitation Program at Sutter Davis Hospital. The session will include relaxation techniques and breathing training. Newcomers are welcome.

**Diabetes Support** – Meetings resume in September.

**Parkinson's Support** – Meetings resume in September.

**Peripheral Neuropathy Group – Wednesday, August 9 at 2:00 pm** “Practical Products for Neuropathy Fair” is the topic, with Omar Magana of Sacramento Van Conversion. He'll demonstrate assistive devices to keep disabled persons driving; and Kathy Robinson, Nikken consultant, demonstrating several Nikken products that can help with neuropathy symptoms.

**Vision Support** – Meetings resume in September.

## VOLUNTEERS NEEDED

### HELP THOSE IN NURSING HOMES

Are you interested in learning how to make a difference in the lives of long-term care facility residents? The Ombudsman Services of Northern California is seeking volunteers for the Long-Term Care Ombudsman Program. Volunteers work to enhance the quality of life and care for residents by advocating on their behalf. The Ombudsmen make a positive contribution to the lives of residents



in nursing homes and residential care facilities, through one-on-one and group advocacy. Call 668-5775 for more information.

## VIDEO MOVIES

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

**August 4 – Girl Crazy** – June Allyson joins the cast with Mickey Rooney and Judy Garland.

**August 11 – Brokeback Mountain** – A non-traditional love story featuring two cowboys and some great scenery.

**August 18 - Monty Python and the Holy Grail** – King Arthur and his knights embark on a low-budget search for the Grail, encountering many very silly obstacles.

**August 25 – A Streetcar Name Desire** – Marlon Brando at his best.

## MISCELLANEOUS

### VACATION SCAMS

Watch for vacation offer certificates or “checks” that arrive unsolicited in your mailbox. One senior center participant recently brought in a “boarding voucher” she received from Ramada Plaza Resorts, which has generated thousands of complaints for bait and switch tactics, according to AARP. Be skeptical of such offers, and contact Lisa at 757-5696 if you would like help in deciphering them.



### GRANDPARENTS WORKSHOP

“Second Time Around - A Celebration of Grandparents & Kinship Parenting Again” will be held **Saturday, September 9, 8:30 a.m. to 2:30 p.m. at American River College in Sacramento.** Panels, sharing, keynote speakers, food, resource fair and more. For more information contact Jane Stan (916) 486-1876 or e-mail at [jstan@a4aa.com](mailto:jstan@a4aa.com).

## 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 by American Medical Response (AMR) Ambulance Services on the 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** - Single copies available at the front desk. You can also find the Guide on the internet at [www.cityofdavis.org/pcs/seniors/](http://www.cityofdavis.org/pcs/seniors/), 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 counselor. First and third Thursdays of each month.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call 757-5696 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 or partial 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. Scholarships are available up to a maximum of \$125 per calendar year, and can only be used for the cost of the class, excluding materials/lab fees. 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.

## 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](http://www.cityofdavis.org/webreg). For more information, call 757-5696, or refer to the City's Summer 2006 Recreation Schedule.

<b>Ceramics</b> (T, 9-11:00 a.m.)	<b>Ongoing – Join anytime!</b> \$5 per month
<b>Dance &amp; Jam Session</b> (F, 2:15-4:00 p.m.)	<b>Aug 11 &amp; 25</b> No fee
<b>Dynabands</b> (MWF, 2-3:00 p.m.)	<b>August</b> \$6/res & non-res
<b>Feldenkrais</b>	<b>No classes in Aug</b>
<b>Slow &amp; Easy</b>	<b>No classes in Aug</b>
<b>Linedancing</b>	<b>No classes in Aug</b>
<b>Nostalgiacs Singing</b> (F, 1-2:00 p.m.)	<b>Ongoing – Join anytime!</b> No fee
<b>One-Stroke Painting</b> (Th, 9-11:30 a.m.)	<b>Aug 10 &amp; 17</b> \$8 res/\$14/\$20 non-res* *plus material fee payable to instructor
<b>Fitness for Life</b> (MWF, 7:30-8:30 a.m.)	<b>Aug 2 - 25</b> \$28 res/\$34/\$40 non-res
<b>Tai Chi/Chi Gung</b> (T, 9-10 a.m.)	<b>Aug 1 - 22</b> \$17 res/\$23/\$29 non-res
<b>Tap Dancing</b> (M, 3:00-5:00 p.m.)	<b>Ongoing – join anytime!</b> No fee
<b>Walk n' Talk</b> (MWF, 9-10:00 a.m.)	<b>Ongoing – Join anytime!</b> No Fee
<b>Yoga - Intermediate</b> (MTh, 8:30-10 a.m.)	<b>July 31 – Aug 24</b> \$48 res/\$54/\$60 non-res
<b>Yoga – Chair Intro</b> (MTh, 10:30-11:30 am)	<b>July 31 – Aug 24</b> \$32 res/\$38/\$44 non-res

### OIL & ACRYLICS

The Valente Room is available from 9 – 11 a.m. Monday mornings throughout the summer for those wishing to continue their painting. It is a good time for newcomers to drop in and see for yourselves what a wonderful environment can do for motivation. A few regular painters are usually there.



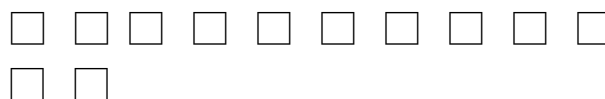
ATCs (artist trading cards) can be worked on during the Monday sessions in August. Autumn Labbe-Renault will show us some techniques and we'll all get to make ATCs. There will be a public ATC exchange on September 22.

### ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to draw **tulips on Thursday morning, August 10 and water lilies on Thursday, August 17, 9:00 to 11:30 a.m.** These classes are a fun and simple way to learn decorative painting. The fee for the 2 classes is \$8 for residents, plus a materials fee, advance registration is required. Inquire at the office for class brochures, material costs and subsequent sessions.

### WATERCOLOR CLASS

The Friday morning senior watercolor painters have no formal classes during August. However, the room is available on Friday mornings for anyone wishing to paint, relax and visit with others. All are invited.



### BEAT THE HEAT

You are at higher risk of health problems from the heat if you are:

- Over 65
- Socially isolated
- Restricted in your ability to move
- Taking certain medications (for blood pressure, depression, insomnia, etc.)

Dehydration can be a real problem for older adults. As we age, we have a lower amount of total body water. Our kidneys need more fluids to function as efficiently as they used to, but our thirst for plain water may decrease with the years. So, drinking enough water, especially on hot days, can be critical to our health. During a heat wave, stay indoors and use air conditioning or a fan. Eat light meals. Take a cool shower or apply a cool washcloth to your forehead or wrists. Remember the senior center is air conditioned and open weekdays. Transportation is available through Davis Community Transit, 757-4408.

**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.**

**August 10 – BoomTown** - \$10 cash, \$5 food coupon. \$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, nestled in the foothills of the Siskiyou Mountains. \$755 pp dbl., add \$277 ss.

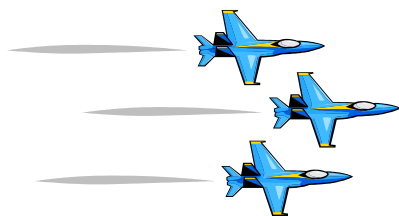
**September 14 – Nugget, Sparks** - \$10 cash, \$3 food coupon. \$25

**Sept. 18-21– Santa Barbara, Channel Islands, Reagan Library** - 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. \$49



**October 7 – Fleet Week’s Blue Angels** – Board the San Francisco Belle and enjoy a champagne lunch as you cruise San Francisco Bay. Watch the daring pilots of the Blue



Angels, known for their acrobatics and incredible flying maneuvers. \$119

### **Look!**

**October 11 – Annual Mystery Trip** – What mysterious day adventure awaits you! Hurry, this one goes fast! \$130

**October 18 & 19 – Autumn Amtrak** – Wait list.

**October 26 – Chrysanthemums in Bloom** – Wait list.

**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. and explore Eureka Springs, Ark., known as “Little Switzerland.” 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.

**November 29 – A Christmas Carol** – Located in the historic Columbia State Park, the highly acclaimed Sierra Repertory’s Fallon House presents a fresh adaptation of the Dickens holiday classic, A Christmas Carol. Lunch is included in the City Hotel located in the park. \$91

**December 7 – Shopping at the Roseville Galleria** – Enjoy shopping for the holidays. Lunch on your own in one of the many restaurants in the Galleria. \$25



**December 10 – Black Nativity** – A Gospel Celebration of Christmas. In its 25<sup>th</sup> year, Black Nativity is a soulful rendition with extraordinary voices, exciting dance and glorious music. Orchestra seating at Lorraine Hansberry Theatre in San Francisco. Lunch at Neptune’s Palace. \$90

**December 23 – 26 – Christmas at the Del Coronado** – a few spaces available. \$1225 pp dbl., and \$421 ss

**December 29 – January 1 – New Year’s Eve in Palm Springs**

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

# August 2006

Transportation Services 757-4408  
Senior Center Office 757-5696

## Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00am Ceramics 9:00am Tai Chi <b>11:30am SCD Mtg/Potluck</b> 1:00pm Bridge/Pinochle 7:00pm Stamp Club	<b>2</b> 10:30am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	<b>3</b> 9:30am Memoirs 9:30am Bridge Class* 12:30pm Bingo 1:00pm Bridge Class* 1:30pm HICAP*	<b>4</b> 9.30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
<b>7</b> 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	<b>8</b> 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle 7:00pm Mac Users Grp	<b>9</b> <b>11:30am AARP Mtg/Potluck</b> 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy Sup 7:00pm Ballroom & Salsa*	<b>10</b> 9:00am One-Stroke Painting 9:30am Memoirs 9:30am Bridge Class* 11:00am Blood Pressure Check 12:30pm Bingo 1:00pm Bridge Class* 2:30pm Sr Commission Mtg	<b>11</b> 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance
<b>14</b> 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 2:00pm Legal Asst.* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing	<b>15</b> 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:30am Senior Center Reads 1:00pm Bridge/Pinochle	<b>16</b> 10:00am Alzheimer's Sup 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom & Salsa*	<b>17</b> 9:00am One-Stroke Painting 9:30am Memoirs 12:30pm Bingo 1:30pm HICAP* <b>3:00pm Ice Cream Social &amp; Volunteer Recognition*</b>	<b>18</b> 9:30am Watercolor Painting 9:30am Memoirs <b>10:30am World Religions Talk</b> 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events <b>2:00pm Red Hat Society</b>  <b>Sat. Aug 19 12:00 SCD Bingo</b>
<b>21</b> 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	<b>22</b> 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle	<b>23</b> <b>10:00am Men's Group</b> 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom & Salsa*	<b>24</b> 9:30am Memoirs 12:30pm Bingo 1:30pm Breathers Sup Grp	<b>25</b> 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance
<b>28</b> 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 6:30pm Social Bridge 7:00pm Square Dancing	<b>29</b> 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd. Meeting 10:15am Feldenkrais 1:00pm Bridge/Pinochle	<b>30</b> 1:00pm Hem & Haw 1:00pm Poker	<b>31</b> 9:30am Memoirs 12:30pm Bingo	<b>1</b> 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics

# August 2006

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 SCD Potluck/Meeting</b>  No ENP meal today MOW Delivery Only	<b>2</b> Roast Turkey w/Gravy Mashed Potatoes Swiss Chard Whole Wheat Bread Blushed Pears	<b>3</b> Egg Salad Bowl Crisp Greens topped with celery Swinging String Pasta Salad Rye Crisp Crackers Ambrosia	<b>4 National Chocolate Chip Day 4</b> Cashew Chicken Brown Rice Blend Cauliflower Honey Wheat Roll Chocolate Chip Cookie
<b>7</b> BBQ Pork Riblet Cowboy Beans Cauliflower Biscuit Fruit Cup	<b>8</b> Apricot Nectar Oven Fried Potatoes Hamburger on Bun w/Lettuce, Tomato, Pickle, Condiments Baked Dessert	<b>9 AARP Potluck or</b> Creole Shrimp w/Peppers, onions, mushrooms Served over Steamed Rice Green Beans Whole Wheat Roll Fruited Gelatin+	<b>10</b> Chicken Cobb Salad w/ Lettuce, Tomatoes, Egg, Bacon Cheese w/Avocado Dressing Baguette Tapioca Pudding	<b>11 Celebrate Kool-Aid Day</b> Beef Tips in Tomato Sauce w/Onion & Green Peppers Rotini Pasta Capri Blend Vegetables Multigrain Roll Melon Wedge
<b>14</b> Breaded Fish Filet w/Tartar Sauce Sour Cream & Cheddar Spuds Peas & Carrots* Cracked Wheat Bread Pineapple Tidbits	<b>15</b> Roasted Herb Chicken Old Fashioned Stuffing Chef's Blend Vegetables Wheat Bread Seasonal Fresh Fruit	<b>16</b> Fresh & Savory Vegetable Salad Pastrami Sandwich w/Swiss Cheese, Lettuce, Tomato on Rye Bread Baked Dessert	<b>17</b> Turkey Mourny w/Broccoli Parslied New Potatoes Seven Grain Roll Cinnamon Apple Slices	<b>18 <span style="border: 1px solid black; padding: 2px;">Beta-Carotene Rich Meal</span></b> Baked Ham with Glaze Sweet Potatoes a la Orange Brussel Sprouts Raisin Bread Pears
<b>21 <span style="border: 1px solid black; padding: 2px;">Good Source of Magnesium</span></b> Twice Baked Potato Topped w/Chicken, Bacon & Cheese Spinach Honey Wheat Roll Applesauce	<b>22</b> Confetti Coleslaw BBQ Beef on a Bun Ranch Style Beans Lemon Pudding	<b>23</b> Fruit Juice Oven-Fried Chicken Potato Salad Steamed Baby Carrots Biscuit	<b>24</b> Pan Style Spaghetti Pie w/Cheese Italian Blend Vegetables Garlic Bread Mandarin Orange Segments	<b>25</b> Fruit Juice+ Tuna Salad on Bed of Lettuce w/Tomato Wedge and Olives Petite Bagel Baked Dessert
<b>28</b> Pepper Steak Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Chocolate Pudding	<b>29</b> Macaroni Salad Polish Dog w/Bun (contains both pork & beef) Buttered Corn Fresh Fruit	<b>30 <u>Happy Birthday</u></b> Fruit Juice Seafood Salad w/ lettuce, tomato, egg, carrots & lemon wedge Chilled Marinated Beets Oyster Crackers Birthday Cake	<b>31</b> Meatloaf with Gravy Rice Pilaf Zucchini w/Basil Tomatoes French Bread Tropical Fruit	

\$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