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Davis Senior Center
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Senior Scene

DAVIS SENIOR CITIZENS CENTER

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Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/

PEHLKE WALKING PROGRAM STARTS

To stay healthy, or to improve our health, we must keep moving! And it's never too late to start. With this in mind, the Davis Senior Center launches an exciting new program this month designed to get you on your feet. The **Charlotte Pehlke Memorial Heart Healthy Walking Program** will make it easy for you by providing free pedometers and a way to log your progress.



The program is based on the 10,000 steps idea. Rather than setting mileage goals, you aim for taking 10,000 steps as many days as possible. That includes steps around the house, the parking lot, the grocery store, everywhere! You can walk alone, in pairs or in groups. And it's all free.

Learn more about the program and the newest findings on the benefits of activity for older adults on **Friday, February 10 at 10:00 a.m.** The guest speaker will be Lisa Rapalyea, from the UCD human development department, who will talk

about barriers to exercise, about how exercise benefits even when started later in life, and she'll include some suggestions for getting started and making it fun. We'll also feature short comments by Robert Faber, a 79-year-old Davis resident who has walked every street and alley in town. Maps of some of his favorite routes will be available.

After the presentations, we'll lead interested walkers on their first short walk using their new pedometer. There's no easier way to get started.

The Pehlke Heart Healthy Walking Program is named after the late Charlotte Pehlke, a long-time senior center volunteer and heart patient, who took frequent walks with her dog Cinder along the north Davis greenbelts. Her family and friends donated to a memorial fund to establish this program.

The Davis Senior Center and the Elderly Nutrition Program will be closed on **Monday, February 20** due to the Presidents' Day Holiday

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

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

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

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

Come to the SCD Potluck on **Tuesday, February 7 beginning at 11:30 a.m.** Our speaker will be Mr. Dave Egolf, principal of Martin Luther King High School. The school, which is next door to the Senior Center, is being enlarged and improved. Mr. Egolf will discuss the project and how it might impact us. Join us for an interesting program and a delicious meal.

Those with last names beginning with **A-H should bring salads, I-R hot dishes, and S-Z desserts.** 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, March 7, beginning at 11:30 a.m.**

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

SAINT PATRICK'S DAY CELEBRATION EVENT

Don't forget to mark those calendars for next month's Saint Patrick's Day Celebration to be held on **Friday, March 17 from 6:00 to 9:00 p.m.** This wonderful event will feature hearty food, dancing & music, door prizes, and much more! Tickets will go on sale beginning Wednesday, February 15.

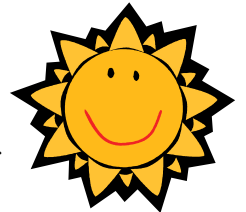


The SCD Board of Directors is also seeking volunteers to assist with the planning & implementation of the event. Volunteer areas include decorations & set committee, kitchen help, bartenders, and clean up committee. Sign-up sheets are available in the main office.

If you have any further questions about the event, please contact the SCD President, Roger White, or Event Coordinator, Pat Patterson by leaving a message in the main office.

NEW MEMBERS FOR DECEMBER - JANUARY

Please join us in welcoming the following new SCD members: James Allen, Katherine Grelecki, Grace & Vincent Guarrera, Barbara Hollman, Jean Yang, Chuck Stuart, Mary Ann Morris, Lorena Herrig, Milton Hildebrand, Madaline Ryan, Dorothy Arighi, Patricia Dunn, Den & Lou Grubaugh, Marian Hymel, Charles Raguse, Marie Castona, Jeanne Collins, Bill & Karen Kohr, Richard Louthan, John & Polly Marion, Penny Morton, Ingrid Phelan, Ada Silber, Ethel Stone, Meng-Chi Wei, Luella Zamzow, Brendia Randolph, Illene Medico and Ernest & Frances Roberts.



SUNSHINE LADY

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

Get well cards to Edie Rose, Jim Givens and Jim Downing (Bobbie's son).

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

Sympathy cards to the family of Mary Neville, family of Mary Brinton, card to Edie Rose in the death of her sister and card to Alpha & George Hebert in the death of Alpha's sister.

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.

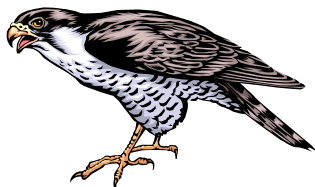
DAVIS COMMUNITY TRANSIT

Happy Valentine's Day! We would like to congratulate our drivers Diana and Tracy for graduating from UCD in December! We are so proud of them! They will continue their service with DCT and we look forward to their future plans. Please be reminded if you have a bus ride scheduled with DCT it is greatly appreciated if you need to cancel that you do so in a timely manner. Canceling your reservation in advance will help the service operate efficiently and make the space available for someone who may need it.

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, February 8** beginning at **11:30 a.m.** Our program will feature live birds from the UCD Raptor Center.



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

BOOK REVIEW

Join Stan Forbes, from the Sacramento Avid Reader, and other book lovers on **February 21 at 9:30 a.m.** for our monthly Book Review group.

SENIOR CENTER READS...

This month's selection is *Gilead* by Marilynne Robinson, author of the bestselling books, *Housekeeping* and *The Death of Adam*. The books, \$10 each, will be available leading up to the discussion date on **March 21 at 10:30 a.m.** Inquire at the main office for copies while supplies last.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, February 3 & 17** 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, February 7 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.** Library volunteers are available during

those hours to assist members and visitors in using the library facilities for their research. The four-volume *Genealogical Dictionary of the First Settlers of New England* by James Savage is among

the library holdings and will be of particular interest to anyone researching New England lines.

Club meetings are held the last Monday of every month at **1:00 p.m.** Our speaker on **February 27** will be David Anderson, a volunteer at the California State Railroad Museum, has logged over 2000 hours as a guide, speaker and Amtrak narrator. His particular interest is the corridor between Sacramento and Reno, and he will talk on "Building the Railroad Across the Sierras."

Guests are welcome at our meetings and the library is open to the public.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, February 13.** The topic will be "Looking Good with Digital Photos." Dick York of the Woodland Camera Club will be our guest speaker and will show us how to use "PhotoShop Elements 2" – a low-cost, high-power image-editing program available for both Windows and Mac OS. While most cameras and photo-printer come with SOME software, "Photoshop" is the most commonly used (and probably most versatile!) for cleaning up your images. Whether you are already digital or are considering "going digital" with your photos, here's the info you'll need to produce clear, sharp images. 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. (New time)** The next meeting will be held on **Tuesday, February 14.** For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, February 9 at 2:30 p.m.** David Serena from the Yolo County Housing Authority will be the featured speaker. 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:



Tuesday, 2/14 “Valentine’s Day Celebration”– ham w/ glaze, creamy scalloped potatoes, Bahama blend vegetables, cornbread and a special dessert. This meal will also feature a performance by Motoshi Kosako, harpist, beginning at 10:30 a.m. and then followed with another special performance at 12:30 p.m. with local magician, Bill Hollingshead.

Wednesday, 2/22 “Happy Birthday” - join us in celebrating our February birthdays with old fashioned meatloaf with gravy, whipped potatoes, lima beans, sourdough bread, and, of course, birthday cake.

Tuesday, 2/28 “Mardi Gras Celebration” – Bourbon St. chicken, southern dirty rice, Louisiana collard greens, Bubba’s biscuit, and Mardi Gras Dessert Surprise. Join us for activities, games and just some plain ole fun!



Please be advised that on Monday, February 20, no meals will be served due to the President’s Day holiday. 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

COPING AND MOVING FORWARD

Dealing with grief, loss and isolation is hard for anyone, but older adults often find it even harder to cope. On **Friday, February 24 at 2:00 p.m.**, therapist James Morton MS, CADCII will lead a workshop at the Davis Senior Center. He’ll focus on helping people find ways to reduce depression, cope with the natural process of aging, techniques to motivate individuals and how to move forward with life’s interests. This workshop might be helpful for you or someone you care about. Please register for this free workshop by calling 757-5696.

STROKE PROGRAM

Strokes are a leading cause of death and disability. Learn about the prevention and treatment for strokes during a free workshop at the Davis Senior Center on **Wednesday, February 22.** "Stroke 101 Education" begins at 9:00 a.m. Stroke screenings will be offered from 10:00 a.m. to noon. Presented by Woodland Healthcare.



INFORMATION & ASSISTANCE

MORE UTILITY HELP

PG&E recently raised the amount of monthly income you can have and still qualify for assistance under the CARE discount program. Contact Lisa at the senior center if you need help completing the forms.

CARE - PG&E’s program offers a 20% discount on electric/gas bills for low-income households (under \$27,700 annually for 1 or 2 persons). For an application, stop by the senior center or call PG&E at 1-866-743-2273.

ENERGY PARTNERS – Under this PG&E free weatherization program, utility-approved contractors work with eligible low-income customers to make their homes more energy efficient. Includes weatherstripping, insulation and furnace repair. Call 1-800-933-9555 for more information.

IRS WARNS OF “TAX REFUND” E-MAIL SCAM

IRS is warning consumers against a “phishing” e-mail scam that directs them to a

website to enter personal identifying and financial information in order to receive a tax refund.

The bogus e-mail, which claims to come from “tax refunds@irs.gov,” tells the recipient he or she is eligible to receive a tax refund for a given amount. The IRS says it never asks for personal identifying or financial information using unsolicited e-mail. Remember not to open attachments in suspect e-mails because they can trigger computer viruses.

RESOURCE LIBRARY

Take a look at the videos and publications now located in the fireside lounge off the Valente Room. Topics include exercise, Parkinson’s Disease, Alzheimer’s Disease and caregiving. Feel free to also peruse the reading materials in front of the fireplace in the lounge, or take the materials home for a few days. No formal checkout required.

BUS COMPANION

If you would like to learn to use the bus, we have a UCD student volunteer who can help to show you “the ropes” on your first trip.

After that, it should be smooth sailing! Call Lisa for more information about booking a time for an escorted trip on either Davis Community Transit or Unitrans. Remember seniors (60+) ride free on Unitrans. Passes are available at the front desk of the senior center.



WELCOME INTERNS

UC Davis winter quarter brings a new crop of student interns to the Davis Senior Center. They’re teaching classes, tutoring on computers, working with the meals program, and developing the new walking program. Introduce yourself, and make them feel welcome: Jenna Downey, Katie Fayram, Valerie Henry, Diana Keating, Katie Snyder and Trang Tran.

COMPUTER TUTORS AVAILABLE

Brush up on your computer skills by scheduling a one-hour appointment with a tutor at the senior center. Lots of openings are available, so don’t be shy about signing up to get answers to your questions about the internet, using e-mail or doing word processing. Absolute beginners are especially invited to call 757-5696 for an appointment.

SUPPORT GROUPS

Alzheimer's Support – meets on the 3rd Wednesday of each month, **February 15 at 10:00 a.m.**

Breathers Support – meets on the 4th Thursday of every month, **February 23 at 1:30 p.m.**

Diabetes Support – Join us for the Walking Program on **Friday, February 10 at 10:00 a.m.**

Parkinson's Support – on **Tuesday, February 28 at 1:30 p.m.**

Peripheral Neuropathy Support – Meets at **Wednesday, February 8 at 2:00 p.m.** for an information sharing time to process recent learnings and identify information needs for the future. Everyone with neuropathy and those who care about them are most welcome.

Vision Support – on **Wednesday, February 15 at 10:30 a.m.**, Dan and Ann Kysor will speak to the group about Medicare and its coverage for people with vision loss.

The Woodland group is taking a trip to the San Rafael Guide Dog School. If you are interested in going call Marion 662-9579 or Fran 757-9795.

VIDEO MOVIES

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

February 3 – Rooster Cogburn – John Wayne and Katharine Hepburn star as a gunfighter and bible-thumping missionary who team up to avenge the death of her father.

February 10 – The Searchers – John Wayne and director John Ford forge an indelible image of the frontier.

February 17 – Winged Migration – Fascinating documentary about bird migrations. Following the movie, we’ll show a few special features which explain the making of the movie.

February 24 – Must Love Dogs – A 40-something preschool teacher looks to the personals for a change of pace and a relationship, with hilarious results.

SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available at the center for a donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by R.N. Ruth Bowman. Second Thursday of every month, 11:00 – 11:30 a.m.
- **FAMILY CAREGIVER SUPPORT PROGRAM** - Resource specialist Peggy Phelps is available for consultations at the senior center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Your first copy is free. Additional copies are \$.50 at the senior center front desk. You can also find the Guide on the internet at <http://www.cityofdavis.org/pcs/seniors/resourceguide2005.pdf>
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer HICAP counselor. First and third Thursdays.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call the center for available appointment times.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter

changed? These and other minor home repairs can be done through Handy Helpers program.

- **MEDICAL EQUIPMENT LOANS** - Before buying wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet. For a small donation, you can borrow the items you need.
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full amount of a class for those who can't afford it. To be eligible, your annual income must be below \$18,000 for an individual or \$24,000 for a couple. For more information, 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

BOWLING

Our first bowling event was lots of fun, so much fun that we are going to go bowling every second Thursday, starting **February 9, from 1:00 to 3:00 p.m.** We will meet at the bowling area at Memorial Union Center on UC Davis campus at 12:45 p.m. Please sign up at the front desk by Tuesday, February 7 so we know how many lanes to reserve. Call 757-5696 for more information.

PRE-VALENTINE'S DANCE

Dancing is good for your heart! Dance partners will be provided for the **Friday, February 10** dance at the senior center featuring Music from the Back Room. Our senior center musicians will provide the music beginning at **2:15 p.m.**, and volunteers from UCD's Pre-pharmacy Club will provide both male and female dance partners. And they'll bring treats!



VALENTINE'S DAY MAGIC

Join us on Valentine's Day, **Tuesday, February 14 at 10:30 a.m.** to hear the classical sounds of Motoshi Kosako, harpist, who will play preceding the lunch. Then at **12:30 p.m.**, enjoy the Magic Show presented by Bill Hollingshead, Magician Extraordinaire. Bill's show is filled with fun and comedy. Bill created a colorful career after graduating from UC Davis including Director of Entertainment for both Sea World and Knott's Berry Farm. Both shows immediately precede and follow the ENP Valentine's lunch, so if you wish to join the lunch festivities, please make **reservations no later than noon on Monday, February 13**, by calling 757-5696, cost is \$2.50 for 60+ and \$6.50 for guests under 60 unless accompanied by their senior spouse. You don't have to have lunch to enjoy the show just be here at 10:15 a.m. or 12:15 p.m.

RED HAT SOCIETY – DSC ROCKERS

The first official meeting of the DSC Rockers Red Hat Society will meet on **Friday, February 17 at 2:00 p.m.** Wear your red hat and purple accessories and let's start the fun. We'll plan our agenda for next year, have some tea and laughter and become the ladies club to join in Davis.



MEN'S SOCIAL GROUP FORMS

The Davis Senior Center is forming a Men's Social Group, a chance for men to gather for socializing and activities they enjoy. The first meeting at **10:00 a.m., Wednesday, February 22**, is a brunch and cooking demonstration by Ashley Rosales of Home Instead. Come enjoy the food and the camaraderie. Sign up by calling 757-5696.



Then, next month, the group will meet to brainstorm about the future direction and activities for the group. These could include restaurant outings, sports events, local performances, expert speakers, or just coffee around the fireplace. Volunteer Rush Darigan will lead this brainstorming/organizational meeting on **Wednesday, March 22 at 10:00 a.m.**

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 February 28 at 1:30 pm.** George Hinkle will star as Ashley's Assistant Chef. February's meal will be a fancy, yet easy to prepare lunch! Italian Grilled Cheese & Tomato with Greens n' Beans Salad. A new twist to an old favorite. Sign up right away as this workshop will fill up quickly. Call 757-5696 to reserve a spot. If you would like to volunteer to be an Assistant Chef in a future class, please contact Liz in the front office.

TECHNO U STARTS AGAIN

iPods and HDTVs, USB ports and fuel cell cars. All this new technology can make your head spin. You are invited to join a new, 4-week session of "Techno U" classes, **Fridays, 10:30-11:30 a.m.** beginning this month. No tests, no homework, just sit and listen to UCD student instructor Katie Snyder as she walks you through some of the mysteries of the new technologies swirling around us these days. Although some devices will be available for demonstration purposes, you won't be required to use them.

Feb 17 – Entertainment

February 24 – Portable Devices

March 3 – Computers

March 10 – Transportation

Please sign up at the front desk or call 757-5696. You are welcome to attend as many classes as you wish.

AARP DRIVER SAFETY PROGRAM

Return to the classroom in 2006, and it may just save your life! In this refresher course, drivers learn how to handle adverse driving conditions and traffic hazards, as well as learn the effects of aging and medications on their driving abilities. As a program graduate, you may even qualify for a lower automobile insurance premium.

The next session will be held on **Wednesday and Thursday, March 1 & 2 from 12:30 to 4:30 p.m.**, and attendance is required for both days. The cost of the course is \$10 per person, and advance registration is required. Payments should be made payable to AARP – no cash, please.

BUONGIORNO ITALIA

UCD student intern Jenna Downey continues her course this month delving into the culture, language and food of Italia. Classes meet **Wednesday and Fridays 11:00 a.m. to noon through March 10.** Topics change weekly, and you are welcome to attend several or all of the classes. Learn which topics will be covered by checking the bulletin boards at the center or call 757-5696. Food-related classes will be limited in size.

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.)	Feb. 22 – March 22 \$25 res/\$31/\$36 non-res
Beg. Salsa Dance (W, 8-9:00 p.m.)	Feb. 22 – March 22 \$25 res/\$31/\$36 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.)	February 10 & 24 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing through Feb. 27 \$12/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	Feb. 7 - 28 \$18/res/\$23/\$29 non-res
	(T, 11:30-12:30 p.m.) \$18/res/\$23/\$29 non-res
Frail To Fit (TTh, 1:30 -2:30 p.m.)	Feb. 2 - 28 \$20 res/\$26/\$31 non-res
Linedancing (W, 3:30-5:00 p.m.)	Feb. 1 - 22 \$15 res/\$21/\$26 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	Feb. 9 & 16 \$8 res/\$14/\$19 non-res*
	*plus material fee payable to instructor
Sr. Adult Fitness (MWF, 7:30-8:30 a.m.)	Feb. 1 - 27 \$23 res/\$29/\$34 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	Feb. 7 - 28 \$16 res/\$21/\$27 non-res
Tap Dancing (M, 3:00-5:00 p.m.)	Ongoing – join anytime! No fee
Walk n' Talk (MF, 9-10:00 a.m.)	Ongoing – Join anytime! No Fee
Yoga - Intermediate (MTh, 8:30-10 a.m.)	Feb. 6 – March 6 \$48 res/\$54/\$59 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	Feb. 6 – March 6 \$32 res/\$38/\$43 non-res

BRIDGE LESSONS

Instructor Jo Wragg begins her new Winter series of bridge lessons, running **February 2 through March 23**. The morning class, **9:30-11:30 a.m.**, will emphasize Bridge #3 -Heart Series, and the afternoon class, 1:00-3:00 p.m. will emphasize Bridge #7 -2 Star Conventions. The cost of each session is \$32 for residents, and advanced registration is required.

**OIL & ACRYLICS**

The Oil & Acrylics class still has room for interested painters of any skill level to join them on Monday mornings at 9:00 a.m. Betty Berteaux has been working with the class and has scheduled the following instructors for the next two months: Leslie DuPratt for February and Marie-Therese Brown for March.

ONE-STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is continuing her painting classes on **Thursday mornings, 9:00 to 11:30 a.m. on February 9 & 16**, with emphasis on Blue Birds and Angel Bear Cards. 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**

Betty Berteaux will instruct the class in February. The class meets Friday mornings with instruction beginning at 9:30 a.m. Come around 9:00 a.m. to set up your jar of water, paints, brushes (small brushes for this project) and paper. Everyone welcome and no experience necessary.

MISCELLANEOUS**FUTURE FUN EVENTS**

Have you ever dreamed of backpacking in the wilderness? How about horseback riding? We are planning some adventurous trips for this Spring

and Summer, and need to know if you would be interested. The backpacking would be a 2-or 3-day trip and would be appropriate for the age and condition of participants. The horseback riding would be for just a couple of hours on a local trail. If you would be interested in doing either of these, call 757-5696 and add your name to the interest list.

DISPLAY CASE

We need you to loan your treasures to fill our display case. Do you have a collection you would like to share? We want to show it off. Small collections are welcome as we enjoy having a mix of unique items. Please call Liz Fisher at 757-5696.

JOHN WAYNE VIDEOS

A collection of 15 John Wayne movies on videotape has been donated to the senior center. We hate to break up the collection and are offering it for a donation of \$25. Titles include Rooster Cogburn, The Searchers, Flying Leathernecks, True Grit, etc. Call 757-5696 for more information.

TAX HELP AVAILABLE

Free assistance for taxpayers is available from February 6 to April 15 through the AARP Volunteer Tax-Aide Program. The service is designed to help low to moderate income taxpayers – with special emphasis given to those over 60. Call 757-5696 for more information.

THE GIFT OF GIVING

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

Davis Dynamos	\$ 10
Dynabands	\$245
Duplicate Bridge – Monday	\$ 63
Genealogy Donation	\$300
Hem & Haw (SCD)	\$344
Information & Assistance	\$ 13
Internet Users Group	\$ 23
Mac Users Group	\$ 30
Medical Equipment Donations	\$ 192
Miscellaneous	\$1987
Nostalgies	\$ 35
Pinochle Players	\$ 10
Stamp Club	\$ 90
Total	\$3,342

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.

February 9 – A Tasty Tour – Anheuser Busch Brewery, lunch at Foster’s Big Horn and tour Jelly Belly Candy Co. \$55.

February 14 – Treasure Island – Wait list.*

February 21-22 – Snow Train – Wait list.*

March 5 – Lunch and Chinese play in San Francisco’s Chinatown Wait list*

March 23, 2006 – DeYoung Museum and Bouquets to Art – Wait list.*

March 29 & 30 – Teatro Zinzanni – Enjoy a gourmet five-course dinner while seated in the luxury of an antique Belgian Spiegel tent. Be wowed by unique artists from six continents performing a mix of European Cabaret, world-class comedy and circus acts with live music. Overnight at the Radisson Hotel located at Fisherman’s Wharf. Next day, visit the recently opened Maritime Park’s first Visitor’s Center. \$280 dbl., add \$45 ss.

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 Lakes – Spectacular Mule Days Show, ghost town of Bodie, Convict Lake and much more. \$470 dbl, add \$115 ss.

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

June 15 – Thunderbird Lodge – One of Tahoe’s great and famous mansions recently opened to the public. Lunch 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” – \$87

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 dbl., add \$277 ss.

Save the Dates

Sept. 18-23 – Reagan Presidential Library, Channel Islands and Santa Barbara.

October 31- Nov. 7 – Branson and Beyond, Little Rock, AR, Hot Springs, AR, Clinton Presidential Library.

* Wait list means that at present the trip is sold out. You may place your name on our wait list and you will be called if anyone cancels.

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

February 2006

Transportation Services 757-4408
Senior Center Office 757-5696

Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30am AARP Bd Mtg. 11:00am Italy 101 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom & Salsa*	2 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:30pm HICAP*	3 9:00am Laughing Club 9:30am Memoirs 11:00am Italy 101 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
6 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm Mah Jong 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	7 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	8 11:30am AARP Mtg/Potluck 11:00am Italy 101 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*	9 9:00am One-Stroke Painting 9:30am Memoirs 9:30am Bridge Class 11:00am Blood Pressure Check 11:30am Sr Commission Mtg 12:30pm Bingo 1:00pm Bowling at Mem Union at UCD*	10 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:00am Charlotte Pehlke Walking Program Kickoff 11:00am Italy 101 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance
13 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm Mah Jong 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing	14 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 7:00pm Mac Users Grp	15 10:00am Alzheimer's Sup 10:30am Vision Sup Grp & Talk 11:00am Italy 101 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing	16 9:00am One-Stroke Painting 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:30pm HICAP*	17 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:30am Techno U* 11:00am Italy 101 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events 2:00pm Red Hat Society Sat. Feb 18 12:00 SCD Bingo
20 Presidents' Day Holiday Senior Center Closed	21 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 1:00pm Bridge/Pinochle	22 9:00am Stroke Program 10:00am Stroke Screening 10:00am Men's Social Group 11:00am Italy 101 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom & Salsa	23 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:30pm Breathers Sup Grp	24 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:30am Techno U* 11:00am Italy 101 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Talk on Coping 2:15pm Jam Session & Dance
27 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm Mah Jong 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 1:00pm Genealogy Club Mtg. 6:30pm Social Bridge 7:00pm Square Dancing	28 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 1:30pm Meal Made Easy*			

FEBRUARY 2006

Elderly Nutrition Program of Yolo County, People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Honey Glazed Pork Cornbread Stuffing Minty Carrots Whole Wheat Bread Tropical Fruit	2 Fruit Juice Chicken Fondue Bake Jazzy Rice Mixed Vegetables Wheat Roll Baked Dessert	3 <u>Iron Rich Meal</u> Saucy Beef Tips over Bed of Mashed Potatoes Green Beans Dinner Roll Tapioca Pudding
6 Chicken Paprikash Oven Baked Orzo w/Thyme Swiss Chard French Roll Blushed Pears	7 SCD Potluck No ENP meal today MOW delivery only	8 AARP Potluck Hearty Cream of Potato Soup Turkey Sandwich on Whole Wheat w/lettuce, Mayo & Mustard Raspberry Cream Gelatin	9 Seafood Crepe Baked Squash Broccoli Rye Crisp Crackers Lemon Pudding	10 <u>Good Source of Potassium</u> Pepper Steak Baked Potato w/sour cream California Blend Vegetables Baguette Fruit Cocktail
13 Fruit Juice Zesty Ranch Chicken Baked Beans Peas & Carrots Whole Wheat Bread Peaches	14 Happy Valentine's Day Ham w/Glaze Creamy Scalloped Potatoes Bahama Blend Vegetables Cornbread Special Dessert	15 <u>Good Source of B-12</u> Veal Cutlet w/Bistro Sauce Brown Rice Blend Cauliflower Wheat Roll Chocolate Pudding	16 Breaded Fish w/tartar sauce Sour Cream & Cheddar Spuds Chef's Blend Vegetables Cracked Wheat Bread Apricots	17 Fresh Green Salad Tuscan Style Lasagna w/Beef Garlic Bread Orange
20 Presidents' Day Holiday No ENP meal or MOW delivery	21 <u>Good Source of Folate</u> Monterey Chicken Bake Steamed Spinach Rye Swirl Bread Tropical Fruit	22 Happy Birthday Lunch Old Fashioned Meatloaf w/Gravy Whipped Potatoes Lima Beans Sourdough Bread Birthday Cake	23 Turkey Breast filled w/Bread Stuffing Cranberry Sauce Baked Squash Sugar Free Fruited Gelatin	24 Fruit Juice Garden Salad Beef Barley Soup Half Tuna Fish Sandwich Butterscotch Pudding
27 <u>Higher Fiber Meal</u> BBQ Pork Riblet Mexicali Corn w/Beans Whole Wheat Roll Pineapple Tidbits	28 Mardi Gras Celebration Bourbon St. Chicken Southern Dirty Rice Louisiana Collard Greens Bubba's Biscuit Mardi Gras Dessert Surprise			Transportation 757-4408 Senior Center 757-5696

\$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