

Senior Scene



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www.cityofdavis.org/pcs/seniors/

FIRESIDE BREAKFAST & PAJAMA SOCIAL

Join Senior Center staff & friends on **Wednesday morning, January 4 at 9:00 a.m.** for an oatmeal breakfast, with an assortment of toppings, bagels, and beverages. The only catch – you have to wear your pajamas!

This will be a great opportunity to get back together with old friends that you may not have seen over the holidays, as well as join in on a few games, guaranteed to make you laugh! Space is limited to the first 30 participants, and the cost is \$2.00 per person. Call to reserve your space at 757-5696.



PART D HELP

Confused about Medicare's new prescription drug coverage? Join us for a free workshop on **Thursday, January 19 at 9:30 a.m.** by counselors from the Health Insurance Counseling and Advocacy Program (HICAP). These trained volunteers will explain the new Medicare Prescription drug program and how to determine what's best for you. Individual appointments can be scheduled following the workshop.

PARKING ADVISORY

The parking lot located between the Senior Center and the Yolo County Administration office, 600 A Street is **no longer** available for participant parking. The County has added new signage to the lot that specifies for County employee parking only.

If you park in the lot without the appropriate permit, you will be cited by the Davis Police Department. Participants should park in the Senior Center lot, or along the street curbs closest to the Senior Center. Street parking is available for 2-hours without citation.

The Davis Senior Center and the Elderly Nutrition Program will be closed on **Monday, January 2** due to the New Year's Holiday and **Monday, January 16** due to the Martin Luther King, Jr. Holiday.

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

AND THE AWARD GOES TO . . .

Come to the **SCD Potluck** on **Tuesday, January 3** beginning at **11:30 a.m.**, and help ring in the New Year by honoring the past presidents of SCD and the ever-anticipated announcement of the 2006 Senior of the Year Award!



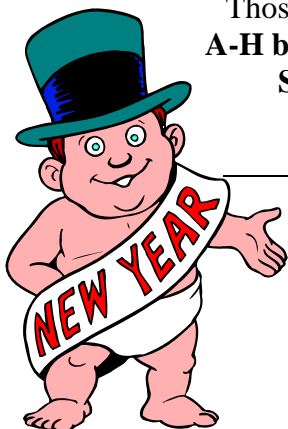
Additional nominations for the election of the new 2006 SCD Board of Directors will also be added to the current slate of proposed officers:

<i>President -</i>	<i>Roger White</i>
<i>First Vice President -</i>	<i>Pat Patterson</i>
<i>Co-Second Vice Presidents -</i>	<i>Barbara Downing</i>
	<i>Elisabeth Bogren</i>
<i>Secretary -</i>	<i>Barbara Hager</i>
<i>Co-Treasurers -</i>	<i>Don & Carol Harting</i>

The customary social period will begin at 11:30 a.m. with the meeting to soon follow. Guests are asked to bring their favorite signature dish, salad, or dessert. Those with last names beginning with **A-H bring desserts, I-R salads, and S-Z hot dishes**. Anyone wishing to bring additional hot dishes is encouraged & appreciated. Guests who are unable to bring a dish may contribute \$5 per person instead, but don't forget to bring your plates and utensils!

Next month's potluck will be held on **Tuesday, February 7, beginning at 11:30 a.m.**

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



NEW MEMBERS FOR NOVEMBER-DECEMBER

Please join us in welcoming the following new SCD members: Lee Bixson, William & Lillian Carter, Edward & Lynnmarie Crandall, Laura Fisher, Mark Fisher, Marsha Jo Gibeling, Corliss Hallee, Judith Hardardt, Millicent Lange, Tom Schuman, June & Mark McMahon, Ellis & Joyce Penney and Yolanda Zubeidi.

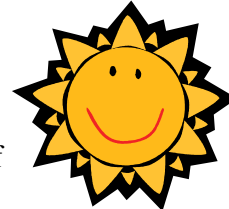
TIME TO RENEW

Don't forget that this is your last month to renew your membership for 2006 before your subscription to the *Senior Scene Newsletter* expires in February!

By completing the form (available at the Senior Center) and submitting the appropriate payment, you can take advantage of the many benefits SCD brings to our members. Watch for special program discounts and exclusive activities for members only in future newsletters.

SUNSHINE LADY

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



Get well cards to Carol Harting and Betty Lentz.

Thinking of You cards to Maureen Mason, Eleanor Gardias, Bill Griggs, Bill Carter, Kay Wooden, and Bill & Mercedes McElwain.

Sympathy cards to the family of Charlotte Pehlke, family of Aaron M. Zaharian, family of Grace Grandi, family of Carmen R. Hall, family of Marjan Merala, family of Pat Kangas, Mary Ellen and Val Dolcini in the death of their brother, Albert J. Dolcini.

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.

CLUBS & SPECIAL INTERESTS

AARP

AARP's next meeting will be held **Wednesday, January 11** beginning at **11:30 a.m.** The month's program will feature Frank Cooper on schools in Yolo County.

Members should bring a guest and their own table service, food to share or a \$5.00 donation. Your AARP board will be making home-made soups and will furnish the bowls for the soup. Members with last names beginning **A-K salad, L-Z dessert**. This is a menu change for January only. For more information call Maxine 753-0266.

BOOK REVIEW & SENIOR CENTER READS...

Join Stan Forbes from the Sacramento Avid Reader, and other book lovers on **January 17 at 9:30 a.m.** for our monthly Book Review group. Immediately following at **10:30 a.m.**, Stan will be leading the bimonthly discussion on this month's selection, *Under the Banner of Heaven* by Jon Krakauer.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, January 6 & 20** 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, January 3** 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 **Monday, Wednesday and Friday** from **1:00 to 4:00 p.m.** The library committee is working on an updated listing of library holdings which will assist visitors in using the library and will be available on the club's web site. The library is open to the general public, and visitors may enjoy browsing among the library's 70 family histories that include *Six Generations of the LaRues and Allied Families* by Otis M. Mather.

Genealogy Club meetings are also held the last Monday of each month. We start the new year on **January 30 at 1:00 p.m.** with a program on Ellis Island. Sacramento genealogist, Lester Smith, will talk about the immigration records and experiences of people coming into the U. S. through Ellis Island as well as Castle Garden and other ports. Guests are welcome at all our club meetings.

HEM N' HAW

Calling all knitters, sewers, crocheters, quilters, etc! Every **Wednesday** afternoon from **1:00-3:00 p.m.**, why not join others who share your passion? Please contact Carol Harting at 756-4654 for more information regarding this group.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, January 9**, for "Show and Tell." Have you had excitement (disappointments) with new electronic gadgets over the holidays? Care to share? By 'gadget' we mean anything electronic – which certainly includes cameras, projectors, doo-dads, goodies and other things – in addition to computers or Internet-related stuff. Please bring your new joy if it's easily portable! 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, January 10**. For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, January 12 at 2:30 p.m.** Colleen Brock from the Elderly Nutrition Program will be the featured guest 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:



Friday, 1/13 “Hearty Soup n’ Salad”– fruit juice, garden salad, beef barley soup, half tuna fish sandwich, and cookie.

Wednesday, 1/18 “Tropical Delight” – Maui lemon chicken, rice pilaf w/ orzo, ginger carrots, Hawaiian roll, and creamy pistachio whip.

Wednesday, 1/25 “Happy Birthday” - join us in celebrating our January birthdays with roast beef w/ au jus, whipped sweet potatoes, peas & pearl onions, sourdough bread, and, of course, birthday cake.

Thursday, 1/26 “South of Border Fiesta” – Mexicali chicken, Spanish rice, buttered corn, tortilla, and pineapple tidbits.

Please be advised that on Monday, January 2 and 16, no meals will be served due to the holidays. 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

IT'S A SHORT WALK TO BETTER HEALTH!

One of the best ways to maintain good health is to participate in regular physical activity and that activity doesn't need to be running or high impact aerobics. It can be something that many of us take for granted: walking. Walking is a great form exercise – it doesn't require any special

equipment, except some good shoes, and you can virtually do it anywhere!

For those who have lost some ability to get around due to health issues beginning to walk on a regular basis is a great way to gain back losses in mobility. For those without health problems, walking is a great way to retain the good health you enjoy. You know what they say – use it or lose it!

By walking, you can enjoy the many benefits including:

- losing or maintaining weight
- strengthening your heart
- lowering your blood pressure
- keeping joints moving & reducing arthritic pain
- lowering stress levels & elevating your mood
- increasing energy
- meeting new people, watching the seasons change, and getting to know your neighborhood

Watch next month's newsletter for details on our new walking program! The **Charlotte Pehlke Memorial Healthy Heart** program will kick off on **February 10**. This new program will be modeled after the 10,000 steps program which encourages participants to take at least 10,000 steps per day to maintain their health. The program will include free pedometers, health lectures, incentives for walking, and much more!

INFORMATION & ASSISTANCE

HELP WITH PG&E BILLS

Winter heating bills can stretch the budget for many seniors. If you are income-eligible, you could qualify for some assistance. 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 \$24,200 annually for 1 or 2 persons). For an application, stop by the senior center or call PG&E at 1-866-743-2273.

HEAP (Home Energy Assistance Program) - Provides once-a-year assistance for income-eligible customers (under \$1,709 monthly for 1 person, \$2,236 monthly for two persons.) Pick up or call for an application at the senior center.

ELDERLAW CLINIC

Elderlaw attorney Mark Hyjek offers free consultations on **Friday, January 13** beginning at 1:00 p.m. His expertise is in issues affecting older adults, including Social Security, grandparent rights, Medi-Cal, powers of attorney, estate planning and age discrimination. Call 757-5696 to sign up.

CARE OPTIONS

As we age, we often want to live independently, despite increasing health concerns. Knowing local resources to help care for yourself or a loved one can be invaluable for maximizing independence. On **Wednesday, January 25, at 10:00 a.m.**, join us for a presentation by gerontologist Gail Arno. Her talk, *There's No Place like Home: Finding Community Options*, will explore the informal and formal care options available in the home or a facility. To register, contact the Del Oro Caregiver Resource Center at 800-635-0220. The talk will be held at the Davis Senior Center.

SHOPPING SERVICE

If you need someone to do your grocery shopping, we have a free shopping service for you. UCD student volunteers will take your order, do your shopping and deliver to your home. For more information, call Lisa at 757-5696 or Mindy Marlatt (925) 876-6857. No deliveries over the holidays.

SUPPORT GROUPS

Alzheimer's Support – meets on the 3rd Wednesday of each month, **January 18 at 10:00 a.m.**

Breathers Support – on **Thursday, January 26 at 1:30 p.m.** Ashley Rosales from *Home Instead* will continue her presentation on Healthy Eating.

Diabetes Support – on **Wednesday, January 18 at 3:15 p.m.** “The Standard in Care for Diabetes Management.” Are you taking care of yourself in line with the standards set by the American Diabetes Association? Please join us for this detailed discussion. January is the time for New Year’s resolutions in diabetes care. Presentation by Wendy Gregor, MA, RD, CDE.

Parkinson's Support – on **Thursday, January 26 at 1:30 p.m.**

Peripheral Neuropathy Support – Our long-awaited dialogue session with Davis Neurologist, Eric Hassid, MD, Director of the Sutter Center for Neurological Pain and Motor Control Management, will be on **Wednesday, January 11 at 2:00 p.m.** Dr. Hassid will be answering your questions about your neuropathy experiences for your information, empowerment and support.

Vision Support – on **Wednesday, January 18 at 10:30 a.m.**, a surprise craftsperson will bring something new to show the group. This will be an opportunity for group members to plan for upcoming programs in the new year.

VIDEO MOVIES

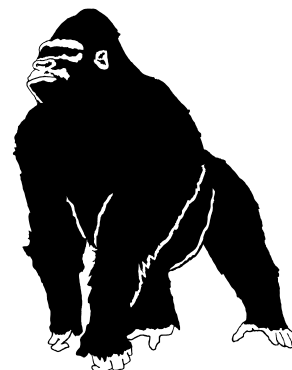
Thanks to *Videos To Go* for making the showing of these films possible. Show time is 12:15 on Fridays.

January 6 – March of the Penguins – The amazing, true story of the annual penguin migration. Narrated by Morgan Freeman.

January 13 – Hitchhikers Guide to the Galaxy – seconds before the Earth is to be demolished by an alien construction crew, Arthur Dent is swept off the planet by his friend Ford Prefect, a researcher penning a new edition of the Guide.

January 20 – Tuck Everlasting – A young woman meets and falls in love with a young man who is part of a family of immortals.

January 27 – King Kong – The original with Fay Wray.



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 or an application, please contact Lisa in the office.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **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

HOLLYWOOD HATS KICKS OFF NEW GROUPS

On Tuesday, **January 31 at 2:00 p.m.**, we will be hosting a kick-off event featuring **Gloria Heidi of Hollywood Hats** presenting an entertaining hour of fun and laughter. Tickets are on sale for \$5.00 for SCD members and \$8.00 for non-members.



This event will launch a new Red Hat Society for the women, and a separate Men's Group forming here at the Senior Center in February. The Red Hat Society will begin meeting on the third Friday of each month in the afternoon, and the Men's Group will have its first meeting on the fourth Wednesday of the month in the morning. Watch for more details about these two groups in the February newsletter.

MEALS MADE EASY!

Ashley Rosales, Home Instead Senior Care, will present her popular cooking workshop using Rachael Ray's 30-Minute Meals on **Tuesday January 24 at 1:30 pm.** Elisabeth Bogren will star as Ashley's Assistant Chef while they prepare a quick, easy & healthy meal - open faced calzones with spinach and artichoke served with simple marinara dipping sauce & a chopped salad with low-fat ranch dressing. Sign up right away as the workshops fill up very quickly. Call 757-5696 to reserve a spot. If you would like to be an Assistant Chef in a future class, please contact Liz in the front office.

DANCE IN THE AFTERNOON

The new year is a good time to get back on the dance floor! Dance partners will be provided for the **Friday, January 13 & 27** dance 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 Alpha Phi Omega will provide both male and female dance partners. They have promised to bring refreshments and a willingness to learn some new dance steps.

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 first session will be held on **Wednesday and Thursday, January 25 & 26 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.

SPECIALTY CLASSES

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.



ITALY 101

Want to learn about Italy? UCD student intern Jenna Downey will launch a course this month delving into the culture, language and food of that Mediterranean country. This is not high pressure, just a few months of fun with an enthusiastic teacher. Classes will meet **Wednesday and Fridays 11 a.m. to noon, January 18 to March 17.** Please sign up for this free class by calling the senior center at 757-5696.

LAUGHTER GROUP

This group is now meeting at **9:00 a.m. on Fridays.** Newcomers are welcome. Join in for a hearty laugh; it's good for the body and good for the soul.



OIL & ACRYLICS

The Oil & Acrylics class is still seeking interested painters of any skill level to join them on Monday mornings at 9:00 a.m. There is no cost, except for your own personal painting supplies. For more information, inquire at the office.

ONE-STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is continuing her painting classes on **Thursday mornings, 9:00 to 11:30 a.m. on January 12 & 19**, with emphasis on Bears and Cabbage Roses. 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**

Carol Bernard will guide the watercolor class through the cold January Friday mornings into the warmth of color, lines and fun. We begin class at 9:30 but many seniors come around 9:00 a.m. for visiting and to get their water container set up, set up their palettes (a little red, a little blue, a little yellow and other favorite colors) and then to set out the brush and watercolor paper. Large sheets of paper are available for \$2.75 each. Other painting supplies should be brought with you. All are most welcome to join the group.

WRITE YOUR MEMOIRS

It's never too late to start a permanent record of the most memorable moments of your life. Class members will learn how to select, organize, write and edit their treasured memories into a written record. Classes, sponsored by Davis Adult School, are held at the senior center on **Thursdays or Fridays at 9:30 a.m. beginning January 12 & 13**. Please pre-register by leaving your name and phone number with the senior center, 757-5696. Instructor Betty Lou Shultz will contact you.

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.)	Jan. 11 – Feb. 8 \$25 res/\$31/\$36 non-res
Beg. Salsa Dance (W, 8-9:00 p.m.)	Jan. 11 – Feb. 8 \$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.)	January 13 & 27 No fee
Dynabands (MWF, 2-3:00 p.m.)	Jan. 4 – Feb. 27 \$12/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	January 3 - 24 \$18/res/\$23/\$29 non-res
Frail To Fit (T, 11:30-12:30 p.m.)	January 3 - 24 \$18/res/\$23/\$29 non-res
Frail To Fit (TTh, 1:30 -2:30 p.m.)	January 3 - 31 \$23 res/\$28/\$34 non-res
Linedancing (W, 3:30-5:00 p.m.)	January 11 - 25 \$11 res/\$17/\$22 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	January 12 & 19 \$8 res/\$14/\$19 non-res*
	*plus material fee due at the time of registration
Sr. Adult Fitness (MWF, 7:30-8:30 a.m.)	January 4 - 30 \$23 res/\$29/\$34 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	January 3 -31 \$20 res/\$26/\$31 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.)	January 5 – February 2 \$48 res/\$54/\$59 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	January 5 – February 2 \$32 res/\$38/\$43 non-res

DAVIS COMMUNITY TRANSIT

Happy New Year from the DCT staff! We wish everyone a healthy and happy 2006! We would like to welcome our new driver Robin Brunner, who began training in early December and comes to us from Unitrans.

As we begin the new year, we are also preparing for a few changes in our service. As those of you who are registered know we are very busy and we continue to register new clients with our service. Our goal is to provide continued quality service, and we ask for your patience as we transition and prepare for the future. We will keep everyone informed, and please feel free to call the office at 757-4408 if you need assistance or have questions.

VOLUNTEERS NEEDED

SMILE, YOU'RE ON CANDID CAMERA!

The Senior Citizens of Davis (SCD) is seeking a member interested in being a designated publicity photographer for monthly social events and activities held at the Senior Center. SCD will provide the digital camera and printing materials, however, we need a photographer! Photographs are used for historical records of activities and programs here at the Senior Center, as well as promotional materials. Anyone interested, please contact Chris in the Senior Center office at 757-5696.



CASH FOR STUDY PARTICIPANTS

UCD Researchers are seeking individuals to participate in a survey at the senior center on **Tuesday, January 17 at 2:00 p.m.** The survey is designed to understand how participation in different types of organizations influences individuals and their communities. Participants will fill out a "paper and pen" survey about their organizational affiliations and personal beliefs. In addition, participants will be asked to make a few decisions in three realistic "games" described by the researchers. Each participant will be paid \$10 for their participation, and depending on their decisions in the situations, may receive an additional \$10-\$20. Participants may keep the money or donate it to the

senior center. Researchers anticipate that the survey will take less than an hour. Once an individual completes the survey, researchers will provide more information about the details of their work. If you are willing to participate, please call the senior center at 757-5696. The study is open to the first 14 who sign up.

HOLLYWOOD HATS VOLUNTEERS NEEDED

The Senior Center staff is seeking 8 volunteers to assist with the Hollywood Hats Extravaganza on **Tuesday, January 31 at 2:00 p.m.** We need 4 people to assist with the ticket tables, and 4 people to assist with taking sign-ups for the upcoming Red Hat Society and Men's Social Club programs. Anyone interested, please contact Chris in the Senior Center office at 757-5696.

MISCELLEANOUS

NUGGET RECEIPTS WANTED

Drop off your receipts at the senior center lobby, and Nugget Markets will donate 1% of the total of all the receipts we collect during the year. Last year, we received \$4,400 to support senior programs.

THE GIFT OF GIVING

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



AARP Donation	\$120
Dynabands	\$ 72
Duplicate Bridge – Monday	\$ 79
Genealogy Donation	\$100
Hem & Haw (SCD)	\$305
Information & Assistance	\$ 8
Internet Users Group	\$ 23
Mac Users Group	\$ 30
Medical Equipment Donations	\$ 74
Miscellaneous	\$369
Nostalgics	\$ 17
Pinochle Players	\$ 10
Social Bridge (Monday night)	\$ 20
Tap Dancers	\$ 26
Total	\$1,253

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.

January 15 & 16 – Senior Center fundraiser – Come join the fun of an overnight stay at the Silver Legacy. A Cirque d’Soleil-type show and dinner buffet are included. Proceeds benefit the Senior Center and the California Parks & Recreation Society Aging Services. \$115 dbl., add \$20 s.s.

February 9 – A Tasty Tour – Just a short drive from Davis, a guide at Anheuser Busch will explain their all-natural brewing process during a tour of the brewery. Then, of course, we may sample their finished product. Then it’s on to Fosters Big Horn, a very unusual Delta restaurant. After lunch, a tour of the Jelly Belly Candy Company will finish our tasty tour. \$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 \$70

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

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

April 13 – Boomtown

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

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

May 27 – 29 – Mammoth Lakes – You’ve been to Madrid, Mallorca, Milan and Montmartre, but have you ever been to Mule Days? You’ll not believe the antics and intelligence of mules at this spectacular show. People who have seen it rave about it. We’ll also visit Bodie, the largest un-restored ghost town in the West, dine on French cuisine at the Restaurant at Convict Lake, enjoy a wine and cheese reception at Mountain Light Gallery, lunch at the historic Bridgeport Inn and more. \$470 dbl., add \$115 ss.

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 – Claude Monet spent much of his life in the Normandy region of Northern France. Enjoy an audio tour of a special collection at the Legion of Honor, featuring 60 paintings from that area. Then go to Berkeley for browsing the interesting shops and having lunch on your own. \$60.

July 15 – Nordstrom Shopping and “Menopause the Musical” – Once again its time for our “biggest sale of the year” trip to Nordstrom. Pastries and coffee and an \$8 certificate toward lunch will be given. Then at the theater at Pier 39, we’ll laugh our way through the comedy hit of the year. Menopause the Musical has been traveling the country delighting audiences with its humorous look at the celebration of the real life of women. \$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.

Save the Dates

Aug. 23-26 – Ashland

Sept. 18-21 – Reagan Library

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

January 2006 Activity Calendar

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>New Year's Day Holiday</p> <p>Senior Center Closed</p>	<p>3 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</p>	<p>4 9:00 Peer Counseling 9:00am Breakfast & PJ Social* 10:00am AARP Bd Mtg 1:00pm Hem & Haw 1:00pm Poker</p>	<p>5 9:30am Bridge Lessons* 12:30pm Bingo 1:00pm HICAP*</p>	<p>6 9:00am Laughing Club 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events</p>
<p>9 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm Mah Jong/Bridg/Scrab 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</p>	<p>10 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 6:30pm Mac Users Grp</p>	<p>11 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy 3:30pm Line dancing 7:00pm Ballroom Dance 8:00pm Salsa Dance</p>	<p>12 9:00am One-Stroke Painting 9:30am Memoirs Begin* 9:30am Bridge Lessons* 10:30am Blood Pressure Check 12:30pm Bingo 2:30pm Sr Commission Mtg</p>	<p>13 9:00am Laughing Club 9:30am Watercolor Painting 10:00am Memoirs Begin* 12:15pm Video Movie 1:00pm Nostalgics 1:00pm Elderlaw Clinic* 2:15pm Jam Session &Dance</p>
<p>16</p> <p>Martin Luther King Jr. Holiday</p> <p>Senior Center Closed</p>	<p>17 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:30am Sr Center Reads 10:15am Feldenkrais 1:00pm Bridge/Pinochle 2:00pm UCD Research Study*</p>	<p>18 10:00am Alzheimer's Sup 10:30am Vision Sup Grp 11:00am Food Distribution 11:00am Italy 101 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Sup Grp 7:00pm Ballroom Dance 8:00pm Salsa Dance</p>	<p>19 9:00am One-Stroke Painting 9:00am HICAP* 9:30am Memoirs 9:30am Part D Medicare Talk 12:30pm Bingo</p>	<p>20 9:00am Laughing Club 9:30am Watercolor Painting 10:00am Memoirs 11:00am Elderlaw Clinic* 11:00am Italy 101 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events</p>
<p>23 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm Mah Jong/Bridg/Scrab 12:30pm Duplicate Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing</p>	<p>24 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp 1:30pm Meals Made Easy*</p>	<p>25 9:00am DMV Rep. 10:00am Care Options – There's No Place Like Home* 11:00am Italy 101 12:30pm 55Alive* 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance 8:00pm Salsa Dance</p>	<p>26 9:30am Memoirs 12:30pm Bingo 12:30pm 55 Alive* 1:30pm Breathers Sup Grp 1:30pm Parkinson's Sup Grp</p>	<p>27 9:00am Laughing Club 9:30am Watercolor Painting 10:00am Memoirs 11:00am Italy 101 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session &Dance</p>
<p>30 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm Mah Jong/Bridg/Scrab 12:30pm Duplicate Bridge 1:00pm Genealogy Club Mtg 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing</p>	<p>31 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd. Meeting 10:15am Feldenkrais 1:00pm Bridge/Pinochle 2:00pm Gloria Heidi of Hollywood Hats*</p>			

January 2006

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Happy New Year Senior Center Closed	3 SCD Potluck No ENP meal today MOW Delivery Only	4 Apricot Nectar Beef Tips served over Bed of Mashed Potatoes Green Beans French Roll Tapioca Pudding	5 Lemon Herb Baked Fish w/Dill Sauce Jazzy Rice Brussel Sprouts Whole Grain Ross Fruit Cocktail	6 Fruit Juice Fresh Tossed Green Salad Tuscan Lasagna w/Beef Garlic Bread Peaches
9 Chili Cheese Dog on Bun (contains beef & pork) Oven Fries California Blend Vegetables Blushed Pears	10 <u>Good Source of Magnesium</u> Monterey Chicken Bake Steamed Spinach Rye Swirl Bread Sugar Free Fruited Gelatin	11 AARP Potluck Veal Cutlet w/Bistro Sauce Buttery New Potatoes Broccoli Wheat Roll Butterscotch Pudding	12 Turkey Breast filled w/bread stuffing Cranberry Sauce Baked Squash Whole Wheat Bread Tropical Fruit	13 <u>Hearty Soup N Salad</u> Fruit Juice Garden Salad Beef Barley Sour Half Tuna Fish Sandwich Cookie
16 Martin Luther King Holiday Senior Center Closed	17 Breaded Fish AuGratin Potatoes Chef's Blend Vegetables Cracked Wheat Bread Mixed Fruit	18 <u>Tropical Delight</u> Maui Lemon Chicken Rice Pilaf w/Orzo Ginger Carrots Hawaiian Roll Creamy Pistachio Whip	19 Tossed Green Salad Roast Pork w/Rosemary Gravy Mashed Potatoes Wheat Roll Mandarin Orange Segments	20 Fruit Juice Old Fashioned Beef Stew Warm Biscuit Baked Dessert
23 BBQ Pork Riblet Ranch Beans Cauliflower w/Red Bell Peppers French Roll Plums	24 Cream of Broccoli Soup Turkey & Cheese Sandwich On Whole Wheat Bread Peaches	25 <u>Happy Birthday</u> Roast Beef w/AuJus Whipped Sweet Potatoes Peas & Pearl Onions Sourdough Bread Birthday Cake	26 <u>South of the Border Fiesta</u> Mexicali Chicken Spanish Rice Buttered Corn Tortilla Pineapple Tidbits	27 <u>Good Source of Potassium</u> Potato Crusted Ham & Cheese Pie Lima Beans Dinner Roll Banana
30 Swiss Steak Parslied New Potatoes Stewed Tomatoes Baguette Apricots	31 Oven Fried Chicken Macaroni Salad Winter Blend Vegetables Biscuit Ambrosia			

\$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