

Senior Scene



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www.cityofdavis.org/pcs/seniors/

BIRD FLU AND BEYOND!



Been hearing a lot about the avian flu and other infectious diseases in the news lately? Davis is lucky to have an internationally known expert on these issues, and she will be speaking this month at the Davis Senior Center. UC Davis Provost and Executive Vice

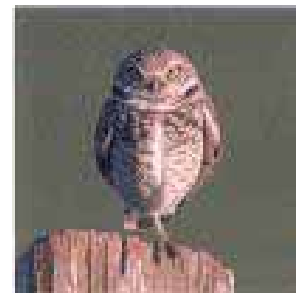
Chancellor Virginia Hinshaw will join us **Tuesday, June 20 at 12:00 noon** for a presentation titled “Infectious Diseases: Beyond the Headlines.” Dr. Hinshaw has developed a reputation for making this issue entertaining and easy to understand for the lay public. Come get insights on this hot topic! Call 757-5696 to reserve your seat now. Feel free to bring a sack lunch, or sign up for the meal in the Friendship Café at 11:30 a.m.

For information on how to prepare and protect you & your family, visit the City’s website at www.cityofdavis.org/emergency/ for updated links and resources for pandemic and avian flu.

SEE BURROWING OWLS

Bulldozers in Davis can be brought to a standstill over the issue of burrowing owls in their path. These creatures can be found in several areas around Davis. But what makes them special?

Come learn about the fascinating world of burrowing owls and what sets them apart from the rest with their active and hunt-filled mornings and evenings. John McNerney, wildlife resource specialist for the City of Davis, will present a fascinating show on the burrowing owls at the Davis Senior Center **Friday, June 16 at 9:00 a.m.** For those who want to see the owls first hand, following, there will be a walk at the Wildhorse greenbelt to learn more about the habitat of the burrowing owls and to possibly see a few. To sign up for this presentation and walk, call the Senior Center office at 757-5696.



SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

This month's potluck will be held on **Tuesday, June 6 beginning at 11:30 a.m.** Our speaker will be Police Service Specialist Trease Petersen. Ms. Petersen will discuss senior scams, ID theft, and fraud. The Justice Department has produced a DVD which we hope to view. Its star is a former con man who specialized in these crimes.

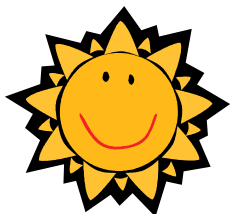
The food schedule is as follows: last names beginning with **A-H should bring cold cuts or salad, I-R dessert, and S-Z salads.** As always, guests who are unable to bring a dish may contribute \$5 per person. Each person should bring a plate and utensils.

No potluck will be held in July, but save August 1 on your calendar for the annual **SCD Luau.**

Those with last names beginning with **A-H bring desserts, I-R bring salads, and S-Z bring cold cuts or salad.**

SUNSHINE LADY

Sunshine Ladies Louise DeMasi and Bobbie Downing report that for the last half of April and first half of May, cards were sent to the following:



Get well cards to Roger White, Muriel Matta, Jim Givens, Marian Hymel, Betty Lentz, Harry Colvin and Emma Hale.

Thinking of You cards to Jack Johnson, Bill Griggs, Bill & Mercedes McElwain, Jo Luft, Bill Carter and Charlie Russell.

Sympathy cards to the family of Margaret A. Herold, family of Elaine Enteen, family of Elizabeth Houston, mother Janet Borbon in the death of her daughter.

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 APRIL - MAY

Please join us in welcoming the following new SCD members Joyce Morris, Vera Fontaine, Cal & Jud Crabill, Sandy Weiss, Don Horton, Loren & Frankie Bennett, Kathryn Vetter, Kenneth & Lynne Wegner, Joanne Johnston, Irene Cameron, Roy & Lou Ross, Fran & Bud Daley, Yvonne Butler and Janice Walker.

DAVIS COMMUNITY TRANSIT

Greetings from DCT! As the summer months begin please wait for the bus in a cool area. We do not expect you to be standing outside in the heat! As some of you may know Phil Tarver's last day with DCT was May 5. Phil was with us for 3 years and we wish him luck in his next venture. Diana Edwards, who has been with DCT since April of last year, is the new Paratransit Coordinator. Diana is excited to begin a new chapter at DCT and we are grateful that a current employee was chosen to fill the position making the transition a smooth one for everyone!

THE GIFT OF GIVING

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

Davis Dynamos	\$110
Dynabands	\$344
Duplicate Bridge – Monday	\$ 84
Hem & Haw (SCD)	\$ 68
Information & Assistance	\$ 33
International Party & Raffle	\$1144
Mac Users Group	\$ 30
Medical Equipment Donations	\$326
Miscellaneous	\$178
Monday Night Social Bridge	\$ 15
Nostalgics	\$ 36
Tax Preparation Donation	\$ 10
Total	\$2,378

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

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's **June 14** meeting will be held at the Senior Center, beginning at **11:30 a.m.** Our program will be a sing along with Robert Smith leading. Members should bring a guest and food to share and your own table service. Last names A-G bring salad, H-P dessert and Q-Z salad. Any questions call 753-0266.

BOOK REVIEW

Join us on **Tuesday, June 13 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...

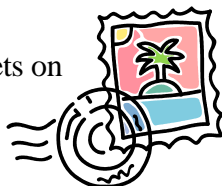
On **Tuesday, June 13 at 10:30 a.m.**, Stan Forbes will lead an in-depth discussion on this past month's book selection, *The Omnivore's Dilemma* by Michael Pollan, author of the *Botany of Desire*. The book selection for July will be determined at this discussion meeting.

CURRENT EVENTS DISCUSSION GROUP

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

DAVIS STAMP CLUB

The Davis Stamp Club meets on the 1st Tuesday of each month, **Tuesday, June 6 from 7:00 to 8:30 p.m.** For more information, call Anne Hance at 753-7265.



GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club's library is open Wednesdays and Fridays from 1:00 to 4:00 p.m. A volunteer is available to help with questions. Among the many interesting volumes in the collection is Thorndale & Dollarhide's "Map Guide to the U.S. Federal Censuses 1790-1920," which shows all the boundary changes for the given census years. Books can be used in the library during open hours only.

Our monthly meeting on **June 26 at 1:00 p.m.** features family historian Susan Jackman presenting "Using Maps in Your Family History Research." The right maps are just as vital in genealogy as they are in our everyday lives. Learn how to find and use appropriate maps for your family history research at this informative presentation.

Guests are welcome at all DGC club meetings, held the fourth Monday of each month, except July, August, and December. If you wish to participate or have voting privileges at the meetings, we charge a small membership fee of \$10.00 per year to support the library and other club functions. Please join us! 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, June 12.** The topic will be "Getting Candid About Digital Cameras." Presented by photographer Jim Richter. Jim is a very fine photographer and a member of the Woodland Camera Club. He has a lot of technical knowledge but speaks well to ordinary folk who are less technical than he. If you have a digital camera and want to understand it better or if you are considering "going digital" with your photos, here's the info you'll need to decide what camera to buy and what settings to use once you have it.

For more information, call Anne Hance at 753-7265, Lois Richter at 758-5058 or Carol Harting at 756-4654, or check the web site at www.dcn.org/iug/

MAC USERS GROUP

This group meets on the second Tuesday of each month, from **6:30-8:30 p.m.** The next meeting will be held on **Tuesday, June 13.** For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, June 8 at 2:30 p.m.** The public is encouraged to attend & join in on discussion items.

INFORMATION & ASSISTANCE

SOCIAL SECURITY CARDS

Never keep your Social Security card or number in your wallet. Your number is like gold to identity thieves. It unlocks your records and makes you a prime target for fraud and theft. Memorize your social security number and keep your card in a safe place at home.

FOOT SCREENINGS

Davis podiatrist Scarlett Kroencke will offer free foot screenings at the senior center on **Thursday, June 8, 9:00-11:00 a.m.** Call 757-5696 for your appointment.

LOWER YOUR TAXES

Several tax reduction programs are in effect for seniors or low-income individuals. Check the information below and call Lisa at 757-5696 if you have questions.

School District - This senior citizen tax reduction is for Davis homeowners age 65 and older. **Filing period is May 15 - June 15.** No income restriction.

Parks and Open Space Tax Refund - This is a city of Davis program for low-income homeowners. For a 1-person household, the maximum annual income level is \$21,650; for a 2-person household the maximum is \$24,750. Forms are available at the senior center and must be filed with the city by June 30.

Homeowners and Renters Assistance - This rebate program runs July 1 - August 29. Maximum household income is \$40,811. The senior center has not yet received the forms, but you may make an appointment with a volunteer for help in applying for this once-a-year assistance.

WHAT'S ALL THE WEST NILE BUZZ ABOUT?

Join public information officer Jennifer Benito from the Sacramento-Yolo Mosquito & Vector Control District on **Wednesday, June 28 at 9:00 a.m.** for a talk on the West Nile virus. Come learn about the threats West Nile poses this summer and what you can do to protect yourself. For more info, call the Senior Center office at 757-5696.



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:



Monday, 6/16 "Father's Day" - wear your favorite spring bonnet/hat, and join us for meatloaf w/ gravy, buttery new potatoes, stewed tomatoes, wheat roll and a special dessert.

Wednesday, 6/28 "Happy Birthday" - help us celebrate our June birthdays with teriyaki chicken with pineapple slices, steamed rice, oriental vegetables, fortune cookie, 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)
- **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.

HEALTH & WELLNESS

EXPLORING EXERCISE OPPORTUNITIES

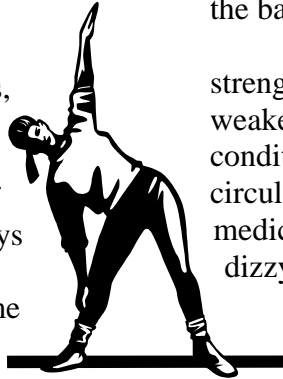
Physical activity for older adults has tremendous benefits – it is a powerful health intervention and can improve one’s ability to function and remain independent in the face of active health problems.

Despite the scientific evidence that exercise has such significant health benefits, the majority of older adults remain largely sedentary. National data indicates that only 31% of individuals 65-74 years of age exercise in regular activity at least 3 days per week, and as the age increases, the percentage of those who continue to do some form of exercise decreases.

Here at the Davis Senior Center, we want to encourage our participants to get up off that couch, and make the necessary changes to get physical activity on a more regular basis. Did you know that we have over 15 separate classes and/or organizations that promote physical activity to our older adult participants?

We would like to encourage all our visitors to come check out one of these programs, and get moving this summer! You may call 757-5696 for more information on any of the activities listed below:

- Dynabands – MWF, 2:00-3:00 p.m.
- Feldenkrais – T, 10:15 a.m. or 11:30 a.m.
- Golf – spring & fall lessons only
- Line Dancing – W, 3:30 -5:00 p.m.
- Fitness For Life – MWF, 7:30-8:30 a.m.
- Jam & Dance – alternating F, 2:15 p.m.
- Pehlke Pacers – On Your Own Time*
- Senior Softball – Playfields Park
- Square Dancing – M, 7:00-9:00 p.m.
- Tai Chi – T, 9:00-10:00 a.m.
- Taiko Drumming, TTh, 1:00 or 5:30 p.m.
- Tap Dancing, M, 3:00 – 4:30 p.m.
- Walk & Talk – MF, 9:00 – 10:00 a.m.
- Chair Yoga – MTh, 10:30 – 11:30 a.m.
- Intermediate Yoga – MTh, 8:30 – 10:00 a.m.
- Davis Dynamos Volkswalk Group
- Davis Dance Club



“BETTER BALANCE PREVENTS FALLS”

Adapted from AARP website

You juggle many activities, responsibilities, and people in your life with grace. But sometimes you can be physically tossed off balance by a wet floor or uneven pavement. Falls can occur anytime, anyplace and to anyone while doing everyday activities such as climbing stairs or getting out of the bathtub.

As we age, our sight, hearing, muscle strength, coordination and reflexes change, weakening our balance. Also, some health conditions, such as diabetes, heart disease, and circulation problems, affect balance. Even some medications have been known to make people dizzy.

Unfortunately, all of these factors make falls more likely. One of every three persons aged 65 years and older falls each year. But take heart, you do not have to be one of them! You can take simple steps to improve your balance and reduce your risk of falling.

FALL-PROOF YOUR HOME

To keep your balance and prevent falls, make sure you don't have obstacles on the ground or around your walking paths. Here are some simple reminders:

- ✓ Remove the clutter, pick up papers or clothes from the ground, move garbage bins under cabinets
- ✓ Keep your area well lit
- ✓ Be aware of your surroundings, know where your furniture is placed and any stairs or change of entry levels
- ✓ Clean up any spills
- ✓ Be sure your furniture is stable
- ✓ Use non-slip mats in the bathtub and on shower floors
- ✓ Secure loose area rugs with double-faced tape, tacks, or slip-resistant backing

Falls don't have to be part of getting older.

You have the power to stay securely on your feet and decrease your chance of experiencing a fall. Share these tips with friends and family to help ensure their safety too.

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/, 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. 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.

Happy Father's Day!



SPECIAL EVENTS & ACTIVITIES

YOGA FOR THE GARDENER

After a day of pulling weeds, pruning and raking, you can really feel the muscles and joints. There are yoga poses that help alleviate gardening discomfort. Join instructor Lisa Erskine for a special 2-hour workshop on **Monday, June 12 at 2:00 p.m.** She will focus on beneficial yoga poses for gardeners, and troubleshoot particular problem areas for you. This workshop, back by popular demand, requires advance registration and a \$10 fee. Please bring a rake to the workshop. Contact the senior center to register.



MOVIE MEMORIES

With the re-opening of the Varsity Theater in downtown Davis, a flood of memories came back for those who have been in town for many years. Louise DeMasi's late husband, Sam, used to manage the theater, and the couple met with celebrities passing through town, including Clint Eastwood, Jane Fonda and Rosalynn Carter. On **Friday, June 16 at 12:15**, Louise will be at the senior center as we show a short documentary film about the Varsity. After the film, she'll answer questions about her connections with the local theaters. Bring your own memories, or just your curiosity, and check out some of Louise's movie memorabilia in the center's display case during the month of June.

MEALS MADE EASY

Come see how easy cooking can be as Ashley Rosales from Home Instead Senior Care whips up some delicious treats from Food Network® host Rachael Ray's 30-Minute Meals! The cooking demonstration will be held on **Tuesday, June 27 at 1:30 p.m.** at the Davis Senior Center. This month's recipes will be Pizza Salad with Sparkling Mint-Lemonade. It's getting warm outside so come and learn how to prepare yummy recipes that are sure to keep you cool and satisfied during the summer months!

MEN TO GATHER

On **Wednesday, June 28**, a Men's Group participant and retired professor of agriculture, Harold Honeyfield, will talk to the group about his experiences in Afghanistan and Pakistan. The group meets at **10:00 a.m.** in the lounge at the senior center. Newcomers are always welcome.



RED HAT SOCIETY – DSC ROCKERS

This month's activity will be a trip on **Tuesday, June 6** to the new IKEA store in West Sacramento, so don't forget to wear your colors! There will be no additional meeting here at the Senior Center. For more information about the trip, please contact the Davis Travelaires office at 753-4159. Reservations required.

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, June 21 at 10:00 a.m.

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

Diabetes Support – No meeting this month

Parkinson's Support – Tuesday, June 27 at 1:30 p.m.

Peripheral Neuropathy Group – Wednesday, June 14 at 2:00 p.m. The speaker will be Mary Theres Berbert, Manager of Shoes 'n Feet, reprising her Woodland presentation: "There's Hope for Neuropathic Feet with Properly Fitting Shoes."

Vision Support – The group's meeting times change this month to the second **Wednesday, June 14 at 10:30 a.m.** Representatives from the Society for the Blind's Store will bring and demonstrate some products they have for sale.

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 Summer 2006 Recreation Schedule.

Ceramics (T, 9-11:00 a.m.)	Ongoing – Join anytime! \$5 per month
Dance & Jam Session (F, 2:15-4:00 p.m.)	June 9 & 23 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing through June \$6/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	June 6 - 13 \$9res/\$15/\$21 non-res
(T, 11:30-12:30 p.m.)	\$9res/\$15/\$21 non-res
Slow & Easy (TTh, 1:30 -2:30 p.m.)	June 1 - 29 \$23 res/\$29/\$35 non-res
Linedancing (W, 3:30-5:00 p.m.)	June 7 - 28 \$15 res/\$21/\$27 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	June 8 - 22 \$11 res/\$17/\$23 non-res*
	*plus material fee payable to instructor
Sr. Adult Fitness (MWF, 7:30-8:30 a.m.)	June 2 - 30 \$27 res/\$33/\$39 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	June 6 - 27 \$16 res/\$23/\$28non-res
Tap Dancing (M, 3:00-5:00 p.m.)	Ongoing – join anytime! No fee
Walk n' Talk (MWF, 9-10:00 a.m.)	Ongoing – Join anytime! No Fee
Yoga - Intermediate (MTh, 8:30-10 a.m.)	June 5 – 29 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	June 5 – 29 \$32 res/\$38/\$44 non-res

BRIDGE LESSONS

Instructor Jo Wragg begins her summer bridge classes this month based upon the ACBL accredited Audrey Grant teaching series. The classes provide one hour of instruction, a Q&A period, and an additional hour of play with pre-dealt hands, which reinforce the topic of the day. Classes will be held beginning **June 22 - August 10**.

The **Club Series**, which is designed for beginner level students, will be held on **Thursdays, 9:30-11:30 a.m.** Intermediate or advanced level players should not enroll in this class.

The **1-Star Conventions** class, which is designed for intermediate/advanced level players who have completed the Club, Diamond, Heart, Spade and Modern Conventions classes, will be held on **Thursdays, 1:00-3:00 p.m.** Beginner level students should not register for this class without prior consent from the instructor.

OIL & ACRYLICS

The group will continue painting, during the summer months on Monday at 9:00 a.m. Small groups will plan to paint on other days, out-of-doors, at various Davis locations. Come to the Monday meetings and help get these groups organized. The products of these outdoor sessions will be discussed and viewed during our regular Monday meetings. Join us in our attempt to broaden our landscape experience!

ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick is going Back to the Basics with her painting classes on **Thursday mornings, 9:00 to 11:30 a.m. on June 8 through 22**. This class is a fun and simple way to learn decorative painting. The fee for the session is \$11 for residents, plus a materials fee, and advance registration is required. Inquire at the office for class brochures, material costs and subsequent sessions.

WATERCOLOR CLASS

Chris Shackel leads the Friday Watercolor Class in June (our last formal class until September.) Class begins at 9:30 a.m., with set-up at 9:00 or so. Chris, like many of our gracious volunteer teachers, helps the newcomer enjoy the plunge into watercolor, so come have fun with us.

Thanks to Matt Connors with his paint-outs, demonstrations and encouraging words during May.

Planning on entering the Yolo County Fair - "Hog August Nights?" Tentative dates are August 16-20. Deadline for entry forms is August 4. Entries submitted after the deadline date will not be accepted. Booklets with further information can be picked up at the Yolo County Fair Office, 1125 East Street in Woodland.



MISCELLANEOUS

NUGGET RECEIPTS DUE

This is the month to get all your Nugget receipts turned in at the senior center by June 15. Our calculator whiz, Ed Quinteros, will keep tabulating the totals. The center receives 1% of the totals, and last year this simple fundraiser resulted in a \$4,402 donation from Nugget Markets for senior programs. Thanks Nugget!

CELL PHONE USERS NEED TO BE COURTEOUS

Recently the Senior Center staff has received a few complaints from class participants due to other participants utilizing their personal cell phones inside the center, and disrupting instructional activities.

We would like to remind all participants to please be courteous and conscientious of using their cell phones in and around ongoing activities here at the center. There are many outdoor areas that are available for these types of conversations. Thank you!

FAMILY FARM FESTIVAL

On **Saturday & Sunday, June 17 and 18 from 9:00 a.m. to 5:00 p.m., the Heidrick Ag History Center in Woodland** will be having a great day for family. There will be vintage farm equipment demonstrations, exhibits, Golden State draft horses & mules, antique engine & tractor club, Sutter Fort volunteers, and more! Cost of admission is \$5.00 per person, with children under 5 free. Advance tickets are on sale now for only \$4.00. Call 666-9700 for more information.

MEASURE G – PARKS MAINTENANCE TAX

Measure G is a City measure on the **June 6** ballot to renew the current Parks Maintenance Tax that was first approved by voters in 1998, and then renewed by voters in 2002. If approved, the Measure would renew the existing tax at the same rate of \$49 annually for residential parcels and \$40 per 1,000 sq. ft for non-residential parcels, not to exceed a maximum of 10,000 sq. ft. The tax would also be subject to renewal again in six years (2012), and includes the same refund for low-income residents as the current Parks Maintenance Tax.

The current tax provides \$1.3 million annually, which is dedicated to assisting with the maintenance of parks, greenbelts, open space, pools, streetscapes and trees. Having the dedicated tax has meant that the City can rely less on the General Fund revenues to provide park maintenance, which allows additional funding for other City services, such as general government, recreation, community and social services, fire and police protection.

If the tax measure is not renewed again in June, the City will need to determine how to reduce services and costs in response to the loss of \$1.3 million. Even though the \$1.3 million is dedicated to the maintenance of parks, most likely the reductions would come from a variety of City services, and could be implemented as early as July 2006.

For more information about Measure G, you may go online at www.cityofdavis.org/measureg or watch for the upcoming video debate, sponsored by the League of Women Voters, which will air on Davis Community Television's public access Channel 15, and the Government Channel 16. A video copy of the program is also planned to be available for checkout through the Davis Public Library, 315 E. 14th Street.

VIDEO MOVIES

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

June 2 – Hitch – Will Smith stars in this romantic comedy.

June 9 – The Chronicles of Narnia: The Lion, the Witch and the Wardrobe – Based on the classic C.S. Lewis children's book.

June 16 – Varsity – A 22-minute documentary about the history of the downtown theater that has just been converted to an independent film venue. Stay around after the film to reminisce.

June 23 – Memoirs of a Geisha – The life and lifestyle of a geisha are recounted in this fiction tale.

June 30 – Good Night and Good Luck – George Clooney's tale of journalist Edward R. Murrow during the McCarthy era.

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.

June 6 – IKEA – A day to explore the new shopping phenomenon which draws rave reviews. Ride the bus and avoid traffic and parking. \$15

June 8 – Nugget Sparks - \$10 cash, \$3 food coupon. Depart Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. Return approximately 8:00 p.m. \$25

June 15 – Tahoe’s Historic Treasure – Located on the Eastern shore of Lake Tahoe, this “Old Tahoe” mansion has remarkable history of a bygone decadent lifestyle. Enjoy a docent tour of the mansion and lunch at lunch at Jake’s-on-the-Lake at Tahoe City. \$98

June 20 – Monet and Normandy – Wait list only.

July 3 – 7 – Travelaires office closed

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

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

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

August 23-26 – Ashland – Stay at the historic Ashland Springs Hotel, just one block from theatres. Includes productions at Elizabethan Stage, Bowmer Theatre and Cabaret Theatre. Lunch and free time at Jacksonville, nestled in the foothills of the Siskiyou Mountains. \$755 pp dbl., add \$277 ss.

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

October 18 & 19 – Autumn Amtrak – A delightful overnight trip thru the Sierra and Feather River Canyon. . \$215 pp dbl., add \$36 ss.

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

October 31- November 7 – Branson and Beyond – This is not your usual Branson trip. We’ll fly to Little Rock, Ark, tour the city and visit the Clinton Presidential Library. We’ll visit Hot Springs, Ark. 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.

December 23-26 – Christmas at the Hotel del Coronado – Spend the first night at the Sheraton Hotel in Pasadena. Dinner included followed by a riding tour of the spectacular Christmas lights in Griffith Park. Then, check into the Hotel Del Coronado for a two-night stay. Celebrate Christmas Eve at the “Del’s” annual stage production of An American Christmas which includes hors d’oeuvres and a four-course yuletide dinner prepared by the hotel’s master chefs. A Christmas Day buffet is included followed by a riding tour of Coronado Island. The “Del,” National Historic Landmark, has hosted presidents, princes and American legends. Space is extremely limited due to the popularity of this annual holiday event. Deposits of \$100 per person must be made by mid-June. \$1225. pp dbl., add \$421 ss.

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

June 2006

Transportation Services 757-4408
Senior Center Office 757-5696

Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30am Memoirs 12:30pm Bingo 1:30pm HICAP*	2 9:00am Laughing Club 9:30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events
5 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	6 Don't forget to VOTE! 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	7 9:00am Peer Counseling 10:00am AARP Bd Mtg 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom & Salsa*	8 9:00am Foot Screenings* 9:00am One-Stroke Painting 9:30am Memoirs 11:00am Blood Pressure Check 12:30pm Bingo 2:30pm Sr Commission Mtg	9 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance
12 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:00pm Yoga for the Gardener* 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	13 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 10:30am Senior Center Reads 1:00pm Bridge/Pinochle 7:00pm Mac Users Grp	14 10:30am Vision Sup Grp & Talk 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy Sup 3:30pm Line dancing 7:00pm Ballroom & Salsa*	15 9:00am One-Stroke Painting 9:30am Memoirs 12:30pm Bingo 1:30pm HICAP*	16 9:00am Laughing Club 9:00am Burrowing Owl Talk* 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 12:15pm Movie Memories with Louise 1:00pm Nostalgiacs 2:00pm Current Events Sat. June 17, 12:00 SCD Bingo
19 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	20 9:00am Ceramics 9:00am Tai Chi 12:00pm Bird Flu Talk 1:00pm Bridge/Pinochle	21 10:00am Alzheimer's Sup 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing 7:00pm Ballroom & Salsa*	22 9:00am One-Stroke Painting 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:00pm Bridge Class 1:30pm Breathers Sup Grp	23 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance
26 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Genealogy Club Mtg. 6:30pm Social Bridge 7:00pm Square Dancing	27 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp 1:30pm Meals Made Easy*	28 9:00am West Nile Virus Talk* 10:00am Men's Group – Harold Honeyfield Talk 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing	29 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:00pm Bridge Class	30 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs

June 2006

Menu subject to change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Burgundy Parslied Noodles Gourmet Blend Vegetables Whole Wheat Bread Mandarin Orange Segments	2 Open Face Turkey Melt Potato Chips Green Beans w/Sweet Peppers Sugar Free Gelatin
5 Swedish Meatballs Whipped Potatoes Scandinavian Vegetables Whole Wheat Bread Blushed Applesauce	6 SCD Potluck No ENP meal today MOW Delivery Only	7 Fruit Juice Oven Roasted Chicken Noodles Romanoff Steamed Spinach Whole Wheat Bread Baked Dessert	8 Broccoli Salad Ham & Cheese Sandwich on Sourdough w/Lettuce & Tomato Lemon Pudding	9 Breaded Fish w/Tartar Sauce Scalloped Potatoes California Blend Vegetables French Bread Tropical Fruit
12 Pork Fritter w/Sweet & Sour Sauce Steamed Rice Ginger Carrots Seasonal Fresh Fruit	13 Fruit Juice Summer Time Vegetable Salad Pastrami & Cheese Sandwich w/Lettuce & Tomato on Whole Wheat Sugar Free Gelatin	14 AARP Potluck Orange Juice Pan Style Omelet Turkey Links Diced Has Brown Potatoes Muffin	15 Chicken Soft Taco w/lettuce, tomato, Salsa Fiesta Corn Refried Beans Chocolate Pudding	16 <i>Happy Father's Day</i> Meatloaf w/Gravy Buttery New Potatoes Stewed Tomatoes Wheat Roll Special Dessert
19 Ginger Plum Chicken Oven Baked Orzo w/Thyme Chef's Blend Wheat Roll Peaches	20 Fruit Juice Oven Baked Onion Rings Hamburger on a Bun w/Lettuce Tomato, Pickle and Condiments Fruit Crisp	21 Coleslaw BBQ Pork Riblet Baked Beans Biscuit Apricots	22 Nantucket Turkey Salad On a Croissant w/lettuce & Cranberry Spread Savory Rice Salad	23 Pepper Steak Baked Potato w/Sour Cream Steamed Broccoli French Bread Tapioca Pudding
26 Fruit Juice Polish Dog w/bun (Contains Pork & Beef) Sauerkraut Green Beans Sweet Surprise	27 Southern Chicken Fried Steak w/Country Gravy Mashed Potatoes Sweet Peas & Carrots Bread Mixed Fruuit	28 Happy Birthday! Teriyaki Chicken w/Pineapple Slices Steamed Rice Oriental Vegetables Fortune Cookie Birthday Cake	29 Cheddar, Beef & Biscuit Stratta O'Brien Potatoes Swiss Chard Rye Crisp Crackers Creamy Pudding	30 Red Cabbage Salad Lemon Pepper Fish Cheezy Pasta Seven Grain Roll Seasonal Fresh 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