

Senior Scene



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March 2006
www.cityofdavis.org/pcs/seniors/

SAINT PATRICK'S DAY CELEBRATION EVENT

Friday night March 17 from 6:00 to 9:00 p.m. we will be having our St. Patrick's Day party.



The food will be the old fashioned favorite...corn beef and cabbage with all the trimmings! Our own *Music from the Back Room* Band will play.

We have jobs for many volunteers doing set up, kitchen work, baking cookies, and clean up. Sign up at the main office.

Ticket sales continue through Monday, March 13. The price is \$5.00 for SCD members and \$8.00 for non-members.

ATTENTION MUST BE PAID!

Kent Nicholson, director of the UC Davis production of Arthur Miller's Pulitzer Prize-winning play *Death of a Salesman*, will speak and answer questions about the themes and theatrical techniques of this American classic on **Wednesday, March 8 at 2:00 p.m.** at the Davis Senior Center.



Kent is the Director of New Works at the Bay Area's TheatreWorks, and a UCD alumnus. Some of the actors in the UC Davis production will also be on hand, so whether you have already seen the play or are planning to see it, this should be an enjoyable presentation. *Death of Salesman* performs **March 3-5 and 9-12** in the UCD Main Theatre.

Mark your calendars for next month's special event – tickets go on sale Monday, March 27!

Annual International Party
Wednesday, April 19
6:00 to 9:00 p.m.

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .



The SCD Potluck on **Tuesday, March 7 beginning at 11:30 a.m.** is going to be especially enjoyable, Glen Baxter, story teller, will be with us. He tells humorous, mostly rhyming, stories that are great fun because of his choice of story and his dramatic delivery.

Those with last names beginning with **A-H should bring hot dishes, I-R desserts, 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.

Next month's potluck will be held on **Tuesday, April 4, beginning at 11:30 a.m.**

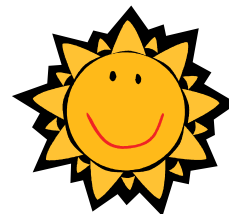
Those with last names beginning with **A-H bring desserts, I-R salads, and S-Z hot dishes.** Anyone wishing to bring additional hot dishes is encouraged and most appreciated.

NEW MEMBERS FOR JANUARY-FEBRUARY

Please join us in welcoming the following new SCD members: Florence Doughty, Phoebe Ford, Patti Goss, Sue Heekin, Rosemary Shahan, Frances Atkins, Dee MacAulay, Willa Collinge, Demetrio & Sharon Cucinotto, F. C. Kofranek, Robert & Wai-Mei, Terri Matsumura, Joyce Rasch, Robert & Therese Smith, Gale Sosnick, Marilyn Troth, Barbara Vaugh, Harvey Bailey, Marylou Brewer, Maria Cepero, Barbara & Leland McKnight, Diane Rasmussen, Elizabeth Vanderford, Mark & Betty Belafsky, Kathleen Farley, Sharon Flin, Donna Gaboury, Pat Hartley & Mark Braley, Ann Husmann, Marion Jazwinski, Solveig Manners, Dorothy Maxson, Robert Page, Clara Pyle and Kenneth & Esther Stanley. Also John & Gloria Addiego, Shirley Meyer, Elinor Olsen, Nancy Salvango-Toledo and Kathy Wimer.

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 Lillian Richmond, John Keller, Lucille Ingebretsen, Noland Walker, Margie Fagan, Mary Bordigon, and Betty Kaufman.

Thinking of You cards to Billie Little, Jerri Lester, Carolyn Beckett, George Hinkle, Bill Griggs, Bill & Mercedes McElwain, Bill Carter and Jerry Henderson.

Sympathy cards to the family of Jane Zakarian, family of Helmi Kaemmerer, family of Charles McKinney, family of Richard Doolen, family of Harvey Canafax, family of Maureen Mason, family of M. Arlene Smith, family of Judith Atwood, family of Luella Zamzow, family of Doris Diemer, family of Jerri Lester and card to Carolyn Beckett for the death of her 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 St. Patrick's Day from the gang at DCT! We have a few staff changes to discuss. Christen Snyder and Mike Baldwin are no longer with us. Christen is now at the Human Resources office for the City of Davis and Mike is employed as a sales engineer in Elk Grove. We wish them both much success in their next venture, and they're close enough that we'll still see them for an occasional visit! We would like to welcome our new driver Jorge Regan. Our new bus 557 is in service and we hope you're all enjoying a smooth ride! Effective April 1, a 30-minute cancellation of a scheduled ride is required. If you do not cancel your ride, and the bus arrives to pick you up, you will be responsible to pay the \$1.00 fare for service. The service continues to grow and it is important that we remain efficient in order to provide continued quality service. Please feel free to call the office if you have questions at 757-4408.

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, March 8** beginning at **11:30 a.m.** Our program will be on the early days in Davis presented by John Luflund.

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

BOOK REVIEW

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

SENIOR CENTER READS...

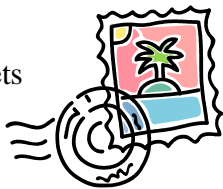
This month's selection is *Gilead* by Marilynne Robinson, author of the bestselling books, *Housekeeping* and *The Death of Adam*. The books, \$10 each, will be available leading up to the discussion date on **Tuesday, March 21 at 10:30 a.m.** Inquire at the main office for copies while supplies last.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

CURRENT EVENTS DISCUSSION GROUP

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



SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, March 9 at 2:30 p.m.** Ken Wagstaff, Executive Director of Citizens Who Care, will be the featured guest speaker. The public is encouraged to attend & join in on discussion items.

GENEALOGY CLUB & LIBRARY

The Davis Genealogical Club library is open on **Mondays, Wednesdays and Fridays from 1:00 to 4:00 p.m.** A volunteer is available to familiarize visitors with the collection and answer questions.



The scheduled program at the monthly meeting on **March 27 at 1:00 p.m.** features genealogist Pamela Bell Dallas, who will talk about an often overlooked and very important resource, the National Union Catalog of Manuscript Collections. The NUCMC, pronounced "Nuck-Muck", is held by the Library of Congress and describes in detail more than 70,000 small independent manuscript collections of genealogies, original letters, diaries, school records, logbooks, and more throughout the U.S.

Guests are welcome at club meetings, held the last Monday of every month. If one wishes to participate or have voting privileges at the meeting, a membership fee of \$10.00 per year is charged to support the library. 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, March 13.** The topic will be "Getting Candid About Digital Cameras." A panel of experienced photographers and Jim Richter, a guest speaker who is a semi-professional photographer (having sold several of his pictures), will help us understand about current 'new and better' cameras and what they can do. This meeting should provide you with 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. (New time)** The next meeting will be held on **Tuesday, March 14.** For more information, call Michael Beaucage at 758-7639.



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, 3/3 “National Anthem Day”– join us for fruit juice, old fashioned beef stew, warm biscuit and warm cinnamon apples. We will also be singing the National Anthem today, and you will have the opportunity to learn about its history.

Tuesday, 3/13 “Employee Day” – give your site manager & lunch volunteers a big “thank you” hug for all that they do!

Friday, 3/17 “St. Patrick’s Day Celebration”– corned beef and cabbage, boiled potatoes, savory carrots, rye swirl bread, and emerald isle dessert. As a special treat, we will have some surprise entertainment too!

Wednesday, 3/29 “Happy Birthday” - join us in celebrating our March birthdays with ham with glaze, creamy AuGratin potatoes, Scandinavian blend vegetables, wheat bread 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*

HEALTH & WELLNESS

PEHLKE PACERS - PEDOMETERS STILL AVAILABLE

If you have not yet picked up your free pedometer, don’t worry, there are still some available. Pick up your free pedometer at the front desk of the senior center.



A pedometer stride setting and information session will be held again at **10:00 a.m., Wednesday, March 8**, after the Wednesday Walkers. Please bring your pedometer and any questions to the meeting.

WALKING GROUPS

Need a great way to meet new people and walk toward your goal of 10,000 steps a day? If so, join one of the walking groups offered at **9:00 a.m.** on **Monday and Friday** (Walk and Talk) or **Wednesday** (Wednesday Walkers). These groups will help build stamina and improve cardiovascular condition. In addition, you will become more familiar with some local walking routes. No sign up necessary, just meet in the lobby by 9:00 a.m. and don’t forget your walking shoes.

HEALTH BENEFITS

Exercising has many health benefits, but walking, in particular, has been connected with the losing of body fat. Recent studies have demonstrated that walking or jogging 11 miles per week will prevent visceral fat gain, which is linked to diabetes, high cholesterol, and heart disease. The study also claimed that the distance covered and time spent exercising is more important than the intensity of the workout. So, keep walking your way to a healthy heart!

Happy 
St. Patrick's Day

INFORMATION & ASSISTANCE

MEDICARE PART D

If Medicare's new Part D prescription drug plan has you confused, come to an informational workshop at the senior center on **Monday, March 20 at 1:00 p.m.** Social worker Peggy Phelps will explain the program and offer individual appointments to get you enrolled using the computer at the center. To schedule your appointment, call 757-5696.

DMV SERVICES

A representative from the Department of Motor Vehicles will be on site at the senior center on **Thursday, March 23 at 9:00 a.m.** They will be available for seniors who need to renew a driver's license, photo ID, or disabled placards. **Please note:** you will still need to go to the DMV office to finish the process, but you will be sent to a special window in order to prevent long wait times! DMV is unable to assist with auto registration. Please arrive early as it is a first come, first served basis.

SUPPORT GROUPS

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

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

Diabetes Support – **Wednesday, March 15 at 3:15 p.m.** "Blood Sugar Monitoring - Pattern Management" Please join Wendy Gregor, MA, RD, CDE for a discussion about how to identify patterns in your blood sugar logbook, interpret your blood sugar numbers, and adjust your behaviors for better results. Be sure to bring your blood sugar monitor and your logbook (or whatever you use to record blood sugar results).

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

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

Peripheral Neuropathy Support – **Wednesday, March 8 at 2:00 p.m.** Laurel Hassid, nutrition activist and wife of neurologist Eric Hassid, will continue our discussion of optimizing nutritional health for those with neuropathy and other chronic health conditions begun by Dr. Hassid at the January meeting. The public is invited to attend. \$2 donations are most welcome to help with newsletter costs and informational materials.

Diabetic Neuropathy Talk - Retired orthopedic surgeon Dr. Scott Nickerson will speak on **Monday, March 27 at 10:00 a.m.** He is an advocate for the tarsal tunnel release procedure, which solved his own diabetic neuropathy suffering. His presentation is sponsored by the Peripheral Neuropathy support group, but everyone is welcome to attend.

Vision Support – on **Wednesday, March 15 at 10:30 a.m.**, Michelle Bernstein, coordinator of the Senior Impact Program for the Sacramento Society for the Blind, will discuss programs to help seniors adjust to vision loss.

MISCELLANEOUS

TAX HELP AVAILABLE

Free assistance for taxpayers is still available through 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.

EASY ACCESS

The restroom doors on the east side of the senior center now have automatic doors. Just push the large metal button to the side of the entrance and the door will open. This change makes the restrooms on both sides of the facility fully accessible.



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 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 center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Your first copy is free. Additional copies are \$.50 suggested donation at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/ and then click on the right column on Senior Resource Guide.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer HICAP counselor. First and third Thursdays.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call the center for available appointment times.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter changed? These and other minor home repairs can be done through Handy Helpers program.

- **MEDICAL EQUIPMENT LOANS** - Before buying wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet. For a small donation, you can borrow the items you need.
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full amount of a class for those who can't afford it. To be eligible, your annual income must be below \$18,000 for an individual or \$24,000 for a couple. For more information, please contact Lisa in the office.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **VETERANS' SERVICES** - Consultations on services available to veterans on **Mondays from 8:30 to 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent's and survivor's benefits, health care, prescription drugs and life insurance are just some of the areas available. For more information, call 406-4850.

HELPING OTHERS

We collect the following items in the front lobby of the senior center:

- **NUGGET MARKET RECEIPTS** (it's a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CANNED FOOD AND TOILETRY ITEMS**
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Talk to Christine Helweg if you would like to make a contribution to the Davis Senior Center.

SPECIAL EVENTS & ACTIVITIES

AUTHENTIC TURKISH COOKING

European trained Executive Chef, Karahan Mete, begins his new cooking series on home-style Turkish cooking on **Monday evenings from 6:30-8:30 p.m. on February 27-April 24**. Interested students can register for the entire series for \$10 per person, plus materials fee, or they can register for individual classes at \$5.00 per person, plus materials. For more information, please call the office at 757-5696.

TECHNO U WELCOMES YOU

The lessons in gizmos and gadgets continue this month with our last 2 sessions of "Techno U" **Fridays, March 3 (computers) and March 10 (transportation), 10:30-11:30 a.m.** No tests, no homework, just sit and listen to UCD student instructor Katie Snyder as she walks you through some of the mysteries of today's new technologies.

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 12:00 noon**. Topics change weekly, and you are welcome to attend several or all of the classes.



March 1 – Cooking Day (advance registration required) 757-5696.

March 3 – Traveling Around Italy

March 8 – More Travel

March 10 – In the Shoes of an Italian (Italian way of life, fun facts)

RED HAT SOCIETY – DSC ROCKERS

The Davis Senior Center's DSC Rockers will be attending the St. Patrick's Day Dinner on **March 17 at 6:00 p.m.** here at the center. Put on your finest red and purple outfits and show off for the Irish. Tickets are available at the front desk, sign up early as they go fast. Reserve a Red Hat's Table seat.

MEN GATHER FOR POKER AND IDEAS

The Men's Social Group, a chance for men to gather for socializing and activities, had its first meeting last month, enjoying a tasty brunch at the senior center. This month the group will meet for poker and to brainstorm about the future direction and activities for the group. These could include card games, restaurant outings, sports events, local performances, expert speakers, or just coffee around the fireplace. Volunteer Rush Darigan will lead this brainstorming/poker 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, March 28 at 1:30 pm**. Joan will star as Ashley's Assistant Chef. March's meal will be a creative and healthy brunch - Greek Hash and Yogurt Crunch. Sign ups for the March class will not be accepted until March 1, continuing students can no longer sign up immediately following the current month's class. This new registration procedure is designed to ensure that everyone gets an opportunity to attend one of these extremely popular classes. Call 757-5696 to reserve a spot. If you would like to volunteer to be an Assistant Chef in a future class, please contact the front office.

HAVE YOUR FOOTSIES PAMPERED

Join us on **Friday, March 31 at 10 a.m.** and enjoy an hour of foot pampering courtesy of Deborah Betz a representative from The Body Shop at Home. This luxurious event includes free foot pampering and free samples of their peppermint foot care products. The Body Shop promotes fair Community Trade, Self-Esteem, Human Rights and is Against Animal Testing. Please make reservations by calling 757-5696, there is only room for 12 so sign up right away.



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.)	March 10 & 24 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing thru March 31 \$6/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	March 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.)	March 2 - 30 \$23 res/\$29/\$34 non-res
Linedancing (W, 3:30-5:00 p.m.)	March 1 - 29 \$19 res/\$25/\$30 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	March 9 & 16 \$8 res/\$14/\$19 non-res*
	*plus material fee payable to instructor
Sr. Adult Fitness (MWF, 7:30-8:30 a.m.)	March 1 - 31 \$29 res/\$35/\$40 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	March 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.)	March 9 – April 3 \$48 res/\$54/\$59 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	March 9 – April 3 \$32 res/\$38/\$43 non-res

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. The instructor for the March will be Marie-Therese Brown.

BRIDGE LESSONS

Instructor Jo Wragg will be continuing her Winter series of bridge lessons, beginning **April 6 – May 25**. The Spade series will be offered from **9:30-11:30 a.m.** and the 3 Star Conventions class will be offered in the afternoon from **1:00-3:00 p.m.** The cost of each session is \$32 for residents, and advanced registration is required.

GOLF LESSONS

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

ONE-STROKE PAINTING

Certified instructor Sandra Gray-Fitzpatrick is continuing her painting classes on **Thursday mornings, 9:00 to 11:30 a.m. on March 9 & 16**, with emphasis on Hydrangeas and Bunnies. 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.

NOT FOR SQUARES!

Our next session of square dancing begins on **Mondays, February 27-May 1 from 7:00-9:00 p.m.** Not only is this a great way to have fun, but it also maintains your physical range of motion, and provides mental stimulation that can reduce age-related memory loss. The cost of the 10-week session is \$50 per person. For more information, call the Senior Center office at 757-5696 or the instructor, Bryce & Sandy Birkman at 669-5947.

WATERCOLOR CLASS

The Friday watercolor class welcomes Barbara Zane as our volunteer teacher for March. Painters come to set up around 9 in the morning. Instruction begins at 9:30 and ends about 11:30.

We paint for fun! Bring your water bottle, brushes, watercolor paper and paints, a sketch book or paper and pencil. Then just relax and enjoy splashing color around. Everyone is welcome.

VIDEO MOVIES

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

March 3 – Pat and Mike – Tracy and Hepburn together again in a classic romantic comedy.

March 10 – Indiana Jones and the Temple of Doom – Indy's out to find the famous Ankara Stone and save hundreds of children who have been enslaved by a mysterious cult.

March 17 – The Thing About My Folks – Paul Reiser and Peter Falk star in this recent comedy about a father and a son.

March 24 – Million Dollar Baby – Last year's Oscar winner for best picture stars Hilary Swank, Clint Eastwood and Morgan Freeman. (Violence and disturbing themes.)

March 31 – The Rounders – Glen Ford and Henry Fonda make two of the most likeable western heroes ever in this 1962 comedy.

BEHIND THE SCENES...

FOND FAREWELL TO LIZ

Liz Fisher, our Assistant Program Coordinator, is resigning this month from her position here at the Senior Center. Liz, who recently retired, would like to have more time available to participate in activities here in Davis, as well as visiting with family & friends! Please join us in thanking Liz for her time spent here, and we hope to continue to see her participating and/or volunteering at the center in the future! As we go to print, the recruitment process is underway to find Liz's replacement - watch your April newsletter for information on our new staff addition.

SPECIAL AWARD RECOGNITION

The Davis Senior Center has been recently awarded the Program of Excellence award for the "Techno U" educational series, first offered last year at the senior center. The award is given by the California Park and Recreation Society, District II region, which represents 19 northern California counties.

In addition, on Friday, March 17, the "Techno U" program will also be recognized by the the CPRS Aging Services & Activities Section for their Lifelong Learning through Intergenerational Program Award. The program was selected as the first place winner amongst other senior center nominations throughout the state.

OOPS! OUR APOLOGIES...

During the months of January and February, we did not acknowledge some contributions that were made to our center by a few of our ongoing activity groups. This was an oversight on our part, and we are sincerely sorry for this mistake.

We would like to send a special thank you to the Davis Watercolor Painting class, and the Thursday & Friday Memoirs Writing classes for their generous donations to our fabulous center. The ongoing support demonstrated by these groups, and so many others, is greatly appreciated.

THE GIFT OF GIVING

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



Davis Dance Club	\$150
Dynabands	\$ 82
Duplicate Bridge – Monday	\$ 67
Hem & Haw (SCD)	\$168
Information & Assistance	\$ 8
Internet Users Group	\$ 23
Mac Users Group	\$ 30
Medical Equipment Donations	\$166
Memoirs Class (Thursday - from Dec.)	\$220
Memoirs Class (Friday - from Dec.)	\$122
Miscellaneous	\$715
Monday Night Social Bridge	\$ 20
Nostalgics	\$ 17
Pinochle Players	\$ 11
Tap Dancers	\$ 28
Travelaires Fundraiser Trip	\$414
Watercolor Class (from Dec.)	\$100
Total	\$2,341

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.

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

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

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

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

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

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

May 27 – 29 – Mammoth Holiday – A delightful exploration of the Mammoth Lakes area with many extras. \$470 pp. dbl, add \$115 ss.

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

June 15 – Tahoe’s Historic Treasure – Located on the Eastern shore of Lake Tahoe, Thunderbird Lodge is an example of the “Old Tahoe” architectural style and master craftsmanship, and ranks among the most luxurious of Tahoe’s mansions, including the Ehrman Mansion and Vikingsholm. Many surprises are in store as we tour this grand home. Lunch is included at Jake’s on the Lake in Tahoe City. \$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 pp dbl., add \$277 ss.

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

October 26 – Chrysanthemums in Bloom – Kings Mums, located in Galt, offers the most comprehensive collection of mums to the retail market. Lunch is included at Wholey Ravioli Italian Ristorante followed by a tour of Spaans Cookie Factory. \$52

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

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

March 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 Dance* 8:00pm Salsa Dance*	2 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:30pm HICAP*	3 9:00am Laughing Club 9:30am Memoirs 9:30am Watercolor Painting 10:30am Techno U* 11:00am Italy 101 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events
6 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Turkish Cooking* 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 10:00am Pedometer setting* 11:00am Italy 101 1:00pm Hem & Haw 1:00pm Poker 2:00pm Kent Nicholson Talk 2:00pm Peripheral Neuropathy Sup 3:30pm Line dancing 7:00pm Ballroom & Salsa*	9 9:00am One-Stroke Painting 9:30am Memoirs 9:30am Bridge Class 11:00am Blood Pressure Check 12:30pm Bingo 2:30pm Sr Commission Mtg	10 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 Nostalgiacs 2:15pm Jam Session & Dance
13 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 2:00pm Legal Asst.* 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Turkish Cooking* 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 Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Sup Grp 3:30pm Line dancing 7:00pm Ballroom & Salsa*	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 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events 6:00pm St. Patrick's Event* Sat. Mar 18 12:00 SCD Bingo
20 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Medicare Part D Talk* 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Turkish Cooking* 7:00pm Square Dancing	21 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:30am Senior Center Reads 10:15am Feldenkrais 1:00pm Bridge/Pinochle	22 10:00am Men's Social Group 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 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance
27 8:30am Veteran Services 9:00am Oil/Acrylic Painting 10:00am PN/Diabetes Talk 12:30pm Duplicate Bridge 1:00pm Genealogy Club Mtg. 6:30pm Social Bridge 6:30pm Turkish Cooking* 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*	29 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line dancing	30 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo	31 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 10:00am Foot Pampering* 12:15pm Video Movie 1:00pm Nostalgiacs

MARCH 2006

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

Monday	Tuesday	Wednesday	Thursday	Friday
Transportation 757-4408 Senior Center 757-5696		1 Spaghetti w/Meatballs Italian Blend Vegetables Garlic Bread Mandarin Orange Segments	2 Tossed Green Salad Clam Chowder Wheat Roll Fruit Cup	3 National Anthem Day Fruit Juice Old Fashioned Beef Stew Warm Biscuit Warm Cinnamon Apples
6 Potato Crusted Ham & Cheese Pie Lima Beans Whole Grain Roll Banana	7 SCD Potluck No ENP meal today MOW delivery only	8 <u>AARP Potluck</u> Roast Beef w/AuJus Whipped Sweet Potatoes Peas & Pearl Onions Sourdough Bread Lemon Pudding	9 Mexicali Chicken Spanish Rice Buttered Corn Tortilla Pineapple Tidbits	10 Breaded Fish w/Tartar Sauce Penne Alfredo Steamed Spinach French Roll Baked Dessert
13 <u>Employee Day</u> Swiss Steak w/Brown Gravy Dutchess Potatoes Stewed Tomatoes Baguette Apricots	14 Oven Fried Chicken Macaroni Salad Winter Bend Vegetables Biscuit Ambrosia	15 Honey Glazed Pork Cornbread Stuffing Harvard Beets Whole Wheat Bread Tropical Fruit	16 Fruit Juice Chicken Fondue Bake Jazzy Rice Mixed Vegetables Wheat Roll Vanilla Pudding	17 St. Patrick's Day Corned Beef & Cabbage Boiled Potatoes Savory Carrots Rye Swirl Bread Emerald Isle Dessert
20 Chicken Paprikash Pasta Swiss Chard French Roll Blushed Pears	21 Fruit Juice Green Salad Chili Mac & Cheese Texas Bread Baked Dessert	22 Hearty Split Pea Soup Turkey Pastrami Sandwich on Whole Wheat w/Lettuce & Tomato Raspberry Cream Gelatin	23 Pepper Steak Baked Potato w/sour cream California Blend Vegetables Baguette Fruit Cocktail	24 <u>Good Source of Beta-Carotene</u> Seafood Crepe Baked Squash Broccoli Rye Crisp Crackers Chocolate Pudding
27 <u>Good Source of Fiber</u> Fruit Juice Zesty Ranch Chicken Baked Beans Peas & Carrots Whole Wheat Bread Tapioca Pudding	28 Beef Tips served over Mashed Potatoes Green Beans French Roll Plums	29 Happy Birthday Ham w/Glaze Creamy AuGratin Potatoes Scandinavian Blend Vegetables Wheat Bread Birthday Cake	30 Fresh Green Salad Tuscan Style Lasagna w/Beef Garlic Bread Orange	31 Lemon Herb Baked Fish w/Dill Sauce O'Brien Potatoes Brussel Sprouts Honey Wheat Roll Applesauce

\$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