

Davis
Davis Senior Center
646 A Street, Davis CA 95616

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Senior Scene



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Travelaires: (530) 753-4159
November 2006
www.cityofdavis.org/pcs/seniors/

MAD HATTER TEA PARTY & VINTAGE FASHION SHOW

This year's Madhatter's Tea Party, scheduled for **Thursday, November 16 at 3:00 p.m.**, is definitely a "don't miss opportunity!" This year, we are featuring a very special theatrical tour of fashion through the ages modeled by volunteers for Goodwill Industries of the Greater East Bay. You will see spectacular clothing come to life – ball gowns, day dresses, wedding gowns, lingerie, men's clothing, furs, shoes, hats, wool bathing suits, and a notable collection of Worth Gowns! Those of you who may have attended our Mother's Day Luncheon in 2001 will remember this fabulous program. Piano accompaniment and full descriptive commentary are included in this special one-hour performance beginning promptly at 3:15 p.m.



As usual, coffee, delicious tea and many scrumptious treats will be served. Prizes will be awarded to the person wearing the craziest hat, funniest hat, best couple, and best of tie. The cost is **\$5 if you wear a crazy hat or tie, and \$8 if you choose not to.** Tickets are on sale now! Doors will close promptly at 3:15 p.m., and no entry will be allowed after show time.

We are still looking for a few more volunteer bakers too! We need finger sandwiches, scones, cookies, etc – anything that is your specialty! Please sign up in the office no later than Thursday, November 9.

The Senior Center and the Elderly Nutrition Program will be closed for all programs and services on Friday, November 10 for the Veteran's Day Holiday, as well as on Thursday and Friday, November 23 & 24 due to the Thanksgiving Holidays.

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

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

Brianna Diaz, Asst. Program Coordinator
Mae Denman, Asst. Program Coordinator

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

The **November 7** potluck will feature Ted Puntillo, Yolo County Veterans Service Officer. His office serves over 11,000 veterans here in Yolo County. Ted was formerly the Postmaster of Davis and most recently a Davis City Councilman. Ted was raised here in the Sacramento area. He lives in Davis with his wife Sherry who is the CEO of the Davis Chamber of Commerce, his retired father Ted Sr., who is a WWII Veteran, and their 3 daughters.

Ted is a veteran of the US Army and did a tour in Vietnam from 1967 to 1968. He looks forward to speaking about the benefits that are available to the veteran community, as well as to widows of veterans who served during war time.

We will begin as usual at 11:30 a.m. with a "social hour." The schedule for food is last names beginning with **A-G should bring dessert, H-N salad, and O-Z main dish.** Please bring enough to serve 6-8 people along with your plate and utensils. Anyone who is unable to bring a dish may pay \$5.00.

The schedule for next month's potluck on **December 5** will be last names beginning **A-G main dish, H-N dessert, and O-Z salad.**

SUNSHINE LADY

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

Get well cards to Alice Nishi, Gene Feldman, Nell King & Mary Scott.

Thinking of You cards to Phoebe Anderson, Alice Nishi, Rose Calabria, Gene Feldman, Bill Griggs, Bill & Mercedes McElwain and Charles Russell.

Sympathy card to Darla Davisson in the loss of her husband. Cards to the family of Robert Feeny, family of Esther Stanley, family of Velva Kirkman, family of Jack Miller, family of Orville Thompson and family of Don Barrow.

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 SEPTEMBER - OCTOBER

Please join us in welcoming the following new SCD members: Clayton & Millicent Miller, Shirley Kreissman, Dorothy Brazelton, Don & Libby Seil, J. Ian & Robbie Stewart, Edie Clark, Emily Beals, Katherine Domeny, Jim & Janis Nicholes, George & Nelly Chin, Sandra Matthys, Charlie & Jan Bazinet, Judith Feldman & Doug Hitchcock, Stephen Burgess, Pamela Lopez, Anita Gonzales & Bonnie Geib, Betty Jane Polk, Mike & Marian Burnham, Elisa Bautista, Carlyn & Janet Jensen, and Lyle & Sandy Parker.

HOLIDAY DINNER & DANCE

It's almost time to purchase your tickets for this year's SCD Holiday Dinner & Dance on **Tuesday, December 12 from 6:00 to 9:00 p.m.** The evening will include a catered dinner by The Mustard Seed, dancing to the *Frank Oddo Quartet*, and of course lots of good times!



Tickets are on sale now in the main office for **\$17 for SCD members and \$22 for non-members.** You must present your SCD membership card at the time you purchase your tickets. Deadline to purchase your tickets is Monday, December 4 - no tickets will be sold at the door.

If you wish, you may also reserve a table for eight at the front desk, the only catch is you have to provide the table decorations! Show us your creative side, and join in on the holiday fun! Table diagrams are available to pick your designated table at the time you place your reservation.

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 EYEGASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Talk to Christine Helweg if you would like to make a contribution to the Davis Senior Center.

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, November 8 beginning at 11:30 a.m.** our program will be on DEMOCRACY. In the great debates over the years about democracy and its faults, a truism has learned the only "cure" for democracy is more democracy.

Members should bring a guest and their own table service, food to share or a \$5:00 donation. Members with last names A-G dessert, H-P hot dish and Q-Z salad. Any questions call 753-0266. Our meeting place is Davis Senior Center at 646 A St.

BOOK REVIEW & SENIOR CENTER READS...

Join us on **Tuesday, November 21 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!

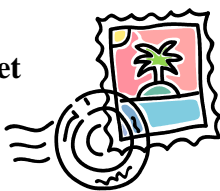
Then, at **10:30 a.m.**, since there is no group in December, he will discuss this month's selection, The Yacoubian Building, by Alaa Al Aswany. Books are on sale while supplies last. Cost is \$10.

CURRENT EVENTS DISCUSSION GROUP

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



GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club library is open on Wednesdays and Fridays from 1:00 to 4:00 p.m. and Mondays by appointment. A volunteer is available to help with questions at these times. Beginning this fall, the club is holding tutorials on how to use the club library. The Davis Genealogy Club celebrates on **November 27** with a potluck social gathering during which members are invited to come and share memories of holiday activities and traditions along with a dish or beverage.

Please visit the club website at www.davisgenealogy.org Guests are welcome at our club meetings. Please join us in November to meet our members and hear our stories. 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, November 13.** "The Internet as a Huge Depository of Information" will be the topic. The Internet has often been called a global library of information and at this meeting we will search that global library for information about our ancestors.

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

MAC USERS GROUP

This group meets on the second Tuesday of each month, from **6:30-8:30 p.m.** The next meeting will be held on **Tuesday, November 14.** For more information, call Michael Beaucage at 758-7639.

MEN'S GROUP

The Men's Group will meet on **Wednesday, November 29 at 10:00 a.m.** in the senior center library. A docent from the Railroad Museum will speak. We understand that he is delightful to listen to and has lots of information on trains. Newcomers are welcome to join the Men's Group.

SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, November 9 at 2:30 p.m.** The public is encouraged to attend & join in on discussion items.

DAVIS COMMUNITY TRANSIT

With the onset of rainy weather, we do not expect you to wait outside. Please wait inside in a warm, dry place where you can either see or hear the bus arrive. We will do our best to call you if we are running late. Rain does slow the service down, because safety is our first priority, so please be patient with us if we are late and know that we do our best to get you to your appointments on time. Kim's last day was October 19th, and she is now working full time in Financial Aid at UC Davis. Have a Happy Thanksgiving!

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!



Monday, 11/13 “World of Kindness Day” - Enjoy macaroni & cheese with ham, and win a raffle prize for a “Kindness Deed”.

Tuesday, 11/14 “A Touch of Europe” - Come and enjoy Mediterranean chicken, Spanish potatoes, Swiss chard, French roll and English truffle for dessert.

Wednesday, 11/22 “Thanksgiving Dinner” Give thanks to good friends, and join us for roast turkey with cranberry sauce, whipped sweet potatoes, old fashioned stuffing, green bean casserole, french roll and pumpkin pie with whipped topping.

Wednesday, 11/29 “Happy Birthday.” Help us celebrate our November birthdays with roast pork with chutney, squash & apple bake, vegetable medley, wheat roll 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*



HOLIDAY HOME TOUR “DICKENS IN THE VALLEY”

Mark your calendars for *Dickens in the Valley*, a very special Holiday Home Tour presented by Friends of Meals on Wheels, on **Saturday, December 2 from 11:00 a.m. to 4:00 p.m.** This fundraising event to benefit Meals on Wheels in Yolo County, a meal program for senior citizens will present a tour of 6-8 beautiful Woodland homes dressed in holiday splendor. Tickets are on sale for \$25 per person, \$20 per person for a group of 15 or more. Shuttle service between the homes will be offered. Complimentary hot coffee and holiday treats will be served. For more information call the Elderly Nutrition Program at (530)662-7035.

VIDEO MOVIES

Thanks to Videos To Go for making the showing of these films at the senior center possible. Show time is 12:15 on Fridays. This month we’re featuring “Road Movies,” films in which the road almost becomes a character, and the journey is crucial to the plot.

November 3 – The Sea Inside - The real-life story of Spaniard Ramon Sampedro, who fought a 30-year campaign in favor of euthanasia and his own right to die.

November 10 – Veterans’ Holiday – no movie

November 17 – Cars – Stock cars, Paul Newman and Route 66 all in one animated film from Disney/Pixar.

November 24 – Thanksgiving Holiday – no movie

MISCELLANEOUS

CALL TO COLLECTORS

Do you collect certain trinkets, or have made your own collection of goods, be it sock monkeys, wood turnings, or Japanese dolls? Why not share your collection in the Senior Center’s own display case? For further information on displaying your collection, please contact Brianna at the Senior Center by calling 757-5696.

INFORMATION & ASSISTANCE**ELDERLAW CLINIC**

Elderlaw attorney Mark Hyjek will offer free consultations on **Friday, November 17** beginning at 11:00 a.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.

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, November 15 at 10:00 a.m.

Breathers Support – No meeting in November or December.

Diabetes Group – No meeting in November. Next meeting will be December 13 at 3:15 p.m. Wendy Gregor is a certified diabetes educator. Everyone is welcome to attend.

Parkinson's Support – Meets Tuesday, November 28 at 1:30 p.m. No meeting in December.

Vision Support – On Wednesday, November 8 at 10:30 a.m., the program will be a discussion on increasing attendance at the monthly vision meetings and learning more about the needs of those who regularly attend. This group is always evolving and changing as new people join us and others leave. The outcome of this discussion will help Lynn plan future programs that will be beneficial to the members of the group.

HEALTH & WELLNESS**END OF LIFE DECISIONS**

Join us on **Monday, November 6 at 3:00 p.m.** for “Medical Interventions: Who Decides?” Dr. Patricia Moore-Pickett will be joined by attorney Stanley Wells from the Sutter Davis Hospital Ethics Committee. The class is designed to explain how to make sure your wishes about health care treatment are followed if you are no longer able to make decisions. The class will examine end-of-life scenarios and explore family and emotional issues. Sign up by calling 757-5696.

BIOETHICS

UC Davis geriatrician Bonnie Neyhart will talk about bioethics on **Friday, November 3 at 10:00 a.m.** Sometimes decisions made by patients or their families are different from what physicians believe to be the best option. When these differences cannot be resolved, consultants from Bioethics are asked to weigh in. Dr. Neyhart has served on the UC Davis Bioethics Consultation Committee for over 5 years and has been involved in many difficult cases. This presentation is co-sponsored by OLLI - UC Davis Extension (formerly Senior Learning Unlimited). Sign up for her presentation by calling 757-5696.

THE GIFT OF GIVING

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



Davis Stamp Club	\$ 96
Duplicate Bridge – Monday	\$ 76
Hem & Haw (SCD)	\$253
Information & Assistance	\$ 10
Mac Users Group	\$ 32
Medical Equipment Donations	\$115
Miscellaneous	\$ 35
Monday Night Social Bridge	\$ 20
Nostalgics	\$ 21
Tap Dancers	\$ 42
Tuesday Pinochle	<u>\$ 11</u>
Total	\$711

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

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.
- **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.
- **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.
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full or partial amount of a class for those who can’t afford it. To be eligible, your annual income must be below \$18,000 for an individual or \$24,000 for a couple. Scholarships are available up to a maximum of \$125 per calendar year, and can only be used for the cost of the class, excluding materials/lab fees. For more information, please contact Lisa in the office.
- **SHOPPING SERVICE** - If you need someone to do your grocery shopping, we have a free service for you! UCD student volunteers will take your order, do your shopping and deliver to your home. The students have been on break this summer, but they’ll accept shopping lists beginning the last week in September for delivery the first week in October. For more information, call Lisa at 757-5696.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **VETERANS’ SERVICES** – Consultations on services available to veterans on **Mondays from 8:30 to 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent’s and survivor’s benefits, health care, prescription drugs and life insurance are just some of the areas available. For more information, call 406-4850.

SPECIALTY CLASSES

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, call 757-5696, or refer to the City's Fall 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.)	Nov 3 & 17 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing thru Dec \$12/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	Nov 7 - 28 \$18/res/\$24/\$30 non-res
(T, 11:30 a.m.-12:30 p.m.)	\$18/res/\$24/\$30 non-res
Fitness for Life (MWF, 7:30-8:30 a.m.)	Nov 1 - 29 \$28 res/\$34/\$40 non-res
NostalgiCS Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	Nov 9 & 16 \$8 res/\$14/\$20 non-res*
*plus material fee payable to instructor	
Slow & Easy (T,Th, 1:30-2:30 p.m.)	Nov 2 - 30 \$22/res/\$28/\$35/non-res
Square Dancing (M, 7 – 9 p.m.)	Oct 16 – Dec 18 \$50 res/\$56/\$62 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	Nov 7 - 28 \$17 res/\$23/\$29 non-res
Tap Dancing (M, 3:00-4:30 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.)	Oct 26 – Nov 20 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	Oct 26 – Nov 20 \$32 res/\$38/\$44 non-res

IT'S A CRAFT AFFAIR!

Don't have the time or transportation to get to the mall? Tired of those run-of-the-mill, overpriced gift items? Well, come shop at our annual Holiday Craft Affair on **Thursday, November 30 from 9:00 a.m. to 3:00 p.m.** This event will feature over 25 local crafters featuring woodcrafts, jewelry, notecards, paintings, soaps, holiday home decor, floral arrangements, and much more. Admission is free, so come shop with us!

MEALS MADE EASY!

Come have an afternoon bite and see the Greek side of Cathy Cassevah from Home Instead Senior Care. She will provide A Greek Pita-za with a side of Hummus and Cheese from the cook book Rachael Ray 30 Minute Meals. The cooking demonstration will be held on **Tuesday, November 21 at 1:30 p.m.** at the Davis Senior Center. Please call to reserve your spot by calling 757-5696.

ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint Lilies & Autumn on **Thursday morning, November 9 and Thanksgiving theme on Thursday, November 16, 9:00 to 11:30 a.m.** The fee for the 2 classes is \$8 for residents, plus a materials fee, advance registration is required.



OIL & ACRYLICS

The Oil & Acrylic painting group is back on its weekly Monday morning 9 a.m. schedule. Most people work on their personal projects, enjoying companionship, peer help and encouragement. All painters, regardless of their level, are welcome; we learn much from each other.

WATERCOLOR PAINTING

Betty Berteaux will teach the class in November. New participants are welcome. Each should bring watercolor paper, brushes, a paint set (or tubes of a few basic colors) and a container for water to join in the fun. There will be no instruction in December.

Edith Kanoff and Millicent Watkins will have their watercolor paintings on display in the hallways during November.

MEET LITERARY LOCAL: DOROTHY KUPCHA LELAND

Come meet Dorothy Kupcha Leland, author of *The Balloon Boy*, **Tuesday, November 14 at 10:30 a.m.** Discover for yourself why reviews across the nation from the Washington Post to the California State Library agree that *The Balloon Boy* "brings the past to vibrant life, recreating [Gold Rush] history and setting with such detail it's the next best thing to stepping into a time machine."

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.

November 29 – A Christmas Carol – Wait list.

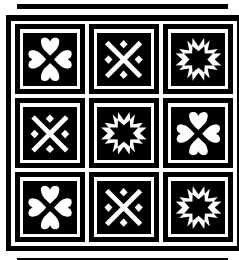
December 7 – Shopping at the Roseville Galleria

– Enjoy shopping for the holidays. Lunch on your own in one of the many restaurants in the Galleria. \$25

December 10 – Black Nativity – A Gospel Celebration of Christmas. In its 25th year, Black Nativity is a soulful rendition with extraordinary voices, exciting dance and glorious music. Orchestra seating at Lorraine Hansberry Theatre in San Francisco. Lunch at C & W, Jack London Square. \$90

December 12 – Quilts of Gee's Bend at the DeYoung Museum -

Descended from slaves and isolated for decades, the women of this Alabama community assembled quilts of astonishing artistry pieced from scraps of fabric salvaged from old clothes. Described as eye-poppingly gorgeous, these quilts are on a widely acclaimed nationwide tour. The Postal Service has issued commemorative stamps. Lunch on your own at the museum. \$58



December 23 – 26 – Christmas at the Del Coronado – Check availability.

January 24, 2007 – Jersey Boys – Broadway's hottest success story premieres at San Francisco's Curran Theatre. The new Tony Award musical hit chronicles the lives of Frankie Valli and the Four Seasons, a group of blue-collar boys who became one of the biggest American pop music sensations of all time. Includes lunch at Dante's Seafood Grill. Hurry! Limited tickets! \$147

February 5-12 – River Barge Excursion, The Route of Jean Lafitte. – Our third trip aboard the River Explorer promises to be the best yet. Cruise the Gulf Intracoastal Waterway along the Texas Coast and the Aransas National Wildlife Refuge. Visit Matamoros, Mex., Port Isabel, San Antonio, Corpus Christi, Galveston, Huston (including NASA's Johnson Space Center). A very casual cruise with all meals and evening entertainment. Includes all shore excursions, air fare and gratuities. Sign up before November 10 to receive \$25 pp Barge Bucks. \$2880 & \$2755 pp dbl. \$3380 & 3195 single.

February 21 & 22 – Snow Train – Board the



Amtrak train for Reno for an overnight stay at Silver Legacy. Breakfast buffet, \$8 cash, \$2 food. Next day a four-hour stop at Nugget in Sparks is included. All proceeds benefit the Davis Senior Center and the California Parks & Recreation Society Aging Services and Activities Section. \$150pp dbl, add \$25 ss.

March 13-14 – The Twelve Irish Tenors – Crowds go wild for the Tenors performing some of the greatest music of the 20th Century including Opera, Pop, Swing, Jazz and Irish songs. Dinner and breakfast buffets, overnight accommodations at Silver Legacy, 3 hour stop at Nugget Sparks with \$5 cash bonus. \$140 pp dbl., add \$25 ss.

April 17-24 – Tucson, A Treasure Trove - Walk on the new Grand Canyon Overlook tour Pima Air & Space Museum by tram, Arizona-Sonora Desert Museum, Mission San Xavier Del Bac, tram ride through Sabino Canyon, Kitt Peak National Observatory (the best star gazing in U.S.), Old West town of Bisbee, Kartchner Caverns and much more. (P.S. four night stay in one hotel). \$1275 pp dbl., add \$317 ss.

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

November 2006

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	2 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:30pm HICAP*	3 9.30am Memoirs 9:30am Watercolor Painting 10:00am "Bioethics" Talk* 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events 2:15pm Jam Session & Dance
6 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 3:00pm Tap Dancing 3:00pm "End of Life Decisions" Talk 6:30pm Social Bridge 7:00pm Square Dancing	7 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	8 10:30am Vision Sup Grp 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom* 8:00pm East Coast Swing*	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 Veterans' Day Holiday Senior Center and Elderly Nutrition Program Closed
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 7:00pm Internet Users Group 7:00pm Square Dancing	14 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 10:30am Literary Local – Dorothy Kucha Leland 1:00pm Bridge/Pinochle 6:30pm Mac Users Grp	15 10:00am Alzheimer's Sup 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom* 8:00pm East Coast Swing*	16 9:00am One-Stroke Painting* 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:30pm HICAP* 3:00pm Mad Hatter Party & Vintage Fashion Show*	17 9:30am Watercolor Painting 9:30am Memoirs 11:00am Elderlaw Clinic* 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events <u>2:15pm Jam Session & Dance</u> Sat. Nov 18 12:00 SCD Bingo
20 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	21 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 10:30am Sr Center Reads 1:00pm Bridge/Pinochle 1:30pm Meals Made Easy*	22 1:00pm Hem & Haw 1:00pm Poker	23 Thanksgiving Day Holiday Senior Center and Elderly Nutrition Program Closed	24 Thanksgiving Holiday Senior Center and Elderly Nutrition Program Closed
27 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Genealogy Club Mtg. 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	28 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd. Meeting 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp	29 10:00am Men's Group 1:00pm Hem & Haw 1:00pm Poker	30 9:00am Craft Affair 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo	1 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs

November 2006

Menu subject to change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Juice Creamy Ham, Cheddar, & Potato Pie Harvard Beets Honey Wheat Roll Pineapple Tidbits	2 Folate Rich Meal Homestyle Salmon Cake w/Fresh Dill Sauce Corn Pudding Brussel Sprouts Dinner Roll Mixed Fruit	3 Teriyaki Chicken Oriental Blend Vegetables Steamed Rice Fortune Cookies Lemon Pudding
6 Southern Fried Steak w/Country Gravy Green Beans Cracked Wheat Bread Fruit Cocktail	7 SCD Potluck No. ENP Meal Today MOW Delivery Only	8 AARP Potluck Lemon Pepper Fish w/Malt Vinegar Au Gratin Potatoes Broccoli Sourdough Bread Blushed Pears	9 Confetti Coleslaw Oven Fried Chicken Lima Beans Biscuit Tapioca Pudding	10 Veterans' Day Holiday Senior Center and Elderly Nutrition Program Closed
13 Fruit Juice Macaroni & Cheese w/Ham California Blend Vegetables Seven Grain Roll Chocolate Pudding	14 A Touch of Europe Mediterranean Chicken Spanish Potatoes Swiss Chard French Roll English Truffle	15 Black Bean & Vegetable Soup Egg Salad Sandwich on Sourdough Crackers Fruited Gelatin	16 Vitamin B-12 Rich Meal Meatloaf w/Gravy Garlic Smashed Potatoes Winter Blend Vegetables Whole Wheat Bread Seasonal Fresh Fruit	17 Mushroom Chicken Brown Rice Blend Peas & Carrots Cracked Wheat Bread Tropical Fruit
20 Fruit Juice Old Fashioned Beef Stew w/carrots, celery, peas & more Tender New Potatoes Seven Grain Roll Mixed Fruit	21 Fiber Rich Meal BBQ Pork Riblet w/Baked Beans Cauliflower Biscuit Fresh Fruit	22 Thanksgiving Dinner Roast Turkey w/Cranberry Sauce Whipped Sweet Potatoes Old Fashioned Stuffing Green Bean Casserole Pumpkin Pie w/Whipped Topping	23 Happy Thanksgiving Thanksgiving Holiday	24 Thanksgiving Holiday
27 Chicken Filled Crepe Rice Pilaf Capri Blend Vegetables Rye Crisp Crackers Applesauce	28 Swiss Steak w/Pearl Onions Whipped Potatoes Stewed Tomatoes Whole Wheat Bread Apricots	29 Happy Birthday Roast Pork W/Chutney Squash & Apple Bake Vegetable Medley Wheat Roll Birthday Cake	30 Juice Mock Caesar Salad Crispy Fish Fillet w/Tartar Sauce Scalloped Potatoes Baguette Peaches	

\$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