

Senior Scene



Transportation: (530) 757-4408
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Office: (530) 757-5696
Office Fax: (530) 758-0463
Email: seniorservices@cityofdavis.org

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

SENIOR HEALTH FAIR & FLU SHOTS

Our annual senior health fair, co-sponsored by Sutter West Medical Group, will be held on **Wednesday, October 25, 9:00 a.m. to 12:00 noon.** In addition to the many educational & display booths, the Yolo County Public Health Dept will also be offering flu shots for a \$10 fee. Although not confirmed, past services have included:



- foot screenings
- hearing screenings
- blood pressure checks
- hearing aid checks/cleanings
- body fat checks
- diabetic/glucose screening
- optometry checks & eyeglass repair
- transportation information
- caregiver resources
- veterans services

Lots of other screenings and information available!

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

SENIOR CENTER STAFF

Leslie Nelson, Nutrition Site Manager

Brianna Diaz, Asst. Program Coordinator
Kay Jeffery, Travelaires Executive Director

“READ MY LIPS”

Do you have hearing loss, or do you know someone who does? On **Wednesday, October 4 at 10 a.m.** join Colette Noble, Hearing Loss Resource Specialist/ Client Advocate with the NorCal Center on Deafness and Hearing Loss, who will be presenting “Read My Lips.” The program will focus on recognizing a hearing loss in yourself or someone else and coming to understand it. This presentation is one of two parts on this topic. The second part of “Read My Lips” will be held **Wednesday, October 18 at 10:00 a.m.** Please register for either or both programs by calling 757-5696.

Don't forget to set your clocks back by one (1) hour on Saturday evening, October 28 due to Daylight Savings Time!



SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

The **October 3** potluck will be a really enjoyable showing of clothes from R&R. "All Things Right and Relevant" handles very good quality, carefully selected used clothing. We will have several of our own group wearing outfits currently on sale.

We will begin as usual at 11:30 a.m. with chips, dips, and punch. The schedule for food is last names beginning with **A-G should bring salad, H-N main dish, and O-Z dessert.** Anyone who is unable to bring a dish may pay \$5.00. Each person should bring a plate and utensils.

The schedule for next month's potluck on **November 7** will be last names beginning **A-G bring dessert, H-N salad, and O-Z main dish.**

SUNSHINE LADY

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

Get well cards to Phoebe Anderson, Gloria Faupel, Sherman Finch, Onida Norman, Alice Nishi, Jack Prohaska and Bill King.

Thinking of You cards to Norman Cryer, Onida Norman, Gloria Faupel, Bill Griggs, Bill & Mercedes McElwain and Lillian Lantz.

Sympathy cards to the family of Ann W. Allard, family of Nancy Watson, family of Henry Rae and family of Henry Hewitt.

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 AUGUST-SEPTEMBER

Please join us in welcoming the following new SCD members: Nellie Lowe, Judie Meddin, Bernice Milne, Joan Skinner, Susan & Judith Gefter, Velma Khachadourian, Virginia Ballard, Michael Huitt, Michael & Catherine Neff, Gerald & Nancy Thomas and Sheila Kingsbury & Manny Gomes.

SENIOR ADVOCACY

SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, October 19 at 2:30 p.m.** The public is encouraged to attend & join in on discussion items.

DAVIS COMMUNITY TRANSIT

Please be reminded that drivers cannot make change; be prepared to carry exact change on the day of your ride. As the cold weather approaches, we do not expect you to stand out in bad weather. Stay where you are warm and dry while you wait for our bus. Mike has begun dispatch training so expect to hear him on the phone! We would like to say farewell to Justin and Hannah. Our favorite engaged couple is moving to Kenwood in Sonoma County. We wish them lots of luck.

THE GIFT OF GIVING

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



Davis Dance Club	\$155
Davis Dynamos	\$ 10
Duplicate Bridge – Monday	\$ 64
Handy Helper	\$ 25
Hem & Haw (SCD)	\$134
Information & Assistance	\$ 20
Internet Users Group	\$ 48
Mac Users Group	\$ 32
Medical Equipment Donations	\$445
Miscellaneous	\$ 80
Monday Night Social Bridge	\$ 20
Nostalgics	\$ 16
Tuesday Pinochle	\$ 8
Total	\$1,057

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

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, October 11** beginning at **11:30 a.m.** Our program will be a speaker on advocates for children and child abuse prevention in Yolo County.

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 hot dish, H-P salad and Q-Z dessert. Questions call 753-0266.

BOOK REVIEW & SENIOR CENTER READS...

Join us on **Tuesday, October 17 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!

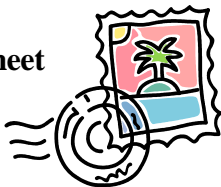
Then, our bimonthly discussion group will meet immediately following at **10:30 a.m.** to discuss this month's selection, Istanbul, Memories and the City by Orhan Pamuk. Books are on sale while supplies last. Cost is \$10.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, October 6 & 20 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

DAVIS STAMP CLUB

The Davis Stamp Club will meet **Tuesday, October 3, 7:00 to 8:00 p.m.** For more information, call Anne Hance at 753-7265.



DAVIS DYNAMOS WALK

Would you like a day out in the fresh fall air and meet new friends? Come join us for a walk in the Yolo Bypass Wildlife Area – exit 78 off I-80 and drive to the entrance at top of the levee. Bird watching is great. Come join us on **October 7 from 8 a.m. – 12:00 p.m., finish no later than 4 p.m.** The distance is 10K (6.2 miles) with a 5 K distance available. For more information e-mail contact ashowers@urcad.org.

GENEALOGY CLUB & LIBRARY

The genealogy club and library is the subject of this month's program on **Monday, October 30 at 1:00 p.m.** The Library is open 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. Please visit our club website at <http://davisgenealogy.org> Guests are welcome at our club meetings. 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, October 9. "Delving into the Web and Internet."** New technologies are enabling people to interact with each other and share thoughts and ideas in ways not imagined a few years ago. At this meeting we will explore some of these new things that are happening on the Internet, and how they may be changing our society.

We suggest that you sign up for the group's automated emailing list either by going to <http://www.dcn.org/iug/iuglist.html> or by emailing Carol Harting at harting@dcn.davis.ca.us 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, October 10.** For more information, call Michael Beaucage at 758-7639.



MEN'S GROUP

This month's meeting will be on **Wednesday, October 25 at 11:00 a.m.** in the senior center library. (Please note the time change for today's meeting.) The meeting will be devoted to attendees sharing some of the more interesting moments and happenings in their career's work. For example, one of our group was an insurance fraud investigator—wouldn't he have some exciting stories to tell? Some of us were teachers and I'm sure some fun things went on in the classroom, etc. All gentlemen are invited to attend.

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!



Friday, 10/6 “Mad Hatter Day.” - Come and enjoy mushroom chicken, brown rice blend, peas & carrots, cracked wheat bread, and tropical fruit for dessert. Wear your craziest hat and win a prize for the best hat.

Wednesday, 10/11 “National Teddy Bear Day.” Join us for juice, hamburger with lettuce, tomato, pickle and onion, oven fried potatoes, buttery corn and a teddy bear treat and enter to win a teddy bear raffle.

Friday, 10/20 “Octoberfest.” Enjoy a traditional German meal of German sausage, boiled potatoes, sauerkraut, rye bread and German dessert. Share your German heritage and win a German prize.

Wednesday, 10/25 “Happy Birthday.” Help us celebrate our October birthdays with roast turkey with gravy, whipped sweet potatoes, vegetable medley, French roll and special Birthday Cake. Sing Happy Birthday to all.

Tuesday, 10/31 “Happy Halloween.” Enjoy Dracula’s first bite BBQ chicken, creepy carrot fingers, R.I.P. potatoes, scared silly bread sticks, and boo berry fruit crisp. Dress up in your favorite costume and win a prize for best costume.

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

LONG TERM CARE INSURANCE

Making a decision about long-term care insurance can be confusing. There’s the monthly premium cost, which can escalate with age. Then, some insurance pays for nursing home care, some for home care, and some for both. Some policies have inflation protection others don’t. Learn about LTC policies and how to decide if they are right for you when a representative from the Health Insurance Counseling and Advocacy Program (HICAP) speaks at the senior center on **Tuesday, October 24 at 1:30 p.m.** Please register by calling 757-5696.

END OF LIFE DECISIONS

Save the date for a special presentation on **Monday, November 6 at 3:00 p.m.** at the senior center. Dr. Patricia Moore-Pickett will be joined by attorney Stanley Wells to talk about advance health care directives. Sign up by calling 757-5696.

BIOETHICS

Mark your calendar for **Friday, November 3 at 10:00** when UC Davis geriatrician Bonnie Neyhart will talk about bioethics. The Terry Schiavo case brought some of these issues to the forefront, but new technologies make it even more important that society explore ethics when talking about life and death decisions. This presentation is co-sponsored by OLLI - UC Davis Extension (formerly Senior Learning Unlimited).

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)
- **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.

INFORMATION & ASSISTANCE

SENIOR HOUSING APPLICATIONS

Applications for the new Eleanor Roosevelt Circle Senior Apartments are now available at the senior center and on-line. The deadline to be included in the lottery is October 13. Applicants must be 62 and older with annual household incomes below \$50,800. Rents will range from \$250 to \$1,000 depending on income. 35% of the units are reserved for seniors with disabilities. For more information, contact Lisa at 757-5696 or check the web at www.community.coop/davis/erc

SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be at the Senior Center on **Wednesday, October 25 at 9:00 a.m.** to assist you with any questions or problems related to Social Security. Please come early because this is usually a popular service. Clients are seen on a first come, first served basis.

CHANGE SMOKE ALARM BATTERIES

As we turn the clocks back an hour, it's also time to change the batteries in your smoke detectors. The Rotary Club of Davis provides this free service every year to local seniors; Rotary provides the batteries, the ladders and the volunteers! On **Saturday, October 28**. Rotary volunteers will inspect your home smoke detector and install a fresh battery. Please call the senior center at 757-5696 to sign up.



VOLUNTEERS NEEDED

BAKERS NEEDED

The Madhatter's Tea and Fashion Show is just around the corner! In order to make the **November 16** event a success, we need help from all you fabulous bakers here at the senior center. If you, or someone you know, are interested in baking scones, tea cakes, or cookies for this wild and crazy event, please contact Brianna at 757-5696 or stop by the front desk. Any baking donation, large or small, will be appreciated. We'll see you at the party!



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, October 18 at 10:00 a.m.

Breathers Support – Thursday, October 26 at 1:30 p.m.

Diabetes Support – Wendy Gregor offers a special cooking demonstration for the **October 18 meeting at 3:15 p.m.** Wendy is a registered dietitian and certified diabetes educator. This demonstration is rescheduled from September. Everyone is welcome to attend this special meeting. Call 757-5696 to sign up.

Parkinson's Support – Meets **Tuesday, October 24 at 1:30 p.m.**

Vision Support – Fashion consultant Dorit Sandholm will be at this month's meeting to help visually impaired people select clothing. The group meets **Wednesday, October 11 at 10:30 a.m.**

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.

October 6 – It Happened One Night – Claudette Colbert & Clark Gable

October 13 – The Grapes of Wrath – Henry Fonda

October 20 – Road to Morocco – Bob Hope & Bing Crosby

October 27 – Thelma and Louise – Susan Sarandon & Geena Davis

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.)	Oct 13 & 27 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing thru Oct. \$12/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	Oct 3 - 31 \$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.)	Oct 2 - 30 \$33 res/\$39/\$45 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	Oct 12 & 19 \$8 res/\$14/\$20 non-res*
*plus material fee payable to instructor	
Slow & Easy (T,Th, 1:30-2:30 p.m.)	Oct 3 - 31 \$25/res/\$31/\$37/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.)	Oct 3 - 31 \$21 res/\$27/\$33 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.)	Sept 28 - Oct 23 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	Sept 28 – Oct 23 \$32 res/\$38/\$44 non-res

BALLROOM DANCE

Learn to dance with grace and style as you learn many of the traditional ballroom dances such as fox trot, waltz, rumba, and waltz. Classes are open to individuals or couples, and rates are based upon a per person rate – not per couple. Classes are **continuing through October 11 from 7:00-8:00 p.m.**, and advanced registration is required. There is a new class starting **October 18 – November 15**. The cost of the session is \$33.00.

EAST COAST SWING DANCE

Swing is back and more popular than ever. Come join this basic class and learn to swing to big band, rock & roll, and blues music! The class is taught by Barbara Nicholas, owner of the Dancing Tonight studio. Classes are open to individuals or couples, and rates are based upon a per person rate – not per couple. Classes begin **October 18 through November 15 from 8:00-9:00 p.m.**, and advanced registration is required. The cost of the session is \$33.00.

GOLF LESSONS AT WILDHORSE

Sign up now for the last session of golf lessons in 2006! Learn how to improve your putting, chipping and full swing, or just have the opportunity to have fun! Class meets on **Monday and Wednesday mornings from 8:00 to 9:00 a.m., October 9 – 25**. Fee is \$60 for Davis residents and advanced registration at the Senior Center is required.

If you are looking for something a little more comprehensive, then why not try out the new adult golf program instead! The session consists of six 1-1/2 hour classes for a total of nine hours of instruction with a student to teacher ratio of 5 to 1 maximum. During these classes, they will teach you all the fundamentals, but also teach you how to actually play & manage your game, as well as on-course etiquette. **Classes meet on TTh at 9:30 - 11:00 am or 5:00-6:30 pm beginning October 10 – 26**. An Intermediate class is also offered from **1:00-2:30 pm**. The cost is **\$120 per person**, plus a \$20 materials fee to cover balls, equipment and cart rental. Advanced registration is required. Please call 757-5696 for more information.

MEALS MADE EASY!

Come see how easy cooking can be as Cathy Cassevah 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 **Tuesday, October 17 at 1:30 p.m.** at the Davis Senior Center. This month's recipes will be breakfast with a twist. Try this super scramble with a little zip- Green Ranch-Hand Eggs. Please call to reserve your spot 757-5696.

ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint **Halloween cards on Thursday morning, October 12 and pumpkin bears on Thursday, October 19, 9:00 to 11:30 a.m.** These classes are a fun and simple way to learn decorative painting. The fee for the 2 classes is \$8 for residents, plus a materials fee, advance registration is required. Inquire at the office for class brochures, material costs and subsequent sessions.

**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.

SQUARE DANCING

Our next session of square dancing begins on **Monday, October 16-December 18 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. The instructors are Bryce & Sandy Birkman.

WATERCOLOR PAINTING

Senior painters have won many ribbons at the Yolo County Fair. Through October, a display of paintings with blue, red and white ribbons will deck our halls. Some of these are offered for sale by the artists.

Mildred Franklin will lead the watercolor group in October. As always, as one of our gracious volunteer teachers she will guide and assist new painters through the process. Bring your paints, brushes and paper and join us in the cheerful, well lighted room. Everyone welcome.

WRITERS GROUP FORMS

If you are a writer and would like feedback on your work, this group might be just the thing! Every Tuesday afternoon in October, beginning **October 3 at 1:30 p.m.** at the senior center, you'll have the opportunity to meet with other amateur writers and a visiting writing instructor from Massachusetts. Whether you write fiction, non-fiction, poetry, or any other form, you are invited to join the group. Betty Siegel, an adjunct instructor at Quincy College, has experience in leading writers groups. She says she makes sure that everyone is "nice" as they offer feedback. Call 757-56969 to sign up.

**MISCELLANEOUS****SENIOR SCENE NEWSLETTER DEADLINE**

Just a reminder to all program volunteers, that the deadline for submitting articles for the Senior Scene newsletter is the **10th of each month.** If articles are received after this deadline, staff cannot ensure that they will be included in the next month's issue. Articles may be dropped off in the main office, or can be emailed to jbutler@cityofdavis.org

ORAL HISTORIES

Sacramento City College students will be conducting oral history interviews at the Davis Senior Center beginning in October. Each participant will receive a free audio tape of the interview which can be kept for personal use or given as a gift to friends and families. With the holidays just around the corner a tape of your oral history might make a very special gift.

Interviews can be scheduled between 9:00 a.m. and 3:00 p.m. on Tuesdays and Thursdays and will last a minimum of 45 minutes and a maximum of two hours, depending on your preferences. Most oral histories will require about three separate meetings. Interviews will be held at the Davis Senior Center and promise to be a fun and comfortable experience. Sign up by calling 757-5696.

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.

October 7 – Fleet Week’s Blue Angels – Wait list.

October 11 – Annual Mystery Trip – Wait list.

October 18 & 19 – Autumn Amtrak – Wait list.

October 26 – Chrysanthemums in Bloom – Wait list.

October 31- November 7 – Branson and Beyond
 – Check Travelaires Office for availability.

November 29 – A Christmas Carol – Located in the historic Columbia State Park, the highly acclaimed Sierra Repertory’s Fallon House presents a fresh adaptation of the Dickens holiday classic, A Christmas Carol. Lunch is included in the City Hotel located in the park. \$92

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 – a few spaces available. \$1225 pp dbl., and \$421 ss

December 29 – January 1 – New Year’s Eve in Palm Springs – Our stay is at the lovely, centrally located Palm Mountain Desert Hotel. The show “Senior Class – A Revue of the Golden Years” features well-known stars of not too



long ago. Visit Living Desert Wildlife and Botanical Park, optional College of the Desert Fair, Palm Springs Air Museum featuring Leonardo da Vinci Exhibit of 61 of his incredible machines from the Artisans of Florence. Also, enjoy a champagne reception and the Palm Springs Follies famous New Year’s Eve Show. \$820 pp dbl., add \$207 ss.

February 5-12 – River Barge trip Excursion, The Route of Jean Lafitte. – Our third trip aboard the River Explorer promises to be the best yet. Cruise the Gulf Intercoastal 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. Sign up before November 1 to receive \$25 pp Barge Bucks. \$2880 & \$2755 pp dbl. \$3380 & 3195 single.

April 17-24 – 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.

Senior Health Fair

9:00 a.m. – noon, Wed., Oct. 25

Davis Senior Center
646 A Street, Davis
(530) 757-5696

Flu shots - \$10

(limited to age 60 & over – provided by Yolo County Public Health)

Free Screenings

Blood Pressure
Diabetes/Glucose
Hearing
Balance Assessment
Podiatry



Free Services

Hearing Aid Cleaning
Eye Glass Cleaning & Adjustment

Free Health & Safety Information

AARP
Davis Community Transit
Caregiver Resources
Veterans Services
Yolo County Older Adult Program
Lifeline

(All screenings and services subject to change)

Presented by: Sutter Davis Hospital, Sutter West Medical Group,
& Davis Senior Center, a Division of Parks & Community Services Dept.



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

October 2006

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dance 6:30pm Social Bridge 7:00pm Square Dancing	3 9:00am Ceramics 9:00am Tai Chi 10:15 & 11:30am Feldenkrais 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 1:30pm Writers Group* 7:00pm Stamp Club	4 10:00am AARP Bd Mtg. 10:00am "Read My Lips" Talk* 1:00pm Hem & Haw 1:00pm Poker 3:30pm Linedancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	5 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:00pm Bridge Class 1:30pm HICAP*	6 9:30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events
9 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 3:00pm Tap Dance 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing	10 9:00am Ceramics 9:00am Tai Chi 10:15 & 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Writers Group* 6:30pm Mac Users Grp	11 10:30am Vision Sup Grp 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 3:30pm Linedancing 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	12 9:00am One Stroke Painting* 9:30am Memoirs 9:30am Bridge Class 11:00am Blood Pressure Check 12:30pm Bingo 1:00pm Bridge Class	13 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance
16 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	17 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15 & 11:30am Feldenkrais 10:30am Sr Center Reads 1:00pm Bridge/Pinochle 1:30pm Writers Group* 1:30pm Meals Made Easy*	18 10:00am Alzheimer's Sup 10:00am "Read My Lips" Talk part 2* 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Sup Grp – Cooking demonstration 3:30pm Linedancing 7:00 & 8:00pm Dance Classes*	19 9:00am HICAP* 9:00am One Stroke Painting* 9:30am Memoirs 9:30am Bridge Class 1:00pm Bridge Class 2:30pm Sr. Commission Mtg.	20 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events 21 Saturday, 12:00 Bingo
23 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	24 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd Mtg 10:15 & 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp 1:30pm Writers Group* 3:00pm Long Term Care Talk	25 9:00am Health Fair & Flu Shots 9:00am Social Security Rep 11:00am Men's Group 1:00pm Hem & Haw 1:00pm Poker 7:00 & 8:00pm Dance Classes*	26 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 1:00pm Bridge Class 1:30pm Breathers Sup Grp	27 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance
30 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 1:00pm Genealogy Club Mtg 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	31 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd Mtg 10:15 & 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Writers Group*			

October 2006

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fruit Juice Macaroni & Cheese w/Ham California Blend Vegetables Biscuit Chocolate Pudding	3 SCD Potluck No ENP meal today MOW Delivery Only	4 Fiber Rich Meal Black Bean & Vegetable Soup Turkey Sandwich on Sourdough w/lettuce, red onion & cheese Crackers Seasonal Fresh Fruit	5 Meatloaf w/Gravy Mashed Potatoes Winter Blend Vegetables Whole Wheat Bread Baked Dessert	6 Mad Hatter Mushroom Chicken Brown Rice Blend Peas & Carrots Cracker Wheat Bread Tropical Fruit
9 Hearty Chili Con Carne (w/Beef) Swiss Chard Cornbread Muffin Peaches	10 Stuffed Chicken Breast Mixed Vegetables Seven Grain Roll Sugar Free Fruited Gelatin	11 AARP Potluck Nat'l Teddy Bear Day Juice Hamburger w/lettuce, tomato, pickle & onion Oven Fried Potatoes Buttery Corn Sweet Treat	12 Tossed Green Salad w/Sweet Cherry Peppers Cheesy Lasagna Garlic Bread Banana	13 Fish Filet w/tartar sauce Potatoes Au Gratin Broccoli Wheat Bread Rosy Applesauce
16 Chicken Filled Crepe Rice Pilaf Cauliflower Baguette Plums	17 Swiss Steak w/Pearl Onions Whipped Potatoes Stewed Tomatoes Whole Wheat Bread Fruit Cocktail	18 <u>Beta-Carotene Rich Meal</u> Roast Port W/Chutney Winter Squash & Apple Bake Green Beans w/almonds White Roll Pineapple Tidbits	19 Juice Seafood Salad (contains shrimp) w/lettuce, tomato, egg, & carrot strips French Bread Creamy Pistachio Whip	20 Octoberfest German Sausage (contains pork & beef) Boiled Potatoes Sauerkraut Rye Bread German Dessert
23 New England Baked Beans & Ham Capri Blend Vegetables Honey Wheat Roll Tapioca Pudding	24 Fruit Juiced Old Fashioned Beef Stew w/carrots, celery, peas and more Tender New Potatoes Biscuit Mixed Fruit	25 <u>Happy Birthday</u> Roast Turkey w/gravy Whipped Sweet Potatoes Vegetable Medley French Roll Birthday Cake	26 Minestrone Soup Tuna Sandwich w/lettuce & tomato on Wheat Bread Crackers Fruited Gelatin	27 Champagne Chicken and Rice Spinach Seven Grain Roll Mandarin Orange Segments
30 Juice Meatball Sub Sandwich Italian Meatballs & Mozzarella w/Marinara served on a baguette Zucchini and Pasta Bake Apricots	31 <u>Happy Halloween</u> Dracula's First Bite BBQ Chicken Creepy Carrot Fingers R.I.P. Potatoes Scared Silly Bread Sticks Boo Berry Fruit Crisp			

\$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