

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

Transportation: (530) 757-4408

Office: (530) 757-5696

Travelaires: (530) 753-4159

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Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/

CLUTTER & DOWNSIZING

“What Do I Do With All This Stuff?” is the topic on **Tuesday, September 26 at 10:30 am**. The speaker is BJ Walters, Program Manager for Eskaton’s Moving Connections. Most older adults have not moved in 30, 40 or 50 years, and when it comes time to make a change, they need to downsize considerably. Whether you are planning a move, or just feel the need to get rid of some stuff, this presentation can help you take the steps you’ll need to downsize.

BJ Walters is a “Senior Move Manager,” a professional who specializes in assisting older adults and their families with the emotional and physical aspects of moving.

Please call the Senior Center office at 757-5696 to reserve your space for this informative talk!



BIRD INTELLIGENCE

Did you know that birds are some of the smartest creatures on earth? Learn about bird intelligence when the “crow lady,” Roberta Lee, offers her insights on

Roberta will bring some of her birds for demonstration purposes. She will recount her experiences with crows, parrots and ravens, including the crow that can use a computer. She is working on a potential captive breeding program with Cornell University. Join us for this fascinating talk by calling 757-5696 to reserve your spot!

This event has been cancelled.
We apologize for any inconvenience.

The Senior Center and the Elderly Nutrition Program will be closed for all programs and services on **Monday, September 4** due to the Labor Day Holiday.

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

September 5 will be our next potluck, with our featured speaker being Janet Gift from “Eyes for Others.” “Eyes for Others” is a puppy raising club that supplies dogs for the blind. Ms. Gift will have a 5-minute video, as well as some adorable puppies to show us.

We will begin as usual at 11:30 a.m. with chips, dips, and punch. The schedule for food – all cold – is last names beginning with **A-G should bring main dish, H-N dessert, and O-Z salad.** Each person should bring a plate and utensils.

The schedule for next month’s potluck on **October 3** will be last names beginning **A-G bring salad, H-N main dish, and O-Z dessert.** We’ll go back to hot foods in October.

SUNSHINE LADY

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

Get well cards to Nicholas Guliaeff, Therese Smith, Velva Kirkman and Onida Norman.

Thinking of You cards to Bill Griggs, Bill & Mercedes McElwain, Therese Smith, and Bill Carter.

Sympathy cards to the family of Sandra Bordigan Mayer, family of Noel Patton, family of Winifred Peters, family of Richard D. Bailey, family of Michael V. Salo, family of Patricia Bartell and family of Velva Kirkman. Sympathy card to Peggy Holm in the death of her daughter. Sympathy card to Gladys Crawford in the death of her husband.

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 JULY-AUGUST

Please join us in welcoming the following new SCD members: Janet Zwahlen, Patricia Hecht, Harriet Blodgett, Rene Viargues, Ha Fong Yu and Fatso Shaw, Julia Hunter-Blair, Thomas Swift, June Belkap, Elaine Little, Carole Hinkle, Barbara

Hartley, Kermit & Beverly Hollingsworth, Greta Busby and Antonette Pulido.

DAVIS COMMUNITY TRANSIT

Happy September! We would like to thank our customers for your patience this summer as we have been very busy. We do the best we can to accommodate all of your transit needs, and it's always easier when we work together as a team to do so! We welcome Heather back from her summer vacation. Please be reminded with the new fare increase it is easier to purchase a bus pass than to carry exact change. Bus passes may be purchased at the Senior Center or you may call our office and request a bus pass.

UNITRANS SCHEDULES

The new Unitrans schedules, effective August 7, are now available in the lobby of the senior center. There have been some important changes from past years. Free Unitrans passes are also available for age 60+.

THE GIFT OF GIVING

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



Duplicate Bridge – Monday	\$ 55
Hem & Haw (SCD)	\$ 79
Information & Assistance	\$ 40
Internet Users Group	\$ 24
Mac Users Group	\$ 32
Medical Equipment Donations	\$679
Miscellaneous	\$ 22
Nostalgics	\$ 24
Social Bridge – Monday evening	\$ 19
Tuesday Pinochle	\$ 10
Watercolor Workshop	<u>\$150</u>
Total	\$1134

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

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, September 13** beginning at **11:30 a.m.** Our program will feature Denis Kurata of the Davis Wakamatsee Taiko. Don will talk about the history and art of Taiko drumming. He will present a short demonstration with a small group of his students.

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 salad. Any questions call 753-0266.

BOOK REVIEW

Join us on **Tuesday, September 19 at 9:30 a.m.** for our monthly book review hosted by Stan Forbes, owner of The Avid Reader bookstore in Sacramento. Stan will provide you the latest scoop about new hot sellers and the best kept secrets!

SENIOR CENTER READS...

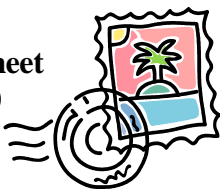
The discussion book for October will be Istanbul, Memories and the City by Orhan Pamuk. Books are on sale while supplies last. Cost is \$9.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, September 1 & 15 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, September 5, 7:00 to 8:00 p.m.** For more information, call Anne Hance at 753-7265.



SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, September 21 at 2:30 p.m.** The public is encouraged to attend & join in on discussion items.

GENEALOGY CLUB & LIBRARY

"The Davis Genealogy Club's Library Resources and How to Get the Most From Them" is the subject of this month's program on **Monday,**

September 25 at 1:00 p.m. Come and get familiar with our genealogy book collection (over 1000 books!), browse our library's informative binders with information on genealogy resources including "Getting Started With Your Genealogical Research," learn how to use our club's computers for genealogy research, and access our club website. 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, September 11.** The membership ranges widely in experience related to the Internet and the Web. Visitors are always welcome. We normally have a pre-arranged program but this month's program has not yet been determined. To get the program information delivered to your personal computer we suggest that you sign up for the groups 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, September 12.** For more information, call Michael Beaucage at 758-7639.



MEN'S GROUP SPEAKER

Rick Powers, the Head Coach of the Davis Aquatic Masters will speak at the Men's Group meeting on **Wednesday, September 27th at 10:00 a.m.** in the senior center library. Rick wrote an article for the July edition of *The Record Times*, the Aquatic Masters newsletter, about his 25 years coaching overseas. This piece was also published in the American Swimming Coaches Association monthly newsletter. Newcomers are welcome to join the Men's Group.

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, 9/8 “National Grandparents Day” - Come and enjoy lemon pepper fish w/tartar sauce, baked orzo, stewed tomatoes, whole wheat bread, and ice cream!

Wednesday, 9/27 “Happy Birthday” – help us celebrate our September birthdays with roast herb chicken, old fashioned stuffing, chef’s blend vegetables, plums, and, of course, birthday cake!

Meal reservations should be made **no later than 12:00 noon** the day prior to attending. Meal reservations received less than 24 hrs in advance may not be available. For meal cancellations, please **call at least 24 hrs** in advance when possible. For further information, call 757-5696.

LUNCH FEES

Suggested Donation for seniors over age 60: \$2.50
Essential ENP Volunteers under age 60: \$3.00

Guests under age 60: \$6.25*
*unless accompanied by senior spouse

HELPING OTHERS

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

- **NUGGET MARKET RECEIPTS** (it’s a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION 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.

HEALTH & WELLNESS

SEPTEMBER IS HEALTHY AGING MONTH!

This national, annual observance is designed to increase and promote awareness of healthy lifestyles, and expand the contributions of older persons to families and communities. Healthy Aging Month is designed to promote the positive aspects of aging and offer ways to avoid declines in physical, mental, and emotional health that sometimes accompany growing older. The main focus of the observance this year is to encourage involvement in local healthy aging events. Whether you participate in a daily exercise class, walk occasionally, or just come for lunch, we want to encourage you to just go do it.

Get moving & make it your habit!

VIDEO MOVIES

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

September 1 – North Country – Charlize Theron faces unsafe conditions and sexual harassment when she goes to work in an iron mine.

September 8 – The World’s Fastest Indian – Anthony Hopkins stars as a New Zealander who spent years tweaking a 1920 Indian motorcycle and set the land-speed world record at Utah's Bonneville Salt Flats in 1967.

September 15 – Mrs. Henderson Presents - Brit Laura Henderson buys an old London theater, fixes it up, names it the Windmill, and turns it into a venue for all-nude reviews.

September 22 – Children of Heaven – Two Iranian children invent an intricate plan to conceal the loss of a pair of shoes. (English subtitles)

September 29 – Meet the Parents - Male nurse Greg Focker meets his girlfriend's parents before proposing, but her suspicious father (Robert DeNiro) is every date's worst nightmare.

INFORMATION & ASSISTANCE

FOOT SCREENINGS

Dr. Scarlett Kroencke will offer free foot screenings on **Friday, September 8**. Call 757-5696 to sign up. Appointments are required.



DMV SERVICES

A representative from the Department of Motor Vehicles will be on site on **Thursday, September 21 at 9:00 a.m.** This service is 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.

EMERGENCY PREPAREDNESS

September is National Preparedness Month. The National Preparedness Month coalition, which includes the U.S. Department of Homeland Security and other organizations like the American Red Cross, will encourage Americans to take simple steps now to prepare themselves and their families for any possible emergencies. Join us **Wednesday, September 27 at 10:00 a.m.** as a representative of the Yolo County Red Cross comes to talk about emergency preparedness. Sign up by calling 757-5696.

"READ MY LIPS"

Do you have a 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 self 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.



MEDICAL EQUIPMENT BARGAINS

Need a wheelchair, walker or commode? Our medical equipment closet is overflowing and we are willing to give some of these items to seniors who need them. Also, we've received a recent donation of a large (10'), portable wheelchair ramp. If you know someone who needs a ramp at their home, this can be a good solution when building a ramp is not feasible. Contact 757-5696 for more information.

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, September 20 at 10:00 a.m.

Breathers Support – Thursday, September 28 at 1:30 p.m. "Strength Training with DynaBands" will be the topic for speaker Russ Imbat, who is a registered clinical exercise physiologist with the Cardiac Rehabilitation Program at Sutter Davis Hospital. The session will include relaxation techniques and breathing training. Newcomers are welcome.

Diabetes Support – Wendy Gregor offers a special cooking demonstration for the September 20th meeting at 3:15 p.m. Wendy is a registered dietitian and certified diabetes educator. She's had lots of experience teaching people about preparing tasty food that happens to be good for you! Everyone is welcome to attend this special meeting.

Parkinson's Support – Meets Tuesday, September 26 at 1:30 p.m.

Vision Support – Dr. Wacker and Penny Riley from the Sacramento Society for the Blind's Low-Vision Clinic will speak and demonstrate devices at the group's meeting on Wednesday, September 13 at 10:30 a.m.

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.)	Sept 15 & 29 No fee
Dynabands (MWF, 2-3:00 p.m.)	Sept. & Oct. \$12/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	Sept. 5 - 26 \$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.)	Sept 6 - 29 \$30 res/\$36/\$42 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	Sept 14 & 21 \$8 res/\$14/\$20 non-res*
*plus material fee payable to instructor	
Slow & Easy (T,Th, 1:30-2:30 p.m.)	Sept 5 - 28 \$22/res/\$28/\$34/non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	Sept 5 - 26 \$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.)	Aug 28 – Sept 25 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	Aug 28 – Sept 25 \$32 res/\$38/\$44 non-res

ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to draw **hens on Thursday morning, September 14 and poppies on Thursday, September 21,**

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 ARTIST TRADING CARDS

Artist trading cards (ATC's). What a concept! Most ATC's are unique, one of kind, original art pieces. They may be created by any number of mediums and techniques: stamping, drawing, painting, printing, sewing, cutting, punching, using collage, photos, torn paper, staples, thread, glue. ATC's can also be embellished with other adornments. Come join in the fun and learn to make your own ATC **Wednesday, September 6, 9:00 a.m. – 12 noon** at the Senior Center in a workshop specially arranged for seniors by the Monday Morning Oil & Acrylics artists at the Davis Senior Center. There will be a public ATC exchange on September 22.

WATERCOLOR RESUMES IN SEPTEMBER

September draws local painters into dreams of luscious color. What a way to relax and enjoy what a little water, a little color, and the enthusiasm of our September teacher Carol Bernard in this social setting.

Bring watercolor paper, a small, medium and large brush, a jar for water, a few watercolor tubes (especially a blue, red and yellow) or a set available for about \$5.00 and a white plate or plastic tray for mixing. If you are missing something chances are someone will loan you enough to get a start. Class runs 9:30 – 11:30 a.m., Fridays. All are welcome!

GOLF LESSONS AT WILDHORSE

Sign up now for golf lessons and 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.** beginning **September 18 – October 4.** Fee is \$60 for residents and advanced registration at the Senior Center is required.

JAPANESE TAIKO DRUMMING

Are you interested in learning the basics of traditional Taiko Drumming? In this class, seniors will receive instruction in form, rhythm, and spirit, as well as, the history and traditions of Japanese Taiko. Classes are held on **Tuesdays, 2:30-3:30 p.m. from September 5 - December 5** or on **Saturdays, 10:00-11:00 a.m. from September 9 - December 9.** Class registration is \$77 per person, and advanced registration is required.

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 **September 13 - October 11 from 7:00-8:00 p.m.**, and advanced registration is required. The cost of the session is \$33.00.

SALSA DANCE

Salsa dance is the hottest dance today! This class will introduce you to the basic movements and patterns of caliente, club salsa. No partners are necessary. Classes are **September 13 - October 11 from 8:00-9:00 p.m.**, and advanced registration is required. The cost of the session is \$33.00.

BATTER UP!

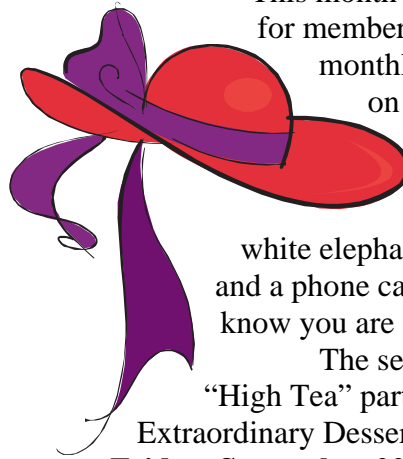
Interested in playing softball and at least 50 years of age? Then why not sign up for our Senior Softball League! This six-game league (9/11-10/16) is open to anyone at least 50 years of age on or before December 31, 2006. Players may sign up as individuals or teams, and all games are played at Playfields Park in Davis. Registration is \$30 per person. For more information, please call 757-5626.

SPECIAL EVENTS

LITERARY LOCALS

This fall brings the return of our popular Literary Locals Series when science-fiction writer, Kim Stanley Robinson, speaks on **Friday, September 22 at 10:30 a.m.** with a brief question-and-answer session to follow. Mr. Robinson is the author of **Forty Signs of Rain**, the character-driven story centering on the devastation of man-made global warming and how it is leading to a new ice age.

Kim Stanley Robinson is also a winner of the Hugo, Nebula, and Locus Awards, as well as the author of ten previous books, including the bestselling Mars trilogy – **Blue Mars, Green Mars, and Red Mars**. Mr. Robinson currently lives in Village Homes and has an outdoor “writing room” that he built mostly himself.

RED HAT SOCIETY – DSC ROCKERS

This month will feature two activities for members. The first will be our monthly Bunco Party to be held on **Thursday, September 21 from 1:30 – 3:30 p.m.** All you need is to bring a treat to share, a

white elephant gift to use as a prize, and a phone call at 757-5696 to let us know you are coming.

The second activity will be a “High Tea” party at Ciocolat Extraordinary Desserts, 301 B Street, on **Friday, September 22 at 2:00 p.m.** The party will consist of:

- *Smoked salmon on bread, ham & cheese croissant, brie cheese, banana and carrot bread*
- *Cranberry scones & jam*
- *Large desserts*
- *Fresh berries and cream*

Advanced registration is required no later than **Monday, September 18**, and space is limited to 15 persons. The cost of the tea party is \$25 per person.

Don't forget to wear your red hat and purple accessories for both of these fabulous events, and join in the fun!

PEN PAL PROGRAM

Summer is just about over and children are heading back to school. We need local seniors who want to make a difference this school year! Senior **Pen Pals** are needed to pair up with children from a North Davis second grade class. Children will learn how to use language in a meaningful way, as well as gain new positive community experiences. **Letters will be short, simple and fun!** For more information or to sign up for the Pen Pal Program please call the Senior Center at 757-5696, or sign up at the front desk.



MISCELLANEOUS

NATIONAL GRANDPARENTS DAY – SEPT 10

Did you know that the first official “Grandparents Day” was proclaimed in 1973 in West Virginia by Governor Arch Moore. Over the next five years, through the efforts of a housewife, Marian Lucille Herndon McQuade, civic, business, church and political leaders, this proclamation was signed nationally in 1978 by President Jimmy Carter.

This special day is designed to honor grandparents, to give an opportunity to show their love for their children and grandchildren, and to help their families and their communities become aware of the strength, information and guidance older people can offer.

We want to encourage everyone to celebrate this day with family & friends - anything that enhances intergenerational interaction will do!

GRANDPARENTS WORKSHOP

“Second Time Around - A Celebration of Grandparents & Kinship Parenting Again” will be held **Saturday, September 9, 8:30 a.m. to 2:30 p.m. at American River College in Sacramento.** Panels, sharing, keynote speakers, food, resource fair and more. For more information contact Jane Stan (916) 486-1876 or e-mail at jstan@a4aa.com.

URC ANNUAL BAZAAR

Will be on **September 16 from 8:00 a.m. - 4:00 p.m. at 1515 Shasta Drive**, just off Covell. This popular event features furniture, collectibles, housewares, small appliances, electronic equipment, books, art, jewelry and linens. Take advantage of residents downsizing when they came from larger homes to URC.



VOLUNTEERS NEEDED

TAX AIDES NEEDED

The senior center is seeking volunteers to assist in free tax preparation for seniors and low income taxpayers. Volunteers of all ages and backgrounds are welcome. Basic computer skills are important.

The AARP Tax Aide Program is the nation’s largest volunteer-run tax service. Tax counselors receive free tax training and become IRS certified by passing the IRS exam. They help customers one-on-one at tax sites and/or volunteer as Internet tax counselors. It’s a great way to learn new skills and to be involved in your community.

Leadership positions manage program services provided by volunteers at sites at the local and state level. Specialists are also needed to assist with computer technology, training, administration or communication. Although tax training and certification is encouraged, it is not required for many leadership positions.

Volunteers are reimbursed on a limited basis for qualified program-related expenses. For more information on how you can join the AARP Tax-Aide team, contact JoAnne Wile, (530) 759-2202 in Davis or visit the national web site at www.aarp.org/taxaide.

AARP Tax-Aide is a program of the AARP Foundation, offered in cooperation with the Internal Revenue Service. You do not need to be an AARP member to volunteer nor do you need to be a retiree.

OUT-OF-STATE PEN PAL WANTED

The Senior Center staff has been contacted by an older adult living in Lexington, MA who is interested in corresponding with other adults who are interested in writing. Her name is Jan, and she saw our center’s website, and is very much interested in connecting with one of our participants. If you are interested, please call 757-5696 and staff will provide you with more information.

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.

September 14 – Nugget, Sparks - \$10 cash, \$3 food coupon. \$25

Sept. 18-21– Santa Barbara, Channel Islands, Reagan Library - Three-night stay at the Crown Plaza on the beach at Ventura. Cruise around the Channel Islands, known as the “American Galapagos,” visit the Reagan Library and the new Air Force One Pavilion. Spend a day with a local guide on a deluxe tour of Santa Barbara. On the way home, stop for lunch at Eberle Winery. \$660 pp dbl., add \$185 ss.

Sept. 26 – Apple Hill – Always a favorite day trip. Visit Apple Hill ranches, hosted BBQ chicken lunch with apple pie. Free time at High Hill Ranch. \$49



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

October 11 – Annual Mystery Trip – What mysterious day adventure awaits you! Hurry, this one goes fast! \$130

October 18 & 19 – Autumn Amtrak – Wait list.

October 26 – Chrysanthemums in Bloom – Wait list.

October 31- November 7 – Branson and Beyond – This is not your usual Branson trip. We’ll fly to Little Rock, Ark, tour the city and visit the Clinton Presidential Library. We’ll visit Hot Springs, Ark. and explore Eureka Springs, Ark., known as “Little Switzerland.” Then to Branson, MO, where we’ll see a diverse selection of entertainment. If you’ve never been to Branson, you’ll be surprised and delighted. \$2330 pp dbl., add \$395 ss.

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 Neptune’s Palace. \$90

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.

2007

February 5-12 – River Barge trip “The Route of Jean La Fitte” – Inland Texas Gulf Intra-coastal Waterway.

April 17-24 – Tucson – A Treasure Trove.

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

September 2006

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
4 <div style="text-align: center;">Labor Day</div> <div style="text-align: center;">Senior Center Closed</div>	5 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 11:30am Feldenkrais 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 7:00pm Stamp Club	6 9:00am Peer Counseling Grp 9:00am ATC Workshop 10:00am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker	7 9:30am Memoirs 12:30pm Bingo 1:00pm HICAP*	8 9:00am Foot Screenings* 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance
11 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	12 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 10:30am Bird Talk by Roberta Lee 11:30am Feldenkrais 1:00pm Bridge/Pinochle 6:30pm Mac Users Grp 7:00pm Davis Dynamos	13 10:30am Vision Sup Grp 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	14 9:00am One Stroke Painting* 9:30am Memoirs 10:30am Yoga 11:00am Blood Pressure Check 12:30pm Bingo	15 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events 16 Saturday, 12:00 Bingo
18 8:00am Golf Begins* 8:30am Veteran Services 10:30am Yoga 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 6:30pm Social Bridge 7:00pm Square Dancing	19 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle	20 10:00am Alzheimer's Sup 11:00am Food Distribution 12:30pm 55 Alive* 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Sup Grp 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	21 9:00am HICAP* 9:00am One Stroke Painting* 9:00am DMV Rep 9:30am Memoirs 9:30am Bridge Class 10:30am Yoga 12:30pm 55 Alive* 1:00pm Bridge Class 1:30pm Red Hat Society – Bunco 2:30pm Sr. Commission Mtg.	22 9:30am Memoirs 10:30am Literary Local – Kim Stanley Robinson 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Red Hats – “High Tea” at Ciocolate* 2:15pm Jam Session & Dance 4:00pm ATC Exchange
25 8:30am Veteran Services 9:00am Oil/Acrylic Painting 10:30am Yoga 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	26 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd Mtg 10:15am Feldenkrais 10:30am Clutter & Downsizing Talk by BJ Walters 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson’s Sup Grp	27 10:00am Mens Group – Rick Powers, Speaker 10:00am Emergency Preparedness Talk 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	28 9:30am Memoirs 9:30am Bridge Class 10:30am Yoga 12:30pm Bingo 1:00pm Bridge Class 1:30pm Breathers Sup Grp	29 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics

September 2006

Menu Subject to Change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chilled Cucumber Mousse Honey Lime Chicken Creamy New Potatoes French Roll Mixed Fruit
4 Senior Center and Elderly Nutrition Program Closed for Labor Day Holiday	5 SCD Potluck No ENP meal today MOW Delivery Only	6 Summer Turkey Citrus Salad Turkey Breast, Orange Segments, Red Onion, & Cucumber w/honey Lime Dressing Hawaiian Roll Fruited Sugar Free Gelatin	7 Roast Beef w/AuJus Whipped Potatoes Seasonal Fresh Fruit Whole Wheat Roll Peaches	8 Grandparents Day Lemon Pepper Fish w/Tartar Sauce Baked Orzo Stewed Tomatoes Whole Wheat Bread Ice Cream
11 Beef Ravioli & Mozzarella Bake Fresh Steamed Zucchini Baguette Mandarin Orange Segments	12 Apricot Nectar Oven-Fried Chicken Potato Salad Peas Biscuit	13 AARP Potluck Fruit Juice Fresh & Savory Vegetable Salad Ham & Cheese Sandwich On Sourdough w/lettuce & tomato Baked Dessert	14 Breaded Fish Fillet w/Tartar Sauce AuGratin Potatoes Steamed Broccoli Cracked Wheat Bread Pineapple Tidbits	15 <u>Magnesium Rich Meal</u> Spinach Salad Cashew Chicken Brown Rice Blend Honey Wheat Roll Tropical Fruit
18 Fiber Rich Meal BBQ Pork Riblet Ranch Beans Cauliflower & Carrot Blend Seven Grain Roll Applesauce	19 Juice Oven Fried Potatoes Hamburger on a Bun w/Lettuce, Tomato, Onion & Pickle Fruit Cocktail	20 Chicken Cobb Salad w/Chopped Lettuce, Tomatoes, Egg, Bacon, & Cheese w/Avocado Dressing Baguette Pudding Parfait	21 <u>Beta Carotene Rich Meal</u> Roast Turkey w/Gravy Sweet Potatoes Brussel Sprouts Whole Wheat Bread Baked Fruit Tart	22 Beef Tips in Tomato Sauce w/Onion & Green Peppers Penne Pasta Capri Blend Vegetables Dinner Roll Melon Wedge
25 Fruit Juice Fiesta Casserole w/Beef & Beans Mexicali Vegetable Blend Tortilla Seasonal Fresh Fruit	26 Broccoli Salad Pastrami Sandwich w/Swiss Cheese, Lettuce, Tomato on Rye Swirl Bread Citrus Salad Delight	27 <i>Happy Birthday!</i> Roast Herb Chicken Old Fashioned Stuffing Chef's Blend Vegetables Plums Birthday Cake	28 <u>Vitamin B12 Rich Meal</u> Creole Shrimp w/Peppers, onions, carrots and Mushrooms Steamed Rice Green Beans Whole Wheat Roll Mixed Fruit	29 Tossed Green Salad Chicken Fried Steak w/Country Gravy Creamy Whipped Potatoes Biscuit Apricots

\$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