

Senior Scene



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April 2007
www.cityofdavis.org/pcs/seniors/

14TH ANNUAL INTERNATIONAL PARTY

Tickets are on sale now while supplies last for the Davis Senior Center's annual International Party to be held on **Wednesday, April 25 from 6:00 to 9:00 p.m.** Tickets prices are **\$8 for SCD members and \$10 for non-members**, and include an exquisite buffet of cultural dishes, as well as exciting entertainment and raffle prizes!

Don't forget to bring your quarters, because we will be featuring our special bidding raffle again this year as a Senior Center fundraiser. Each donated item will have a designated bid value (e.g. 25¢, 50¢, \$1.00). If you are interested in a particular item, then you place your bid (cash!) in the bidding can on your table. If your name is drawn and you have placed a bid, then you win the prize. If you did not place a bid, then the prize goes to the next name drawn. By placing a bid on each item, you increase your chances to win a prize while also supporting the many programs offered here at the Senior Center at the same time. What is even better is – even if you bid on every item, you won't have to spend more than \$10.00 in quarters!

In addition to the raffle, we will also be having a Silent Auction component to the program. Between the hour of 6:00 and 7:00 p.m., you will be able to view special prizes and make your bids. At the end of the bidding period, the bids will be closed, and if you are the highest bid – *you win the prize!*



We hope that you will come show your support for the many wonderful programs and services offered through the Davis Senior Center by participating in this fun-filled event!

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK

The Senior Citizens of Davis "Spring Fling Potluck" is planned for **11:30 a.m. Tuesday, April 3**. The business meeting will be first on the agenda, followed by the customary social hour, including chips and dips.

This month's program features the "*Sunrise Tappers*." The special "Spring Fling" show will be presented after the Potluck Meal starting at approximately 12:45 p.m.

Members and guests attending the Potluck meal are asked to bring your own utensils and a dish to serve about 6-8 people, based on the following schedule - **A-G Main dishes, H-N Desserts, and O-Z Salads**. Those unable to bring a dish, may pay \$5.00 per person for the meal. The Sunrise Tapper's Show at 12:45 is open to all and admission is free.

SCD Board of Directors

President	Wes Penny
First Vice President	Liz Fisher
Second Vice President	Elisabeth Bogren
Secretary	Carolyn Simmons
Treasurer	Don Harting
Budget & Finance Chair	Carol Harting
Membership Chair	Barbara Hager
Social & Recreation Chair	Kelly Connelly
Sunshine Chair	Louise DeMasi
Kitchen Services Chair	Roger White

SUNSHINE LADY

Sunshine Lady Louise DeMasi reports that for the last half of February and first half of March cards were sent to the following:

Get well cards to Phoebe Anderson, Frank Kynoch, David Farley, Bernice Milne, Erminia Messina & Corzales Jimenez.

Thinking of You cards to Welles Henderson, Eleanor Gardias, Phoebe Anderson, Mercedes McElwain, Therese Smith and Bill Griggs.

Sympathy card to family of Christine Helweg for the death of her father, Frank Kynoch, family of Helen (Stine) Parker, family of Earl J. J. Cowen, family of Robert F. Wong, family of John N. Green, family of Paul Karl Stumpf, family of

Barry Wilson, family of Eugene Skinner, and family of Ann Ruth Anderson. Sympathy card to Mr. & Mrs. G. Besser in the death of their daughter, Elaine. 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.



SCD BENEFIT BREAKFAST

A special thank you to everyone who came to the breakfast event – we were able to raise over \$750! We hope that everyone enjoyed themselves and hopefully we can turn this into an annual event for SCD members. And a big thanks to Applebee's, which donated 100% of the proceeds to SCD.

NEW MEMBERS FOR FEBRUARY - MARCH

Please join us in welcoming the following new SCD members: Diane Evans, Don Horton, Teresa Gyorke, Elizabeth Young, Steven & Zipora Weinbaum, Susan Gossard, Elaiene Keeley, Peter & Doris Kurtz, Lorraine Gassman, Robert & Gilda Ceppos, Elfrieda Grober, Susan Pitcher, Ted Burkey, George & Carol Jordan, Jonathan & Jeanette Lewis, Bonnie Carrere, Pat Merrill and Sharon McNeill.

SCD BINGO

Whether you enjoy playing the Indian Star, Six & Nine Pack, 2 Postage Stamps, Railroad, the Kite or Blackout, we have it all at our weekly Bingo game held every **Thursday afternoon from 12:30 to 3:00 p.m.**, and the **3rd Saturday of each month from 12:00 to 3:00 p.m.** Afternoon snacks are provided, and it is only 25¢ per card for two games.

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.

SPECIAL INTEREST GROUPS

AARP POTLUCK

AARP's meeting will be held **Wednesday, April 11**, and will feature our speaker, Don Christenson, on flower arranging. Our table floral arrangements will be for sale for \$3.00 or \$5.00 depending on the size and types of flowers.

Please bring a friend and food to share or you may pay \$5.00. You should bring your own table service. Members with last names beginning with **A-G bring a hot dish, H-P salad and Q-Z bring a dessert.** Any questions call 753-0266.

BOOK REVIEW GROUP

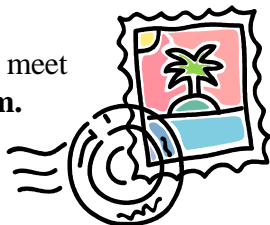
Stan Forbes, owner of the Avid Reader bookstore in Sacramento, will be meeting to share hot new reads with you on **Tuesday, April 17 beginning at 9:30 a.m.**

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, April 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, April 3, 7:00 to 8:00 p.m.** For more information, call Anne Hance at 753-7265.



GENEALOGY CLUB & LIBRARY

On **April 30**, the Genealogy Club will host a program on the California State Archives. The Archives is a repository for the State's permanent governmental records as well as other materials documenting California's history. Archivist Stephanie Hamashin will join us to talk about the genealogical resources they have, including original documents and records not found elsewhere.

Our library is also open on **Wednesday and Friday from 1:00 – 4:00 p.m.** Library volunteers are available during these hours to help with questions.

To learn more about the club, you can visit our website at www.davisgenealogy.org. Guests are welcome at our meetings and the library is open to the public. For more information call Lisa Henderson at 753-8943.

HEM & HAW

Do you like to knit, sew, crochet or quilt? Every **Wednesday afternoon from 1:00-3:00 p.m.**, why not come join others who share your passion? This free group is filled with good conversation & fellowship, with occasional food treats!

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, April 9**. The topic will be Digital Images: How to work with them, how to email them, and how to upload them to a public photo site like Yahoo's Flickr or Shutterfly. For more information, call Carol Harting at 756-4654 or Lois Richter at 758-5058.

LAUGHTER CLUB

Our new laughter club is bringing down the house in fits of laughter. Anyone can join in **Mondays at 10:00 a.m.** Deb Roquet leads the group.

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, April 10**. For more information, call Michael Beaucage at 758-7639.



MEN'S GROUP

The Men's Group will meet on **Wednesday, April 25 at 10:00 a.m.** The meeting topic was undetermined as we went to press.

SENIOR CITIZENS COMMISSION

The next regular meeting will be held on **Thursday, April 12 at 2:30 p.m.** Discussion areas are scheduled to include senior housing and transportation needs, as well as a discussion on the City's data collection capabilities presented by IS Director Rick Guidara. The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at www.cityofdavis.org/meetings

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, 4/6 “Happy Easter” Enjoy baked ham with apricot sauce, oven roasted squash, seasonal fresh vegetables, cornbread muffin, and a special dessert.

Monday, 4/9 “National BBQ Month” join us for BBQ chicken, ranch beans, California blend vegetables, buttermilk biscuit, and peaches.

Wednesday, 4/25 “Happy Birthday” Celebrate with herb & garlic chicken, au gratin potatoes, mixed vegetables, a Hawaiian 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*

18TH ANNUAL EPICUREAN ESPRIT

Friends of Meals On Wheels are pleased to announce this year’s event, to be held on **Thursday, May 10** at the beautiful home of Dave & Anita Long, located along the golf course north of Davis. The fundraiser benefits the Meals On Wheels program in Yolo County. Join us at this popular event to support seniors in your community while also enjoying some of the finest cuisine Yolo County has to offer. Tickets go on sale April 1st for \$40 per person, and tickets are advance purchase only. No tickets will be sold at the door. For more information, please contact 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.

April 6 -- Easter Parade – Judy Garland in her Sunday best.

April 13 -- Singing in the Rain – Gene Kelly and Debbie Reynolds. What a wonderful feeling!

April 20 -- McHale’s Navy - Big-screen adaptation of the 60s television series. Stars Tom Arnold and Debra Messing.

April 27 -- The Prestige – A mysterious, dramatic thrill about 2 rival magicians.



THE GIFT OF GIVING

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

Davis Dance Club	\$155
Duplicate Bridge – Monday	\$ 47
Handy Helpers	\$ 20
Hem & Haw (SCD)	\$148
Income Tax Donations	\$ 25
Information & Assistance	\$105
Mac Users Group	\$ 32
Medical Equipment Donations	\$1,082
Miscellaneous	\$ 68
Neuropathy Group	\$ 50
Nostalgics	\$ 22
Social Bridge	\$ 20
Tuesday Pinochle	<u>\$ 10</u>
Total	\$1,784

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

INFORMATION & ASSISTANCE**DISASTER PREPAREDNESS INFORMATION**

The Yolo County Public Health Department is currently promoting personal preparedness for countywide emergency situations. As a courtesy, the Davis Senior Center is being provided with kits which can be made available to our participants at no charge. Kits should be available beginning **Friday, April 6**, on a first come first served basis so stop by the main office of the Senior Center and pick up your Disaster Kit. You don't want to miss out on this great opportunity to get prepared for that inevitable emergency day!

**TAX ASSISTANCE PROGRAM**

The Senior Center will continue to offer free tax preparation services through **Saturday, April 14**. Appointments are one hour in length, and can be made by calling the office at 757-5696.

Please remember to bring the following information to your appointment: 2006 State and Federal Tax Forms, all W2 statements, all 1099 statements, social security earnings statement, all investment records, copy of last year's state and federal tax returns, and any other pertinent tax information.

SOCIAL SECURITY SERVICES

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

LIBRARY TAX EXEMPTION

Low-income homeowners in Davis may qualify for the Davis Library Parcel Tax Exemption. The tax is \$42 annually. If you own your Davis home, and your household income for 2005 was under \$40, 811, you are eligible. Forms can be picked up at the Davis Senior Center or the Davis Library. The deadline to file is June 1, 2007. If you need help in completing the forms, make an appointment with Lisa at the senior center, 757-5696.

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 GROUP – Wednesday, April 18 at 10:00 a.m.

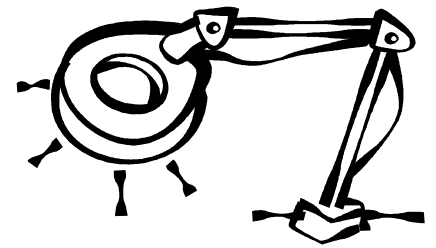
BREATHERS SUPPORT GROUP – Thursday, April 26 at 1:30 p.m.

DIABETES GROUP – Wednesday, April 18 at 3:15 p.m.

MEN'S GROUP – Wednesday, April 25 at 10:00 a.m.

PARKINSON'S SUPPORT GROUP – Tuesday, April 24 at 1:30 p.m.

VISION SUPPORT GROUP – Wednesday, April 11 at 10:00 a.m. *Please note earlier start time.* Dr. Dennis Kelleher, a recognized national authority on low vision, will talk to the group about ways to maximize the use of their residual vision by using various types of low-vision aids. He'll talk about non-optical aids, optical aids, electronic aids, types of magnification and where to obtain the various types of aids. Dr. Kelleher is a retired state low vision consultant for the California Department of Education. He is currently a member of the California State Rehabilitation Council, being appointed by Governor Schwarzenegger to represent consumers with low vision.



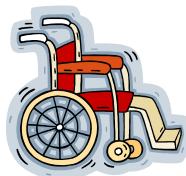
SERVICES

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 Tuesday of every month, 10:30 – 11:00 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 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 the office, 757-5696.
- **SHOPPING SERVICE** - UCD student volunteers will take your order, do your grocery shopping and deliver to your home. 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.



HEALTH & WELLNESS

POWER OF STRENGTH TRAINING

For many older adults, growing older seems to involve an inevitable loss of strength, energy, and vigor. But it need not be so. The frailty and decreased energy we associate with aging, such as difficulty walking distances, climbing stairs, or carrying groceries, are largely due to muscle loss. This muscle loss results mainly from inactivity. The old saying is true when it comes to muscle: "Use it or Lose it."

One of the best ways to keep muscles



healthy and strong is through exercises called strength training – sometimes known as weight lifting or resistance training.

Studies have shown that strength training is one of the best ways to fight the weakness and frailty

that can come with age. Done regularly, strength training builds bone and muscle and helps to preserve strength, independence, and energy. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns – such as arthritis or heart disease – often benefit the most from an exercise program that includes lifting weights a few times per week.

Strength training can also reduce the signs and symptoms of many diseases and chronic conditions in the following ways:

- **Arthritis** – reduces pain & stiffness, and increases strength and flexibility
- **Diabetes** – improves glycemic control
- **Osteoporosis** – builds bone density and reduces risk for falls
- **Heart Disease** – reduces cardiovascular risk by improving lipid profile and overall fitness
- **Obesity** – increases metabolism, which helps burn more calories and helps with long-term weight control
- **Back Pain** – strengthens back and abdominal muscles to reduce stress on the spine

The Senior Center offers several exercise classes that incorporate strength training into their programs. On the following page (pg. 8), there is a

listing of current available programs, and you can find out more information on which class is best suited to your fitness goals by inquiring at the main office of the Senior Center. We will be glad to help you get started on a better you in 2007!

FALLS PREVENTION WORKSHOPS

Falls are a major cause of injury and death among older adults. Thanks to grant funding from Area 4 Agency on Aging, the Davis Senior Center will provide educational workshops on preventing falls at a number of senior residential complexes over the next several months. Residents should receive flyers inviting them to these informative & practical workshops. Free refreshments, t-shirts and pedometers will be also provided:

Friday, April 27, 10:00 a.m. Kings and Queens Apartments

Wednesday, May 2, 1:30 p.m. Walnut Terrace (other CHOC tenants are also invited)

Friday, May 18, 10:00 a.m. Eleanor Roosevelt Circle

Wednesday, May 23, 1:30 p.m. Rancho Yolo Mobile Home Park

More workshops are yet to be scheduled, including one at the Davis Senior Center. Dates and times will be announced in next month's *Senior Scene* newsletter.

HEALTH WEBSITES

For internet searchers looking for the best and most accurate health-related information, the Medical library Association recommends:

www.cancer.gov National Cancer Institute

www.cdc.gov Centers for Disease Control and Prevention

www.familydoctor.org American Academy of Family Physicians

www.healthfinder.gov U.S. Department of Health and Human Services

www.mayoclinic.com Mayo Clinic

www.medem.com Medem

www.medlineplus.gov National Library of Medicine

www.noah-health.org New York Online Access to Health

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 Winter/Spring 2007 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.)	April 13 & 20 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing thru April \$8/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	April 3 - 24 \$14/res/\$20/\$26 non-res
	(T, 11:30 a.m.-12:30 p.m.) \$14/res/\$20/\$26 non-res
Fitness for Life (MWF, 7:30-8:30 a.m.)	April 2 - 30 \$33 res/\$39/\$45 non-res
Nostalgiacs Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
Slow & Easy (T,Th, 1:30-2:30 p.m.)	April 3 - 26 \$22/res/\$28/\$34 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	April 3 - 24 \$17 res/\$23/\$29 non-res
Tap Dancing (M, 3:00-4:30 p.m.)	Ongoing – join anytime! No fee
Walk n' Talk (MWF, 8:45-9:45 a.m.)	Ongoing – Join anytime! No Fee
Yoga - Intermediate (MTh, 8:30-10 a.m.)	April 5 - 30 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	April 5 - 30 \$32 res/\$38/\$44 non-res



The City's new **Summer 2007 Schedule** is also available now in the lobby areas of the Senior Center. Priority mail-in deadline is **Friday, April 6th**, and open registration begins **Wednesday, May 2**. Don't miss out on new summer programs!

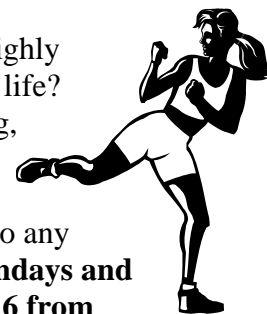
BALLROOM DANCING & EAST COAST SWING

Learn to dance with grace & style with Instructor Barbara Nicholas from the Dancing Tonight Studio in Davis. These two fabulous classes, offered on **Wednesday evenings, beginning on April 18 – May 15**, will have you dancing like the stars in no time at all! Traditional ballroom dances, such as the waltz, fox trot, cha cha, rumba, and tango are featured in the early class offered from **7:00-8:00 p.m.** The later class, from **8:00-9:00 p.m.**, will teach you the basics for the East Coast Swing.

No partners are required for either class, and the fee is \$33 per person. Advanced registration is required. For more information, you can stop by the Senior Center office.

CARDIO KICKBOXING

Are you looking for a highly energetic way to shape up your life? Learn contemporary kickboxing, along with strategic self defense, and fitness techniques that can be applied to any lifestyle. Classes begin on **Mondays and Wednesdays, April 16 – June 6 from 7:00-8:00 p.m.** at the Veterans' Memorial Center. Class fee is \$60 for residents and advanced registration is required.



CERAMICS

This class is a great way to introduce you to the wonderful hobby of ceramics! Students purchase their own greenware, according to personal taste and project needs, and then are provided with a large variety of glazes, stains and decals prior to firing. The minimal monthly fee (\$5) covers the use of all glazes and stains, as well as the use of our on-site kiln. Participants are supported by volunteer instructors, which can assist students and make recommendations is so desired.

The class meets on **Tuesday mornings from 9:30 to 11:00 a.m.**, and students are encouraged to drop in and ask questions prior to starting their first class.

GOLF LESSONS

Wildhorse Golf Course is once again offering their spring golf series for older adults beginning **April 16 - May 5 on Mondays and Wednesday mornings from 9:00-10:00 a.m.** A second session will also be offered May 7-23 on the same day & time listed above. The fee is \$60 per person and includes all necessary equipment. Advanced registration is required. For more info, call the Senior Center office at 757-5696.

**NOSTALGICS**

Do you like singing in the shower? Well, it's time to get out of your house and let your voice be heard! Join other singing enthusiasts who love singing those "oldies but goodies" on **Fridays from 1:00 to 2:00 p.m.**

SQUARE DANCING

Do you love to dance, or looking for ways to exercise with your partner? Join Bryce & Sandy Birkman in this energetic and fun class that will teach you all the basic calls (dance steps) proscribed by CALLERLAB, the International Association of Square Dance callers. Square Dancing is gaining popularity once again with adults of all ages, and is very popular here in Yolo County. No partners are required to participate in the class, although encouraged due to the nature of gender specific calls that encourage couple participation. Classes are held on **Monday evenings, April 9 - June 18, from 7:00-9:00 p.m.** The cost is \$50 per person, and advanced registration is required (Class #7213 S2).

ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint Pansies on **Thursday morning, April 12** and Calla Lillies on **April 19, 9:00 to 11:30 a.m.** The fee for each class is \$5.00, or there are multiple class discounts. There are additional fees for materials and non-residents. For more information, contact the Senior Center office. Advance registration is required.

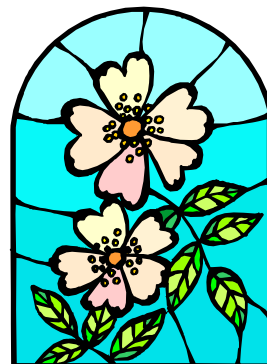
**OIL & ACRYLICS**

The Valente Room in the Davis Senior Center is the newest place in town to paint, but it does need more painters to make the group viable! We don't want to lose this valuable space for lack of participation. Please join us each **Monday morning at 9:00 a.m.** For more information call Donald Harting at 756-4654.

STAINED GLASS MADE EASY!

Who doesn't like the look of traditional stained glass windows? In this new class offered by instructor Sandy Gray-Fitzpatrick, students will be guided through the many tips & techniques to create wonderful art creations for a fraction of the cost!

Classes are held on the **2nd & 3rd Tuesday afternoons of each month from 1:00 - 3:00 p.m.** For April, Sandra will be demonstrating how to paint daisies and butterflies on **Tuesday, April 10** and ribbons & hats on **April 17**. Cost for the class is \$5.00 per person with a \$10 materials fee payable to the instructor on the first day of class. Advanced registration is required.



Rosa arvensis huds.

TAIKO DRUMMING

You have seen them play at the Annual International Party, but now, you too can play! New classes, designed for older adults, are beginning this month, and you can learn all the basics of traditional Taiko Drumming. Instruction on form, rhythm, as well as the history & traditions of Taiko Drumming will be featured. There are two separate sessions, the first being on **Tuesdays, April 3-June 5 from 2:30-3:30 p.m.** for \$63 per person, or the second session beginning **Saturdays, April 7 - June 9 from 10:00-11:30 a.m.** for \$85 per person. Advance registration is required.

WATERCOLOR PAINTING

The watercolor class continues in April on **Fridays at 9:00 a.m. (set up) to 11:30 a.m.**

Mildred Franklin will be teaching this month, so join the group & have some fun of exploring new painting techniques. No experience required.

Bring watercolor paper or pad, a few basic colors or a tray of colors which can be purchased for \$5.00 or less, a container for water, and a few brushes. This painting medium is very flexible, fun and challenging. All invited to relax and explore.

SPECIAL ACTIVITIES & EVENTS**ARMCHAIR TRAVELS**

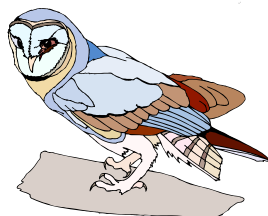
Join **Freedom from Hunger**, an international nonprofit organization from Davis, which promotes micro-loans to women's groups around the world, to hear about their programs around the world. **Friday, April 13, 10:30 a.m.** Davis Senior Center. Call 757-5696 to reserve your seat!

CHOICES

You've set your goals all your life, from charting your education and career path to raising a family. Now you are navigating the last third of your life. "Choices and Goals: A Lifelong Process," is the title of a presentation by Yolo Hospice Outreach coordinator Margie Fincham, who will speak at the Senior Center on **Thursday, April 19 at 1:30 p.m.** What goals have you set? What plans have you made to support these goals? What legal documents have you drafted to ensure your wishes are followed? Learn what you can do now to stay on track and in control.

PEHLKE PACERS – SPRING WALK!

Burrowing Owls - Friday, April 20, 9:00-11:00 a.m. John McNerney provides a naturalist perspective on our famous Davis residents, the Burrowing Owls. Walkers will meet at the senior center for a brief presentation, then carpool to view owls in their habitat. Since it will be spring, we may see baby owls! (Alternate rain date is the following Friday).

**MEALS MADE EASY!**

Join Cathy Cassevah from Home Instead on **Tuesday, April 24 at 1:00 p.m.** where she will be showing you how to make Mouthwatering Meatloaf. Please call to reserve your spot, 757-5696.

VOLUNTEER CORNER**INTERNATIONAL PARTY VOLUNTEERS**

Senior Center staff is looking for volunteers to assist with ticket collection and facility & table decorations prior to the event. If you interested in volunteering at this event, please sign up on our volunteer sign up sheet located in the main office prior to Wednesday, April 11.

NATIONAL VOLUNTEER RECOGNITION

The City of Davis will honor volunteers who "Inspire by Example" in celebration of National Volunteer Week, on **Tuesday, April 17 at 6:30 p.m.** in the Community Chamber. The celebration is planned in recognition of the many volunteers who so generously contribute their time and energy to our community. National Volunteer Week began in 1974 when President Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since then, every U.S. President, as well as governors, mayors and other elected officials, has continued to promote volunteerism by calling public attention to all that volunteers do to improve our communities.

**DAVIS COMMUNITY TRANSIT**

Happy Spring! DCT has hit an all time high with our ridership! Our rides provided continue to grow on a daily basis. We appreciate your patience when you are waiting for the bus either at your home or at your final destination. Our new employee, who you may have met during his training, is Richard Perez who comes to us from Unitrans. Last month we did say goodbye to Mike Baldwin, and we wish him well in his future endeavors.

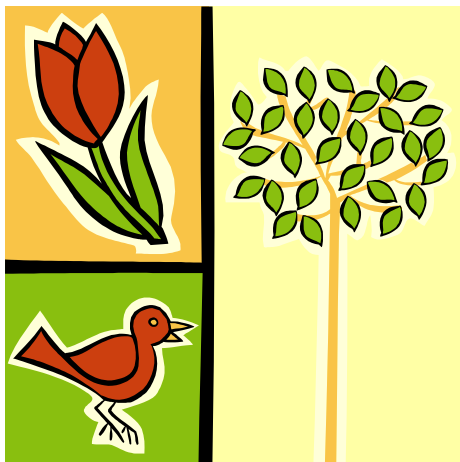
MISCELLANEOUS

SENIOR CENTER WINS MARKETING AWARD!

Two projects of the City's Parks & Community Services Department, a community-wide gathering of neighbors and an innovative set of brochures for senior services, have garnered awards from District II of the California Park & Recreation Society (CPRS). CPRS is comprised of parks & recreation professionals throughout the State of California and is divided into 15 Districts within five regions of California. District II represents over 70 agencies within 19 counties in Northern California. Given this intense level of competition, the department is exceptionally honored to have prevailed in two of only five total award categories.



The Davis Senior Center's marketing brochures "Davis Senior Center, A Place of Possibilities & Yolo County Information and Assistance for Seniors" won the Agency Showcase Marketing Award. This award recognizes excellence in printed or on-line materials. The fashionably developed senior services marketing brochures have proven to be appealing, effective—and now award winning. The brochures present an updated representation of the programs and services available to older adults in Yolo County and help to further attract participation and volunteer support.



COMING IN MAY!

LITERARY LOCALS: "GENETIC ENGINEERING: WARTS AND ALL"

Meet Molecular Geneticist Belinda Martineau, Ph.D., author of *First Fruit: Creation of the*

FlavrSavr™ Tomato and the Birth of Biotech Food and formerly, principal scientist at Calgene, Inc. She will be sharing her knowledge of the biotech food industry in a talk entitled "**Genetic Engineering Warts and All**" at the **Davis Senior Center on Friday, May 4 at**

10:00 a.m. For more information, and to reserve your seat, call the Senior Center (530) 757 5696.



ARMCHAIR TRAVEL SERIES: TRAVEL THE CLIFFS OF SCOTLAND

Glen and Barbara Erickson present their travels to Scotland on **May 11, at 10:30 am.** Since 1991, Glen and Barbara Erickson have been visiting Scotland, and cultivating a special love for ORKNEY, the islands just north of the northeast corner of Scotland. The ocean cliffs, birds and vistas are beautiful, the Orcadians friendly, and Orkney is home to some of the world's best sites of archaeological interest, including a ring of standing stones that is larger (and older) than Stonehenge, and the 5000 year old community (Scara Brae). Come share the Orkney the Ericksons know and love with selected slides from their visits to many of the 20 inhabited (and some uninhabited) islands of Orkney.

Interested in sharing your travels with others? Speak with Mae at the Davis Senior Center to schedule your armchair travel presentation!

DEMENTIA AND DRIVING

When to give up the car keys? Mark your calendar for **Wednesday, May 23 at 10:00 a.m.** for a free workshop, "Dementia and Driving: A Perspective and Challenge."

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.

April 11 – Jersey Boys – See Travelaires office for availability.

April 12 – Delta Eco Cruise – Wait list

April 17-24 – Tucson, A Treasure Trove – See Travelaires office for availability.

May 10 – The DaVinci Experience – This momentous exhibit features 60 working models based on the drawings of the great Leonardo da Vinci. Free time, also, to explore the new Aerospace Museum of California. Enjoy an Italian buffet a Lion's Gate Hotel. All of this located on the old McClellan Air Base. \$75.

May 24 – Andy Warhol's Dream America – A special exhibit at the Nevada Museum of Art in Reno. One of the most influential and provocative artists of the 20th Century, Warhol re-defined the art world with his images. Free time, also, to enjoy other works of art at the museum. Lunch is included at Louis' Basque Corner. \$82.

June 3 – Empire Mine, The Legacy of Bourn – The site of the oldest, largest and richest gold mine in California. Visit the Bourn country home (Perhaps you have visited his summer home – Filoli!) the historic Mineyard and enjoy a docent walk in the rose garden. Lunch at the Empire Clubhouse Patio features Cornish pasties. \$78.

June 29 & 30 – Lake Tahoe overnight – Free time to gamble, stroll the Alpine-like village or maybe take a train ride to Heavenly Valley for lunch. Then board MS Dixie for a dinnershow cruise to Emerald Bay. Next day, visit Tallac Historical site and Celtic Festival. \$237 pp dbl., ss \$69.

July 6-18 – Western Wonders of the US and Canada – Our customized tour takes us by motorcoach through Idaho, Montana,

Saskatchewan, the Dakotas, Nebraska and flying home from Denver. Not only will we see famous sites and majestic beauty but included will be the very unusual. The only way to appreciate this unique trip is to pick up a flyer at the Travelaires office. \$2950. pp. dbl., ss add \$750. If you would like to continue home by motor coach thru Colorado, see Travelaires office for details.

August 4 – Nordstrom and Bloomingdales – Sale time again at Nordstrom. Coffee and pastry in Hospitality room, certificates for free services, Nordstrom tote bag, \$8 and free drink in Nordstrom's Bistro. Also a chance to shop at Bloomies if you wish. \$35.

August 19 – Beach Blanket Babylon – For over 30 years this zany musical spoof has entertained in San Francisco with its parodies of popular icons. Lunch included in North Beach. (Note: Seating is excellent in Center Balcony but there is no elevator). \$134

September 8-12 – Dead Sea Scrolls & San Diego Sights – The Scrolls are widely acknowledged to be among the greatest archaeological treasures ever discovered. We have an exclusive program at the Natural History Museum including a catered lunch on the Museum's rooftop. Also included are a Sunday brunch on Harbor Island, tour of USS Midway or Seaport Village, Point Loma and dinner in Old Town San Diego. Will experience San Diego by land and sea on the amphibious Seals. In Pacific Palisades will visit the Will Rogers Ranch. \$895 pp dbl., add \$250 ss.

September 29 – Floating Homes of Sausalito – Once a year the homeowners in San Francisco Bay open the doors of their personal floating homes to show the unique lifestyle of this waterfront community. Admission benefits the Sausalito School and Marin Library. Lunch on your own in Sausalito. Sign up early – tickets are limited. \$84.

October 15 & 16 – Feather River Canyon – Free time in Truckee, overnight at the beautiful Siena Hotel and Spa on the Truckee River in Reno. Explore Quincy and have lunch at Café Le Coq. Ride through the awesome Feather River Canyon ablaze with fall color. \$215 pp dbl., ss add \$58

Davis Senior Center Activities - April 2007

Monday	Tuesday	Wednesday	Thursday	Friday
2 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 10:00am Laugh Club 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge	3 9:00am Ceramics 9:00am Tai Chi 9:00am Tax Assistance* 10:15am Feldenkrais 11:30am SCD Potluck/Business Mtg. 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Slow & Easy Exercise 7:00pm Stamp Club	4 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counseling 10:00am AARP Board Mtg 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise	5 8:30am Intermediate Yoga 9:00am Peer Counseling Training* 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm HICAP Appts* 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 5:00pm Tax Assistance*	6 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands Exercise Saturday, April 7 9:00am-12noon Tax Assistance*
9 7:30am Fitness For Life 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 10:00am Laugh Club 10:30am Chair Yoga 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Legal Asst.* 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group	10 9:00am Ceramics 9:00am Tax Assistance* 9:00am Tai Chi 10:15am Feldenkrais 10:30am Blood Pressure Check 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Gallery Glass 1:30pm Slow & Easy Exercise 7:00pm Mac Users Group	11 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Vision Support Group 11:30am AARP Potluck/Business Mtg. 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise	12 9:00am One-Stroke Painting 9:00am Peer Counseling Training* 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 2:30pm Senior Commission Mtg 5:00pm Tax Assistance*	13 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 10:30am Travel: Freedom From Hunger 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:15pm Jam Session & Dance Saturday, April 14 9:00am-12noon Tax Assistance*
16 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Golf Lessons Begin* 9:00am Oil/Acrylic Painting 10:00am Laugh Club 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge	17 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Gallery Glass 1:30pm Slow & Easy Exercise 6:30pm Volunteer Recognition – City Council Meeting	18 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Alzheimer's Support Group 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 3:15pm Diabetes Education Talk 7:00pm Ballroom & East Coast Swing*	19 8:30am Intermediate Yoga 9:00am Peer Counseling Training* 9:00am One-Stroke Painting 9:00am HICAP Appts* 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Choices Talk – Yolo Hospice 1:30pm Slow & Easy Exercise	20 7:30am Fitness For Life 8:45am Walk N' Talk 9:00am Pehlke Pacers – Burrowing Owl Talk 9:30am Watercolor Painting, 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands Exercise Saturday, April 21, 12:00 noon SCD Bingo
23 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 10:00am Laugh Club 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge	24 9:00am Ceramics 9:00am SCD Board Meeting 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Meals Made Easy* 1:30pm Parkinson's Support Group 1:30pm Slow & Easy Exercise	25 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Social Security 10:00am Men's Group 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 6:00-9:00pm International Party* 7:00pm Ballroom & East Coast Swing (Class in Valente Room tonight)	26 8:30am Intermediate Yoga 9:00am Peer Counseling Training* 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 1:30pm Breathers Support Group	27 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 10:00am OLLI – History of Davis* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:15pm Jam Session & Dance
30 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 10:00am Laugh Club 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Genealogy Club Mtg. 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge		<p style="text-align: center;">Don't forget that our Square Dancing Class begins Monday, April 9 through June 18 from 7:00-9:00pm</p> <p style="text-align: center;">Advanced Registration Required!</p>	<p style="text-align: center;">Transportation Services 757-4408</p> <p style="text-align: center;">Senior Center Office 757-5696</p>	<p style="text-align: center;">* Indicates need to register in advance, and/or by appointment.</p> <p style="text-align: center;">Please call 757-5696</p>

Nutrition Program in Yolo County
People Resources, Inc.

Menu Subject to Change

APRIL 2007

Each meal includes 8 oz. 2% milk *

* = Vitamin A + = Vitamin C * = carbohydrate exchange

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CONGREGATE DINING SITES
2 Southern Chicken Fried Steak w/Country Gravy *Mashed Potatoes+ *Mixed Vegetables* *Whole Wheat Roll *Fruit Cocktail	3 **Polish Dog w/Bun & Spicy Mustard (contains Pork & Beef) Sauerkraut+ Green Beans *Tropical Fruit+	4 *Fruit Juice+ Tossed Garden Salad *Old World Lasagna w/Beef Italian Blend Vegetables *Garlic Bread	5 *Teriyaki Chicken w/ Pineapple Slices+ *Steamed Rice Oriental Vegetables+ *Fortune Cookie **Chocolate Pudding	6 Happy Easter Baked Ham w/Apricot Sauce *Oven Roasted Squash* Seasonal Fresh Vegetables *Cornbread Muffin **Special Dessert	Reservations/ Cancellations <u>must be made by noon</u> the day before by calling the site: DAVIS SENIOR CENTER 646 A Street 757-5696
9 Celebrate National BBQ Month! BBQ Chicken *Ranch Beans California Blend Vegetables+* *Buttermilk Biscuit *Peaches	10 *Potato Salad **Hamburger w/Bun Lettuce, Onion, Pickles & Condiments *Buttery Corn w/Bell Peppers+ *Cinnamon Apple Slices	11 Chicken Cobb Salad Bed of Greens topped w/Chicken, Tomatoes, Egg, Cheese, Bacon w/Avocado Dressing *French Roll **Raspberry Gelatin Whip+	12 *Fruit Juice+ Lemon Pepper Fish w/Tartar Sauce *Scalloped Potatoes *Peas *Cracked Wheat Bread **Baked Dessert	13 *Three Bean Salad *Greek Ravioli w/Creamy Feta Sauce Broccoli+ *Baguette *Plums*	WEST SAC SENIOR CENTER 664 Cummins Way (916) 373-5819 KNIGHTS LANDING HARBOR APARTMENTS 9320 Mill St 662-7035
16 Swedish Meatballs *Whipped Potatoes+ Scandinavian Blend Vegetables* *Raisin Bread **Tapioca Pudding	17 Tuna Salad on Bed of Greens w/Cherry Tomatoes+, Carrots* *Italian Pasta Salad *Multigrain Roll *Fruited Sugar Free Gelatin+	18 Turkey Roast *Bread Stuffing *Cranberry Sauce Brussel Sprouts+ *Honey Wheat Roll *Apricots*	19 Spinach Salad* Pepper Steak+ *Baked Potato w/Sour Cream *French Roll **Baked Dessert	20 Chicken Cordon Bleu *Rice Pilaf *Ginger Carrots* *Rye Swirl Bread *Tropical Fruit+	WINTERS COMMUNITY CENTER 201 Railroad Avenue 795-4241
23 Beef Burgundy *Parslied Noodles Stewed Tomatoes+ *Whole Wheat Bread *Mandarin Orange Segments+	24 Tossed Green Salad+* *California Cheese Enchilada **Mexicali Beans *Pineapple & Cottage Cheese Cup+	25 Happy Birthday Herb & Garlic Chicken *AuGratin Potatoes+ Mixed Vegetables* *Hawaiian Roll **Birthday Cake	26 *Broccoli Salad*+ **Ham & Cheese Sandwich on Sourdough w/Lettuce, Tomato+ Mayo, & Mustard **Lemon Pudding	27 Roast Beef w/AuJus *Buttery New Potatoes Chefs Blend Vegetables* *Wheat Roll *Pears	WOODLAND SENIOR CENTER 2001 East Street 661-5890 ESPARTO 662-7035
30 Breaded Fish/w Tartar Sauce *Sour Cream & Chive Potatoes *Peas & Carrots* *French Bread *Citrus Cup+	Special Note: The triangles (*) listed next to foods are for those people using our diabetes carbohydrate exchange system. We recommend the average person with diabetes to eat 3-4 "*" per meal and to save the rest of the "*" for an afternoon snack. An explanation of this new system is posted on the nutrition board at all congregate sites. Copies of the description can be delivered to home delivery participants if requested. As diet changes can help your diabetes, we recommend you show this to your doctor.				ELDERLY NUTRITION PROGRAM WOODLAND 662-7035

\$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.