

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

Transportation: (530) 757-4408

Office: (530) 757-5696

Travelaires: (530) 753-4159

Volume XXXV, Number 12

Office Fax: (530) 758-0463

December 2007

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/

HOLIDAY DINNER & DANCE!

Only a few days left to purchase your tickets for this year's SCD Holiday Dinner & Dance on **Tuesday, December 11 from 6:00 to 9:00 p.m.**



Morrison's Catering will be providing this year's meal, which includes Chicken Morengo (chicken breast in a sauce of mushrooms, tomatoes, black olives and Italian Herbs) with Rice Pilaf, medley of vegetables and fresh fruit, Caesar Salad, baskets of rolls & butter. The evening will also include music and dancing courtesy of the Frank Oddo Quartet.

Tickets are on sale in the main office for **\$20 for SCD members and \$25 for non-members.**

You must present your SCD membership card at the time of purchase. Deadline to purchase your tickets is Monday, December 3 – no tickets will be sold at the door. If you wish, you may also reserve a table for eight at the front desk, the only catch is you have to provide the table decorations! Show us your creative side, and join in on the holiday fun! You may choose your table location at the time you place your reservation.

NEW MEMBERS SOCIAL

New members, please mark your calendars for **Wednesday, December 5 at 10:00 a.m.** This event is just for you! This will be your opportunity to meet other new members, ask questions, find answers to questions such as this Find out the answer to this confusing question: *What is the difference between the Senior Citizens of Davis (SCD) and the Davis Senior Center (DSC)?*

We want to help you become familiar with the Senior Center, find out what your interests are, and invite you to share your expectations.

For more information, please call Barbara Hager at 750-1126 or Kelly Connelly at 758-1076.

Senior Center programs and classes will be **closed Monday, December 24 through Tuesday, January 1,** for the Winter Holidays.

The Elderly Nutrition Program will be serving & delivering meals during the holiday closure, except for **Monday & Tuesday, December 24 & 25, and December 31 & Jan 1.**

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK & BUSINESS MEETING

The Senior Citizens of Davis monthly meeting and potluck is planned for **11:30 a.m. Tuesday, December 4**. The business meeting is first on the agenda. A special first day of Hanukkah celebration will be presented by Rabbi Greg Wolfe. He will tell the story of Hanukkah, share some of the holiday music, explain the game of dreidel, show how the special Hanukkah menorah (lamp) is lit, and discuss some of the universal implications that the story of Hanukkah has for us today. There will also be the opportunity for questions and comments from the participants. Everyone is sure to have a great time!



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 Salads, H-N Desserts and O-Z Main Dishes**. Those unable to bring a dish, may pay \$5.00 per person for the meal. Call 757-5696 if more information is needed.

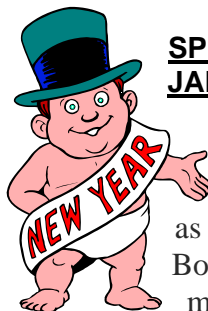
It's Renewal Time!

SCD membership and Senior Scene Newsletter Renewal is here. A new 2008 form is attached on the last page of this newsletter. To help you complete the form, volunteers will be in the lobby from **10:30 am to 1:30 pm, Monday-Friday** beginning December 6. Membership forms are also located at each lobby entrance to the Senior Center, or by going online at www.cityofdavis.org/pcs/seniors

Please fill out the form completely, and if you are paying by cash – please have the exact amount (no large bills). You may also mail in your renewal forms, accompanied by your payment, but please do not send cash.

“SENIOR OF THE YEAR” NOMINATIONS STILL BEING ACCEPTED

The “Senior of the Year” Committee is still accepting nomination forms for this year’s recipient until **Friday, December 14**. Eligible nominees must be volunteers for the center, as well as a current SCD member. Nominees may be submitted by anyone here at the center, but a form must be completed. All you need to do is write down a few words about why you feel your nominee should be considered for the “Senior of the Year” award. Then, place your form in a sealed envelope addressed to the SCD Selection Committee, and return to the Senior Center office. Forms are available at each lobby entrance to the Senior Center. See the article below to learn how you can be there to see who wins...!



SPECIAL PROGRAM FOR SCD IN JANUARY – NO POTLUCK

SCD will honor one of its own, with the unveiling of this year’s, “Senior of the Year” award winner, as well as installing the newly elected Board of Directors at the regular membership meeting on **Tuesday, January 8, 2008 at 11:30 a.m.**

Following the business meeting, a very special “*Happy Birthday Elvis!*” show, starring Bobby West, will be presented. In display at the show will be a variety of “Elvis” related items from several private collections. If you have something you would like to display, please leave a message at the Senior Center office for Wes Penny to contact you.

Then at approximately 12:45 p.m., a buffet luncheon provided by Palm Gardens (no potluck) will be served. The menu will include lasagna, green salad, condiments, rolls & butter, as well as the usual coffee, tea, and punch. Dessert will include a birthday cake and any other desserts our members may volunteer to bring – no obligation though.

The entertainment may be viewed at no cost, however, if you wish to eat lunch, reservations must be made in advance at the front desk of the Senior Center no later than Thursday, January 3, 2008. The **cost for the luncheon is \$5.00**, and must be made at the time of the meal reservation. Only advance ticket holders will be able to participate in the luncheon – no tickets available at the door.

SUNSHINE LADY

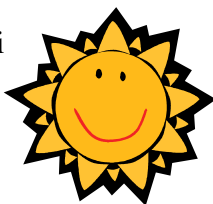
Sunshine Lady Louise DeMasi reports that for the last half of October and first half of November cards were sent to the following:

Get well card to Gloria Faupel and Judith McChristian.

Thinking of You cards to Marilyn Vaughn, Kay Wooden, Ruth & Bill Griggs and Gloria Faupel.

Sympathy card to family of Norma Quinn in the death of her sister.

Contact Louise at 756-7278 if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer.

**GENEROUS GIVING**

This Fall, SCD has been the recipient of another generous donation from the George & Lena Valente Foundation in the amount of \$50,000. As you may remember, the generosity stemming from this local family was instrumental in the successful completion of the new Phase III expansion project at the Senior Center, and has assisted SCD and the Senior Center staff with many special projects over the past several years.

On behalf of the Board of Directors and all the SCD members, we want to thank George and his family for their continued support and interest in the Senior Center. Their continued involvement with our programs is truly appreciated & heart warming to us all!

CHARITABLE GIVING

Have you ever considered making a planned gift to the SCD? Gifts such as the ones received by the Valente Family and other members help SCD support activities and services offered through the Davis Senior Center. 100% of these gifts go back into SCD and Senior Center services due to the voluntary nature of the organization.

In the spirit of holiday giving this year, Congress has provided an excellent tax incentive for charitable contributions, but you must act soon. The Pension Protection Act of 2006 allows individuals 70 ½ and older to make tax-exempt charitable contributions up to \$100,000 directly from their IRA assets to an eligible charity, however, the transaction must be made by December 31, 2007, as it is not certain that this provision will be extended.

This legislation is good news for many IRA account holders because this qualified charitable distribution (QCD) satisfies the minimum distribution rule, and are excluded from adjusted gross income, therefore being tax-exempt. If you are a high-income tax payer who itemizes deductions, if you donate a substantial portion of your income to charity, or if you are someone who does not itemize due to the standard deduction, then this option may benefit you.

While most public charities are eligible to receive this type of giving, some are not. We strongly recommend that you speak with a financial or tax advisor to see if this is an option for you.

NEW MEMBERS FOR OCTOBER - NOVEMBER

Please join us in welcoming the following new SCD members: Jerry & Louise Wilson, Sandy Brownfield and Huisuk Bryant.

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	\$ 80
Friday Art Group	\$ 50
Handy Helpers	\$ 25
Hem & Haw (SCD)	\$200
Information & Assistance	\$ 25
Medical Equipment Donations	\$213
Miscellaneous	\$258
Monday Social Bridge	\$ 25
Tuesday Pinochle Players	\$ 10
Total	\$1,041

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

FRIENDSHIP CAFE

MEAL HIGHLIGHTS

Come join us in the Friendship Café, **Monday through Friday at 11:30 a.m.** for good friends & great eats!



Wednesday, 12/12 “Happy Birthday” Celebrate our December birthdays with fruit juice, BBQ chicken, chef’s blend vegetables, macaroni & cheese, and of course birthday cake!

Friday, 12/21 “Holiday Dinner” Celebrate the holiday season with baked ham w/ raisin sauce, maple glazed butternut squash, creamy broccoli & cheddar bake, ambrosia, French roll and festive pie.

Friday, 12/28 “Happy New Year” Help us ring in the new year with fruit juice, teriyaki chicken, oriental blend vegetables, steamed rice, whole wheat bread, and 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, or the main Elderly Nutrition Office at 662-7035.

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*

SPECIAL HOLIDAY HOURS FOR ENP

Please be advised that there will be no meals served on **Monday, December 24 and Tuesday, December 25**, as well as on **Monday, December 31 and Tuesday, January 1, 2008** due to the winter holidays. This includes both the congregate and Meals On Wheels deliveries.

HAPPY NEW YEAR

HEALTH & WELLNESS

GAINING BALANCE!

Due to popular demand, instructor Marg Bartosek has added a third balance workshop on **Monday, December 10 from 1:00-2:30 p.m.** The cost is only \$10 per person, advance registration is required, and the workshop is limited to the first 15 registrants.

In this workshop, you will get to practice a variety of exercises designed to improve your stability and alignment, while also trying out strategies to regain balance when challenged. Participants should wear comfortable clothing in layers and bring a towel. Be prepared to move and have fun!



For more information or to register, please call the Senior Center office at 757-5696.

WOMEN’S SEXUALITY

Dr. Carol Rinkleib Ellison, a psychologist, sexuality educator and therapist, will be speaking about women’s sexualities, sexual self-acceptance and solutions to typical sexual concerns and problems. Dr. Ellison is the author of “Women’s Sexualities – Generations of Women Share Intimate Secrets of Sexual Self-Acceptance.” She will be speaking on **Friday, December 14 at 10:00 a.m.** Due to the topic, this discussion is for *ladies only*. A similar presentation specifically for men will be forthcoming.

BREAKING UP WITH DOCTOR

The decision to switch doctors is never easy. Robin DiMatteo, a UC Riverside psychology researcher who studies patient satisfaction, says there are times when it is in the patient's best interest to make the change. "A doctor who is not supportive or who blames, ignores or criticizes the patient does not support healing," according to DiMatteo. Patients are healthier when doctors are encouraging and supportive.

FREE FLU SHOT CLINIC

If you still haven't gotten your flu shot, now's the time! The Yolo County Health Department is offering a free flu shot clinic in West Sacramento on **Saturday, December 8, 10:00 a.m. – 2:00 p.m.** Health Department staff will team up with local disaster preparedness groups to give free flu shots to anyone in Yolo County over 6 months of age.

The December 8th clinic is a chance for community and volunteer groups, such as the Red Cross, the Medical Reserve Corps and Community Emergency Response Teams (CERT), to train for a public health disaster. By working in the clinic, volunteers are learning how to screen the public for vaccinations and handle large groups of people all while offering a great and free service to every community in Yolo County.

The clinic will be held in West Sacramento at the Russian Baptist Church located on 1000 Sacramento Avenue. For more information, call the Health Department at 530-666-8949.

**DON'T SPREAD THE FLU**

In addition to getting the flu shot, you should practice general good hygiene to reduce your risk of contracting the virus or spreading it to others:

Wash your hands frequently: Simple soap and water are your best weapons against germs.

Drink your fluids, take your vitamins and get your rest: The best way to boost your immune system is to take care of your body, which means staying hydrated and getting lots of rest.

Be considerate: If you are sick, stay home! Minimize your interactions with others to avoid spreading your germs.

Get medical attention: If a week goes by and you don't seem to be getting better, see your doctor to make sure your cold or flu doesn't lead to something more serious.

INFORMATION & ASSISTANCE**MEDICARE TALK**

It's open enrollment time, and many Medicare recipients are looking at changes in their policies, including their prescription drug (Part D) policies. On **Thursday, December 6 at 10:00 a.m.**, join Paula Pashby, outreach coordinator for the Health Insurance Counseling and Advocacy Program (HICAP) to learn about your options.

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, December 19 at 10:00 a.m.

BREATHERS SUPPORT GROUP – No December meeting.

DIABETES GROUP – No December meeting.

HEARING LOSS SUPPORT GROUP – No December meeting.

MEN'S SOCIAL GROUP – No December meeting.


PARKINSON'S SUPPORT GROUP – No December meeting.

TRANSITIONS GROUP - Wednesday, December 19 at 10:00 a.m. Whether you're dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, this group is a great place to find insight and support.

VISION SUPPORT GROUP – No December meeting.

SERVICES & ADVOCACY

Call the Davis Senior Center at 757-5696 for more information about services listed below.

- **INFORMATION & ASSISTANCE** - 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 \$23,000 for an individual or \$26,300 for a couple. Scholarships are available up to a maximum of \$150 per calendar year, and can only be used for the cost of the class, excluding materials fees. For more info, call 757-5696.
- **SENIOR CITIZENS COMMISSION** - The commission meets on the **2nd Thursday of each month at 2:30 p.m.** The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at www.cityofdavis.org/meetings
- **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. While consultations are on a drop-in basis, we encourage you to call to confirm the Veterans’ representative will be on-site before coming. 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 Winter/Spring 2008 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.)	Dec. 14 No fee
Dynabands (MWF, 2-3:00 p.m.)	on going– Dec 21 \$6/res/\$12/\$18 non-res
Feldenkrais (T, 10:15-11:15 a.m.)	Dec 4 – 18 \$14res/\$20/\$26 non-res
(T, 11:30a.m.-12:30 p.m.)	\$14res/\$20/\$26 non-res
Fitness for Life (MWF, 7:30-8:30 a.m.)	Dec 3- 21 \$23res/\$29/\$35 non-res
Gallery Glass (T, 1-3:00 p.m.)	Dec 4 & 11 \$5 res/\$11/\$17 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
1-Stroke Painting (Th, 9-11:30 a.m.)	Dec 6 & 13 \$5 res/\$11/\$17 non-res
Slow & Easy (TTh, 1:30 – 2:30 p.m.)	Dec 4 – 20 \$18 res/\$24/\$36 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	Dec 4 - 18 \$14 res/\$20/\$26non-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, 8:30-10:00 a.m.)	Nov 29 – Dec 20 \$49 res/\$55/\$61 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 a.m.)	Nov 29 – Dec 20 \$35 res/\$41/\$47 non-res

REGISTER NOW FOR WINTER & SPRING CLASSES!

On **Wednesday, November 28**, the Parks & Community Services Department (including the Senior Center) begins their walk-in registration for all fee classes for the months of January through May 2008. This is a great opportunity to register in advance for classes to assure your spot next year. Don't miss out on this year's new programs!

SPECIAL ACTIVITIES

AARP POTLUCK

AARP's December meeting will be held **Wednesday, December 12 at 11:30 a.m.** Our program will be singing Christmas music by the Nostalgics, led by Robert Smith at the piano and Sid Lucero with the guitar.

Members should bring their own table service, food to share or a \$5.00 donation. A-G please bring a salad, H-P dessert and Q-Z a hot dish. Any questions call 753-0266.

ARMCHAIR TRAVEL PRESENTS...

Iraq: A Country & Its People

Scott Dunncliff, a former Marine, will speak about the country and people he came to know while serving in Iraq. Currently a Political Science major at UCD, Scott plans on becoming an officer in the Army after he graduates. Please come and share Scott's experiences and photographs on **Friday, December 7 at 10:00 a.m.**



BOOK REVIEW GROUP

There will be no meeting in December. See you back in January 2008!

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, December 7 & 21 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

MEALS MADE EASY IS BACK!

Cathy Cassevah, now with Palm Gardens, is back with her popular cooking program! In the holiday spirit, Cathy will provide tips for easy cooking through the holidays. She will bring recipes for holiday decorated cookies on **December 18 from 1:00 – 3:00 p.m.** Please call the center to register for this popular cooking event. First come, first served basis - limited space available.



GENEALOGY CLUB & LIBRARY

The **Davis Genealogy Club Library** is open for members and the public on Wednesday and Friday from 1:00 to 4:00 p.m. During library hours a volunteer is available to assist visitors in using library resources. These resources include over 1000 books and publications, two computers with Internet access and several "how-to" manuals.

The club will not meet in December, but the library will maintain its schedule on days when the Senior Center is open. Regular meetings will resume in January 2008. To learn more about the Davis Genealogy Club and Library, visit our website at www.davisgenealogy.org. or call Lisa Henderson at 753-8943.

HEM & HAW

Every Wednesday afternoon from 1:00 - 3:00 p.m., a friendly group meets to sew and chat. We have contributed knitted or crocheted squares for four Lap Robes, all to be given to the Woodland Healthcare Oncology Center. We keep busy and are always looking forward to seeing new faces with the same interests. There is always someone who can help with your projects. For more information call Carol Harting, 756-4654.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m. on Monday, December 10** – What is Software? I use Microsoft Word for word processing, perhaps you use Corel Word Perfect. I use Eudora for email, perhaps you use Outlook or Thunderbird. What problems occur when we each use a different program but need to communicate or share files? How and how often should we back up our files?



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

LITERARY LOCALS

Jennifer Rosvally will speak about her book "*Mother Daughter Duets: Relationships in Counterpoint*" which presents stories of sixty-five women of both generations from around the world. Ms. Rosvally co-wrote the book with her own mother Shura Saul. The book specifically targets baby boomer generation women and their mothers. Please join us **on December 4th at 10:00 a.m.**

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, December 11**. For more information, call Eric Thompson at 758-3098.

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.**

RED HAT SOCIETY – DCS "ROCKERS"

Every third Friday of the month, **December 21 from 1:00 – 3:00 p.m.** is Game Day. Bring a game several can play, learn new games from others, laugh and socialize. Members are asked to bring cookies. Coffee and tea will also be available.

**STAMP CLUB**

The Davis Stamp Club generally meets on the **1st Tuesday of each month from 7:00-8:30 p.m.** The next meeting is scheduled for **Tuesday, December 4**. For more information, call Anne Hance at 753-7265.

OIL & ACRYLICS

Looking for a congenial place to paint in oil or acrylics? Please come and share your talents with us at our "Open Studio"!

Artists of all skills are welcome. We meet **Monday mornings from 8:30 to 11:30 a.m.** For further information please call Don Harting at 756-4657.

WATERCOLOR PAINTING

Teacher appreciation brunch takes place on **Friday, December 7 from 9:30 to 11:00 a.m.** All senior watercolor students should bring finger food to serve 6. The party expresses thanks to the talented instructors who have taught without monetary payment throughout the year.

Except for the brunch on the 7th, no other classes will be held in December. Instruction resumes in January.

WELCOME BACK, KING HIGH!

Join the students, faculty and staff of Martin Luther King High School for a “**Welcome Back Reception**” at the school on **Friday, December 7, 11:30-12:30 p.m.** The Senior Center will be providing the refreshments, and members of the school community are providing tours of the facility.

After an absence of over a year, classes returned after Thanksgiving to our block between A and B Streets. King High is a small alternative continuation high school which serves approximately 80 students at any one time. It serves 150+ students in a school year. The facility was temporarily housed at the District Office at 530 B Street, for the past year.

The Davis Senior Center and King High have maintained warm relations over the years, and have done many joint programs with our participants and the students. We look forward to being neighbors again, and please join us in welcoming them back to their new home!

MISCELLANEOUS**HOLIDAY CARDS**

Buy your holiday cards at the senior center this year and save a bundle! The cards, donated to us, are priced to sell; most are 10 for \$1. Support senior programs and help us keep our inventory under control by purchasing your cards here.

HELPING OTHERS

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

- **SAVE NUGGET RECEIPTS** - Nugget Market donates 1% of the total for senior programs. Last year's totals were down a bit, but we still collected enough to receive a donation of more than \$3,000!
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES**
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Inquire at the main office for more details.

NEW LECTURN IS KANGAS MEMORIAL

The family of the late Pat Kangas, who directed the Davis Senior Center for over 20 years, has made a wonderful memorial gift to the center. They donated a beautiful new lecturn/podium with built-in speakers to be used for senior center functions and lectures offered through Osher Lifelong Learning Institute (OLLI). Pat was one of the founders of OLLI's predecessor, Senior Learning Unlimited. The lecturn will allow us to amplify speakers' voices in many of our meeting rooms where this has not been possible in the past.



Many thanks to Pat's family for their thoughtful gift in her memory.

PARKS & RECREATION FACILITIES MASTER PLAN WEB SURVEY NOW AVAILABLE

The success of future parks and recreation programming and facilities relies heavily on the City planning for what the community needs, wants and can afford. Your opinions count! We want to encourage all our members to take a brief survey (about 6-8 minutes) online prior to February 2008 at <http://www.cityofdavis.org/pcs/masterplan/>

MEXICAN CRUISE – PRICES SLASHED!

The California Parks & Recreation Society is offering a Mexican Cruise Fundraiser, and is open to all! And the good news is that it also benefits the Davis Senior Center! For every person who signs up for this event representing the Davis Senior Center, we will receive \$25 per person. To date, there have been over 50 cabins reserved, but more can still be added!

Royal Caribbean's "Monarch of the Seas"

4-night cruise, May 12-16, 2008

Leave from San Pedro with stops in San Diego, Catalina Island and Ensenada.

Prices range from only \$381/inside cabin, \$436/ocean view, and \$761/Jr. Suite. This fabulous trip is planned by the City of San Marcos Senior Center. To reserve your space, you need a registration form, an initial deposit of \$125.00 per person. The final payment is due on or before February 22, 2008. For more information, please contact Georganne Woodward at 760-744-5535 ext. 3602/3609 or gwoodward@ci.san-marcos.ca.us

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.

December 7 – The Jazz Singer – This 1927 classic was Hollywood's first "talkie," which actually only has about two minutes of synchronized dialogue in it, plus Al Jolson's singing.

December 14 – Camelot – The legend of King Arthur and the Roundtable, starring Richard Harris and Vanessa Redgrave.

December 21 – A Pocket Full of Miracles – A producer (Glen Ford) tries to turn Apple Annie (Bette Davis) into a lady.

VOLUNTEER CORNER

HOLIDAY DINNER & DANCE VOLUNTEERS NEEDED!

SCD is still looking for several volunteers to assist with ticket collection, facility & table decorations, dessert servers, clean up, and raffle sales during the SCD Holiday Dinner & Dance on **Tuesday, December 11** in the evening.

If you interested in volunteering at this event, please sign up on our volunteer sign up sheet located in the main office no later than Friday, December 7. More information is available on shift times, etc at the main office.

CALLING ALL GARDENERS!

SCD & Senior Center staff are joining forces in forming a garden work party for **Saturday, January 5, 2008 beginning at 9:30 a.m. to approximately 11:30 a.m.** We are looking for volunteers to assist with the planting of daffodil bulbs, light weeding and pruning. If you are available to help work that morning, please leave your name and phone number in the Senior Center office, and an SCD Committee Chair will be in touch with you after the New Year with more details.



JANUARY LUNCHEON VOLUNTEERS NEEDED!

SCD is also looking for several volunteers to assist with ticket collection, table decorations, dessert servers, and clean up during the January Palm Gardens Luncheon event on **Tuesday, January 8, 2008** beginning around 11:00 a.m.

If you are interested in volunteering at this event, please sign up on our volunteer sign up sheet located in the main office no later than Friday, January 4. More information is available on shift times, etc. at the main office.

ATTENTION & MEMORY STUDY

UCD is seeking healthy volunteers between ages 18 and 85 for studies of attention and short-term memory. Experiments range from 1-4 hours in duration, and compensation is \$10/hr. Call 530-297-4425 or email lucklab.ucdavis@gmail.com for more information.

DAVIS COMMUNITY TRANSIT

Happy Holidays! We wish you a safe and healthy holiday season! We would like to thank those of you who filled out the recertification ADA eligibility form. It is important for us to keep our records accurate and current in order for us to better serve you. We would like to congratulate our employee Hannah and Justin (Justin used to work for DCT) on their October 20th wedding and Diana on her November 3rd wedding. For those of you who remember Jorge he has returned safely from Iraq and he also got married on November 17th. We wish all of our DCT newlyweds much happiness!



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.

December 6 – Poinsettia Farm – Wait list.

December 12 – White Christmas – Wait list.

January 13 – Cliff House for Brunch and Special Exhibit at the deYoung Museum – Enjoy brunch at the historic Cliff House overlooking the ocean. View the sculpture of Louise Nevelson, a towering figure in postwar American art, recognized as one of America's most distinguished sculptors. Time to browse other exhibits at the deYoung. \$116.

January 23 – Magical Shangri la at San Francisco's Curran Theatre – A Chinese New Year spectacular which brings five thousand years of Chinese culture to life with regal music, vibrant costumes and beautifully choreographed dancers that are specially designed for this show. Lunch at Cathay House. \$150.

February 9 – The Moscow Circus – Presented in the new Gallo Center for the Arts in Modesto, the Circus is part of the week-long celebration of Russian Excellence in the Arts. Before the show, enjoy lunch on your own at Tresetti's. \$88.

February 14 – "Love is Just Around the Corner"
 – Travel to the City by the Bay for Valentine's Day. Lunch at Patio Espanol followed by a special musical presentation. The Uptown Singers and Musicians have been receiving standing ovations wherever they entertain. Their American songbook is a perfect source for this show. \$98.



February 18 & 19 – Snow Train – Wait list.

March 26 – April 2 – A Spring Azalea Tour – Tour Atlanta, CNN Studios, Jimmy Carter Library, explore Charleston and Savannah (dinner at Paula Deen's Lady & Sons Restaurant). See the old south

in bloom with azaleas and cherry blossoms. See Travelaires office for all the details of this custom trip. \$2650 pp dbl., ss add \$720.

April 17 – Cruise the Mothball Fleet – Last chance to see the fleet before its demolition. This collection of ships dates back to World War I and includes the tugboat that rescued sailors at Pearl Harbor and a recent addition, the battleship Iowa. We'll have a narrated private cruise on board the yacht, Delfinus with Capt. Ronn who will share his knowledge of these icons of floating history. Lunch is included at the Dead Fish Restaurant below the Carquinez Bridge. Limited to 29 passengers. \$115.

May 14 – Hank Williams – Lost Highway – At the historic Fallon House Theatre in Columbia, this spectacular musical biography recounts Williams' rise to stardom and his demise at age 29. Included will be 20 classic Williams hits that touched millions in his short career. Lunch included at Outlaws BBQ & Saloon. \$88.

July 1 – 7 – Tall Ships and July 4th Fireworks – Luncheon cruise in Tacoma Harbor to view parade of tall ships with masts unfurled, Tacoma City tour, Chihuly Glass Blowing School, Lakewold Gardens, Seymour Conservatory, Salmon Bake in Tillicum Village, view Fourth of July fireworks from a ship in Seattle Harbor, LeMay Automotive Museum, lunch and tram ride at Northwest Trek, Evergreen Aviation Museum (home of the Spruce Goose), Mount St Helens with lunch and more! \$1370 pp dbl., add \$369. ss.

September 27 – October 5 – Steamboatin' on the American Queen, St. Louis to St. Paul – Cruise luxuriously up the Mississippi on the paddlewheeler, the American Queen, which represents the crown jewel of river cruising world wide. Optional shore excursions. Included will be an overnight stay in St. Paul with a tour of Minneapolis/St. Paul. See Travelaires office for pricing and details. NOTE: \$300 discount extended to January 30, 2008.

Signing up by mail? – You may register for any trip by mail. Please call to determine availability of trip, then include a stamped, self-addressed envelope so we can send a receipt to you.

Davis Senior Center Activities - December 2007

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Transportation Services 757-4408</p> <p>Senior Center Offices 757-5696</p>	<p>*Indicates need to register in advance, and/or by appointment.</p> <p>Please call 757-5696</p>			
<p>3 7:30am Fitness for Life 8:30am Intermediate Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 10:30am Chair Yoga 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>4 9:00am Ceramics 9:00am Tai Chi 10:00am Literary Locals: Mother/Daughter Duets 10:15am Feldenkrais 11:30am Feldenkrais 11:30am SCD Potluck/Membership Mtg. 1:00pm Bridge/Pinochle 1:00pm Gallery Glass* 1:30pm Slow & Easy Exercise 7:00pm Stamp Club</p>	<p>5 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors 10:00am SCD New Member Social* 10:00am AARP Board Mtg 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands</p>	<p>6 8:30am Intermediate Yoga 9:00am One Stroke Painting* 9:30am Memoirs 10:00am Medicare Talk 10:30am Chair Yoga 12:30pm Bingo 1:00pm HICAP Appts* 1:30pm Slow & Easy Exercise</p>	<p>7 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs 9:30am Watercolor Holiday Party 10:00am Armchair Travel: Iraq & Its People 11:30am King High School Opening Reception 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands SCD Bingo Saturday, Dec. 8, 12:00 – 3:00 pm</p>
<p>10 7:30am Fitness For Life 8:30am Intermediate Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 10:30am Chair Yoga 12:30pm Duplicate Bridge 1:00pm Balance Workshop* 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group</p>	<p>11 9:00am Ceramics 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 6:00pm SCD Holiday Dinner & Dance* 6:30pm Mac Users Group</p>	<p>12 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 11:30am AARP Potluck/Business Mtg. 1:00pm Hem & Haw 1:00pm Poker 1:4-4:00pm Genealogy Library Hours 2:00pm Dynabands</p>	<p>13 8:30am Intermediate Yoga 9:00am One Stroke Painting* 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:30pm Slow & Easy Exercise</p>	<p>14 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting (No Instruction) 9:30am Memoirs 10:00am Women's Sexuality 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands 2:15pm Jam Session & Dance</p>
<p>17 7:30am Fitness For Life 8:30am Intermediate Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 10:30am Chair Yoga 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>18 9:00am SCD Bd Mtg. 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Meals Made Easy* 1:00pm Bridge/Pinochle 1:30pm Slow & Easy Exercise</p>	<p>19 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Transitions Support Group 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</p>	<p>20 8:30am Intermediate Yoga 9:00am HICAP Appts* 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:30pm Slow & Easy Exercise</p>	<p>21 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting (No Instruction) 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands</p>
<p>24</p> <p>Senior Center and Elderly Nutrition Program Closed for Winter Holiday</p>	<p>25</p> <p>Senior Center and Elderly Nutrition Program Closed for Winter Holiday</p>	<p>26</p> <p>11:30am Elderly Nutrition Meal Only</p> <p>All other Senior Center Programs are closed for the holidays.</p>	<p>27</p> <p>11:30am Elderly Nutrition Meal Only</p> <p>All other Senior Center Programs are closed for the holidays.</p>	<p>28</p> <p>11:30am Elderly Nutrition Meal Only</p> <p>All other Senior Center Programs are closed for the holidays.</p>

Elderly Nutrition Program in Yolo County

December 2007

People Resources, Inc.

Menu Subject to Change

Each meal includes 8 oz. 2% milk " * " Margarine & Condiments Optional

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CONGREGATE DINING SITES
<p>3</p> <p>Salisbury Steak *Mashed Potatoes+ Stewed Tomatoes+ *Whole Wheat Bread 1 *Pineapple Tidbits+</p>	<p>4</p> <p>SCD Potluck No ENP Meal Today- MOW Delivery Only</p>	<p>5</p> <p>*Paula's Hot Chicken Salad in a Biscuit+ *Steamed Sweet Peas *Southern Grits **Plum Pudding*</p>	<p>6</p> <p>*Juice+ Garden Salad* **Spaghetti w/Meatballs *Garlic Bread</p>	<p>7</p> <p>Mediterranean Chicken *Spanish Potatoes+ Vegetable Medley *French Roll *Mandarin Orange Segments+</p>	<p>Reservations/ Cancellations <u>must be made by noon</u> the day before by calling the site:</p> <p>DAVIS SENIOR CENTER 646 A Street 757-5696</p>
<p>10</p> <p>Veal Marsala *Au Gratin Potatoes+ *Caramelized Carrots* *Whole Wheat Bread *Fruit Cocktail</p>	<p>11</p> <p>**New England Baked Beans & Ham Capri Blend Vegetables+* *Honey Wheat Roll *Applesauce</p>	<p>12</p> <p>Happy Birthday AARP Potluck Today *Fruit Juice+ BBQ Chicken Chefs Blend Vegetables *Macaroni & Cheese **Birthday Cake</p>	<p>13</p> <p>*Minestrone Soup+* **Tuna Sandwich w/lettuce & Pickle Spear *Crackers *Fruited Sugar Free Gelatin+</p>	<p>14</p> <p>Roast Beef AuJus *Whipped Sweet Potatoes+ Brussel Sprouts+ **Gingerbread *Cranberry Waldorf Salad</p>	<p>WEST SAC SENIOR CENTER 664 Cummins Way (916) 373-5819</p> <p>KNIGHTS LANDING HARBOR APARTMENTS 9320 Mill St 662-7035</p>
<p>17</p> <p>*Champagne Chicken & Rice Spinach* *Seven Grain Roll *Tropical Fruit+</p>	<p>18</p> <p>*Juice+ **Cornbread Pizza Cornbread crust, topped w/seasoned beef, cheese, grilled bell peppers, tomatoes and olives Oregon Long Beans **Tapioca Pudding</p>	<p>19</p> <p>Lemon Pepper Fish *Scalloped Potatoes+ Mixed Vegetables* *Whole Wheat Bread *Fresh Fruit</p>	<p>20</p> <p>*Fruit Juice+ *Ranch Beans **Hamburger on Bun w/lettuce, tomato, & condiments *Buttery Corn</p>	<p>21</p> <p>Christmas Dinner *Baked Ham w/Raisin Sauce *Maple Glazed Butternut Squash* Creamy Broccoli* & Cheddar Bake *Ambrosia+ *French Roll 1 **Festive Holiday Pie</p>	<p>WINTERS COMMUNITY CENTER 201 Railroad Avenue 795-4241</p>
<p>24</p> <p>Holiday</p>	<p>25</p> <p>Merry Christmas Christmas Holiday</p>	<p>26</p> <p>*Fruit Juice+ *Turkey Noodle Casserole *Buttery Carrots* *Whole Wheat Roll **Warm Cinnamon Apples</p>	<p>27</p> <p>Tossed Green Salad+ *Eggplant Parmesan Roma Vegetable Medley+* *Garlic Bread Stick *Fresh Fruit</p>	<p>28</p> <p>Celebrate the New Year *Fruit Juice+ Teriyaki Chicken Oriental Blend Vegetables *Steamed Rice *Whole Wheat Bread **Happy New Year Cake</p>	<p>WOODLAND SENIOR CENTER 2001 East Street 661-5890</p> <p>ESPARTO 662-7035</p>
<p>Happy New Year 31</p> <p>Holiday</p>	<p>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 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. 1 Meal contains more than 1000 mg of sodium. \$2.50 SENIOR CONTRIBUTION Mandatory charge of \$3.00 for Essential Volunteers (Under 60) \$6.25 GUEST FEE for people under 60 unless their senior spouse.</p>				<p>ELDERLY NUTRITION PROGRAM WOODLAND 662-7035</p>



BECOME A 2008 SUPPORTER OF SENIOR CITIZENS OF DAVIS!

Senior Citizens of Davis, Inc. (SCD) is a non-profit organization dedicated to the support of quality programs and services for older adults here at the Davis Senior Center. As a member of SCD, your generous time and financial contributions provide for a wide array of activities and services, such as the publishing of our monthly newsletter, *The Senior Scene*, which gives detailed information about daily activities taking place at the Davis Senior Center, including our Friendship Café, which provides nutritious lunches Monday through Friday, and the Davis Travelaires, a non-profit travel organization also located within the facility.

Household Information (Please Print)

Renewing Member

New Member

Name(s) _____

Address _____ City _____ Zip Code _____

Mailing Address (if different from above) _____ City _____ Zip Code _____

Telephone: daytime() _____ evening() _____

E-mail address _____

*** Your ongoing membership support is vital to our organization's not-for-profit mission, and we value your privacy by not distributing or selling personal information to any outside organizations.*

Emergency Contact Information (Please print)

Name(s) _____ Relation to Member(s) _____

Address _____ City _____ Zip Code _____

Telephone: daytime() _____ evening() _____

Please check Membership Category:

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Couple Membership & Newsletter Subscription | Full Yr
\$20.00 |
| <input type="checkbox"/> Single Membership & Newsletter Subscription | \$15.00 |
| <input type="checkbox"/> Newsletter Subscription Only | \$10.00 |
| <input type="checkbox"/> Single Membership Only | \$ 8.00 |

Additional Donations Welcomed:

- | | |
|--|-----------------|
| <input type="checkbox"/> SCD General Fund | \$ _____ |
| (supports general programs & services) | |
| <input type="checkbox"/> Dianne Hinsz Memorial Scholarship Fund | \$ _____ |
| <input type="checkbox"/> Senior Memorial Fund | \$ _____ |
| <input type="checkbox"/> SCD Endowment Fund | \$ _____ |
| (supports future facility & program improvements) | |

Additional donations paid to the Senior Citizens of Davis may be tax deductible – Fed ID #94-2422432. Please consult your financial advisor for detailed information.

Please make checks payable to SCD - please do not send cash. Remit to the Davis Senior Center, 646 A Street, Davis, CA 95616, and send a stamped, self-addressed envelope for your new membership card.

<i>I am interested in possibly volunteering in the following areas:</i>			
_____ Budget & Finance Committee	_____ Kitchen Services	_____ Membership Committee	_____ Executive Board
_____ Social & Activities Committee	_____ Public Relations/Marketing Committee	_____ As Needed	

For Office Use Only

Received by:

Date:

Cash/Check No.:

Amount Rec'd:

Card issued:

Copy Made: