

**Davis**  
Senior Center  
646 A Street, Davis CA 95616

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# Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

Transportation: (530) 757-4408

Office: (530) 757-5696

Travelaires: (530) 753-4159

Volume XXXV, Number 2

Office Fax: (530) 758-0463

February 2007

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/



## SCD BENEFIT BREAKFAST

Tickets are on sale now for our first annual Applebee's Benefit Breakfast Event to be held on **Saturday, March 10 from 8:00 to 10:00 a.m.** at the Davis Applebee's restaurant located at 1753 Research Park Drive. And, the best part is – the tickets are only **\$6.00** per person!

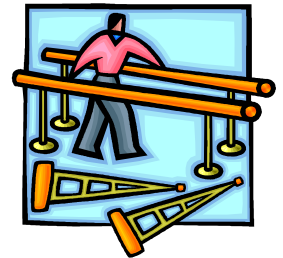
This wonderful event will include sit-down service with a great breakfast of scrambled eggs, bacon, breakfast potatoes, toast, plus your customary coffee, milk or orange juice. In addition, we will have raffle prizes, a few special guests, and just a whole lot of fun!

Event proceeds are planned to assist SCD with fundraising efforts to install new cabinet storage in the Friendship Café, the possible purchase of an ice machine for the Senior Center, as well as some possible kitchen upgrades.

Space is limited so buy your tickets early! No tickets will be sold at the door. For more information, please contact Chris in the main office at 757-5696.

## PREVENTING FALLS

Did you know that falls are the leading cause of injury-related death among the elderly, and that in our five-county region, the rate for non-fatal falls exceeds the statewide average? Did you also know that falls don't have to be part of getting older - you have the power to stay securely on your feet and decrease your chance of experiencing a fall.



Come learn about factors that contribute to falls, and about the simple things you can do to prevent them. Join physical therapist Neil Hershberger from Sutter Medical on **Friday, February 16 at 10:30 a.m.** to learn more. Please call 757-5696 to reserve your seat.

The Senior Center and the Elderly Nutrition program will be **closed** on **Monday, February 19** for all programs and services due to the **President's Day Holiday**.

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

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

Tracy Chinn, Asst. Program Coordinator  
Mae Denman, Asst. Program Coordinator

## SENIOR CITIZENS OF DAVIS Promoting Independent, Healthy Lifestyles

### SCD POTLUCK

On **Tuesday, February 6** beginning at **11:00 a.m.**, our required business meeting will be first on the agenda. As always the social hour, including our customary chips & dips will begin at approximately 11:30 a.m. This month's program will feature our very own Glen Baxter, Storyteller. Many of you know Glen from his volunteer activities here at the center including working as a kitchen helper. Glen will regale us with poetry and humorous stories.

Our new incoming 2007 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, Past Pres.

Members and guests are asked to bring your own utensils and a dish to serve about 6-8 people, based on the following schedule - **A-G dessert, H-N salad, and O-Z main dish.** Those attending who are unable to bring a dish may pay \$5.00 per person instead. Try to bring your favorite dish to share as we all love trading those recipes!

The schedule for next month's potluck on **Tuesday, March 6** will be based on the those members whose last names begin with **A-G main dishes, H-N desserts, and O-Z salads.**

### SCD "SENIOR OF THE YEAR" AWARD

A hearty congratulation goes to this year's recipient, Norma Quinn, who was presented with the prestigious "*Senior of the Year*" award at the January 2 potluck meeting. The SCD Board of Directors and all of us at the Senior Center would like to thank her for your many contributions and time served over the years.

### SUNSHINE LADY

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

*Get well* cards to Noland Walker and Jack Johnson.

*Thinking of You* cards to Bill Griggs, Mercedes McElwain, Carol Harting and Don Gerriets.

*Sympathy* card to family of William Carter, family of John Jerns, family of Sonya Adler, family of Roger Bingaman, family of Elsie Gysbers, family of Julia Lienau, family of Sylvia Melendy and family of Ermyl Chiles.

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

### NEW MEMBERS FOR DECEMBER- JANUARY

Please join us in welcoming the following new SCD members: Elizabeth Austin, Loretta Daniels, Carol Kriens, John Bray, Kathleen Reger-Malcolm, Ana Kettleman, Arlene DeHaven, Connie Bray, Mick & Cornelia Bohan, Bob & Barbara Anderson, Donald Robeson, Bill & Carole Lusebrink, Gwen Boire, Marya Welch, George & Gloria DeOrio, Erna Kelley, Nancy Howe, Susan Chaffee, and Kenneth LaGrone.



### GET READY FOR THE ST. PATRICK'S DAY PARTY AT THE SENIOR CENTER!

Mark your calendars, singles and couples, to come and celebrate the "*Wearing of the Green*" at the annual SCD St. Patrick's Day Party on **Friday, March 16, from 6:00 to 9:00 p.m.** Enjoy a great traditional corned beef and cabbage meal, dance music by "Music from the Back Room," door prizes, and raffle! Wear your green and come join in the fun...

Tickets on sale beginning Monday, February 5. **Price is \$8 for SCD members and \$10 for non-members.** No tickets sold after March 12, so get your tickets early!

Volunteers will be needed and welcomed for decorations, kitchen help, clean up and a little of this and that! Sign up sheets are available at the front desk. Questions? Eager to help coordinate or volunteer? Please call or leave a message for the SCD president Wes Penny at 758-4757 or at the Davis Senior Center.

## SPECIAL INTEREST GROUPS

### AARP POTLUCK

AARP'S **February 14** meeting will be held at the center. Our program will be Valentine sing-along music led by Robert Smith. 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 **dessert**, **H-P** **hot dish** and **Q-Z** **salad**. Any questions call 753-0266.

### BOOK REVIEW & SENIOR CENTER READS...

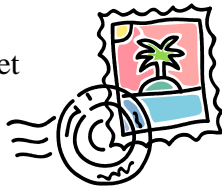
Stan Forbes, owner of the Avid Reader bookstore in Sacramento, will be meeting to share hot new reads with you on **Tuesday, February 20 beginning at 9:30 a.m.** During this month, don't forget to also pick up Memory Keepers Daughter, the newest selection for the Senior Center Reads... The group will review this book in March.

### CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, February 2 & 16 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, February 6, 7:00 to 8:00 p.m.** For more information, call Anne Hance at 753-7265.



### GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club library is open on **Wednesday and Friday from 1:00 to 4:00 p.m.** and on Mondays by appointment. Library volunteers are available during these hours to help with questions.

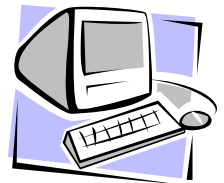
Club meetings are held the last Monday of every month at 1:00 p.m. On **Monday, February 26** our speaker will be Nancy Morebeck, a genealogist with over 28 years of research experience she has published four genealogy books, two on the Civil War and two on California records. Her topic will be "Locating Union and Confederate Records." This program is sure to be helpful to both beginning and experienced genealogists. Please join in!

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

### INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, February 12.** The topic will be "Finding Travel Information and Maps on the Web." We will discuss how to find reliable information – what are the best sources? Is it OK to book tickets on line? What should be avoided? What are the better tours? What about lodgings? There are many things to consider and we will cover as many as possible. Visitors are always welcome.

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



### 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, February 13.** For more information, call Michael Beaucage at 758-7639.

### MEN'S GROUP

The Men's Group will meet on **Wednesday, February 28 at 10:00 a.m.** in the Activity Room. We plan to have a bull session where our conversations might be triggered by these two thoughts: 1) What interesting things happened in your career that you would like to share and 2) Where would you most like to be if you could wave a magic wand and why. For example, would you be deep sea fishing from a large sea going vessel? As always, all gentle men are most welcome to join the group.

### SENIOR CITIZENS COMMISSION

The next regular meeting will be held on **Thursday, February 8 at 2:30 p.m.** Discussion areas are scheduled to include the swearing in of new commission members, an update on the Eleanor Roosevelt Circle Housing project, and more. The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at [www.cityofdavis.org/meetings](http://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!



**Wednesday, 2/14 “Valentine’s Day”** Enjoy turkey breast filled with bread stuffing, cranberry sauce, whipped potatoes, pacific blend vegetables, French roll and a special dessert.

Music and a special surprise will also be provided to all lunch attendees courtesy of the Davis Senior Center.

**Wednesday, 2/28 “Happy Birthday”** Celebrate with old fashioned meatloaf with gravy, mashed potatoes, mixed vegetables, sourdough bread, and of course, birthday cake!

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

### LUNCH FEES

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

Guests under age 60: \$6.25\*

*\*unless accompanied by senior spouse*

### HELPING OTHERS

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

- **NUGGET MARKET RECEIPTS** (it’s a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Talk to Christine Helweg if you would like to make a contribution to the Davis Senior Center.

## HEALTH & WELLNESS

### A QUICK WORD ABOUT WORKING OUT

If you exercise regularly, congratulations! It takes discipline to keep up the regular routine, and you’re getting great health benefits!

But if you are someone who has trouble just getting up off the couch, here’s an important message: **Even light exercise can be powerful medicine!** Just 30 minutes of moderate physical activity at least four days a week helps protect the heart and may reduce risk of stroke and certain cancers, experts say.

So-called “moderate” activity also helps protect against excess iron levels, stress, and depression. And, weight bearing exercise such as walking helps ward off osteoporosis, the thinning of bones. So stay active...do housework, mow the lawn, take stairs instead of elevators, walk short distances instead of driving door to door. As long as it adds up to 30 minutes, you’ll boost the health of your heart, mind, muscles and bones!

### WALKING GROUP TIME CHANGE

Our energetic "Walk & Talk" group has decided to meet at **8:45 a.m. on Monday, Wednesday and Friday mornings.** (That's 15 minutes earlier than in the past.) The group always welcomes newcomers. Just meet in the senior center lobby, and the walking starts at 8:45. On Friday mornings, a UCD student volunteer leads the group. Free pedometers are still available if you want to take up the habit!

### PEHLKE PACERS WALKING PROGRAM EXPLORES DAVIS IN 2007!

Join us for a winter walk to see the wildlife at the pond in Northstar Park on **Friday, February 16, 9:00-10:00 a.m.** This interpretive walk will be guided by John McNerney from the City of Davis Public Works Department. Meet at North Star Park parking lot on Anderson Road near F street in Davis at 9:00a.m. (Alternative rain date for this event will be the following Friday, February 23)



## INFORMATION & ASSISTANCE

### TAX ASSISTANCE PROGRAM

The Senior Center is once again offering free tax preparation services by experienced, trained volunteers. The services are planned on multiple days and evening appointments to allow maximum flexibility for participants. The tax services begin on **Tuesday, February 6**, and will be offered through **Saturday, April 14**. Appointments are one hour in length, and can be made by calling the office at 757-5696. Senior Center appointment times are offered as follows:

**Tuesdays, 9:00 a.m. to 4:00 p.m.**

**Thursdays, 5:00 to 8:00 p.m.**

**Saturdays, 9:00 a.m. to 12:00 noon**

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.

### DIFFICULT DECISIONS FOR CAREGIVERS

Are you caring for someone diagnosed with a chronic health condition, Alzheimer's Disease or dementia? After diagnosis, many difficult family conversations must take place, ranging from understanding the disease, to how to best care for your loved one, to how to communicate with medical professionals.

You are invited to "Difficult Conversations about Difficult Decisions," a free workshop for caregivers on **Thursday, February 15 at 10:00 a.m.** Guest speaker Larry Dawes, MSW, Senior Care Coordinator, will present strategies for communicating with family members on sharing caregiving roles and responsibilities. You will also learn effective methods for communicating with health care professionals. To register, please call Del Oro Caregiver Resource Center at 1-800-635-0220. If you need someone to care for your loved one so you may attend, limited in-home respite is available. Please indicate your need for respite when you register.

### HIGH HEATING BILLS?

Several programs might help lower your energy costs if you qualify. Contact Lisa at the senior center if you need help completing the forms. **CARE** - PG&E's program offers a 20% discount on electric/gas bills for low-income households (under \$28,600 annually for 1 or 2 persons). For an application, stop by the senior center or call PG&E at 1-866-743-2273.

**HEAP** - Provides utility assistance once per calendar year for low-income households (under \$1,803.79 monthly for an individual, or \$2,358.80 for a couple) For an application, stop by the senior center or call 1-800-233-4480.

**ENERGY PARTNERS** - Under this PG&E free weatherization program, utility-approved contractors work with eligible low-income customers to make their homes more energy efficient. Includes weatherstripping, insulation and furnace repair. Call 1-800-933-9555 for more information.

## SUPPORT GROUPS

*The Davis Senior Center does not endorse the opinions, services or products discussed in support groups. The meetings are for informational and sharing purposes only. Participants are encouraged to consider a variety of sources when making decisions about their health.*

**Alzheimer's Support - Wednesday, February 21 at 10:00 a.m.**

**Breathers Support - Thursday, February 22 at 1:30 p.m.**

**Diabetes Group - Wednesday, February 21 at 3:15 p.m.**

**Men's Group - Wednesday, February 28 at 10:00 a.m.**

**Parkinson's Support - Tuesday, February 27 at 1:30 p.m.**

**Vision Support - On Wednesday, February 14 at 10:30 a.m.**, Lucinda Talkington, facilitator of Woodland's "Outta Sight!" vision support group will give the history and an overview of the 20-year old group.

## SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by American Medical Response (AMR) Ambulance Services on the **second Thursday of every month, 11:00 – 11:30 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** - Resource specialist Peggy Phelps is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Single copies available at the front desk. You can also find the Guide on the internet at [www.cityofdavis.org/pcs/seniors/](http://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 Lisa in the office.
- **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.



## 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](http://www.cityofdavis.org/webreg). For more information, call 757-5696, or refer to the City's Winter/Spring 2007 Recreation Schedule.

<b>Ceramics</b> (T, 9-11:00 a.m.)	<b>Ongoing – Join anytime!</b> \$5 per month
<b>Dance &amp; Jam Session</b> (F, 2:15-4:00 p.m.)	<b>Feb. 9 &amp; 23</b> No fee
<b>Dynabands</b> (MWF, 2-3:00 p.m.)	<b>February</b> \$8/res & non-res
<b>Feldenkrais</b> (T, 10:15-11:15 a.m.)	<b>Feb. 6 -27</b> \$18/res/\$24/\$30 non-res
(T, 11:30 a.m.-12:30 p.m.)	\$18/res/\$24/\$30 non-res
<b>Fitness for Life</b> (MWF, 7:30-8:30 a.m.)	<b>Feb. 2 -28</b> \$28 res/\$34/\$40 non-res
<b>Nostalgics Singing</b> (F, 1-2:00 p.m.)	<b>Ongoing – Join anytime!</b> No fee
<b>Slow &amp; Easy</b> (T,Th, 1:30-2:30 p.m.)	<b>Feb. 1 - 27</b> \$22/res/\$28/\$34/non-res
<b>Tai Chi/Chi Gung</b> (T, 9-10 a.m.)	<b>Feb. 6 - 27</b> \$17 res/\$23/\$29 non-res
<b>Tap Dancing</b> (M, 3:00-4:30 p.m.)	<b>Ongoing – join anytime!</b> No fee
<b>Walk n' Talk</b> (MWF, 8:45-9:45 a.m.)	<b>Ongoing – Join anytime!</b> No Fee
<b>Yoga - Intermediate</b> (MTh, 8:30-10 a.m.)	<b>Feb. 5 – Mar.5</b> \$48 res/\$54/\$60 non-res
<b>Yoga – Chair Intro</b> (MTh, 10:30-11:30 am)	<b>Feb. 5 – Mar. 5</b> \$32 res/\$38/\$44 non-res

### 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 **2<sup>nd</sup> & 3<sup>rd</sup> Tuesday afternoons of each month from 1:00 – 3:00 p.m.** For February, Sandra will be demonstrating how to paint a sunflower and butterfly on **Tuesday, February 13** and a hummingbird on **February 20**. 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.

### ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint parrots on **Thursday morning, February 8** and Iris on **February 15, 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, please contact the Senior Center office. Advance registration is required.



### BALLROOM & EAST COAST SWING

The next session of ballroom dancing will begin on **Wednesday, February 21 through March 21 from 7:00-8:00 p.m.** here at the senior center. You'll learn the traditional steps to the waltz, fox trot, cha cha, rumba, tango and swing.

Immediately following from **8:00-9:00 p.m.**, our East Coast Swing class will teach you to swing to big band, rock and roll, and blues music! Classes are offered to both couples and singles alike! The cost is \$33 per person for each class, and advanced registration is required.

### OIL & ACRYLICS

Start every Monday morning doing something creative! The Oil & Acrylics group needs you to join them. Some Mondays we have a program; mostly we help each other produce the best work possible. **Join us Monday mornings at 9:00 a.m.!**

### WATERCOLOR PAINTING

Barbara Zane teaches this month, and students are encouraged to come around 9:00 a.m. to set up as instruction begins promptly at 9:30 a.m. Bring paints, brushes, watercolor paper, a water container, your imagination and a desire to have fun. Paintings by Barbara McClintock and Mary Wilbur are also on display at the center.

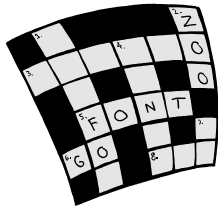
### BRIDGE LESSONS

Bridge lessons (Heart Series #3 & 1 Star Conventions #6) will be offered beginning on **Thursdays, February 1 - March 22 from 9:30-11:30 a.m. and 1:00-3:00 p.m.** Advance registration is required for both sessions of bridge lessons. The cost is \$32 per person, per class. Inquire at the main office for more details, or you may call 757-5696.

## SPECIAL ACTIVITIES & EVENTS

### LITERARY LOCALS

Mark Friday, March 9 on your calendars! Bern Kreissman, author of *Solving Crosswords: Brain Food—Brain Fun* will be speaking from **10:00-11:00 a.m.** about his passion for puzzles! A former Professor and Librarian, Bern is currently a free-lance writer (outdoor publications), author of several environmental and puzzle books, and publisher of Bear Klaw Press, a national award-winning publishing house. Most recently, he has conducted classes in solving techniques for Sudoku and crosswords. He will be sharing his knowledge of crossword puzzles at the center.



### PEN PALS: EARLY VALENTINE'S DAY

Ms. Reed's North Davis Elementary second-grade class invites senior pen pals to visit & have fun with their assigned pen pals at North Davis Elementary on **Friday, February 9 at 10:15 a.m.**

Local Davisite and special guest Tom Vinik will be working with the pen pals in doing some origami- just in time to share this beautiful folding art on Valentine's Day! Please note that transportation is not provided by the center. Please call the center if you have any questions, 757-5696.

### RED HATTERS PIZZA PARTY

The ladies of the "DSC Rockers" are gathering in the Friendship Café on **Wednesday, February 14 at 1:00 p.m.** to celebrate Valentine's Day. Lunch will consist of Symposium Greek Pizza, vegetarian and a meat variety, punch and dessert. Cost is \$8.00 per person, register at the front office at the senior center.

Each lady should bring a **wrapped, fun-type gift** costing **no more than \$5.00**. Remember to wear your red hat and purple accessories.

### MEALS MADE EASY!

Come join Cathy Cassevah from Home Instead on **Tuesday, February 6 at 1:30 p.m.** where she will be showing you how to make your very own candy, right in time for Valentine's Day. Please call to reserve your spot by calling 757-5696.

### LIKE TO TRAVEL?

Do you smile every time you recall your travels across the country or overseas? Why not share your lovely memories and first-hand knowledge about some of your favorite places visited with other travelers and travelers-in-the-making. For more information on how to share your travel adventures, please contact Mae Denman at the Senior Center by calling 757-5696.

### WANT TO CONNECT WITH VISITORS FROM AROUND THE WORLD?

International Conversation Partners is a program designed to give foreign visitors in Davis the chance to converse with local residents to improve their English skills and make a personal connection with those in our community. Susan Linz, a former Senior Center staff member is committed to keeping this program alive. She teaches English as a Second Language and has an overwhelming number of student visitors who need conversation partners! If you are interested in this program please contact Susan at 758-6122 or email [susanlinz@hotmail.com](mailto:susanlinz@hotmail.com). This program only takes a small, flexible, 1-hour commitment per week, but the rewards are priceless!

## MISCELLANEOUS

### "On the Sunny Side of the Street" The Great Lyrics of Dorothy Fields

The 15<sup>th</sup> annual benefit concert for Citizens Who Care presents "On the Sunny Side of the Street," in the Veterans' Memorial Center Theatre in Davis, on **Saturday, February 17 at 7:00 p.m.** and on **Sunday, February 18 at 2:00 p.m.** The concert salutes lyricist Dorothy Fields through songs she wrote for the Broadway stage and Hollywood musicals.



Tickets are \$25 general admission and \$15 students. All proceeds benefit Citizens Who Care, a nonprofit agency that helps improve the quality of life of the frail elderly and their families. For tickets and information call (530) 758-3704; or visit [www.citizenswhocare.org](http://www.citizenswhocare.org)

## 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.

**February 2 – Lilies of the Field** - Sidney Poitier won an Academy Award as a man coerced by nuns to build a chapel in the desert.

**February 9 – Chocolat** – Just in time for Valentine’s Day! A woman and her daughter open a chocolate shop in a small French village that shakes up the rigid morality of the community.

**February 16 – Little Miss Sunshine** - A family determined to get their young daughter into the finals of a beauty pageant takes a cross-country trip in their VW bus.

**February 23 – The Illusionist** – In turn-of-the-century Vienna, a magician uses his abilities to secure the love of a woman far above his social standing.

## DAVIS COMMUNITY TRANSIT

Happy February! Here are a few reminders from DCT. If you are waiting for the bus to pick you up we do not expect you to wait outside in the cold. If you are waiting at a location other than your home please wait inside the facility and watch out for the bus to arrive. We appreciate your patience as we are doing our best to provide quality service as we transition into high service demands. Please be reminded that you can schedule 2 weeks prior to your ride and that it is to your advantage to plan ahead if possible.

**This will be your final issue of the Senior Scene if your subscription is not renewed by February 20. Please send or bring in your renewal check as soon as possible. Thanks for your cooperation. (And thanks to those of you who have already renewed.)**  
**Membership Committee**

## VOLUNTEERS NEEDED

### SCD SEEKS VOLUNTEERS FOR ST. PATRICK’S PARTY – MARCH 16

The SCD Board of Director is seeking volunteers to assist with the planning & implementation of this year’s annual Saint Patrick’s Party to be held on **Friday, March 16 from 6:00-9:00 p.m.**

Volunteers are needed to assist with set up & decorations, kitchen help, and clean up. Sign up sheets are available in the main office. If you have questions, please leave a message in the office for the SCD President, Wes Penney.

### FOOD BANK VOLUNTEER OPPORTUNITIES

The Food Bank of Yolo County needs your help to feed the hungry in our community. Volunteers are needed for a variety of positions in our office and in our warehouse. To find a volunteer opportunity that is right for you, please contact Becky Beaman at 530/668-0690 or [becky@foodbankyc.org](mailto:becky@foodbankyc.org).

### THE GIFT OF GIVING

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



AARP	\$100
Davis Dynamos	\$ 10
Duplicate Bridge – Monday	\$ 43
Handy Helpers	\$ 25
Hem & Haw (SCD)	\$160
Information & Assistance	\$ 15
Internet Users	\$ 48
Mac Users Group	\$ 32
Medical Equipment Donations	\$118
Miscellaneous	\$218
Nostalgics	\$ 10
Social Bridge	\$ 43
Total	\$822

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

**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.**

**February 21 & 22 – Snow Train** – Wait list

**March 13-14 – The Twelve Irish Tenors** – Wait list

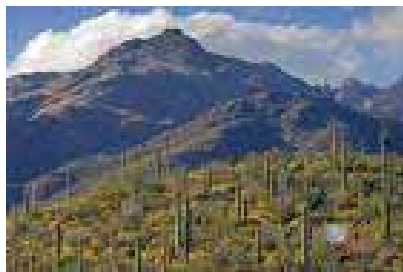
**March 27 – Picasso and American Art with Lunch at Garden Court** – This exhibition examines the role that Pablo Picasso played in the development of American art during the 20<sup>th</sup> Century. Included will be some 40 works by Picasso and more than 100 works by artists such as Jackson Pollock, Willem de Kooning, Roy Lichtenstein and Jasper Johns, among others. You've asked to go back to the beautiful Garden Court of the famous Palace Hotel so we've included lunch there. \$100.

**April 4- Colusa Casino** – Depart Senior Center at 10:00 a.m. Return 5:00 p.m. \$15. trip, bonus \$10.

**April 12 – Delta Eco Cruise** – Wait list

**April 17-24 – Tucson, A Treasure Trove** - Walk

on the new Grand Canyon Overlook, tour Pima Air & Space Museum by tram, Arizona-Sonora Desert Museum, Mission San Xavier Del



Bac, tram ride through Sabino Canyon, Kitt Peak National Observatory (the best star gazing in U.S.), Old West town of Bisbee, Kartchner Caverns and much more. (P.S. four night stay in one hotel). \$1275 pp dbl., add \$317 ss.

**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.

**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.

**Note:** By the time you read this, many interesting day trips will be available. Pick up flyers at Travelaires office.

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

# February 2007

Transportation Services 757-4408  
Senior Center Office 757-5696

## Davis Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Income Tax Assistance Appointment Schedule</b>  Tuesdays 9am-4pm Thursdays 5-8pm Saturdays 9am-12 noon			<b>1</b> 9:30am Memoirs 9:30am Bridge Lessons Begin – Heart Series* 12:30pm Bingo 1:00pm Bridge Lessons Begin – Conventions #6* 1:30pm HICAP* 5:00pm Tax Assistance	<b>2</b> 8:45am Walk & Talk (new time) 9.30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events <b>9:00am Tax Assistance (Sat)</b>
<b>5</b> 8:30am Veteran Services <b>8:45am Walk &amp; Talk (new time)</b> 9:00am Oil/Acrylic Painting 10:00am Laugh Club 12:30pm Duplicate Bridge 3:00pm Tap Dancing 6:30pm Social Bridge	<b>6</b> 9:00am Ceramics 9:00am Tai Chi 9:00am Tax Assistance 10:15am Feldenkrais <b>11:00am SCD Mtg/Potluck</b> 1:00pm Bridge/Pinochle 1:30pm Meals Made Easy* 7:00pm Stamp Club	<b>7</b> 8:45am Walk & Talk (new time) 9:00am Peer Counseling 10:00am AARP Bd Mtg 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom & Salsa*	<b>8</b> 9:00am One-Stroke Painting* 9:30am Memoirs 9:30am Bridge Lessons* 11:00am Blood Pressure Check 12:30pm Bingo 1:00pm Bridge Lessons* 2:30pm Sr Commission Mtg 5:00pm Tax Assistance	<b>9</b> 8:45am Walk & Talk 9:30am Watercolor Painting 9:30am Memoirs 10:15am <b>Pen Pal Party*</b> 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance <b>9:00am Tax Assistance (Sat)</b>
<b>12</b> 8:30am Veteran Services 9:00am Oil/Acrylic Painting 10:00am Laugh Club 12:30pm Duplicate Bridge 2:00pm Legal Asst.* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group	<b>13</b> 9:00am Ceramics 9:00am Tai Chi 9:00am Tax Assistance 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Gallery Glass* 6:30pm Mac Users Grp	<b>14</b> 10:30am Vision Sup Grp <b>11:30am AARP Mtg/Potluck</b> 1:00pm Hem & Haw 1:00pm Poker 1:00pm Red Hatters Greek Pizza Party*	<b>15</b> 9:00am One-Stroke Painting* 9:30am Memoirs 9:30am Bridge Lessons* 10:00am <b>“Difficult Decisions for Caregivers”</b> Talk 12:30pm Bingo 1:00pm Bridge Lessons* 1:30pm HICAP* 5:00pm Tax Assistance	<b>16</b> 9:00am <b>Pehlke Walk from North Star Park</b> 9:30am Watercolor Painting 9:30am Memoirs <b>10:30am Preventing Falls Talk*</b> 12:15pm Video Movie 1:00pm Nostalgiacs 2:00pm Current Events <b>Sat., 2/17, 12:00 SCD Bingo</b> <b>9:00am Tax Assistance (Sat)</b>
<b>19</b> <b>Presidents’ Day Holiday - Senior Center Closed</b>	<b>20</b> 9:00am Ceramics 9:00am Tai Chi 9:00am Tax Assistance 10:15am Feldenkrais 9:30am Book Review 1:00pm Bridge/Pinochle 1:00pm Gallery Glass*	<b>21</b> 10:00am Alzheimer's Sup 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Grp 7:00pm Ballroom & Swing*	<b>22</b> 9:30am Memoirs 9:30am Bridge Lessons* 12:30pm Bingo 1:00pm Bridge Lessons* 1:30pm Breathers Sup Grp 5:00pm Tax Assistance	<b>23</b> 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgiacs 2:15pm Jam Session & Dance <b>9:00am Tax Assistance (Sat)</b>
<b>26</b> 8:30am Veteran Services 9:00am Oil/Acrylic Painting 10:00am Laugh Club 12:30pm Duplicate Bridge 1:00pm Genealogy Club Mtg. 3:00pm Tap Dancing 6:30pm Social Bridge	<b>27</b> 9:00am SCD Bd Mtg 9:00am Ceramics 9:00am Tai Chi 9:00am Tax Assistance 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp	<b>28</b> 10:00am Men’s Group 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom & Swing*		

# February 2007

Menu subject to change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Mexicali Chicken Spanish Rice Buttered Corn Tortilla Pineapple Tidbits	<b>2</b> <u>Good Source of Vitamin B-12</u> Seafood Crepe Baked Squash Key Largo Blend Vegetables Rye Crisp Crackers Lemon Pudding
<b>5</b> Chicken Paprikash Served over Pasta Swiss Chard French Roll Blushed Pears	<b>6</b> <b>SCD Potluck</b>  <b>No ENP meal today</b> <b>MOW Delivery Only</b>	<b>7</b> Vegetable Florentine Soup Club Sandwich on Whole Wheat w/Lettuce, Mayo & Mustard Raspberry Cream Gelatin	<b>8</b> Sweet & Sour Pork Fritter w/Pineapple & Bell Pepper Chinese Noodles Asian Vegetable Blend Fortune Cookies Banana	<b>9</b> Pepper Steak Baked Potato w/sour cream California Blend Vegetables Baguette Fruit Cocktail
<b>12</b> Fruit Juice Zesty Ranch Chicken AuGratin Potatoes Peas & Carrots Chocolate Pudding	<b>13</b> Ham w/Glaze Candied Yams Brussel Sprouts Cornbread Peaches	<b>14</b> <b>AARP Potluck</b> Turkey Breast filled w/Bread Stuffing Cranberry Sauce Whipped Potatoes Pacific Blend Vegetables French Roll & Special Dessert <b>Happy Valentine's Day</b>	<b>15</b> Lemon Pepper Fish w/Tartar Sauce Zesty Rice Cracked Wheat Bread Apricots	<b>16</b> Fruit Juice Tossed Green Salad Spaghetti & Meatballs Garlic Bread Fresh Fruit
<b>19</b> <b>Presidents Day</b> <b>Holiday</b>	<b>20</b> BBQ Pork on a Bun Cowboy Beans Steamed Carrots Orange	<b>21</b> Fiesta Salad Potato Enchilada Casserole Green Beans Tropical Fruit	<b>22</b> Vegetable Collage Cream of Tomato Soup Half Tuna Fish Sandwich Sugar Free Fruited Gelatin	<b>23</b> Veal Cutlet w/Bistro Sauce Noodles Romanoff Cauliflower Wheat Roll Baked Dessert
<b>26</b> Swiss Steak w/Onion & Mushroom Sauce Parslied New Potatoes Stewed Tomatoes Baguette Tapioca Pudding	<b>27</b> <b>Good Source of Magnesium</b> Monterey Chicken Bake w/Rice Steamed Spinach Rye Swirl Bread Plums	<b>28</b> <b>Happy Birthday!</b> Old Fashioned Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Sourdough Bread Birthday Cake		

\$2.50 Senior Contribution Mandatory charge of \$3.00 for Essential Volunteers (Under 60) \$6.25 Guest Fee for People Under 60 unless accompanied by their Senior spouse.

MEALS ARE SERVED MONDAY THROUGH FRIDAY AT 11:30 A.M.

Please contact Elderly Nutrition Program at (530)662-7035 for complete dietary information