

Senior Scene



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www.cityofdavis.org/pcs/seniors/

LITERARY LOCALS

Join our literary local, **Timothy Morton**, author of *Ecology Without Nature: Rethinking Environmental Aesthetics*, for a stimulating presentation on **Friday, July 20** from **10:00-11:00 a.m.**



In his book, Timothy Morton argues that the chief stumbling block to environmental thinking is the image of nature itself. Ecological writers propose a new worldview, but their very zeal to preserve the natural world leads them away from the "nature" they revere. The problem is a symptom of the ecological catastrophe in which we are living. Morton sets out a seeming paradox: to have a properly ecological view, we must relinquish the idea of nature once and for all.

Please call 757-5696 to reserve your spot for this enlightening presentation.

ARMCHAIR TRAVELS PRESENTS:

Come join the Senior Center as we travel with **Cathey Barzo** on **Friday, July 13** from **10:30-11:30 a.m.**

Barzo will share her adventures seeing hundreds of animals in Kenya and Tanzania during a



wildlife safari in Southeast Africa, on tour with Overseas Adventure Travel.

The Davis Senior Center and the Elderly Nutrition Program will be closed on **Wednesday, July 4** due to the Independence Day Holiday.

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK

Don't forget that there is no potluck this month, so the next time we will see you will be at our annual **Hawaiian Luau**, to be held on **Tuesday, August 7, beginning at 11:30 a.m.**

For August 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 salads. Those unable to bring a dish, may pay \$5.00 per person for the meal.



SCD Board of Directors

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SUNSHINE LADY

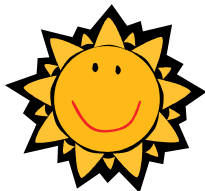
Sunshine Lady Louise DeMasi reports that for the last half of May and first half of June cards were sent to the following:

Get well cards to Roger White and Lee Renault.

Thinking of You cards to Ruth Griggs, Elmo Candelo, Betty Lentz, Mercedes McElwain, Molly Bishay, Elaine Cooper, Don Gerriets, Lillian Richmond, Charles Russell and Noland Walker.

Sympathy card to family of Elmo Candelo, family of Sheri Sorbello, family of Bernhard Heim, family of Paul Kidd, family of Helene Shaffron, family of Margaret Shelly and family of Therese Smith.

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 MAY - JUNE

Please join us in welcoming the following new SCD members: Robert & Helen Cole, Yong Chang Wen, Anne Miller and Richard & Edelgard Brunelle.

BEHIND THE SCENES

Staffing Update

A FOND FAREWELL

We are sad to say that we said good-bye to our part-time office assistant, Tracy Chinn, this past month. Tracy worked in the main office covering the lunch hours, as well as working on a variety of special projects. She will be continuing on with her other responsibilities with Davis Community Transit, and we wish her the absolute best of luck in her future endeavors. We will miss you!

WELCOME ABOARD!

Many of you may have seen and/or met our most recent intern, Marie Bischoff. Marie is currently studying at the University of Phoenix, and is looking to graduate with a Bachelor of Science in Human Services. Marie has assisted with various projects here at the Senior Center, including the International Party, the National Senior Health & Fitness Day activities, Armchair Travel Series, and several of our Community Fall Prevention Workshops.

As her internship concludes, we are proud to say that she will be continuing with us on a part-time basis in the main office. Marie will be assisting with office coverage primarily during the lunchtime hours, Monday through Friday, from approximately 11:30 a.m. to 1:30 p.m., and assisting with special activities. Please stop by, introduce yourself and help us welcome her to our wonderful staff.

**HAPPY
INDEPENDENCE
DAY!**



SPECIAL INTEREST GROUPS

AARP POTLUCK

AARP's next meeting will be held on **Wednesday, July 11**, beginning with the customary social hour at **11:30 a.m.** Our program will feature Trease Peterson from the Davis Police Department, who will be speaking about Fraud.

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

BOOK REVIEW GROUP & SENIOR CENTER READS...

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

The next book selection for July/August had not been determined at the time of printing, so please inquire at the main office for this month's selection and pricing.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, July 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.

GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club will not hold regular meetings during the months of July and August. Regular meetings will resume on **September 24 at 1:00 p.m.** However, during the summer, the genealogy library will maintain its regular schedule on **Wednesdays and Fridays from 1:00 to 4:00 p.m.**

The recently formed discussion group will also continue throughout the summer. This informal gathering of club members meets on the third Monday of every month to share questions and ideas about doing genealogical research. Meetings begin at 1:00 p.m. in the library.

To learn more about the club 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

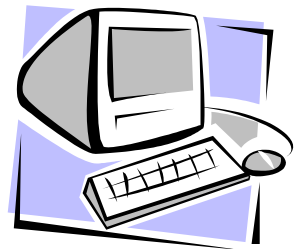
Do you like to knit, sew, crochet or quilt? Every **Wednesday afternoon from 1:00-3:00 p.m.**, why not come join others who share your passion? This free group is filled with good conversation & fellowship, with occasional food treats! For more information call Carol Harting at 756-4654.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, July 9**. The topic will be "Having Fun with Photographic Images using Photoshop Elements." For those who take photographs with a digital camera or who have a scanner and scan other people's images we'll take a tour of the things you can do to them in Photoshop Elements. Yes, we'll even remind you how to reduce them in size (pixels and inches) so that they are good for emailing (but won't be good for printing.) For more information call Carol Harting at 756-4654, Lois Richter at 758-5058 or Anne Hance at 753-7265.

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, July 10**. For more information, call Eric Thompson at 758-3098.



RED HAT – DCS “ROCKERS”

Every third Friday, **July 20, 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.

SENIOR CITIZENS COMMISSION

The next regular meeting will be held on **Thursday, July 12 at 2:30 p.m.** Scheduled discussion topics are anticipated to include planning for a Fall Transportation Safety Fair, and review of the Americans with Disabilities Act - Self Assessment process that the City is currently undergoing. 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 CALENDAR/MONTHLY MENU

Due to new dietary specifications, the monthly menu was not complete at the time this newsletter was printed. We apologize for any inconvenience; however, as soon as the information becomes available, it will be distributed from the main office. Watch for copies available at the sign-in desks, as well as through the Friendship Café.

MEAL HIGHLIGHTS

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

Tuesday, 7/3 “Independence Day” Wear your red, white and blue to be eligible for raffle prizes while you eat.

Wednesday, 7/25 “Happy Birthday” Celebrate our July birthdays on this very special day, and of course, don’t forget the 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

LIVING LONG AND HEALTHY

A recent study from Hawaii has identified nine risk factors that are strongly linked with a person's chance of living to at least a healthy age 85. The study of aging and health, published in the Journal of the American Medical Association, was one of the biggest and longest (up to 40 years) ever done. Although it focused on Japanese American men, researchers said the results likely apply to men and women of all ethnicities.

9 Keys to a Healthy 85+

- High grip strength
- Avoidance of overweight
- Avoidance of hyperglycemia
- Avoidance of hypertension
- Non-smoking
- No excessive alcohol consumption
- High level of education
- Avoidance of hypertriglyceridemia (elevated triglyceride level)
- Having a marital partner

FEELING YOUR BEST AT ANY AGE

As we age, we can still maintain a quality lifestyle. Taking care of ourselves through proper nutrition and exercise will help us live longer and happier. Check out these tips on staying healthy through the years.

1. Eat well-balanced, nutritious meals. Include plenty of fruits, vegetables, and whole grains in your diet.
2. Be active! Getting regular exercise is great for you health. Consult your doctor before starting any exercise program.
3. If necessary, supplement your diet with a multivitamin.
4. Get regular check-ups with your doctor
5. Get an annual flu shot and keep up-to-date on other vaccinations
6. Create a health & medical history record
7. Quit smoking, avoid alcohol or drink in moderation only
8. Stay mentally and socially active, and stay in touch with family or friends
9. Stay safe by making your house “fall-proof”
10. Avoid excessive sun or cold exposure

INFORMATION & ASSISTANCE

HOME SAFETY & MODIFICATIONS

Rebuilding Together (RT) has expanded its services to Yolo County. RT is a nonprofit organization that provides home repair and modification services to income-eligible individuals and families, regardless of age.

The program will offer home safety assessments to identify hazards and make safety recommendations. A variety of home modifications will be available to reduce the risk of falling, reduce stress on caregivers and improve mobility. Modifications might include grab bars, transfer poles, smoke and fire detectors, ramps, stair rails, level door knobs, rocker switches, shower stools, mats and hoses.

To learn about the various programs and eligibility requirements, call 1-916-455-1880 ext. 0. or online at www.rebuildingtogethersacramento.org The Home Safety Services program through Rebuilding Together is a project of Triad/Yolo County Commission on Aging & Adult Services, with funding from the City of Davis.

HOMEOWNERS AND RENTERS ASSISTANCE

This rebate program allows a once-a-year payment from the State of California to qualified individuals, based on part of the property taxes assessed and paid on a home, or has paid indirectly through rent. The program runs **July 2 – August 28** and is for seniors, age 62 or older, blind or disabled. Maximum household income is \$42,770 or less. Forms and volunteer assistance with completing the forms will be offered at the senior center beginning this month.

Appointments may be scheduled on Monday mornings, between 9:00 a.m. and 12:00 noon, or on Tuesday afternoons, between 12:30-4:00 p.m. by calling the Senior Center office at 757-5696.

HOMEOWNER PROPERTY TAX POSTPONEMENT

If you are a homeowner, age 62 or older, and had income of \$31,500 or less in 2006, you may be eligible to postpone all or part of your property taxes. Forms are available through the senior center or call the State Controller's Office at 1-800-952-5661. Claims must be filed between May 15 and December 10, 2007.

DMV SERVICES

A representative from the Department of Motor Vehicles will be on site at the senior center on **Thursday, July 19 at 9:00 a.m.** She will be available for seniors who need to renew a driver's license, photo ID, or disabled placards. Please note: you will still need to go to the DMV office to finish the process, but you will be sent to a special window in order to prevent long wait times! DMV is unable to assist with auto registration. Please arrive early as it is a first come, first served basis.

ELDERLAW CLINIC

Elderlaw attorney Mark Hyjek offers free consultations on **Friday, July 20** beginning at **11:00 a.m.** His expertise is in issues affecting older adults, including Social Security, grandparent rights, Medi-Cal, powers of attorney, estate planning and age discrimination. Call 757-5696 to sign up.

SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be here on **Wednesday, July 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.

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, July 18 at 10:00 a.m.

BREATHERS SUPPORT GROUP – Thursday, July 26 at 1:30 p.m. A representative from Vita's Hospice will address the group.

DIABETES GROUP – no meeting July or August.

MEN'S GROUP – no meeting July or August.

PARKINSON'S SUPPORT GROUP – no meeting July or August.

VISION SUPPORT GROUP – no meeting July or August.

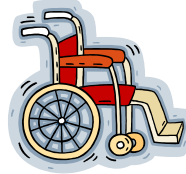
SERVICES

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.

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 Summer 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.)	July 13 & 27 No fee
Dynabands (MWF, 2-3:00 p.m.)	July & August \$15/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	July 10 - 24 \$14/res/\$20/\$26 non-res
Fitness for Life (MWF, 7:30-8:30 a.m.)	July 2 - 30 \$30 res/\$36/\$42 non-res
NostalgiCS Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
Slow & Easy Tai Chi/Chi Gung (T, 9-10 a.m.)	No classes July & August July 3 - 31 \$21 res/\$27/\$33 non-res
Tap Dancing (M, 3:00-4:30 p.m.)	Ongoing – join anytime! No fee
Walk n' Talk (MWF, 8:45-9:45 a.m.)	Ongoing – Join anytime! No Fee
Yoga - Intermediate (MTh, 8:30-10 a.m.)	July 2 - 26 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	July 2 - 26 \$32 res/\$38/\$44 non-res

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.**

OIL & ACRYLICS

The group meets each **Monday morning from 9:30 to 11:30 a.m.** It operates more as an "Open Studio," with participants going in their own direction at their own pace. There always seems to be willing listeners to help resolve problems. Please join us.

WATERCOLOR PAINTING

The senior watercolor group will continue to meeting on **Fridays at 9:00 a.m.** during the summer. Everyone is invited to bring their supplies and enjoy socializing. No teachers will be presenting materials.

Painters are getting ready to submit work to the Yolo County Fair. Fair applications for artwork must be delivered 4:30 p.m., June 29, at 1125 E Street in Woodland. Applications are available there as well. The Fair takes place on August 15-19. Happy Painting and Drawing!

SPECIAL ACTIVITIES & EVENTS

BIKE CLUB TOURS

The Davis Bike Club would like to invite members of the Senior Center to join them on two short and comfortably paced, intergenerational bicycle rides, possibly being scheduled in September.



If interested in either of the rides listed below, please contact Betty Jane Polk at jbpold@davis.com or 758-5517, or Gerald Peterson at gnipeter0856@juno.com or 756-1254. There is no registration or entry charge for either ride.

Tooti Fruiti Express – Sunday, July 8 at 1:00 p.m. Meet under the solar panels near the swimming pool in Community Park. Distance will be about 6 miles. Flat course, pace not to exceed 10 mph. Helmets are required, no exceptions. This will be an intergenerational ride with youngsters and youngsters at heart exploring the entire north Davis greenbelt system. Refreshments will be provided at the conclusion of the ride - again under the solar panels.

Arroyo Royale – Sunday, July 22 at 1:00 p.m. Ride will feature the same meeting place, similar distance, same relaxed pace following a safe route to Arroyo Park and its surrounding bike paths. This fun ride will feature a winning poker hand drawing. Each rider will receive 2 cards at the beginning, an additional card at Arroyo Park and the final two cards at the conclusion. Refreshments will again be provided at the end of the ride.

MEALS MADE EASY!

Join Cathy Cassevah from Home Instead on **Tuesday, July 24 at 1:00 p.m.** She will be preparing a delightful summer surprise. Call to reserve your spot, 757-5696.

WONDERING ABOUT YOUR MEDICINES?

Come with your questions? Come participate in “**Medicine Education**” from **10:00-11:00 a.m.** on **Friday, July 27** with a Woodland Healthcare Pharmacist. Please call 757-5696 to reserve your space in advance of the date.

**ARMCHAIR TRAVEL SERIES SEEKS NEW TRAVEL DESTINATIONS...**

Have you taken a trip recently that others may find interesting, or was there something about your trip that was unique? Why not share it with other travel enthusiasts here at the Senior Center? If you are interested in possibly speaking about your travel adventures, please see Mae in the office to schedule your armchair travel presentation this fall!

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.

July 6 - The Painted Veil – A beautiful period piece about a man who takes his adulterous wife into the middle of a cholera epidemic.

July 13 – Together - A coming-of-age tale woven together with the harmony and intensity of a complex musical orchestration. (Chinese)

July 20 – Venus – Peter O’Toole plays an aging actor with a yen for young women

July 27 – Because I Said So – In this mother-daughter comedy, Diane Keaton stars as an overbearing single mom who tries to set up her youngest daughter with the right man.

FILM SERIES CONTINUES

Join Dr. Maria Jaoudi, Professor of Humanities and Religious Studies at CSUS, for a continuation of our 3-part summer film series examining the spiritual dimensions of films from around the world. The cinematic arts are examined in relationship to religious concerns, concepts, and values. Dr. Jaoudi will lead a discussion about each film as part of the series.

On Friday, July 13 at 12:15 p.m. we will view the Chinese film, *Together. Together*, directed by Chen Kaige, is a coming-of-age tale woven together with the harmony and intensity of a complex musical orchestration. The Confucian plot involves Xiaochun, a 13-year-old boy and talented violinist, who lives with his father in a small Chinese city. Shy and sensitive, music is his way of expressing his feelings. Xiaochun's father wants the best for his son, so they move to metropolitan Beijing. In Beijing, Xiaochun has the opportunity to audition for a prestigious music school, and take lessons to develop his talent. But Xiaochun's new world is unlike any he's known. He meets neurotic and demanding teachers, discovers true friendship, and comes to understand the true meaning of music. With his world splitting in two and everyone telling him what they want for him, Xiaochun has to discover what he wants for himself.

August's film is *Dead Man Walking* (American). The dates will be announced in next month's Senior Scene newsletter.

MISCELLANEOUS

AARP DRIVER SAFETY PROGRAM

In this refresher course, drivers learn the effects of aging and medications on their driving abilities. As a program graduate, you may even qualify for a lower automobile insurance premium.

The next session will be held on **Wednesday and Thursday, July 25 & 26 from 12:30 to 4:30 p.m.** Attendance is required for both days. The cost is \$10 per person, in advance. Make checks out to AARP. Additional sessions of this program are offered at the senior center every other month.

VOLUNTEER CORNER

ADVISORY COUNCIL REPRESENTATIVES NEEDED!

The Area 4 Agency on Aging, which serves a 7-county region including Yolo County, is seeking individuals to serve on their Advisory Council as representatives for older adult services. Currently, there are four (4) vacancies for Yolo County that must be filled.

The function of the Advisory Council is to provide leadership on issues which affect the quality of life for all older persons, to promote citizen involvement in planning, to deliver programs and services necessary to ensure maximum independence, and to promote dignity for older individuals and functionally impaired adults.

Advisory Council meetings are held monthly, generally the third Thursday of the month and are open to the public. Meeting sites are alternated among the seven counties in A4AA's service area. An average of 6-10 hours commitment per month is expected. This includes preparation, travel time, general meetings, committee work, etc. While Advisory Council members serve in a voluntary capacity, reimbursement for expenses may be provided in accordance with adopted policy. Members are reimbursed for mileage at the current IRS business rate.

If you are interested in being a Yolo County representative, or would like more information, you may contact the A4AA at (916) 486-1876, or the office of Mariko Yamada, Yolo County Board of Supervisors at 757-5555 or 666-8623. Advisory Council Brochures are also available at the Senior Center's main office.



Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

DAVIS COMMUNITY TRANSIT

Hello! This month we would like to welcome our new DCT employee Thao Duong. Thao is a UCD student and has driven for Unitrans. We are saying farewell to Ryland Hanson and Richard Perez and wish them luck in their future endeavors. Please be reminded that effective this month the new fare to ride the bus is \$1.50 for ADA eligible customers and \$3.00 for non-ADA customers. If you have punches remaining on your tickets from the previous fare you may continue to use your bus tickets and pay the difference in cash. The new bus tickets are \$15.00 for a 10 ride ticket and \$30.00 for a 20 ride ticket. If you have any questions please feel free to call the DCT office at 757-4408.

THE GIFT OF GIVING

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



Davis Dynamos	\$ 10
Duplicate Bridge – Monday	\$ 44
Fitness Walk	\$118
Hem & Haw (SCD)	\$ 52
Information & Assistance	\$ 6
Medical Equipment Donations	\$170
Miscellaneous	\$ 59
Nostalgies	\$ 16
Tuesday Pinochle Players	<u>\$ 12</u>
Total	\$487

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.

July 9 – 13 TRAVELAIRES OFFICE CLOSED

July 24 – Harvey’s Lake Tahoe – They want us back! \$10 cash, \$5 food. Depart Senior Center 7:30 a.m., return approximately 6:30 p.m. \$25

August 4 – Nordstrom and Bloomingdales – wait list.

August 8 – Jersey Boys – Broadway’s hottest success story on stage at Curran Theatre in San Francisco. The Tony Award musical hit chronicles the lives of Frankie Valli and the Four Seasons, a group of blue-collar boys who became one of the biggest American pop music sensations of all time. Lunch included at Neptunes Palace. Our third and final trip to this great show. \$150

August 19 – Beach Blanket Babylon – Wait List.

August 29 – Paint Your Wagon – Located in Columbia State Historic Park, the highly acclaimed Sierra Repertory’s Fallon House Theatre brings the California Gold Rush to life. A toe-tapping favorite. Lunch at Outlaws BBQ Steakhouse and Saloon. \$90

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 20 – Alcatraz – Tour includes: 45 minute audio featuring actual correctional officers and prisoners who lived and worked on the island; an orientation video by the Discovery Channel; historic gardens and abundant wildlife. Lunch at Sinbad’s Restaurant. \$95

September 29 – Floating Homes of Sausalito – Wait list.

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

October 30 & 31 – Dancing Queen – Features the story of a girl who just has to dance! Music is by Abba, the group who wrote the lyrics to the Broadway hit “Mama Mia.” Singers and dancers with dazzling costumes and choreography present a dynamic evenings entertainment. Show and buffet at El Dorado. Overnight at the newly renovated Pepper Mill. \$158 dbl., ss add \$23

November 27 – Dec. 1 – Nashville Holiday – Four nights atrium accommodations at the spectacular Opryland Hotel renowned for its extraordinary service and first-class entertainment. Included are many fine attractions. See flyer in Travelaires office. \$1898 pp dbl., add \$590 ss

December 22 – 25 – Christmas at the Mission Inn The historic Inn welcomes us for a Christmas getaway. Docent tour of the Inn and its museum. View art and artifacts of the historic hotel, learn about the famous people who have stayed there, visit the chapel with seven Tiffany windows and a 1700’s gold leaf alter, hear the story of the man who built the Inn which covers an entire city block. Carriage rides and carolers on the beautifully decorated grounds. Radio City Music Hall Rockettes, day trip to Lake Arrowhead and more. Sign up ASAP due to popularity of this location. \$1120 pp dbl., ss add \$300.

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

Davis Senior Center Activities - July 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 Homeowners & Renters Tax Assistance* 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing*	3 9:00am Ceramics 9:00am Tai Chi No SCD Potluck this month 12:30pm Homeowners & Renters Tax Assistance* 1:00pm Bridge/Pinochle 7:00pm Davis Dynamos 7:00pm Stamp Club	4 4th of July Senior Center Closed	5 8:30am Intermediate Yoga 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm HICAP Appts* 1:00pm Bridge Lessons*	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 Dynabands Exercise 2:00pm Current Events
9 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 Homeowners & Renters Tax Assistance* 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing* 7:00pm Internet Users Group	10 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 10:30am Blood Pressure Check 12:30pm Homeowners & Renters Tax Assistance* 1:00pm Bridge/Pinochle 1:00pm Gallery Glass 7:00pm Mac Users Group	11 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 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	12 8:30am Intermediate Yoga 9:00am One Stroke Painting 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 2:30pm Senior Commission Mtg.	13 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 10:30am Arm Chair Travels – East Africa Safari 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:15pm Jam Session & Dance
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 Homeowners & Renters Tax Assistance* 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing*	17 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 10:30am Senior Center Reads 12:30pm Homeowners & Renters Tax Assistance* 1:00pm Bridge/Pinochle 1:00pm Gallery Glass	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 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	19 8:30am Intermediate Yoga 9:00am HICAP Appts* 9:00am One Stroke Painting 9:00am DMV Rep 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons	20 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting, 9:30am Memoirs 10:00am Literary Local – Timothy Morton 11:00am Elderlaw Clinic w/ Mark Hyjek* 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 Exercise Saturday, July 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 Homeowners & Renters Tax Assistance* 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing*	24 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 12:30pm Homeowners & Renters Tax Assistance* 1:00pm Bridge/Pinochle 1:00pm Meals Made Easy*	25 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Social Security Rep 12:30pm 55 Alive* 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	26 8:30am Intermediate Yoga 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm 55 Alive* 12:30pm Bingo 1:00pm Bridge Lessons 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 Medicine Education 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 Homeowners & Renters Tax Assistance* 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	31 9:00am Ceramics 9:00am SCD Board Meeting 9:00am Tai Chi 12:30pm Homeowners & Renters Tax Assistance* 1:00pm Bridge/Pinochle	Transportation Services 757-4408 Senior Center Offices 757-5696	*Indicates need to register in advance, and/or by appointment. Please call 757-5696	

July 2007

Menu subject to change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Creole Shrimp w/Peppers, carrots, onions, & mushrooms served over Rice Broccoli & Cauliflower Blend Wheat Roll Fresh Fruit	3 Celebrate the 4th Juice Patriotic Potato Salad Cheeseburger w/ bun, Lettuce, Tomato, Relish & Condiments Corn off the cob Watermelon	4 Independence Day Holiday Senior center closed	5 Managers Pork Special Whipped Sweet Potatoes Brussel Sprouts Cinnamon Raisin Bread Fresh Fruit	6 Chicken Salad Supreme Spring Mix Greens topped with Chicken Salad, Toasted Almonds and Mandarin Oranges Marinated Cucumbers & Tomatoes Seven Grain Roll Sugar Free Gelatin with Fruit
9 Marinated Herb Chicken Penne Pasta Mixed Vegetables Whole Wheat Bread Tropical Fruit	10 Confetti Coleslaw Western Sandwich BBQ beef on a roll Ranch Style Beans Fruit Crisp	11 AARP Potluck Juice Frittata w/Potato, Egg custard, Cheese, & Tomato Sausage Patty Sweet Potato Cinnamon Roll	12 Turkey Sandwich w/Lettuce, Mayonnaise, Pickles, Mustard on Rye Bread Three Bean Salad Ambrosia	13 Broccoli Salad Crispy Baked Fish w/Tartar Sauce AuGratin Potatoes Whole Wheat Roll Warm Cinnamon Apples
16 National Ice Cream Day Sweet N Sour Chicken Brown Rice Blend Key Largo Vegetables Bread Pears	17 Beef Ravioli Bake Steamed Fresh Zucchini Baguette Mandarin Orange Segments	18 Fruit Juice Seafood Salad w/Lettuce, Tomato, Egg, Carrots & Lemon Wedge Oyster Crackers Applesauce	19 Meatloaf with Gravy Whipped Potatoes Swiss Chard Honey Wheat Roll Cantaloupe Wedge	20 Moon Day Tossed Green Salad Honey Lime Chicken Confetti Pasta Cauliflower French Roll Pineapple Upside Down Cake
23 Beef Fajita Strips of Beef w/ Bell Peppers, Onion, Tomatoes, Cheese & Salsa Flour Tortilla Tex Mex Black Beans Mixed Fruit	24 Summer Turkey Citrus Salad Fresh Greens w/Turkey Breast, Orange Segments, Grapefruit, Cucumber, Red Onion, Feta Cheese and Tangy Citrus Dressing Hawaiian Roll Fruited Sugar Free Gelatin	25 Happy Birthday Fruit Juice Oven-Fried Chicken Macaroni Salad Peas & Carrots Biscuit Birthday Cake	26 Fruit Juice Spinach Salad Roast Beef w/AuJus Creamy New Potatoes Whole Wheat Roll Peaches	27 Lemon Pepper Fish w/Tarter Sauce Rice Pilaf Mixed Vegetables Whole Wheat Bread Fruit
30 Salisbury Steak w/Pearl Onions and Gravy Garlic Mashed Potatoes Green Beans Cracked Wheat Bread Blushed Pears	31 Summer Vegetable Salad Ham Sandwich on Sourdough w/Lettuce & Tomato Fruit Cocktail			

\$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