

Davis
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 XXXVI, Number 2

Office Fax: (530) 758-0463

February 2008

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/

SAFE DRIVING VIDEO



Recently featured in the Davis Enterprise, the CHP-sponsored video **“Taking Charge: How Seniors Plan to Get Around”** will be shown on **Tuesday, February 19 at 11:00 a.m.** at the Senior Center. Filming took place during our recent Transportation Fair and features familiar faces from Davis. This video offers tips and real life stories about how we can use the road safely.

VALENTINE'S PARTY

Celebrate Valentine's Day (a day late), on **Friday, February 15 beginning at 2:15 p.m.**

A talented student band from King High School (our neighbors) will entertain us with some swing tunes, world music and a few rock and roll classics. You can dance, or just come for the music and refreshments. It's free and everyone is welcome.

HEALTH SPEAKER SERIES

Cardiovascular Disease affects over 38 million adults over the age of 60. Join us on **Thursday, February 14 at 11:00 a.m.** as Sutter Health brings us an in-depth discussion about cardiac health issues. The speaker will be Dr. Elliott Wong, the Medical Director of Sutter Davis Hospital Cardiology Services.



Please call 757-5696 to reserve your space.

The Senior Center and Elderly Nutrition Programs will be **closed on Monday, February 18,** for the Presidents' Day Holiday.

Christine Helweg, Community Services Supervisor
Lisa DeAmicis, Information & Assistance Coordinator

SENIOR CENTER STAFF
Jan Butler, Senior Office Assistant
Leslie Nelson, Nutrition Site Manager

Marie Bischoff, Asst. Program Coordinator
Kay Jeffery, Travelaires Executive Director

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD LUNCH & BUSINESS MEETING

The Red Hat Society - DSC Rockers will gather on **Tuesday, February 5 at 11:15 a.m.** as part of the SCD monthly membership luncheon in support of the Woodland Red Hatters group, "The Sugar Time Follies" which will be singing and dancing to music of the 30s, 40s, and 50s.

The lunch menu will consist of spaghetti with meat or vegetarian sauce, green salad and garlic bread. (This is not a potluck) Coffee, punch and dessert will also be provided. The cost for the luncheon is **\$5.00**, and advanced reservations are required. No tickets will be available at the door. We thank Sierra Health Care Center for providing this month's meal.

Congratulations to our 2008 Board of Directors!

President -	Wes Penny
Vice President -	Jean Burke
Budget & Finance Director -	Ed Quinteros
Secretary -	Carolyn Simmons
Treasurer -	Carol Harting

Please save **Tuesday, March 4** for the next SCD Monthly Membership meeting and luncheon! Watch for more details on the bulletin board and in the March newsletter.

SUNSHINE LADY

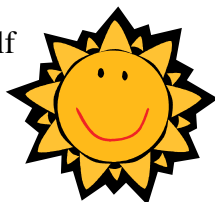
Sunshine report for the last half of December and first half of January. Cards were sent to the following:

Get well cards to Louise DeMasi, Roger White, Wes Penny, Carol Beals, Joyce Smith and Carolyn Beckett.

Thinking of you cards to Marie Privara and Noland Walker

Sympathy cards to Norma Quinn for the loss of two sisters and Carolyn Simmons for her brother, Roger White.

Contact the Liz Fisher if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer 758-3072.



NEW MEMBERS FOR NOVEMBER - DECEMBER

Please join us in welcoming the following new SCD members: Kelly McKee, Louis Mills and Chuck & Rose Glose, Patricia Armstrong, Richard & Dorothy Morrissey, Katie Silva, Michele Tordoir, Jacqueline & Edward Clemens, Louise Branam, Mary Rugo, Ann Richardson, Richard Bacon, Virginia Rogers, Carly Cobb, Helga Medearis, Ray & Loree Berg, Anita Lorraine, Mabel Sisemore, Ann Privateer, John & Joan Lopez and Herbert Okrongly.

IT'S SCD RENEWAL TIME!

Membership renewals will be accepted through mid-February, but after that, names of non-renewals will be removed from the master mailing list for the March issue of the newsletter.

Membership forms are located at each lobby entrance to the Senior Center, as well as online at www.cityofdavis.org/pcs/seniors Volunteers are also available in the A Street Lobby from 10:30 a.m. to 1:30 p.m., Monday through Friday, to assist you with any membership needs.

SCD BENEFIT BREAKFAST

Tickets are still available for the 2nd annual Applebee's Benefit Breakfast Event on **Saturday, February 9 from 8:00 to 10:00 a.m.** at the Davis Applebee's restaurant. Tickets are only **\$7.00** for adults and **\$5.00** for children, ages 10 years and under. Event proceeds will be used for the Dianne Hinsz Memorial Scholarship program for very-low income seniors

No tickets will be sold at the door. For more information, please contact Chris in the main office at 757-5696.

THE GIFT OF GIVING

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

AARP	\$100
Duplicate Bridge – Monday	\$ 72
Handy Helpers	\$ 10
Hem & Haw (SCD)	\$117
Information & Assistance	\$ 3
Medical Equipment Donations	\$218
Memoirs - Thursday & Friday classes	\$370
Miscellaneous	\$304
Monday Social Bridge	\$ 20
Nostalgics	\$ 15
Total	\$1,229

Thank you for your continued support

FRIENDSHIP CAFE

MEAL HIGHLIGHTS

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



Thursday, 2/14 – “Happy Valentine’s Day” Join us for this day of amore with ham with glaze & pineapple, candied yams, brussel sprouts, cornbread and a special dessert!

Wednesday, 2/27 - “Happy Birthday” Help us celebrate with fruit juice, pork roast with rosemary gravy, whipped sweet potatoes, zucchini, bread roll, and of course, birthday cake!

Friday, 2/29 – “Special Surprise Meal” Help us celebrate Leap Year with a surprise meal.

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*

DAVIS COMMUNITY TRANSIT

We hope everyone is well into the New Year and remaining healthy with the cold and rainy winter we’re having. We welcome our newest driver Meagan Mendoza to the DCT team! Meagan is a former Unitrans driver and has recently completed her DCT training. Last month Hannah Infante moved on from DCT and we would like to thank her for her service to our customers and DCT.

DCT continues to grow each year. Last year we provided 17,595 trips, up 1,407 trips from the previous year. Last year we drove 67,060 miles. That number is up 4,141 miles from the year before. As service continues to increase we appreciate our customers’ patience and adaptability. Change affects customers as well as staff, and it is important that we continue to work together as a team!

HEALTH & WELLNESS

SLOW & EASY – Fitness Class of the Month

Lost some of your get up and go? Find it again as instructor Lisa Boyce leads you through slow & easy movements, combined with gentle exercises, which help to increase joint flexibility, muscle strength, and stamina. Most exercises are done in a seated position. This is an ideal class for those who have arthritis and for those who use a cane or walker. The class is held on **Tuesdays & Thursdays, February 5-28 from 1:30-2:30 p.m.**, and advanced registration is required. The cost of the session is \$22 per person.

GAINING BALANCE!

Due to popular demand, instructor Marg Bartosek has added another Beginning Balance Workshop on **Monday, February 11 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!



Another Intermediation Level Balance Workshop will be offered on **March 3 from 1:00-2:30 p.m.** Participants will practice standing and walking with a narrow base of support, sitting and standing on more challenging surfaces, and continue practice in regaining balance and getting up from the floor.

Participants should have attended the beginning level Gaining Balance or have equivalent experience and be comfortable getting up from the floor with aid of a chair. Wear comfortable clothing in layers and bring a towel. Cost is \$10 per person.

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

INFORMATION & ASSISTANCE

TAX ASSISTANCE PROGRAM

The Senior Center is once again offering free tax preparation services by experienced volunteers. The services are scheduled on multiple days to allow maximum flexibility for participants. Appointments begin on **Monday, February 4 through Monday, April 14**. Appointments are one hour in length, and can be made by calling the office at 757-5696. Appointment times are offered as follows:

Mondays, 8:30 to 11:30 a.m.

Tuesdays, 1:00 to 5:00 p.m.

Wednesdays, 12:00 to 8:30 p.m.

Please remember to bring the following information to your appointment: 2007 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.

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 weather stripping, 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 GROUP - Wednesday, February 20 at 10:00 a.m.

BREATHERS SUPPORT GROUP - is held on the fourth Thursday of each month - **Thursday, February 28 at 1:30 p.m.**

HEARING LOSS SUPPORT GROUP - Tuesday, February 12 at 10:00 a.m. A representative from the California Telephone Access Program will demonstrate free phones for the hearing impaired.



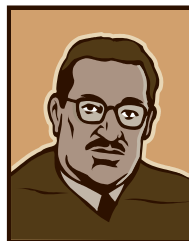
MEN'S SOCIAL GROUP - Wednesday, February 27 at 10:00 a.m. David Anderson will continue the series of presentations about the building of the Transcontinental Railroad. He will show slides and discuss the role of the Chinese workers this time.

PARKINSON'S SUPPORT GROUP - Tuesday, February 26 at 1:30 p.m.

TRANSITIONS GROUP - Wednesday, February 27 at 10:00 a.m.

VISION SUPPORT GROUP - Wednesday, February 13 at 10:00 a.m. If you need transportation from Davis to Woodland, West Sacramento or other locations outside the city, YoloBus and YoloBus Special might be able to help. Ellen Regalmuto, customer service representative from YoloBus, will speak at the groups meeting about the bus services. She will bring enlarged bus schedules and maps.

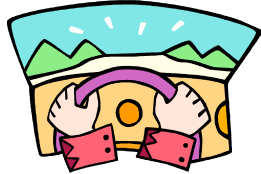
FEBRUARY IS BLACK HISTORY MONTH



TRANSPORTATION & DRIVER SAFETY INFORMATION

AARP Driver Safety Program

The AARP Driver Safety Program's newly reorganized class is now offered in a one-day, four-hour format. In this class, you will learn about:

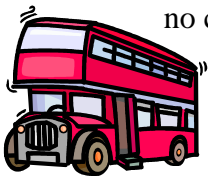


- the safest way to change lanes and make turns at intersections,
- the effects of medications on driving,
- minimizing the effect of dangerous blind spots,
- properly using safety belts, air bags, and anti-lock brakes,
- continuing to monitor your own and others' driving skills and capabilities.

The Drivers Safety Program is offered quarterly at the Davis Senior Center. The next class will be offered on **April 22**. The cost is \$10. If you are computer savy, you can take the course online and at your own pace. For more information about the online course go to www.aarp.org.

Bus Passes Available

Unitrans – Senior Passes for use on any of the Unitrans buses are available at the Senior Center at no cost for seniors 60+. These passes do not expire and can be replaced when worn out.



Davis Community Transit – 10-ride tickets are \$15 and 20-ride tickets are \$30. They are available for purchase at the Davis Senior Center front desk. For more information about Davis Community Transit, call 757-4408 or go to www.cityofdavis.org/pcs/transit

AAA Roadwise Review

Created by health and driving experts, this **computer program** provides seniors with the information they need to drive safely longer and make informed decisions about their fitness behind the wheel.

The review will help you:

- Identify health and fitness issues that affect your driving by enabling you to check visual, mental and physical responses.
- Identify steps to reduce your risk behind the wheel.
- Talk with your doctor about how to maintain your fitness to drive.
- Monitor your “drivng health” in privacy.



Appointments are available for Roadwise Review at the Davis Senior Center. It takes approximately one hour to complete the program and a printout of the results is given to the participant to protect your privacy. No other copies of the results are kept.


Safe Driving Video

We now have the CHP-sponsored video “**Taking Charge: How Seniors Plan to Get Around.**” As we age, we need to apply more caution – especially while driving. This video offers tips and real life stories about how we can use the road safely while we continue to drive and when we make the decision to no longer drive. We will be playing this video on **Tuesday, February 19 at 11:00 a.m.** You can also view the video online at www.chp.ca.gov on the home page under “In the CHP News...”



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.

Bridge Lessons-Heart #3 (Th, 9:30-11:30 a.m.)	Feb.7 – Mar 27 \$36 res/\$42/\$48 non-res
Bridge Lessons-Spade #4 (Th, 1:00-3:00 p.m.)	Feb.7 – Mar 27 \$36 res/\$42/\$48 non-res
Ceramics (T, 9-11:00 a.m.)	Ongoing – Join anytime! \$5 per month
Dance & Jam Session (F, 2:15-4:00 p.m.)	Feb. 8 & 22 No fee
Dynabands (MWF, 2-3:00 p.m.)	ongoing through Feb. 29 \$15 res/\$14/\$20 non-res
Feldenkrais (Cont. Students) (T, 10:15-11:15 a.m.)	Feb 5-26 \$18 res/\$24/\$30 non-res
Feldenkrais (New Students) (T, 11:30a.m.-12:30 p.m.)	Feb 5-26 \$18 res/\$24/\$30 non-res
Fitness for Life - AM (MWF, 7:30-8:30 a.m.)	Feb 1-29 \$30 res/\$36/\$42 non-res
Fitness for Life – PM (TTh 2-3:00 p.m.)	ongoing through Feb 28 \$30 res/\$36/\$42 non-res
Gallery Glass (M, 6:00 - 8:00 p.m.)	Feb 4 & 11 \$10 res/\$16/\$22 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
1-Stroke Painting (Th, 9-11:30 a.m.)	Feb 14 & 21 \$8 res/\$14/\$20 non-res
Slow & Easy (TTh, 1:30 – 2:30 p.m.)	Feb 5–28 \$22 res/\$28/\$34 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	Feb 5-26 \$17 res/\$23/\$29 non-res
Tap Dancing (M, 3:00-4:30 p.m.)	Ongoing – Join anytime! No fee
Walk n' Talk (MWF, 8:45-9:45 a.m.)	Ongoing – Join anytime! No fee
Yoga – Intermediate (MTh, 8:30-10:00 a.m.)	Feb 4 – Mar 3 \$56 res/\$62/\$68 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 a.m.)	Feb 4 – Mar 3 \$40 res/\$46/\$52 non-res

ONGOING MONTHLY ACTIVITIES

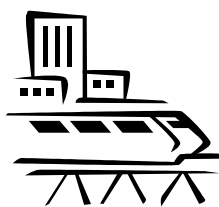
AARP POTLUCK

AARP's next meeting will be held at the Davis Senior Center on **February 13** beginning at **11:30 and lunch to be served at noon**. Our program will be Duncan McMartin playing his fiddle with Valentine's Day tunes.

Members should bring a guest and their own table service, food to share or a five dollar donation. Members with last names beginning A to G dessert--H to P hot dish---Q to Z salad. For more information please call Imogene at 796-3462.

ARMCHAIR TRAVEL PRESENTS...

Travel Safety For Seniors



travel.

On **Friday, February 8 at 10:00 a.m.** join Lisa Smith-Youngs of Eskaton Senior Connections as she brings us interesting and timely information to encourage safe and worry-free

SCD BINGO

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

BOOK REVIEW & SENIOR CENTER READS

Stan Forbes, owner of the Avid Reader at the Tower Bookstore in Sacramento, will be meeting to share hot new reads on **Tuesday, February 19 at 9:30 a.m.** During Senior Center reads, which starts at 10:30 a.m. he will be discussing the last book choice *Creation*. The new book choice is Ian McEwan's Booker Prize-nominated *Atonement*, a thoughtful and provocative book that has recently been made into a movie.

BRIDGE LESSONS

Heart Series #3 - This class is the third of the ACBL instructional series, and is designed for intermediate players who have completed the Club & Diamond Series or their equivalent. The primary emphasis of this class is the "Defense." This class is not recommended for players who have received no formal instruction on the game. The session will be on **Thursdays, February 7 - March 27 from 9:30-11:30 a.m.**

Spade Series #4 - This class is designed for the more advanced level student who has completed the Club, Diamond and Heart series or their equivalent. The primary emphasis on this class is to provide students with an introduction to "Conventions." This class is not recommended for players who have received no formal instruction on the game. The session will be on **Thursdays, February 7 - March 27 from 1:00-3:00 p.m.**

Advance registration is required for both sessions of bridge lessons. The cost is \$36 per person, per session, and advance registration is required.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, February 1 & 15 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club recently received a generous gift of about 40 books, mostly about Virginia genealogy, from the Friends of the Davis Library. These books have been cataloged and are now available for use. The club library is open for members and the public on **Wednesdays and Fridays from 1:00 to 4:00 p.m.**, and a club volunteer is available to assist with library resources.

Club meetings are held on the last Monday of every month. Our program on **February 25th at 1:00 p.m.** will be "**Ononymatolgy – the Science of Names.**" Our speaker, Donald MacRae, holds a PhD in etymology from the University of Edinburgh. Dr. MacRae's early interest in language and linguistics led to a broader interest in the origins of surnames, genealogy, heraldry and the history of Scottish Clans and Tartans. His professional background includes lecturing and

workshops, membership in various heraldic, genealogical and names societies.

To learn more about the Davis Genealogy Club, visit our website at www.davisgenealogy.org or call Lisa Henderson at 753-8943.

HEM & HAW

Are you looking for a way to spend those boring winter afternoons? Join a friendly group of knitters, crocheters and stitchers who meet each **Wednesday afternoon from 1:00 p.m. to 3:00 p.m.** For further information call Carol Harting 756-4654.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, February 11.** "Looking for Information on the Internet": What are effective ways of doing searches and interpreting what you find? Search engines, for example, find what you ask for but have you asked for what you really want to know?

For information, call Anne Hance 753-7265, Carol Harting 756-4654 or Lois Richter 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 12.** For more information, call Eric Thompson at 758-3098.

MEALS MADE EASY

Cathy Cassevah will be at the center with her popular cooking program on **Tuesday, February 19 from 1:00-3:00 p.m.** Please call the center at 757-5696 to register for this cooking event. First come, first served basis - limited space available.

ONE-STROKE PAINTING

Instructor Sandy Gray-Fitzpatrick will be demonstrating how to paint irises on **Thursday February 14 from 9:00 to 11:30 a.m.** On **Thursday, February 21** she will be demonstrating bird of paradise. The fee for 2-class sessions is \$8.00 per person or you may sign up for 1 class at a time for \$5.00 each. There are additional fees for materials and non-residents. For more information, please contact the Senior Center office. Advance registration is required.

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.**

The Nostalgics Singing Group will also be performing popular love songs on **Thursday, February 14** at approximately 11:30 a.m. during the Elderly Nutrition Lunch.

**RED HAT SOCIETY**

Don't forget that on the third Friday of each month, **February 15 from 1:00 – 3:00 p.m.** is our monthly 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's next meeting will be held **Tuesday, February 5 at 7:00 p.m.** For more information, call Anne Hance at 753-7265.

OIL & ACRYLICS

We paint at the Davis Senior Center every **Monday morning from 9:00 to 11 a.m.** All levels are welcome at our open studio. For information call Don Harting at 756-4654

WATERCOLOR PAINTING

Barbara Zane leads the seniors in the watercolor class in February. The class meets on Fridays around 9:00 a.m. to set up and visit. Class instruction begins at 9:30 a.m. and lasts until 11:30 a.m.

Matt Connors instructed in January. He demonstrated dropping of color into very wet areas as well as other techniques.

The group meets to have fun and relax while learning more about the watercolor medium. Please join us.

UPCOMING EVENTS**OSHER LIFELONG LEARNING INSTITUTE**

The final lecture in OLLI's public lecture series "Justice, Forgiveness and Reconciliation" will be held at the Davis Senior Center on **Tuesday, March 4 at 3:00 p.m.**

Larry Berman is a political science professor at UC Davis who has distinguished himself as an author of modern political history centered on the Vietnam War. His most recent book, *Perfect Spy: The Incredible Double Life of Pham Xuan An* (2007) tells the story of one man's place on both sides of the American War in Vietnam and his role in the reconciliation that is now beginning to heal the wounds. His work has been featured on C-Span's Book TV, the History Channel's Secrets of War, Bill Moyer's "The Public Mind" and David McCullough's *American Experience*.

This free lecture is co-sponsored by the Davis Senior Center and OLLI (Osher Life Long Living). The public is invited.

MISCELLANEOUS**LOST & FOUND**

Found: The Senior Center has collected many items in our lost & found closets which are unclaimed. All items are going to be placed in the 7th Street Lobby area during the **week of February 4**. We ask that you please browse through these items to check if any of these may belong to you. At the end of the week, all unclaimed items will be donated to a thrift shop.

Lost: We have had some items come up missing from the coat rack lately. Be careful what you leave there. Keep your valuables close by.

INTERESTING SPEAKER SERIES

A long time Davis resident, our former Mayor and current State Assemblywoman Lois Wolk will be at the Senior Center on **Friday, February 22 at 11 a.m.** to discuss issues affecting Davis seniors. Come and bring your questions.



CITIZENS WHO CARE BENEFIT CONCERT

Citizens Who Care presents its 16th annual benefit concert "It's Delovely!" The Great Songs of Cole Porter at the Veterans' Memorial Center Theatre in Davis on **Saturday, February 23 at 7:00 p.m., and on Sunday, February 24 at 2:00 p.m.**

Some of the cleverest, funniest, and most romantic songs ever written came from the pen of Cole Porter. He was unmatched as a tune-smith, and his Hollywood and Broadway musicals—*Kiss Me Kate*, *Anything Goes*, *Silk Stockings*, *Can-Can*, and *High Society*—set the standards of style and wit to which today's composers and lyrists aspire.

This year's performers are Joe Alkire, Bob Bowen, Gwyneth Bruch, Martha Dickman, Lenore Heinson, Lenore Sebastian, and Peter Shack, with commentary by Stephen Peithman and accompaniment by Jim Croghan.

All proceeds will benefit Citizens Who Care a nonprofit agency dedicated to improving the quality of life of the frail elderly and their families through social support programs and respite services. The concert is dedicated to Ethel and Carlos España long time supporters of Citizens Who Care programs and activities.

Tickets, \$25 general and \$15 students, are available at the Citizens Who Care office, 1260 Lake Blvd, Suite 208, Davis (Westlake Plaza, Stonegate Executive Offices second floor). For tickets and information call (530) 758-3704. Go to www.citizenswhocare.us for concert details and other information about Citizens Who Care.

2008 SENIOR ACADEMY

You are invited to join the Davis Police Department and the Yolo County District Attorney's Office at the Davis Police Station on **Thursday, February 28, at 9:00 a.m.** for the first "Senior Academy." Learn how to avoid some common fraud schemes aimed at older adults and what to do if you are the victim of a crime.

Presenters include Davis Police Detective Mike Munoz, Woodland CHP Commander Ike Iketani, members of the Davis Fire Department and Dave Edwards from the District Attorney. Registration is required as seating is limited. Please call Dave at 666-8416 to sign up.

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 1 – Hairspray – A musical about the early days of rock and roll and the persistence of racial prejudice. Stars John Travolta. (rescheduled from January)

February 8 – Amazing Grace – A drama about William Wilberforce, an evangelical British Parliamentarian who found his voice, and his anti-slavery cause, when his minister taught him "Amazing Grace."

February 15 – Ocean's Thirteen – Another sequel to the rat pack original starring George Clooney, Brad Pitt, Matt Damon, and the gang.

February 22 – A Mighty Heart – Angelina Jolie stars as the wife of journalist Daniel Pearl, who was kidnapped in Pakistan and executed.

February 29 – The Namesake – Critically-acclaimed tale of two generations of the Ganguli family as they emigrate from Calcutta to New York City, and the American-born son trying to balance his Bengali roots with his American lifestyle.

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.
- **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.

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.

“Wait List” means that the trip is sold out. If you wish to go on that particular trip, have your name placed on the wait list. If someone cancels, you will be called.

February 9 – The Moscow Circus – wait list.

February 14 – “Love is Just Around the Corner”

– Travel to the City by the Bay for Valentine’s Day. Lunch at Patio Español 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 13 – Double Delight in San Francisco – Bouquets to Art at the de Young Museum. One hundred floral arrangements complement particular pieces of art in color and design. An incredible array of visual delight! Then, at the Legion of Honor, see “Annie Liebowitz: A Photographer’s Life” which looks at 200 of her award-winning photos of icons of popular culture. Lunch on your own at either museum. \$75.

March 26 – April 2 – Savannah, Charleston & Atlanta – See the Old South in bloom with azaleas and cherry blossoms. Tour charming Charleston and Savannah by carriage. Dine at TV’s popular Paula Deen’s Lady and Sons Restaurant. Eat at Scarlet O’Hara’s aunt Pitty Pat’s Porch and other famous dining spots, including a dinner cruise on Charleston Harbor. Tour Atlanta including CNN Studios and Jimmy Carter Library. Non-stop flight. \$2650 pp dbl., ss add \$720.

April 17 – Cruise the Mothball Fleet – wait list.

April 22 – Locke – wait list.

May 14 – Hank Williams – Lost Highway – wait list.

June 17 – Chihuly at the de Young – Dale Chihuly is widely recognized as the most famous and influential glass artist working today. For more than four decades, he has been a pioneer of the contemporary studio crafts movement, working to transcend the barriers that traditionally separated craft objects from fine art sculpture. Then board the coach for a stop at Berkeley’s Fourth Street area for lunch on your own. \$71.

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.

DISASTER PREPAREDNESS CHECKLIST

Floods, fires, hurricanes, mud slides, snowstorms and tornadoes – every season has its share of natural disasters. While they cause suffering and harm every year, some of it can be prevented by prior planning and preparation. The American Red Cross urges all Americans to prepare a disaster supply kit.

Use this handy checklist to prepare your kit. The best place to store the items is in a plastic tub or trash bin with a cover or lid, a camping backpack, or in a suitcase or duffle bag.

WATER

- Store at least 3 Gallons of water per person per day
- Keep at least a 3-day supply of water
- Store water in clean plastic containers, such as plastic soft drink bottles
- Refill containers with fresh water every 6 months

FOOD

- Store at least a 3-day supply of nonperishable, ready-to-eat food:
- Canned meats, fruits, vegetables, juices
- Crackers
- Dried Fruit
- Dry cereal/granola
- Nonperishable pasteurized milk
- Nuts
- Peanut Butter
- Protein or Fruit Bars
- Vitamins

SANITATION

- Toilet Paper and Paper Towels
- Soap
- Toothpaste/Toothbrushes
- Plastic garbage bags and ties
- Disinfectant/household bleach
- Antibacterial hand wipes

CLOTHING AND BEDDING

- Changes of clothes, sturdy footwear and rain gear for each person
- Hat and gloves
- Blankets, sleeping bags, tents

ESSENTIALS

- Cash or travelers checks; credit cards
- Phone numbers and map for locating shelters and meeting places
- Landline, corded phone
- Flashlight and Radio with extra batteries

MEDICAL NEEDS

- First aid kit
- Copies of Insurance and Medicare cards
- List of doctors and emergency contacts
- Prescription medications
- Pain relievers
- Anti-diarrheal/antacid medications
- Hearing aids and extra batteries
- Spare eyeglasses, contact lenses and supplies
- Dentures
- Label Equipment: Wheelchair, Cane, Walker

IMPORTANT DOCUMENTS

Keep in a waterproof, portable container:

- Copies of: Will, insurance policies, contracts, deeds, stocks/bonds
- Copies of passports, Social Security cards, immunization records
- Bank account numbers, credit card numbers and companies
- Identification for each family member

TOOLS AND SUPPLIES

- Mess kits or paper cups; plates and plastic utensils
- Manual can opener; pocket knife
- Tools: pliers, wrench, screwdriver, hammer, crowbar
- Plastic sheeting and duct tape, compass, matches in a waterproof container, safety goggles, whistle, paper and pens
- Extra set of car keys
- Games, books

PETS

- Food and water
- Leash/harness; ID tags
- Medications
- Litter/pan

Elderly Nutrition Program in Yolo County
 People Resources, Inc.

Menu Subject to Change

February 2008

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>Special Note: The triangles (*) listed next to foods are for those people using our diabetes carbohydrate exchange system. We recommend the average person with diabetes to eat 3-4 "*" per meal and to save the rest of the "*" for an afternoon snack. An explanation of this new system is posted on the nutrition board at all congregate sites. Copies of the description can be delivered to home delivery participants if requested. As diet changes can help your diabetes, we recommend you show this to your doctor.</p> <p>Meal contains more than 1000mg of sodium.</p>					
				Savory Seafood Crepe 1 (contains shrimp) *Baked Squash* Key Largo Blend Vegetables+ *Rye Crisp Crackers Mixed Fruit 0	Reservations/ Cancellations <u>must be made by noon</u> the day before by calling the site: DAVIS SENIOR CENTER 646 A Street 757-5696 WEST SAC SENIOR CENTER 664 Cummins Way (916) 373-5819 KNIGHTS LANDING HARBOR APARTMENTS 9320 Mill St 662-7035 WINTERS COMMUNITY CENTER 201 Railroad Avenue 795-4241 WOODLAND SENIOR CENTER 2001 East Street. 661-5890 ESPARTO 662-7035
4 *Chicken Paprikash Served over Pasta Cauliflower+ *French Roll *Blushed Pears	5 SCD Potluck No ENP Meal Today- MOW Delivery Only	6 *Sweet & Sour Pork Fritter w/Pineapple & Bell Pepper+ *Brown Rice Blend *Asian Vegetable Blend *Dinner Roll *Banana+	7 Meatloaf w/Gravy *Mashed Potatoes+ Mixed Vegetables* **Multigrain Roll *Peaches	8 *Creamy Fish Chowder Caesar Salad* *Marinated Beets *Oyster Crackers *Fresh Fruit+	
11 Zesty Ranch Chicken *Macaroni and Cheese *Peas & Carrots* *Biscuit *Fruit Juice+	12 *Vegetable Soup* **Club Sandwich on Whole Wheat w/Lettuce, Mayo & Mustard **Raspberry Cream Gelatin+	13 AARP Potluck Today *Juice+ Lemon Herb Baked Fish w/Dill Sauce *Jazzy Rice Stewed Tomatoes+ *Whole Grain Roll	14 Happy Valentines Day *Ham w/Glaze & Pineapple *Candied Yams* Brussel Sprouts+ *Cornbread **Special Dessert	15 Country Fried Steak w/Creamy Gravy *Mashed Potatoes+ Steamed Spinach* *Baguette *Apricots*	
18 Presidents Day Holiday	19 Beef Stroganoff served over *Buttery Noodles Broccoli+ *7 Grain Roll *Fresh Fruit	20 **Twice Baked Stuffed Potato w/Toppings Scandinavian Blend Vegetables *Whole Wheat Bread *Mandarin Orange Segments+	21 Roast Turkey w/Gravy & Cranberry Sauce *Bread Stuffing **Baked Winter Squash* *French Roll *Tropical Fruit+	22 *Vegetable Collage Salad *Beef Barley Soup* *Half Tuna Fish Sandwich *Fruited Sugar Free Gelatin+	
25 *Fruit Juice+ Garlic Chicken *Stir Fried Rice *Sugar Snap Peas **Fortune Cookies **Tapioca Pudding	26 Breaded Fish w/Tartar Sauce *AuGratin Potatoes+ Green Beans w/Carrots*+ *Whole Wheat Bread *Mixed Fruit	27 Happy Birthday *Fruit Juice+ Pork Roast w/Rosemary Gravy *Whipped Sweet Potatoes* Zucchini *Roll **Birthday Cake	28 *Old Fashioned Stuffed Bell Peppers+ w/Beef & Orzo Chef Blend Vegetables *Soft Bread Stick *Blushed Pears	29 Special Surprise Meal Celebrate Leap Year!	ELDERLY NUTRITION PROGRAM WOODLAND 662-7035

\$2.50 SENIOR CONTRIBUTION

Mandatory charge of \$3.00 for Essential Volunteers (Under 60)

\$6.25 GUEST FEE for people under 60 unless accompanied by their senior spouse.

Davis Senior Center Activities - February 2008

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>Tax Assistance Appointments Mondays, 8:30 to 11:30 a.m. Tuesdays, 1:00 to 5:00 p.m. Wednesdays, 12:00 to 8:30 p.m.</p>		<p>1 7:30am Fitness for Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands Exercise</p>
<p>4 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:00pm Gallery Glass* 6:30pm Social Bridge</p>	<p>5 9:00am Ceramics 9:00am Tai Chi 11:30am SCD Business Mtg./Lunch 1:00pm Bridge/Pinochle 1:30pm Slow & Easy Exercise 2:00pm Fitness for Life 7:00pm Davis Dynamos 7:00pm Stamp Club</p>	<p>6 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors Mtg 10:00am AARP Board Mtg 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise</p>	<p>7 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 1:30pm Slow & Easy Exercise 2:00pm Fitness for Life</p>	<p>8 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs 9:30am Watercolor Painting 10:00am Travel Safety for Seniors 11:00am Elderlaw Appointments* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:15pm Jam Session & Dance</p>
<p>11 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Gaining Balance Workshop* 2:00pm Dynabands Exercise 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:00pm Gallery Glass* 6:30pm Social Bridge 7:00pm Internet Users Group</p>	<p>12 9:00am Ceramics 9:00am Tai Chi 10:00am Hearing Loss Support Group 10:15am Feldenkrais 10:30am Blood Pressure Check 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Slow & Easy Exercise 2:00pm Fitness for Life 7:00pm Mac Users Group</p>	<p>13 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Vision Support Group 11:30am AARP Potluck/Business Mtg. 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm East Coast Swing*</p>	<p>14 8:30am Intermediate Yoga 9:00am 1-Stroke Painting 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 11:00am Cardiovascular Disease Talk 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 2:00pm Fitness for Life 2:30pm Senior Commission Mtg.</p>	<p>15 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 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 Exercise 2:15pm Valentine's Party</p> <p>Saturday, Feb 16, 12:00 noon SCD Bingo</p>
<p>18</p> <p>Presidents Day Holiday</p> <p>Senior Center & ENP Closed</p>	<p>19 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 10:30am Senior Center Reads 11:00am Safe Driving Video 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Meals Made Easy* 1:30pm Slow & Easy Exercise 2:00pm Fitness for Life</p>	<p>20 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*</p>	<p>21 8:30am Intermediate Yoga 9:00am 1-Stroke Painting 9:00am HICAP Appts* 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 2:00pm Fitness for Life</p>	<p>22 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting, 9:30am Memoirs 11:00am Speaker Series - Lois Wolk 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:25pm Jam Session & Dance</p>
<p>25 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Genealogy Club Meeting 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>26 9:00am Ceramics 9:00am SCD Board Meeting 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Support Group 1:30pm Slow & Easy Exercise 2:00pm Fitness for Life</p>	<p>27 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Transitions Group 10:00am Men's Social Group 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*</p>	<p>28 8:30am Intermediate Yoga 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 1:30pm Breathers Support Group 2:00pm Fitness for Life</p>	<p>29 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise</p>