

Davis
Davis Senior Center
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Senior Scene

DAVIS SENIOR CITIZENS CENTER

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Travelaires: (530) 753-4159

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Office Fax: (530) 758-0463

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Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/



SCD BENEFIT BREAKFAST

Tickets are on sale now for our 2nd annual Applebee's Benefit Breakfast Event to be held on **Saturday, February 9**

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 – tickets are only **\$7.00** for adults and **\$5.00** for children, 10 years and under!

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 and a whole lot of fun!

Event proceeds will be used for the Dianne Hinsz Memorial Scholarship program, which assists very-low income seniors, 60 years or older, with financial assistance to participate in fee-based special interest or fitness classes offered at the Davis Senior Center.

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.

SCD MEMBERSHIP RENEWAL IS NOW!

Now is the time to renew your Senior Citizens of Davis membership and subscription to the *Senior Scene* newsletter for 2008. It is also the time for you to encourage family and friends to join as well! Your annual membership & subscription dues assist SCD in providing support to many of the programs and services offered here at the Senior Center.

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.

The Senior Center and Elderly Nutrition Programs will be **closed on Tuesday, January 1, 2008** for the New Year Holiday and on **Monday, January 21, 2008** for the Martin Luther King, Jr. 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

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

Proposed Slate of Officers for 2008

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

Following the business meeting, a very special "*Happy Birthday Elvis!*" show, starring Bobby West, will be presented. On display at the show will be a variety of "Elvis" related items from several private collections.

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

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

Please save **Tuesday, February 5** for the next SCD Monthly Membership meeting and luncheon! Watch for more details on the bulletin board in January and the February newsletter.

SUNSHINE LADY

Sunshine report for the last half of November and first half of December: cards were sent to the following:



Get well cards to Gloria Faupel, Louise DeMasi and Roger White.

(Information on thinking of you and sympathy is not available at this time.)

Contact the senior center if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer 757-5696.

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 and Michele Tordoir.

MANY THANKS

Thanks to all the seniors who participated and attended the New Member gathering on Wednesday, December 5. You all did a great job, and it was wonderful to meet so many of our new members!

Membership Committee

THE GIFT OF GIVING

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



Duplicate Bridge – Monday	\$ 60
Watercolor Art Group	\$250
Genealogy Club	\$300
Handy Helpers	\$ 30
Hem & Haw (SCD)	\$396
Information & Assistance	\$ 14
Medical Equipment Donations	\$275
Miscellaneous	\$536
Monday Social Bridge	\$ 20
Tap Dancers	\$ 40
Tuesday Pinochle Players	\$ 8
Total	\$1,929

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

FRIENDSHIP CAFE

MEAL HIGHLIGHTS

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

Wednesday, 1/30 “Happy Birthday” Help us celebrate with juice, glazed pork a la orange, cornbread stuffing, minty carrots, whole wheat 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, 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*



HEALTH & WELLNESS

HEALTH SPEAKER SERIES

On **Thursday, January 24 at 10:30 a.m.** Woodland Healthcare will be presenting a three-doctor panel discussing **stress, heart health, and nutrition.** Bring your

questions while we explore three topics of significance for seniors. Please call 757-5696 to reserve your space.



GAINING BALANCE – LEVEL 2 (Intermediate)

This workshop, to be held on **Monday, January 28 from 1:00-2:30 p.m.**, is a continuation class from the previous workshops held in November and December. In this session, 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 such as participation in Tai Chi, Feldenkrais Awareness Through Movement®, Fitness for Life, and be at least somewhat comfortable getting up from the floor with the aid of a chair. Wear comfortable clothing in layers and bring a towel. Be prepared to move and have fun!

The cost of the workshop is **\$10.00 per person**, payable in advance, and space is limited. For more information, call Marg Bartosek, Instructor, at 753-6060, or call the Senior Center at 757-5696.

NOTE: Gaining Balance 1 (Beginner) will be offered again in February for those who may have missed them at the end of 2007. It is open to new students or can be repeated to allow for more practice. Another Intermediate-level workshop will also be offered in February.

DAVIS COMMUNITY TRANSIT

Happy New Year! We hope you all enjoyed a wonderful holiday season. Last month we said goodbye to Heather Palmer and welcomed Amy Parkin. Heather will be in Peru for 6 months and then in San Francisco applying to the nurse midwifery program at UCSF. We wish her the best of luck and thank her for her 2 years of service at DCT. Amy came to us from Unitrans. Effective this month we are going to enforce our correct fare policy and only accept exact fare for your ride when you board the bus. It is necessary to have the exact fare as drivers do not make change and it has become an increasingly difficult problem to keep track of money owed to DCT by customers. We have had a flyer in all of the busses over the past 2 months to inform you of the fare policy. If you have any questions please feel free to call 757-4408.

PEDOMETERS IMPROVE HEALTH

Wearing a pedometer appears to motivate people to make healthier choices. A recent paper published in the Journal of the American Medical Association reviewed 26 studies on pedometer use. It found a clear association between regular pedometer use and a person's physical activity, body mass index and blood pressure. The study found that pedometer use was associated with an increase of about 2,000 steps per day. That's about a mile more of walking.

We hope this motivates you to use a pedometer regularly. If you don't have one, or if yours is not working, please drop by the senior center and pick up a free pedometer, along with a log sheet to keep track of your daily steps/miles. The free pedometers are funded through the senior center's Pehlke Pacers program, which relies on annual gifts from the family and friends of the late Charlotte Pehlke, a long-time center volunteer. A new shipment of pedometers arrived in December, so we have plenty. We even have a supply of "talking pedometers" for those who might have trouble seeing the readouts on the standard version.

Keep on walking!

**HELPING OTHERS**

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

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

INFORMATION & ASSISTANCE**ELDERLAW CLINIC**

Elderlaw attorney Mark Hyjek offers free consultations on **Friday, February 8 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 at the Senior Center on **Wednesday, January 23 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, January 16 at 10:00 a.m.

BREATHERS SUPPORT GROUP - is held on the fourth Thursday of each month - **Thursday, January 24 at 1:30 p.m.**

HEARING LOSS SUPPORT GROUP - Tuesday, January 8 at 10:00 a.m. (Please note new time)

MEN'S SOCIAL GROUP - Wednesday, January 23 at 10:00 a.m.

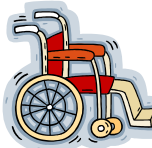
PARKINSON'S SUPPORT GROUP - Tuesday, January 22 at 1:30 p.m.

TRANSITIONS GROUP - invites you to join them on Wednesday, January 23 at 10:00 a.m.

VISION SUPPORT GROUP - Wednesday, January 9 at 10:00 a.m. Dave Edwards from the Yolo County District Attorney's Elder Protection Unit will speak about how to protect yourself from crime.

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.

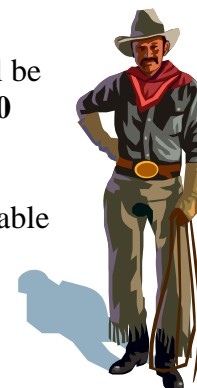
Bridge Lessons-Heart #3 (Th, 9:30-11:30 a.m.)	Feb.7 – Mar 27 \$36 res/\$42/\$48 non-res
Bridge Lessons-Spade #4 (Th, 1:00-3:00 p.m.)	Feb.7 – Mar 27 \$36 res/\$42/\$48 non-res
Ceramics (T, 9-11:00 a.m.)	Ongoing – Join anytime! \$5 per month
Dance & Jam Session (F, 2:15-4:00 p.m.)	Jan. 11 & 25 No fee
Dynabands (MWF, 2-3:00 p.m.)	Jan 2- Feb 29 \$15 res/\$21/\$27 non-res
Feldenkrais (T, 10:15-11:15 a.m.)	Jan 8 - 29 \$18 res/\$24/\$30 non-res
Fitness for Life - AM (MWF, 7:30-8:30 a.m.)	Jan 2- 30 \$30 res/\$36/\$42 non-res
Fitness for Life - PM (TTh 2-3:00 p.m.)	Jan 22 – Feb 28 \$30 res/\$36/\$42 non-res
Gallery Glass (M, 6:00 - 8:00 p.m.)	Jan 7 & 14 \$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.)	Jan 10 - 24 \$11 res/\$17/\$23 non-res
Slow & Easy (TTh, 1:30 – 2:30 p.m.)	Jan 8 – 31 \$22 res/\$28/\$34 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	Jan 8 - 29 \$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.)	Jan 3 – 31 \$56 res/\$62/\$68 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 a.m.)	Jan 3 – 31 \$40 res/\$46/\$52 non-res

SPECIAL ACTIVITIES

AARP POTLUCK

AARP's January meeting will be held **Wednesday January 9 at 11:00 a.m.** Our program will be "Cowboy Poems" by Bud Wolf.

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



AARP DRIVER SAFETY CLASS – IMPROVED!

A new driver safety class will be offered on **Tuesday, January 22 from 8:30 a.m. - 12:30 p.m.** The fee is \$10. To sign up please bring or send a check made out to AARP for \$10 per person.

ARMCHAIR TRAVEL PRESENTS...

Kenya – Primary School Project - Cathey Barzo returns to share what she discovered working with a school in the remote bushland of Kenya, just outside the famed Maasai Mara. Two hours from the nearest town, the Sekenani Primary School serves 400 Maasai children and consists of a handful of teachers and falling down buildings. Join us on **Friday, January 11 at 10:00 a.m.** Please call 757-5696 to reserve your space.

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 for 2008 with you on **Tuesday, January 15 at 9:30 a.m.** Then Senior Center Reads will follow at **10:30 a.m.** The book for the month is *Creation* by E. O. Wilson, a Pulitzer Prize winner. Books are available at the center, \$10 each.

BRIDGE LESSONS

Heart Series #3 - This class is the third of the ACBL instructional series, and is designed for intermediate beginner 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. This session will be offered 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. This session will be offered 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, January 4 & 18 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

FITNESS FOR LIFE - PM

Due to the popularity of this early morning class, the Senior Center has added a new afternoon class to begin in late January.

Beginning on **Tuesdays & Thursdays, January 22 – February 28 from 2:00-3:00 p.m.**, join personal trainer, Debbie Eernisse, as she leads you through choreographed exercises performed seated, standing, and occasionally on the floor using hand weights, ankle weights, balls, bands, and sometimes each other! The class is designed to build strength, increase flexibility, improve balance and coordination, enhance your health and lighten your mood.

The cost of the first session will be \$30 per person, and will continue on a monthly fee basis after February. Advanced registration is required and space is limited, so we encourage you to sign up early for this very popular fitness program!



GENEALOGY CLUB & LIBRARY

Davis Genealogy Club starts off the New Year with a program to be of great interest to club members and the larger community. This month's speaker will be Denise Griggs, founder and president of the African-American Genealogy Society of Sacramento. Ms. Griggs draws on over 25 years of research to provide us with information about African American Research and Source Documents. This is an opportunity to view familiar resources from a different perspective and learn about other source documents as well. Please join us on **Monday, January 28 at 1:00 p.m.**

The Genealogy Library is open for members and the public on **Wednesday and Friday from 1:00 to 4:00 p.m.** During library hours a volunteer is available to assist visitors in using library resources. To learn more about the Davis Genealogy Club and Library, visit our website at www.davisgenealogy.org. or call Lisa Henderson at 753-8943.

HEM & HAW

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, January 14.** "Open Session Q&A" - this informal program will allow participants to ask questions about any aspect of their Internet or computer use. We will communally do our best to address the questions helpfully but some may require different expertise that we can claim.

The Q&A sessions are usually well attended and most questions answered thoughtfully and well - so bring you problems or your unsatisfied queries and we'll tackle them together.

For more 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, January 8.** For more information, call Eric Thompson at 758-3098.

MEALS MADE EASY

Cathy Cassevah brings her popular cooking program back to the Senior Center in 2008 on **Tuesday, January 15 from 1:00-3:00 p.m.** Please call the center at 757-5696 to register for this popular cooking event. First come, first served basis - limited space available.

ONE-STROKE PAINTING

Instructor Sandy Gray-Fitzpatrick will be demonstrating the basics of 1-Stroke Painting on **Thursday mornings, January 10-24 from 9:00 to 11:30 a.m.** The fee for 3-class session is \$11.00 per person. 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.**

RED HAT SOCIETY

A special I-Hop breakfast is planned for **Thursday, January 10 at 9:30 a.m.** Call Joyce Penny by January 9 if you plan on going or if you have questions, 758-4757.

Don't forget that on the third Friday of each month, **January 18 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.

SLOW & EASY

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 from 1:30-2:30 p.m.**, and advanced registration is required. The cost of the session is \$22 per person for January 8-31.

STAMP CLUB

The Davis Stamp Club will not be meeting during the month of January due to the New Year's holiday. Their next meeting will be held Tuesday, February 5. For more information, call Anne Hance at 753-7265.

TREE PRUNING WORKSHOP

Do you have some trees that need pruning, but you're not quite sure how to make the proper cuts? Well, this workshop will demonstrate the proper pruning techniques for structure and form through slides, demonstrations on example trees, and hands-on practice. The class is team taught by the TREE Davis Executive Director and a certified Arborist. Class discussions will also include why we need to prune young & old trees, how to make good cuts, grafting, and proper staking. The cost is only \$17 per person, and will be held on either **Saturday, January 12 or 19 from 1:00 p.m. to 4:00 p.m.** Advance registration is required.

OIL & ACRYLICS

Looking for a creative New Year's Resolution? Oil & Acrylic painters are urged to make their resolution with us. 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

In January, Matt Connors will be our guest instructor. Bring your paints, brushes, paper, a water container and join this artistic group! No experience in watercolor is necessary. It is a time to paint and have fun!

UPCOMING EVENTS**TRAVEL SAFETY FOR SENIORS**

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 travel.

MISCELLANEOUS

LOST & FOUND

SCD President, Wes Penny is looking for the owners of the following items left behind at the China Festival of the Arts held in September. If any of the following items sound familiar, please contact Wes at 758-4757.

- 1) Large pink and lavender striped bag with handles.
- 2) Cloth bag from Holland American Line.
- 3) Cloth bag "Race Day for the Arts."

MINI MEDICAL SCHOOL

The UC Davis Health System is again offering a mini-medical school in 2008: "Medical Science and Aging: A mini medical school to prepare for life's second half." Geriatrician Michael McCloud hosts the series of classes that run Saturday mornings, Feb. 2 – March 8 at the UCD campus. Call (916) 734-6441 or visit their website at www.ucdmc.ucdavis.edu/minimed

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.

January 4 – Hairspray – A musical about the early days of rock and roll and the persistence of racial prejudice. Stars John Travolta.

January 11 – In the Land of Women – A young screenwriter leaves Hollywood to care for his ailing grandmother, and he becomes friendly with the family living across the street – a mother (Meg Ryan) and two daughters.

January 18– Talk to Me – Don Cheadle stars as the real-life Ralph Waldo "Petey" Green, an ex-con who becomes a popular radio personality and community spokesman in 1960s Washington D.C.

January 25 - The Hoax – Richard Gere stars in the story of a novelist who perpetrated a hoax in the 1970s by writing what he claims was the autobiography of Howard Hughes.

VOLUNTEER CORNER

CALLING ALL GARDENERS!

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

JANUARY LUNCHEON VOLUNTEERS NEEDED!

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

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

HEALTH INSURANCE COUNSELORS

The Health Insurance Counseling and Advocacy Program (HICAP) is looking for bright, energetic volunteers to assist people with Medicare issues.

- Are you looking for a meaningful way to "give back?"
- Do you enjoy working with seniors?
- We provide in-depth training; You help people in your community.

Training begins in January. Call (916) 375-3761 now for an application and more information.

ATTENTION & MEMORY STUDY

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

This is a paid advertisement and is not necessarily endorsed by the Senior Citizens of Davis or the Davis Senior Center.

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.

January 13 – Cliff House for Brunch and Special Exhibit at the deYoung Museum – Wait list.

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

February 9 – The Moscow Circus – Upholding the longstanding heritage and traditions of Russian Circuses, this new traveling show features second and third generations of Circus performers from around the world including graduates of the Moscow Circus College. Presented at the new Gallo Center for the Arts in Modesto. Lunch on your own at Tresettis. \$88.

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



February 18 & 19 – Snow Train – Wait list.

March 13 – Double Delight in San Francisco – Bouquets to Art at the de Young Museum. One hundred local arrangements complement particular pieces of art in color and design. An incredible array or 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 – A Spring Azalea Tour – Tour Atlanta, CNN Studios, Jimmy Carter Library, explore Charleston and Savannah (dinner at Paula Deen’s Lady & Sons Restaurant). See the old south in bloom with azaleas and cherry blossoms. See Travelaires office for all the details of this custom trip. \$2650 pp dbl., ss add \$720.

April 17 – Cruise the Mothball Fleet – Wait list.

April 22 – Locke – Guided tour of the historic Chinese town of Locke, lunch at Al the Wop. \$73.

May 14 – Hank Williams – Lost Highway – At the historic Fallon House Theatre in Columbia. Lunch included at Outlaws BBQ & Saloon. \$88.

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.

Elderly Nutrition Program in Yolo County
People Resources, Inc.

Menu Subject to Change

January 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. As diet changes can help your diabetes, we recommend you show this to your doctor.</p>	<p>1 Happy New Year Holiday</p>	<p>2 *Potato Enchilada Casserole w/Mild Chiles+ *Spanish Rice Mixed Vegetables* *Fruit Cocktail</p>	<p>3 *Fruit Juice+ Lemon Herb Baked Fish w/Dill Sauce *Jazzy Pasta Stewed Tomatoes+ *Whole Grain Roll</p>	<p>4 Country Fried Steak w/Creamy Gravy *Mashed Potatoes+ Steamed Spinach* *Baguette *Apricots*</p>	<p>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 ELDERLY NUTRITION PROGRAM WOODLAND 662-7035</p>
<p>7 Beef Stroganoff served over *Buttery Noodles Broccoli+ *7 Grain Roll *Fresh Fruit</p>	<p>8 SCD "Senior of the Year" & Elvis Birthday Luncheon</p>	<p>9 **Twice Baked Stuffed Potato w/Toppings Scandinavian Blend Vegetables *Wheat Roll *Mandarin Orange Segments+</p>	<p>10 Roast Turkey w/Gravy & Cranberry Sauce *Bread Stuffing **Baked Winter Squash* **French Roll *Tropical Fruit+</p>	<p>11 *Vegetable Collage Salad *Beef Barley Soup* *Half Tuna Fish Sandwich *Fruited Sugar Free Gelatin+</p>	
<p>14 **Greek Ravioli w/Creamy Feta Sauce Brussel Sprouts+ *Oat Bran Roll *Fruit Cocktail</p>	<p>15 Breaded Fish *AuGratin Potatoes+ Green Beans w/Carrots*+ *Whole Wheat Bread *Mixed Fruit</p>	<p>16 *Old Fashioned Stuffed Bell Peppers+ w/Turkey & Rice Chef Blend Vegetables *Cornbread Muffin *Blushed Pears</p>	<p>17 Tossed Green Salad **Spaghetti & Meatballs *Garlic Bread Stick *Pineapple Tidbits+</p>	<p>18 *Juice *Brunswick Chicken Stew w/Celery, Onions, Carrots*, Potatoes *Biscuit *Cinnamon Apples</p>	
<p>21 Martin Luther King Day Holiday</p>	<p>22 *Spinach Tomato Florentine Soup **Turkey Salad in Croissant topped w/ toasted almonds *Peaches N Cream Gelatin+</p>	<p>23 Roast Beef w/AuJus *Baked Potato w/Sour Cream *Peas & Pearl Onions *Whole Wheat Roll *Citrus Salad+</p>	<p>24 *Fruit Juice+ Chicken Fondue Bake *Brown Rice Blend Mixed Vegetables* *Rye Krisp Crackers</p>	<p>25 Nicki's Fantastic Coleslaw+ **Potato Crusted Ham & Cheese Pie O *Dinner Roll *Banana+</p>	
<p>28 Beef Pepper Steak w/Bell Peppers+ and Onions *Penne Pasta California Blend Vegetables* **Baguette *Applesauce</p>	<p>29 Oven Fried Chicken **Cowboy Beans Winter Blend Vegetables *Buttermilk Biscuit **Ambrosia+</p>	<p>30 Happy Birthday *Juice+ Glazed Pork a la Orange *Cornbread Stuffing *Minty Carrots* *Whole Wheat Bread **Birthday Cake</p>	<p>31 **Open Face Chicken Focaccia Melt *O'Brien Potatoes+ *Spinach Salad w/Orange Segment and Cranberries *Fresh Fruit</p>		

\$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 – January 2008

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year Holiday Senior Center & ENP Closed	2 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors Meeting 10:00am AARP Board Mtg. 1:00pm Hem & Haw 1:00pm Poker 1:00pm Genealogy Library Hours 2:00pm Dynabands	3 8:30am Intermediate Yoga 10:30am Chair Yoga 12:30pm Bingo 1:00pm HICAP Appts*	4 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 1:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands Saturday, Jan. 5, 9:30am SCD Garden Work Party
7 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands 3:00pm Tap Dancing 6:00pm Gallery Glass* 6:30pm Social Bridge	8 9:00am Ceramics 9:00am Tai Chi 10:00am Hearing Loss Support Group 10:15am Feldenkrais 10:30am Blood Pressure Check 11:30am Feldenkrais 11:30am SCD Lunch/Business Mtg. 1:00pm Bridge/Pinochle 1:30pm Slow & Easy 7:00pm Mac Users Group	9 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 1:00pm Genealogy Library Hours 2:00pm Dynabands	10 8:30am Intermediate Yoga 9:00am One-Stroke Painting* 9:30am Memoirs 9:30am Red Hats to I-Hop* 10:30am Chair Yoga 12:30pm Bingo 1:30pm Slow & Easy 1:30pm Joint Mtg with Senior Commission & City Council	11 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am SCD Board Training Mtg. 9:30am Watercolor Painting 9:30am Memoirs 10:00am Armchair Travel – Kenya* 12:15pm Video Movie 1:00pm Nostalgics 1:00pm Genealogy Library Hours 2:00pm Dynabands 2:15pm Jam Session & Dance*
14 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands 2:00pm Legal Asst.* 3:00pm Tap Dancing 6:00pm Gallery Glass* 6:30pm Social Bridge 7:00pm Internet Users Group	15 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 10:30am Senior Center Reads 11:30am Feldenkrais 1:00pm Meals Made Easy* 1:00pm Bridge/Pinochle 1:30pm Slow & Easy	16 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 1:00pm Genealogy Library Hours 2:00pm Dynabands	17 8:30am Intermediate Yoga 9:00am One-Stroke Painting* 9:00am HICAP Appts* 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:30pm Slow & Easy	18 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting, 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00pm Genealogy Library Hours 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands Exercise Saturday, Jan 19, 12:30 pm SCD Bingo
21 Martin Luther King, Jr. Birthday Holiday Senior Center & ENP closed	22 8:30am AARP Driver Safety Class* 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 2:00pm Fitness for Life – PM*	23 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Social Security 10:00am Men's Group 10:00am Transitions Group 1:00pm Hem & Haw 1:00pm Poker 1:00pm Genealogy Library Hours 2:00pm Dynabands 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	24 8:30am Intermediate Yoga 9:00am One Stroke Painting* 9:30am Memoirs 10:30am Chair Yoga 10:30am Health Speakers on Stress, Heart Health & Nutrition* 12:30pm Bingo 1:30pm Slow & Easy 1:30pm Breathers Support Group 2:00pm Fitness for Life – PM*	25 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 1:00pm Genealogy Library Hours 2:00pm Dynabands 2:15pm Jam Session & Dance
28 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Genealogy Meeting 1:00pm Balance Workshop* 2:00pm Dynabands 3:00pm Tap Dancing 6:30pm Social Bridge	29 9:00am Ceramics 9:00am SCD Board Meeting 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Slow & Easy 2:00pm Fitness for Life – PM*	30 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Fitness Walk 1:00pm Hem & Haw 1:00pm Poker 1:00pm Genealogy Library Hours 3:00pm Dynabands 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	31 8:30am Intermediate Yoga 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:30pm Slow & Easy 2:00pm Fitness for Life – PM*	Transportation Services 757-4408 Senior Center Office 757-5696 * Indicates need to register in advance, and/or by appointment. Please call 757-5696