

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

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www.cityofdavis.org/pcs/seniors/



CELEBRATE ST. PATRICK'S WITH SCD!

Break out your lucky shamrocks a few days early, and join us for a special St. Patrick's Day session of the "Jam Session & Dance" **Friday, March 14, 2:30 – 5:30 p.m.** Citizens of Davis (SCD) is sponsoring this expanded event, providing hors d'oeuvres and a party atmosphere to please all comers. Wear your green, brush off your dancing shoes (or at least be ready to tap your feet!), bring your appetite, and prepare for a good time! There's no charge, but please sign up by Friday, March 7 in the main office so that we know how much food to order!



SCD has planned this afternoon event in lieu of the usual evening St. Patrick's dinner/dance, knowing that many members prefer daytime parties. Our dancing members who have attended the dinner/dance in the past are encouraged to attend this new event. Please call Wes Penny or Chris Helweg at 757-5696 with any questions.

NEW MEMBERS GET TOGETHER

New members should mark their calendars for a get together at the Senior Center on **Wednesday, March 26 at 10:00 a.m.** This will be a great opportunity for you to meet other SCD members, new and experienced, as well as a chance to meet some of the Senior Center Staff. Your invitation will be coming in the mail so watch for more details soon!

Special Programming Note

Activities usually held in the Valente Room & Lounge on Thursdays and Fridays will be cancelled March 27 and 28 due to annual floor maintenance. We appreciate your understanding.

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD LUNCH & BUSINESS MEETING

Join SCD at this month's membership luncheon beginning at **11:30 a.m. on Tuesday, March 4**. Our entertainment for the month will include the "El Dorado Scandinavian Dancers" featuring our very own members, Donna & Jerry Herman.

Our lunch menu will consist of a variety of entrees, vegetables, breads and desserts, as well as the customary coffee and punch. The cost for the luncheon is **\$5.00**, and advanced reservations are required. No tickets will be available at the door. SCD would like to extend our thanks to Atria Covell Gardens for sponsoring this month's lunch.

2008 Board of Directors

<i>President -</i>	<i>Wes Penny</i>
<i>Vice President -</i>	<i>Jean Burke</i>
<i>Budget & Finance Director -</i>	<i>Ed Quinteros</i>
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<i>Kitchen Services -</i>	<i>Vacant</i>
<i>Past President -</i>	<i>Vacant</i>

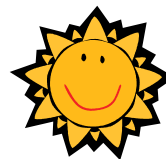
Please save **Tuesday, April 1** for the next SCD monthly membership meeting and luncheon! Watch for more details on the bulletin board and in the April newsletter.

NEW MEMBERS FOR JANUARY-FEBRUARY

Please join us in welcoming the following new SCD members: Robert S. Brown, Alice Steiner, Jack & Gale Chapman, Marta Beres, Bob Angel, Phyllis Barton, Bea Vincent, Isabel Snow, Lila Brown, Barbara Thomas, Bob & Elizabeth Sagehorn, Mildred Hoertling, Mary Glasson, Mizuho Iwamoto, Lynn Evert, Elroy & Elaine Gloystein, Elaine Rock and Gerald & Helen Ling.

SUNSHINE LADY

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



Get well cards to Trudi Senftleben and Jill Grubbs.

Thinking of you cards to Bill & Ruth Griggs.

Sympathy cards to Verna Travell for loss of her daughter and Lucille Schick for loss of her husband Frank.

Contact the Eileen Byrne if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer 753-3955.

SCD BOARD OF DIRECTORS NEWS

SCD is pleased to announce the appointment of Eileen Byrne as the new SCD Sunshine Chair. With the recent passing of Louise DeMasi, the Board is truly grateful for her years of service as our Sunshine Lady, as well as to Liz Fisher who generously assumed this responsibility in Louise's absence.

SCD is also pleased to announce the appointment of Liz Fisher to the Secretary position for 2008, pursuant to the SCD Bylaws Article III Section 5 and 8. Former Secretary Carolyn Simmons found it necessary to resign just after being re-elected into office in January, and we are all grateful for her service throughout 2007.

Please join us in welcoming our new members to the team, and we look forward to serving the SCD membership over the coming year!

ST. PAT'S DINNER PARTY CANCELLED

This year, the SCD Board of Directors has decided not to celebrate St. Patrick's Day with the customary evening dinner dance. The Board acknowledges that many of you may miss this long-standing event, however, there were several circumstances surrounding the timing of this event that made it very difficult to implement this year.

As an alternative, SCD will be hosting an afternoon "*St. Pat's Dance & Hors d'oeuvres*" event on **Friday, March 14** (details on front page). The SCD Board of Directors is also making plans for another evening event to be held later in the year. Please stay tuned for more details in future newsletters, and thank you again for your understanding and support for SCD activities.

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, 3/20 – “Easter Dinner” Join us for fruit juice, baked ham with raisin sauce, whipped sweet potatoes, green beans almondine, dinner roll and coconut cream pie.

Wednesday, 3/26 - “Happy Birthday” Help us celebrate with juice, old fashioned meatloaf with gravy, whipped potatoes, Capri blend vegetables, baguette and 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*

THE GIFT OF GIVING

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



Duplicate Bridge – Monday	\$ 63
Handy Helpers	\$ 35
Hem & Haw (SCD)	\$202
Information & Assistance	\$ 11
Medical Equipment Donations	\$175
Memorial Donations	\$690
Miscellaneous	\$ 64
Monday Social Bridge	\$ 25
Nostalgics	\$ 18
Tuesday Pinochle Players	\$ 11
Watercolor Class	<u>\$100</u>
Total	\$1,394

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

INFORMATION & ASSISTANCE

2008 RESOURCE GUIDE

It's time to pick up your copy of the new *2008 Yolo County Senior Resource Guide*. Single copies of the guide are available free at the front desk of the senior center. You may also access the guide online at www.cityofdavis.org/seniors and click on "Senior Resource Guide."

The guide is filled with the names, phone numbers and websites of a multitude of services and programs for older adults in Yolo County. You'll find resources for counseling, health care, legal assistance, transportation and many other needs in this handy 20-page document.

DRIVER SAFETY CLASSES

AARP's 8-hour Driver Safety course will be offered at the Davis Senior Center on **Wednesday, March 19 and Thursday, March 20, 12:30 - 4:30**. This course is for people who are taking it for the first time, or those who have not taken the course within the past 4 years. (Check with your insurance company for the date of your last certification.)

TAX ASSISTANCE PROGRAM

The Senior Center is continuing to offer free tax preparation services by experienced volunteers. The services are scheduled to allow maximum flexibility for participants. Appointments are one-hour in length, and are available through **Monday, April 14**. To schedule an appointment, please call 757-5696. Appointment times are 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.
Beginning March 21, Fridays
8:30 to 11:30 a.m.
(See article on page 8)

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.

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, March 19 at 10:00 a.m.

BREATHERS SUPPORT GROUP - Thursday, March 27 at 1:30 p.m.

HEARING LOSS SUPPORT GROUP - Tuesday, March 11 at 10:00 a.m. Davis resident Sara and her hearing dog Bogie will be the guests at the March meeting.

MEN'S SOCIAL GROUP - Wednesday, March 26 at 10:00 a.m.

PARKINSON'S SUPPORT GROUP - Tuesday, March 25 at 1:30 p.m.



PROSTATE SUPPORT GROUP - Monday, March 10 at 6:30 p.m. This first meeting of the group at the senior center will extend support to survivors who are coping with side effects, or to others who need information regarding various treatments. The group has case histories from survivors that may help others. The group's purpose is to provide aid and comfort to men with men who have walked the path.

TRANSITIONS GROUP - Wednesday, March 26 at 10:00 a.m. Whether you're dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, this group is a great place to find insight and support.

VISION SUPPORT GROUP - Wednesday, March 12 at 10:00 a.m. Outreach librarian for the State Talking Book Library will discuss their services and recent updates in technology. (There are only two meetings left of this group until facilitator Lynne Kelleher steps down.)

TRANSIT NEWS & UPDATES

DAVIS COMMUNITY TRANSIT

This month we would like to welcome Josee Rivera to the Davis Community Transit (DCT) team. Josie is a UCD graduate, and worked for Unitrans. She will now be working primarily on the weekends for DCT. We also said goodbye to Shaun Valcho at the end of February. Shaun is now employed full-time as an assistant manager at Abercrombie Kids in Roseville. Although Shaun was only with us for a few months, we appreciate his service to the customers and DCT.

We would like to thank everyone for having exact fare when you board the bus. Drivers do not carry change and it is necessary to have correct change when the driver picks you up. Our fare policy requires that customers pay for the service upon boarding, and it helps us maintain accurate recordkeeping when the policy is adhered to.

SUNDAY RIDES

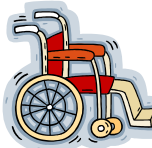
Unitrans has launched a new Sunday shuttle service that will run from 9:00 a.m. to 3:00 p.m. through the academic year on a trial basis. The shuttle picks passengers up from any Unitrans bus stop and drops them off at another bus stop (not at your home). The shuttle van will be dispatched as needed to serve as many ride requests as possible. To request a ride, call the special Uni-ride number, 754-HERE (4373), at least one hour in advance. Continuation of the shuttle service will depend on demand.

AAA ROADWISE REVIEW - A TOOL TO HELP SENIORS DRIVE SAFELY LONGER

Have you ever wondered about your driving abilities? Well, now you can test your driving skills conveniently and confidentially! The Senior Center is offering periodic appointments to use this interactive CD-ROM computer program, produced by the American Automobile Association. You do not need to be computer savvy for this assessment. We have a volunteer to help you with every step. For more information or to schedule your appointment, please call the office at 757-5696.

SERVICES & ADVOCACY

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

- **INFORMATION & ASSISTANCE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by American Medical Response (AMR) Ambulance Services on the **second Tuesday of every month, 10:30 – 11:00 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** - Resource specialist Peggy Phelps is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Single copies available at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/, then click on the right column on Senior Resource Guide.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer counselor. First and third Thursdays of each month.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call 757-5696 for available appointment times.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter changed? These and other minor home repairs can be done through Handy Helpers program.
- **MEDICAL EQUIPMENT LOANS** - Before buying wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet. For a small donation, you can borrow the items you need. 
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full amount of a class for those who can't afford it. To be eligible, your annual income must be below \$23,000 for an individual or \$26,300 for a couple. Scholarships are available up to a maximum of \$150 per calendar year, and can only be used for the cost of the class, excluding materials fees. For more info, call 757-5696.
- **SENIOR CITIZENS COMMISSION** - The commission meets on the **2nd Thursday of each month at 2:30 p.m.** The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at www.cityofdavis.org/meetings
- **SHOPPING SERVICE** - UCD student volunteers will take your order, do your grocery shopping and deliver to your home. For more information, call Lisa at 757-5696.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **VETERANS' SERVICES** - Consultations on services available to veterans on **Mondays from 8:30 to 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent's and survivor's benefits, health care, prescription drugs and life insurance are just some of the areas available. While consultations are on a drop-in basis, we encourage you to call to confirm the Veterans' representative will be on-site before coming. For more information, call 406-4850.

SPECIALTY CLASSES

Registration for ongoing special interest classes is accepted at City Hall, the Senior Center office or on-line at www.cityofdavis.org/webreg. For more information, call 757-5696, or refer to the City's Winter/Spring 2008 Recreation Schedule.

Ceramics (T, 9-11:00 a.m.)	Ongoing – Join anytime! \$5 per month
Dance & Jam Session (F, 2:15-4:00 p.m.)	March 14 & 28 No fee
Dynabands (MWF, 2-3:00 p.m.)	March 3 thru April 30 \$15 res/\$21/\$27 non-res
Feldenkrais (Cont. Students) (T, 10:15-11:15 a.m.)	March 4-18 \$14 res/\$20/\$26 non-res
Feldenkrais (New Students) (T, 11:30a.m.-12:30 p.m.)	March 4-18 \$14 res/\$20/\$26 non-res
Fitness for Life - AM (MWF, 7:30-8:30 a.m.)	March 3-31 \$33 res/\$39/\$45 non-res
Fitness for Life – PM (TTh 2-3:00 p.m.)	March 4-27 \$20 res/\$26/\$31 non-res
Gallery Glass (M, 6:00 - 8:00 p.m.)	March 3 & 10 \$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.)	March 13 & 20 \$8 res/\$14/\$20 non-res
Slow & Easy (TTh, 1:30 – 2:30 p.m.)	March 4-27 \$22 res/\$28/\$34 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	March 4-25 \$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.)	March 6-31 \$56 res/\$62/\$68 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 a.m.)	March 6-31 \$40 res/\$46/\$52 non-res

BALLROOM DANCING & EAST COAST SWING

Learn to dance with grace & style with Instructor Barbara Nicholas from the Dancing Tonight Studio in Davis. These two fabulous classes, offered on **Wednesday evenings, beginning on March 5 – April 2**, will have you dancing like the stars in no time at all! Traditional ballroom dances, such as the waltz, fox trot, cha cha, rumba, and tango are featured in the early class offered from **7:00-8:00 p.m.** The later class, from

8:00-9:00 p.m., will teach you the basics for the East Coast Swing.

No partners are required for either class, and the fee is \$36 per person. Advanced registration is required. For more information, you can stop by the Senior Center office.

ONE-STROKE PAINTING

Instructor Sandy Gray-Fitzpatrick will be demonstrating how to paint landscapes on **Thursday, March 13 from 9:00 to 11:30 a.m.** On **Thursday, March 20** she will be demonstrating tropical fish. 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.

GOLF LESSONS

Wildhorse Golf Course is once again offering their spring golf series for older adults beginning **April 15 - May 1 on Mondays and Wednesday mornings from 8:30-9:30 a.m.** A second session will also be offered May 6–22 on the same day & time listed above. The fee is \$75 per person and includes all necessary equipment. Advanced registration is required. For more info, call the Senior Center office at 757-5696.



ONGOING MONTHLY ACTIVITIES

AARP POTLUCK

AARP's next meeting will be held at the Davis Senior Center on **Wednesday, March 12 beginning at 11:30** and lunch will be served after the program. Our program will be Dave Braunstein and the subject will be health care legislation.

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 salad---H to P dessert---Q to Z hot dish.

For more information please call Imogene at 796-3462.

ARMCHAIR TRAVEL PRESENTS...

On **Tuesday, March 18 at 10 a.m.** Elaine Albertson of Davisville Travel will be here to talk about what's new in travel, where people are traveling to and how travel has been changing. Bring your questions.

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

Stan Forbes, owner of the Avid Reader at the Tower Bookstore in Sacramento, will be meeting to share hot new reads on **Tuesday, March 18 at 9:30 a.m.** Atonement is the current book being read. We have copies at the center for \$12.

CURRENT EVENTS DISCUSSION GROUP

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

HEM & HAW

Our glass case in the lobby is almost empty! We need new ideas of what people would like to see/buy during the coming year so we can keep our group busy. All the proceeds from sales go to SCD. We meet each **Wednesday afternoon from 1:00 p.m. to 3:00 p.m.** Come join our friendly group. For more information or to share your ideas, call Carol Harting at 756-4654.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, March 10.** "How to Receive Podcasts and Streamed Radio and Video on Your Computer" is our topic. For those who have fast Internet connections, such as DSL or cable, podcasts and streamed video or voice broadcasts are becoming a very popular way of catching favorite programs live or from an online archive. The garden show you missed is probably only a click away! You'll not learn how to prepare your own podcast but will find out how to download and manage podcasts,

streaming talks and videos that are available on the Internet via the Web. For information, call Anne Hance 753-7265 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, March 11.** 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, March 18 from 1:00-3:00 p.m.** She will be making broccoli and cheese casserole. Please call the center at 757-5696 to register for this cooking event. First come, first served basis - limited space available.

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

On **Monday, March 10 at 11:30 a.m.** some of the DCS "Rockers" will meet for lunch at "Wok of Flame" at 417 Mace Boulevard, Suite H. You enter the first Shopping Center entrance on Mace after crossing the freeway. (Same shopping center as Nugget Market on Mace Blvd.) If you will attend, please call Joyce at 758-4757 by March 8. The menu is posted on the SCD Bulletin Board at the center.

Don't forget that on the third Friday of each month, **March 21 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, March 4 at 7:00 p.m.** For more information, call Anne Hance at 753-7265.

PAINTING WITH OIL & ACRYLICS

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

WATERCOLOR PAINTING

Betty Berteaux will teach this month's painting class on Friday mornings at the Senior Center. Class begins at **9:30 a.m.** and ends around 11:30 a.m.. Many participants come around 9:00 a.m. to set up and visit.

Bring paints, brushes, paper, a container for water, a pencil and sketch book or a few pieces of paper and an adventurous spirit. The helpful teacher, friendly painters, a comfortable set up and a well lighted room await you.

GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club library is on Wednesday and Friday from 1:00 to 4:00 p.m. During these hours library volunteers are available to help with questions. Club meetings are held the last Monday of every month.

On **March 31, at 1:00 p.m.** our speaker will be Carol Williams Gebel, curator of world textiles at the CSUS library. Her topic will be "Roots and Quilts: The Genealogy of Quilters." Ms. Gebel became interested in quilts after receiving two antique quilts made by a great-great grandmother and has found the study of quilts and of genealogy to be surprisingly interlinked. She will bring several quilts to illustrate how she uses genealogical techniques and resources to research 19th century quilts.

To learn more about the club you can 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.

PEN PALS NEEDED

We will be continuing our pen pal program with a new class and have 28 second grade students eager to participate. This is a larger group than last semester and so we are in need of more pen pals.

We plan on exchanging one letter each month and meeting in person once in March and again in June. This is a fun program! If you are **not already signed up** and would like to participate, call Marie at 757-5696.

MISCELLANEOUS**SCD BENEFIT BREAKFAST**

A special thank you to everyone who came to this year's fundraising breakfast event – we were able to raise over \$710! We hope that everyone enjoyed themselves and hopefully we will see all of you again in 2009s. And a big thanks to Applebee's, which donated 100% of the proceeds to SCD to support the Dianne Hinsz Memorial Scholarship program which provides financial assistance to low income seniors to attend programs and services offered through the Davis Senior Center.

Also congratulations go out to our three door prize winners, (*Billy Hicks, Ruth Haynum, and Jessie Wesnowsky*), who all received a complimentary Applebee's Gift Certificate.

**IRS STIMULUS PAYMENT**

Attention Seniors! You must file a 2007 tax return to receive the IRS "Stimulus Payment."

The tax volunteers in Davis, Woodland and Winters will be scheduling appointments for persons who have not filed tax returns (low income and retirees). We will file Form 1040a so you can participate in the Stimulus Payment program we have been hearing about. In Davis, we will be scheduling appointments on Friday mornings beginning **March 21**.

You must have at least \$3000 in earned income, Social Security (SSI does not count), Tier 1 Railroad Retirement, self-employment, Veterans Disability and Death Benefits, non-taxable combat pay.

You must bring valid Social Security cards for all family members (ITIN, ATIN and IRS issued identification numbers are not eligible.).

Call the Davis Senior Center (756-5696), Woodland Senior Center (661-5890) or Winters Community Center (795-4241) for an appointment.



INTERESTING SPEAKER SERIES

Dr. Gregory Clark, A Professor of Economics at UC Davis will speak on **Tuesday, March 11 at 10:30 a.m.** Author of the book "A Farewell to Alms: A Brief Economic History of the World," Dr. Clark will be discussing the importance of labor in economic development, and how culture explains the wealth and the poverty of nations. Join us for this timely discussion.

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 2:30 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.

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

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.

March 7 - Ratatouille – Pixar animation tale of a rat who wants to be a chef.

March 14 - La Vie En Rose – About French singer Edith Piaf. In French with English subtitles.

March 21 - Waitress – A waitress in a small town diner who has a jerk for a husband and an amazing ability to bake delicious pies.

March 28 - The Bourne Identity - A man is picked up by a fishing boat, bullet-riddled and without memory, then races to elude assassins and recover from amnesia.

UPCOMING EVENTS**15TH ANNUAL INTERNATIONAL PARTY**

New Date & Time! The Senior Center will host the 15th annual International Party on **Wednesday, April 30, 3:30-5:30 pm.** This traditional event will be undergoing some changes this year, but we are sure that in the end, you will be pleased and entertained!

Tickets go on sale beginning **Monday, March 31** at the senior center office. So mark your calendars & we hope to see you there!

BONE DENSITY SCREENING

Thanks to Soroptimist International of Greater Davis, free bone density screenings will be available at the senior center on **Tuesday, May 21, 10:00 a.m. to 2:00 p.m.** This annual screening can help to determine if you are at risk for the bone-thinning disease, osteoporosis. The non-invasive wrist scan takes only a few minutes, and you will receive a printout of the results. A copy will be mailed to your doctor if you provide the address. Appointments are required. Call 757-5696.

NATIONAL SENIOR HEALTH & FITNESS DAY!

Mark your calendars for **Wednesday, May 28** as we will celebrate National Senior Health & Fitness Day. This day will be filled with activities and fitness/exercise education materials, and we encourage everyone to join us for our annual fitness walk.

For more information about this event, look for more details in the April and May newsletters.

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.

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.

May 27 – Angel Island Take the ferry from Tiburon to Angel Island, the “Gateway to the West.” A tram with on board guide will give us a tour of the island. Learn the history of the Civil War Encampment, Camp Reynolds and the Bake House. Hosted picnic lunch at Cove Café. Free time to explore the quaint village of Tiburon. \$95.

June 12 – Gold Country Casino Four hour stay at the casino. \$10 play card. Depart Senior Center at 9:00 a.m. and return at approx. 5:00 p.m. \$20.

June 17 – Chihuly at the de Young – See the works of this immensely popular and widely recognized glass artist. You will be amazed. Afterwards, 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.

July 19 – Nordstrom in San Francisco – It’s shopping time again! Nordstrom welcomes us in their hospitality suite with a gift bag, coffee and pastries and \$8.00 luncheon certificate. Bloomingdale’s and many other shops are also located in the Westfield Mall. \$35.

August 5 - “See It For Reel” With our favorite guide, Craig Smith, see the locations of many movies. Beginning with The Jazz Singer in 1927, more than 35 films have been set in San Francisco. Hosted lunch, scrumptious dessert served at another movie location. Hardly any walking. \$95.

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.

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.

Falls Among Older Adults: An Overview

How big is the problem?

- More than one third of adults 65 and older fall each year in the United States.
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- In 2004, 14,900 people 65 and older died from injuries related to unintentional falls; about 1.8 million people 65 and older were treated in emergency departments for nonfatal injuries from falls, and more than 433,000 of these patients were hospitalized.
- The rates of fall-related deaths among older adults rose significantly over the past decade.



What outcomes are linked to falls?

- Twenty percent to 30% of people who fall suffer moderate to severe injuries such as bruises, hip fractures, or head traumas. These injuries can make it hard to get around and limit independent living. They also can increase the risk of early death.
- Falls are the most common cause of traumatic brain injuries (or TBI). In 2000, TBI accounted for 46% of fatal falls among older adults.
- Most fractures among older adults are caused by falls.
- The most common fractures are of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand.
- Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling.
- In 2000, direct medical costs totaled \$179 million for fatal falls and \$19 billion for nonfatal fall injuries.

Who is at risk?

- Men are more likely to die from a fall. After adjusting for age, the fall fatality rate in 2004 was 49% higher for men than for women.
- Women are 67% more likely than men to have a nonfatal fall injury (CDC 2006).
- Rates of fall-related fractures among older adults are more than twice as high for women as for men.
- In 2003, about 72% of older adults admitted to the hospital for hip fractures were women.
- The risk of being seriously injured in a fall increases with age. In 2001, the rates of fall injuries for adults 85 and older were four to five times that of adults 65 to 74.
- Nearly 85% of deaths from falls in 2004 were among people 75 and older.
- People 75 and older who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer.

- After age 75, white men have the highest fatality rates, followed by white women, black men, and black women.
- White women have significantly higher rates of fall-related hip fractures than black women.
- Among older adults, non-Hispanics have higher fatal fall rates than Hispanics.

How can older adults prevent falls?

Older adults can take several steps to protect their independence and reduce their risk of falling. You can:

- Exercise regularly; exercise programs like Tai Chi that increase strength and improve balance are especially good.
- Ask your doctor or pharmacist to review your medicines, both prescription and over-the-counter, to reduce side effects and interactions.
- Have your eyes checked by an eye doctor at least once a year.
- Improve the lighting in your home.
- Reduce hazards in your home that can lead to falls.

Source: CDC (Centers for Disease Control)



Davis Senior Center Activities - March 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 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 Balance Workshop* 2:00pm Dynabands 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>4 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 11:30am SCD Membership Lunch/Mtg. 1:00pm Bridge/Pinochle 1:30pm Slow & Easy 2:00pm Fitness For Life 2:30pm Osher Speaker: Larry Berman 7:00pm Stamp Club</p>	<p>5 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors 10:00am AARP Board Mtg 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands 7:00pm Ballroom Dance 8:00pm East Coast Swing</p>	<p>6 8:30am Intermediate Yoga 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:00pm HICAP Appts* 1:30pm Slow & Easy 2:00pm Fitness For Life</p>	<p>7 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs 9:30am Watercolor 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands</p>
<p>10 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 11:30am Red Hats meet at "Wok of Flame" 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Prostate Support Group 7:00pm Internet Users Group</p>	<p>11 9:00am Ceramics 9:00am Tai Chi 10:00am Hearing Loss Support Group 10:15am Feldenkrais 10:30am Blood Pressure Check 10:30am Speaker Series: Dr. Gregory Clark 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Slow & Easy 2:00pm Fitness For Life 6:30pm Mac Users Group</p>	<p>12 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 1-4:00pm Genealogy Library Hours 2:00pm Dynabands 7:00pm Ballroom Dance 8:00pm East Coast Swing</p>	<p>13 8:30am Intermediate Yoga 9:00am One Stroke Painting* 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:30pm Slow & Easy 2:00pm Fitness For Life</p>	<p>14 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 2:30pm St. Patrick's Jam Session & Dance*</p> <p>Saturday March 15, 12:00 – 3:00 pm SCD Bingo</p>
<p>17 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 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>18 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:00am Armchair Travel: Elaine Albertson of Davisville Travel 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Meals Made Easy* 1:00pm Bridge/Pinochle 1:30pm Slow & Easy 2:00pm Fitness For Life</p>	<p>19 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Transitions Support Group 10:00am Alzheimer's Support Group 11:00am Food Distribution 12:30pm Driver Safety Class* 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands 7:00/8:00pm Ballroom Dance/East Coast Swing</p>	<p>20 8:30am Intermediate Yoga 9:00am HICAP Appts* 9:00am One Stroke Painting* 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 12:30pm Driver Safety Class* 1:30pm Slow & Easy 2:00pm Fitness For Life</p>	<p>21 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands</p>
<p>24 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 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>25 9:00am SCD Bd Mtg. 9:00am Ceramics 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</p>	<p>26 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Men's Social Group 10:00am Transitions Group 10:00am New Members Get Together 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands 7:00/8:00pm Ballroom Dance/East Coast Swing</p>	<p>27 8:30am Intermediate Yoga 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo (cancelled today) 1:30pm Breathers Support Group 1:30pm Slow & Easy 2:00pm Fitness For Life</p>	<p>28 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting (cancelled today) 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:15pm Jam Session & Dance</p>
<p>31 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 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<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</p> <p>Mondays, 8:30 to 11:30 a.m. Tuesdays, 1:00 to 5:00 p.m. Wednesdays, 12:00 to 8:30 p.m. Fridays, 8:30 to 11:30 a.m Beginning March 21</p>	

Elderly Nutrition Program in Yolo County
 People Resources, Inc.

Menu Subject to Change

March 2008

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CONGREGATE DINING SITES
3 **Greek Ravioli w/Creamy Feta Sauce Steamed Broccoli+* *Garlic Bread Stick *Fruit Cocktail	4 SCD Membership Luncheon No ENP Meal Today- MOW Delivery Only	5 Roast Beef w/AuJus *Mashed Potatoes+ *Peas & Pearl Onions *Whole Wheat Roll *Citrus Salad+	6 *Fruit Juice+ Chicken Fondue Bake *Brown Rice Blend Mixed Vegetables* *Rye Krisp Crackers	7 *Nicki's Fantastic Coleslaw+ **Potato Crusted Ham & Cheese Pie *Dinner Roll O *Cinnamon Apples	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
10 Beef Pepper Steak w/Bell Peppers+ and Onions *Penne Pasta Brussel Sprouts+ *Baguette *Peaches	11 Oven Fried Chicken *Cowboy Beans Winter Blend Vegetables*+ *Buttermilk Biscuit **Ambrosia+	AARP Potluck Today 12 *Fruit Juice+ *Glazed Pork a la Orange *Cornbread Stuffing *Minty Carrots* **Tapioca Pudding	13 **Open Face Chicken Focaccia Melt *O'Brien Potatoes+ *Spinach Salad w/Orange Segments+ and Cranberries *Fresh Fruit	14 *Savory Seafood Crepe (contains shrimp) *Baked Squash* Key Largo Blend Vegetables+ *Whole Wheat Crackers *Mixed Fruit	
17 *Chicken Paprikash Served over Rice Cauliflower+ *French Roll *Diced Pears	18 Tossed Green Salad *Potato Enchilada Casserole w/Mild Chiles+ California Blend Vegetables* *Fruit Juice+	*Sweet & Sour Pork Fritter 19 w/Pineapple & Bell Pepper+ *Brown Rice Blend *Asian Vegetable Blend *Dinner Roll *Banana+	Easter Dinner 20 *Fruit Juice+ Baked Ham w/Raisin Sauce *Whipped Sweet Potatoes+* Green Beans Almondine *Dinner Roll **Coconut Cream Pie	21 *Creamy Fish Chowder Caesar Salad* *Marinated Beets *Oyster Crackers *Fresh Fruit+	
24 Zesty Ranch Chicken *Macaroni and Cheese *Peas & Carrots* *Biscuit *Fruit Juice+	25 *Vegetable Soup* **Club Sandwich on Whole Wheat w/Lettuce, Mayo & Mustard **Raspberry Cream Gelatin+	Happy Birthday 26 *Juice+ Old Fashioned Meatloaf w/Gravy *Whipped Potatoes+ Capri Blend Vegetables* *Baguette **Birthday Cake	27 *Fruit Juice+ Lemon Herb Baked Fish w/Dill Sauce *Creamy Pasta Bake Stewed Tomatoes+ *Honey Wheat Roll *Tropical Fruit+	28 Sweet N Sour Pork *Fritter w/Pineapple & Bell Pepper *Brown Rice Blend *Asian Vegetable Blend *Fortune Cookies *Banana+	
31 Beef Stroganoff served over *Buttery Noodles California Blend Vegetables+ *Bread Pudding *Applesauce					

\$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.